

Food Safety for Summer

During the summer, families often cook and eat outside at picnics, the beach, or on camping trips. Often they do not have easy access to refrigeration and water for washing. We see an increase in food poisoning during the summer months. The weather is usually hot and humid causing bacteria to grow quickly. Typical signs of food poisoning include nausea, vomiting, cramps, and diarrhea. Here are some key food safety tips to help avoid this problem:

- Wash your hands with warm soapy water before and after handling food.
- Wash and dry fruits and veggies including those with skins or rinds that are not eaten.
- Separate raw meat from cooked food when transporting and cooking.
- Serve grilled food on a clean plate - not the same plate that held raw poultry, meat, eggs, or fish.
- Keep hot foods hot, - at or above 140° F. Wrap well and place in an insulated container.
- Keep cold foods cold, - at or below 40°F. Place cold food in a cooler with plenty of ice or frozen gel packs.



Take a Family Walk Together!

- Separate raw meats, poultry, and seafood from cooked foods and raw fruits and vegetables. Limit the times the cooler is opened, and keep it in the shade at the picnic.
- Thoroughly cook food. Experts agree that burgers should be cooked until they reach an internal temperature of 160 degrees. Don't count on color! Use a food thermometer to be sure. Cook ground beef or pork to 160°. Cook chicken breasts and ground poultry to 165°. Ground meats and poultry should never be served rare or partially cooked.
- Marinate foods in the refrigerator, not on the table or outdoors. Don't use the marinade that covered the raw food as sauce for the cooked food.
- Don't let perishable food sit out more than 1 hour in temperatures above 90°.

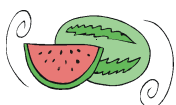
When in doubt, throw it out!

Go to www.fightbac.org for more food safety information!



Building Blocks to Good Health

- Many fruits and veggies are now in season. Fruits and veggies are loaded with vitamins and minerals. Enjoy your summertime favorites, but also try something new!
- Freeze 100% fruit juice in ice cube trays for a fun summer treat!
- Instead of TV, play a game of catch!
- Hold a family "clean up" - everyone pitches in to sweep, put away toys, pick things up and put them in the trash. Setting a timer often makes everyone move faster, and laugh more!



Parent Question Box

- Q. My family often runs late in the morning and we skip breakfast. Is this a problem?
- A. Breakfast is the most important meal of the day, yet it is the most often missed. If you find yourself running out of time in the morning and skipping breakfast, manage your breakfast time by planning the night before. For example, choose a ready-to-eat cereal and put the cereal box on the table. Set out the cereal bowls, napkins, and spoons. In the morning, you're almost ready. Just put cereal in the bowls and pour on the milk. Add fruit for extra nutrition and flavor. Here are a few other quick breakfast ideas: cereal stirred into a container of low fat yogurt served with a glass of orange juice; whole wheat toast spread with peanut butter and topped with banana slices, served with a glass of milk; cheese slice melted on raisin bread served with canned peaches or applesauce. Use your imagination and keep things simple. Eat breakfast yourself and your child will follow what you do. Actions speak louder than words.



Parenting Place

Children Need Physical Activity

The Institute of Medicine says that over the past 30 years, the number of overweight preschool children, ages 2-5, has more than doubled, and for children ages 6-11, that number has tripled. These figures are troubling. There are many reasons for children being overweight, but two big reasons are "what they are eating" and "what they are doing."

Physical activity is any body movement that uses energy, like running, jumping, pushing a stroller, or dancing. Young children usually want to be active. They always seem to be in motion. They run, hop, kick, throw, climb, and crawl, but they have to have the chance to do this. Many children don't get enough physical

activity because they don't get the chance to do these things. Too many children do not get enough time to be physically active in childcare settings or at home. They spend more time sitting than moving. Children of all ages need daily physical activity.

Regular physical activity is important for overall health and well-being. The National Association for Sports and Physical Education recommends that every day, toddlers, and preschoolers should have:

- ◆ Except when they are sleeping, no more than 60 minutes at a time should pass without them being active.
 - ◆ Have indoor and outdoor time to move around and use their large muscles, like kicking or throwing a ball, jumping, or climbing on playground equipment.
- ◆ Structured or planned physical activity - at least 30 minutes for toddlers; and at least 60 minutes for preschoolers. It doesn't have to be continuous, as long as it adds up to 30 minutes or 60 minutes.

Remember to lead by example.

Children do what their parents do!



July is National Picnic Month! Be Sun Safe!

Apply sunscreen at least 30 minutes before you go outside for your family picnic, even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.



Family Physical Activity Corner

- ☆ Play follow the leader. Walk like a duck, jump like a frog, and gallop like a horse!
- ☆ Play Freeze Tag or Freeze Dance.
- ☆ Make it a habit to share a good hearty laugh with your child. It's fun and it's healthy too!
- ☆ Be a doer, not a watcher!

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Banana Wraps

Adapted from K-State Research and Extension, Family Nutrition Program, Kids a Cookin'

- 2 Tbsp. peanut butter
- 1 (8 inch) flour tortilla
- 1 whole banana

Directions: Remember to wash your hands.

1. Spread a thin layer of peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.

Serve with a glass of milk.

Great as a Quick Breakfast!



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