

Healthy Living Monthly

Summer Food Safety Tips

May 2008, Volume 15

Summer and the soaring temperatures remind us to keep the hot foods hot and the cold foods cold. Refrigerated foods can reach room temperature and higher in less than an hour during warm weather—temperatures where microorganisms thrive. Don't play Russian roulette with your food.

- Pack food in coolers with freezer packs
- If food will be sitting out for a buffet or picnic, serve food in dishes sitting on a bed of ice.
- Take groceries straight home from the market
- Place perishables into the refrigerator or freezer first before unpacking shelf stable foods.
- Resist the urge to thaw frozen meats on the counter while you are away from home. Thaw foods in the refrigerator. Yes, it will take longer. Finish up with "defrost" in the microwave if you are time-crunched
- Wash your hands often before and after handling food, especially raw meats, poultry or seafood
- Wash kitchen surfaces and utensils with hot, soapy water with clean cloths or sponges. Wash dishcloths and towels often in the hot cycle of your washing machine. Disinfect sponges in a chlorine bleach solution. Replace worn sponges frequently.
- Wash plates between uses or use separate plates—one for holding raw meat, poultry or seafood, and another for cooked foods. Don't carry the steaks back from the grill on the same plate unless you have washed it while the meat was cooking.
- Use a meat thermometer to check the internal temperature of the meat or poultry on the grill just as you would in the oven.
 - Ground meat to 160 degrees
 - Roasts and steaks to 145 degrees for medium-rare, 160 degrees for medium and 170 degrees for well done.
 - Poultry breasts to 170 degrees and dark meat to 180 degrees
 - Pork to 160-170 degrees (medium and well-done)

Healthy Recipe of the Month

White Chicken Chili

- 2 Tbsp. olive oil
- 2 onions, chopped
- 4-5 garlic cloves, minced
- 2 tsp. ground cumin
- 1 14.5 oz. can garbanzo beans, rinsed and drained *
- 1 14.5 oz. can white (cannelloni) beans, rinsed and drained
- 1 lb. bag frozen white corn
- 1 4 oz. can chopped green chilies
- 1 10.5 oz. can low sodium vegetable broth
- 3-4 raw boneless skinless chicken breasts, cut into bite sized chunks
- Dash of Tabasco Sauce
- Salt and pepper to taste



Preheat oven to 350 degrees. In a large, oven-proof pot, brown onions over medium heat in olive oil. Add garlic and cumin and stir. Add all remaining ingredients and stir together. Cover pot with lid and cook in the oven for 1.5 hours. Serve over brown rice and top with low fat cheese if desired. Makes 8-10 servings.

Per serving: 290 calories, 23 g protein, 33 g carbohydrate, 6 g fat (1 g saturated fat), 40 mg cholesterol, 7 g fiber, 470 mg sodium. Calories from fat: 21%.

Community Spotlight



WRAAP Community Garden

The Wilmington Residential Adolescent Achievement Place (WRAAP) is an after-school program housed at Ebenezer Missionary Baptist Church on Princess Place Drive. This year, WRAAP began a community garden program to help teach the students about the importance of gardening and to encourage the consumption of healthy, locally grown vegetables. The garden launch kick-off event is scheduled for Thursday, May 29th, at 2 p.m. Along with WRAAP and Ebenezer Missionary Baptist Church, several organizations have helped contribute to this collaborative project, including the Obesity Prevention Initiative, UNCW's Sociology Department, The Food Bank of Central and Eastern North Carolina, and Tidal Creek Co-op.

Community Calendar



CATCH Kids: Nutrition and Physical Activity Education classes for children at the Hemenway Center and the Martin Luther King Jr. Center. For more information on the Hemenway classes, contact Mary Jones at mary.jones@wilmingtonnc.gov; for information on the Martin Luther King, Jr. classes, contact Elnora Kelly at elnora.kelly@wilmingtonnc.gov.

National Employees Health and Fitness Day: 10 a.m. to 3 p.m., Wednesday, May 21st, 2008 at the Brunswick County Government Complex in Bolivia.

Girls on the Run Wilmington Orthopedic Azalea Run: 8 a.m., Saturday, May 24th, 2008. The race will begin on Hawthorne Road, across from Alderman Elementary. For more information, contact Margie Butts at 910-262-2766.

Obesity Prevention Committee Meeting: 10 a.m., Wednesday, May 28th, 2008 at Halyburton Memorial Park.

National Senior Health and Fitness Day: 10 a.m., Wednesday, May 28th, 2008 at the New Hanover County Department of Aging-Senior Center; 2222 South College Road.

WRAAP Community Garden Launch: 2 p.m. to 5 p.m., Thursday, May 29th, 2008 at Ebenezer Baptist Church; 2929 Princess Place Dr.

Rock the Block Community Health Fair: 2 p.m. to 6 p.m., Saturday, June 28th, 2008 at the New Hanover Community Health Center; 925 North Fourth Street. For more information contact Leah Yetter at yetter31@gmail.com.

To remove your name from our mailing list, please [click here](#)

Comments or to request a hard copy of this newsletter contact contactopi@uncw.edu. or visit our website: www.capefearhealthycarolinians.org

For more information contact: contactopi@uncw.edu
See our website for more events and meetings!
www.capefearhealthycarolinians.org