

FOOD PROGRAM

NEWSLETTER



National Food Safety Education Month

According to the FDA, "The food supply in the United States is among the safest in the world." However, when food comes into contact with disease-causing bacteria or pathogens, they can cause food borne illnesses – also known as "food poisoning." It is estimated that there are about 48 million cases of food borne illnesses annually – which is around 1 in 6 Americans each year.

To keep your family and children safe from food poisoning, simply follow these four recommended steps: **Clean, Separate, Cook, & Chill.**

CLEAN – Wash hands & surfaces often

- Wash your hands with warm water & soap for at least 20 seconds before and after handling food, pets, using the bathroom, and changing diapers
- Wash your cutting boards, dishes, utensils, counter tops with hot soapy water
- Rinse fresh fruits and vegetables under running tap water

Separate – Separate raw meats from other foods

- Separate raw meats, poultry, seafood, and eggs from other foods
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood
- Never place cooked food on a plate that previously held raw meat, poultry, or seafood

Cook – Cook to the right temperature

- Use a food thermometer to ensure the safety of meat, poultry, seafood, and egg products.
- When cooking in a microwave, cover, stir, and rotate for even cooking
- Bring sauces, soups, and gravy to a boil when reheating

Chill – Refrigerate foods promptly

- Use an appliance thermometer to ensure your refrigerator temp is at or below 40° F & your freezer is at or below 0° F
- Refrigerate or freeze any perishables within 2 hours of cooking or purchasing
- Always marinate food in the refrigerator
- Never thaw food at room temperature





Mandatory Food Program Annual Provider Training

Virtual Event. October 17 - 22. Sign up has already begun.
For questions, please contact Shantel at (808) 550-3846

I need to sign up

Can't Wait!



“ —
WHAT DO YOU GIVE TO
A SICK LEMON?
— ”

Lemon-Aid



BERRY BLAST SMOOTHIE



Total Time
5 Minutes



Serving Size
5 1/4 Cup



Servings
8



Components
Fruit, Milk

Ingredients:

- 6 cups low-fat or non-fat unflavored milk
- 4 cups mixed berries, frozen



Directions:

1. Add all ingredients to a blender. Mix on high until smooth
2. Serve 1 1/4 Cup per child immediately as a cold, refreshing smoothie

