

Events this Week

Quick Tips Display

Quick and Healthy Dinners featuring the new Salad Savvy Recipe Book

Stop by and ask questions and pick up a terrific packet of information, ideas, recipes and dinner menus! Also, pick up a copy of our new salad savvy recipe book with 16 recipes for main dish salads, side salads and dressings, including healthier versions of old favorites and exciting new ideas.

**Thursday, June 28:
11:30am – 1:30pm
Cafeteria**

To purchase a pedometer, visit the Step Ahead office at S7-746.

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.

Summer grilling and picnicking tips

Grilling and eating outside are summer delights. To protect yourself, family and friends from food borne illness, keep these tips in mind when planning and preparing an outdoor picnic or barbeque. Be safe and have fun!

Grilling tips

- Keep utensils, plates and other things that have touched raw meat, poultry, or seafood away from foods you are about to serve. Use separate serving plates and utensils.
- Marinate foods in the refrigerator, not outdoors or at room temperature. Discard marinade after you have used it.
- Grilled foods can brown very quickly and may look done, yet may not be cooked in the middle. Use a meat thermometer to make sure food is fully cooked. Follow this guide:
 - Fish, beef, veal, roasts: 145°F
 - Lean ground beef and pork: 160°F.
 - Poultry breasts, pieces and whole poultry (check temperature in the thigh), ground turkey or chicken: 165°F.
 - Vegetables, veggie burgers and fruit can be enjoyed raw or with any amount of grilling – no need for a thermometer!.

Washing

Remember to wash food, hands, utensils, and serving dishes thoroughly!

Eating outside

- **Cold foods.** Keep cold foods cold. Salads with mayonnaise and dressing, vegetable dips, meat, fish, poultry and sandwich meats should go in a cooler with plenty of ice or frozen gel packs to stay colder than 40°. If traveling, place the cooler in a part of the car that is air-conditioned, not the trunk. Pack uncooked meats, poultry or seafood frozen so that they stay colder longer. Wrap them very well, so that as they thaw, the liquid does not leak on other foods.
- **Beverages.** Have a separate cooler for ALL beverages, since the drinks cooler is opened more often than others.
- **While Outside.** Put coolers in the shade. When serving, keep perishable foods outside of a cooler less than 2 hours. If the outside temperature is more than 90°, keep foods out of a cooler less than 1 hour. Serve foods that do not need to stay cool, like fresh fruit and vegetables, whole grain crackers, granola bars or ants on the log (celery and peanut butter).
- Always spray insect repellent away from food.

References: <http://www.cfsan.fda.gov/~dms/fssumme2.html>
<http://www.webmd.com/food-recipes/guide/food-safety-tips-for-warm-weather>

Recipe of the Week

Tomato and Onion Salad

6 Servings

A flavorful and colorful side salad that goes nicely with chicken or fish.

Dressing:

- 2 Tablespoons balsamic vinegar
- 3 Tablespoons water
- 1 teaspoon olive oil
- 1 teaspoon Dijon mustard or any spicy mustard
- 1/4 tsp coarsely ground pepper

Salad:

- 3 medium tomatoes (about 1 1/2 pounds)
- 1 medium purple onion, thinly sliced and

separated into rings

- 1 Tablespoon chopped fresh oregano (2 tsp dried)

- Combine dressing ingredients in a jar; cover tightly, and shake vigorously. Set aside.
- Core tomatoes; cut into 1/2 -inch-thick slices. Layer tomato and onion slices in a shallow dish, and sprinkle with oregano. Pour dressing over tomato and onion slices. Cover and refrigerate at least 1 hour before serving.

Nutrition Information

Calories: 36

Total fat: 1g

Saturated fat: 0g

Carbohydrates: 6.5g

Fiber: 1.7g

Protein: 1g

Tip of the Week

When outside, remember to apply sunscreen! Use a sunscreen that protects against UV-A and UV-B rays with a sun protection factor (SPF) of at least 15.

<http://www.webmd.com/parenting/sunscreen-use-correctly>

To learn more about Step Ahead visit www.stepaheadprogram.com