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FOOD SAFETY TIP



Reading product dates can be confusing. Here are what these statements mean. Reminder, they are not about safety.

“Best if Used By”
Date the product keeps its best quality of flavor. It’s safe to eat after this date but may have taste or texture changes.

“Use By” Date the product maintains quality and freshness.

“Sell By” Last day the product can be displayed on a shelf.

Salt-Free Seasoning

Sodium tends to slip into many foods in our diet before we even pick up the salt shaker. Most of the sodium we consume comes from processed foods. While salt can be a flavorful addition to dishes, it’s important to remember that too much sodium can play a role in high blood pressure. The recommended daily value of sodium is 2,300 mg each day—just 1 teaspoon. Most Americans are consuming as much as 3,400 mg daily. Skip the salt and try flavoring your foods with these salt-free seasonings!

-Fresh herbs like cilantro, mint, parsley, rosemary, and thyme are a simple way to flavor your soups, meats, and vegetables.

-Several citrus fruits like lemon, lime, orange, and even grapefruit can offer the perfect kick in your marinade.

-Vinegar like balsamic, apple cider, and sherry are perfect for adding a burst of many different flavors to vegetables, salad dressings and marinades.



Healthy Summer BBQ

The Fourth just passed but there are plenty of cookouts on the horizon! Burgers, hot dogs and potato salad are cookout staples but these dishes tend to be higher in saturated fat and sodium. Check out some of our tips to make your holiday a little healthier:

-Focus on filling up half your plate with vegetables. Toss some veggies on the grill and load up!

-Skip the bun and try using a lettuce wrap for your burger or chicken. You could also opt for a whole wheat bun instead.

-Hamburgers can be high in saturated fat. Try a leaner protein like fish or grilled chicken without skin .

-Embrace the holiday and bring some colorful fruit. Strawberries, blueberries, and yogurt fit the theme perfectly!

-Condiments and sauces can be a sneaky source of sugar, sodium, and calories. Keep an eye on the portions and look for lower sugar options like plain mustard.



Turkey Burger

In honor of cookout season, try these tasty turkey burgers. They are lower in saturated fat than a typical burger and are just as delicious!

Ingredients:

- 1 pound turkey, ground, 85% lean
- 1 medium onion diced
- 3 tablespoons lemon juice
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon parsley, dried

Servings: 4 burgers

Directions:

1. Combine onions, turkey, lemon juice, parsley, and Worcestershire. Mix well.
2. Shape mixture into four patties.
3. Grill patty or fry in a pan on medium heat until internal temperature reaches 165 degrees F.

Recipe Facts

Amount Per Serving (1 burger each)
 Calories 176 Calories from Fat 54

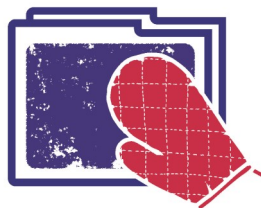
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 2g	
Cholesterol 82mg	27%
Sodium 132mg	6%
Potassium 309mg	9%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 25g	50%
Vitamin A	2%
Vitamin C	7%
Vitamin D	1%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.



Source: What's Cooking? USDA Mixing Bowl
 Retrieved from: ClickNCook.org

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our online recipe database
at ClickNCook.org



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What Can You Do With ... Watermelon?

Choosing: Watermelons are grown on vines and develop a yellow spot in the area that is not exposed to the sun. Locate this spot and if it is a creamy yellow, the fruit is ripe! Another indicator of a ripe watermelon is a hollow sound when you tap the outside.

Preparing: Watermelon grows on the ground so wash the outside before cutting into it. Be sure to dry it completely so it's not slippery when you cut it. Cut into wedges or cubes.

Storing: Watermelons should be stored in cool, dark locations before they are used. Once the watermelon is cut, it should be refrigerated in an airtight container or covered with plastic wrap.

Uses: Most people enjoy a fresh slice of watermelon as is. It can also be enjoyed as a refreshing addition to any summer salad!

Nutrition: As the name implies, watermelon is high in water content and can help with staying hydrated. Watermelon is also a good source of vitamin C, an important antioxidant for skin and immune health.

Fun Facts:

- The largest watermelon ever grown weighed 268 pounds.
- Watermelons are 92% water.
- There are over 300 different types of watermelons grown in the US.



Watermelon Salad

Ingredients:

- 1 cup greens (like baby spinach or lettuce)
- 1 cup cilantro or mint, chopped
- 1 cup watermelon, cubed
- 1/2 cup grapes, red, halved
- 1/4 cup walnuts, chopped
- 1/4 cup Feta cheese

Directions:

1. In a large salad bowl, mix all ingredients together.



Tips to Stay Hydrated this Summer

Your body needs water to survive. Every organ in the body requires water to function properly. When it comes to summertime, the temperature is higher and activity increases so hydration is extra important!

Check out some tips for staying hydrated all summer long:

- Keep a reusable bottle with you throughout the day and make a goal around how many times you need to fill it up.
- If you dislike the taste of plain water, try adding different fruits or vegetables like berries, lemons, or cucumbers.
- Fruits and vegetables have a high water content so be sure to load up on these foods!
- Be sure to drink water before, during, and after any type of physical activity.
- Drink seltzer water to get your bubbly fix without added sugar or calories.



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**Everyone has a role in ending hunger
in our community. SM**

JOIN US ON



July 2019

National Picnic Month

National Ice Cream Month

Independence Day

July 4

National Milk Chocolate Day

July 28

National Lasagna Day

July 29