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FOOD SAFETY TIP

Allow food to cool to room temp before packing it in containers. Leave a space in the container because liquids expand when they freeze. Label each container so you know what it is and when you froze it. Don't stack containers until they're frozen so they freeze quickly. Defrost food in the fridge overnight rather than on the counter.

COVID-19 Gardens

Are you worried about going to the store, finding yourself with more time, or looking for a distraction? Consider starting your own garden. Whether you have a huge yard or a spot by a sunny window, there are ways to bring some fresh food to your home.



Plants that are easy to start from seed include snap peas, lettuce, arugula, and radishes. Other plants can be trickier to start from seed. This time of year there are often seedlings for sale at local farms or farmer markets. If you are new to growing, you may want to look for these.

You can use SNAP benefits to buy food seeds and seedlings at any SNAP retailer.

Window Gardening

If you don't have outdoor space you can still grow herbs. Herbs like basil, chives, thyme, oregano, and rosemary can grow well in a warm, sunny window. While herbs won't fill you up, adding their fresh taste and flavor will help make canned or frozen foods more appealing and add variety to your dishes.

Porch Gardening

If you have a bit of outdoor space you can try growing potted plants. Tomatoes, lettuce, peppers, and all of the herbs mentioned above can grow well in pots outside.

Backyard gardening

If you have a sunny spot in your yard you can start a larger garden. You may need to put more work in at the beginning to prepare the ground but you can get more food from it.

Indian Vegetable and Rice Skillet



Nutrition Facts

Indian Vegetable and Rice Skillet
Amount Per Serving (1 cup each)

Calories 189	Calories from Fat 18
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Sodium 180mg	8%
Potassium 343mg	10%
Total Carbohydrates 36g	12%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	12%
Vitamin A	21%
Vitamin C	5%
Vitamin D	0%
Calcium	4%
Iron	8%

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

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Check the back of your pantry and freezer to see if you have these ingredients already in your house.

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon turmeric, ground
- 1/2 teaspoon cumin, ground
- 2 cups mixed vegetables (chopped cauliflower, peppers, carrots, or peas)
- 1 large russet potato, diced
- 1 cup rice, white, uncooked
- 2 1/2 cups water
- 1 15-ounce can chickpeas, drained and rinsed
- 1/2 teaspoon salt (optional)

Directions:

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot.

Makes 8 servings

LOOKING FOR RECIPE INSPIRATION?
Check out Click 'N Cook®,
our online recipe database
at ClickNCook.org



What You Should Do With ... Groceries?

Are you worried about COVID-19 coming home with you from the grocery store or pantry? Read on for tips on how to make sure you're being safe without doing too much extra work.

There is currently no evidence of food (including fresh, frozen, and packaged) or food packaging being associated with transmission of the coronavirus that causes COVID-19. Fresh produce, meat and dairy products contain vitamins that help the body respond to infection, so don't be afraid to keep bringing home fresh food.



For extra peace of mind, here are a few tips to keep yourself and others safe:

1. Wear a face covering or mask while you shop.
2. Wipe down the handles of shopping carts or baskets before you use them.
3. Practice social distancing while shopping or picking up food.
4. Wash your hands with soap and warm water for at least 20 seconds when you get home and again after you put away groceries.
5. Again, there is no evidence that food packaging can transmit COVID-19 but you can wipe down product packaging and allow it to air dry. This step isn't necessary but may be a good idea for high risk populations and families with children.
6. As always, wash produce before you eat it or cook with it.

Black Bean Salsa

Ingredients:

- 1 15-ounce can black beans, drained and rinsed
- 1 11-ounce can corn, rinsed
- 1 small red bell pepper, chopped
- 1 small Serrano chili, seeded and finely chopped (or jalapeno)
- 1/4 cup red onion, chopped
- 2 tablespoons white wine vinegar (or apple cider vinegar)
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt

Directions

1. Mix all ingredients in a bowl.
2. Cover and refrigerate at least one hour before serving.



Expiration Dates: What do they mean?

Are you thinking of using those cans in the way back of your cabinets? Their expiration date has come and gone, but are they still safe to use?

What do expiration dates mean?

Expiration dates have nothing to do with safety. Product dating is voluntary and is the manufacturer's best guess as to when the product will no longer be at peak quality. Food manufacturers tend to be conservative with these dates.



Dried beans, spices, sugar, and white flour will be safe for years past their expiration.

Most canned foods are also safe for years past their expiration date. For canned fruits and vegetables, you can feel comfortable adding 18 months to the date. For canned beans and meat (like canned tuna and chicken) you can add up to 5 years.

Items that are stored in the freezer are safe forever as long as they were kept frozen. If they have signs of defrosting and refreezing you should throw them away.

Check out FoodSafety.gov's **FoodKeeper App** for more info on expiration dates and food safety.



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

JOIN US ON



May 2020

National Salad Month

National Herb Week

May 3-9

National Shrimp Day

May 9

National BBQ Day

May 16

National Brisket Day

May 28