

TEXAS A&M AGRILIFE EXTENSION

BACK TO BASICS

JANUARY 2017

Tailgating and Picnicking Safely this Football Season

With fall weather and football season, “tailgating” and picnicking become popular activities. Tailgate parties and picnics can be lots of fun, with good friends and good food. Do not let your fun be spoiled by foodborne illness.

Foodborne illness, with its stomach cramps, diarrhea, nausea, headaches, and maybe even vomiting, can result from the improper handling of foods. The pathogens that cause foodborne illness grow at temperatures between 40 and 140 degrees F. This is called the “danger zone.” Foods prepared for outdoor eating can enter into the danger zone even when the weather is cool.

What foods are risky? Almost any food can be a source of hazardous bacteria, but most hazardous foods are moist and contain protein, these are known as “Time Control for Safety (TCS) Foods. This includes meats, poultry, fish, seafood, eggs and dairy products (cream pies, custards, and pastries that have cream fillings). Do not leave these foods in danger zone temperatures for more than two hours. Perishable foods or dishes containing perishable foods should be kept either hot (at or above 140 degrees F) or cold (40 degrees F or below). How do you do this?

Hot foods such as chili, soups, stews, and dips can be transported safely in a thermos if it has no cracks or leaks. Check the seal of the thermos for a tight fit. Keep the thermos clean, then right before use, rinse it with boiling water. Bring food to a boil before pouring it in the thermos. Try to prepare just enough to serve your guests without having leftovers. Discard leftovers if you cannot store them properly.

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UPCOMING EVENT:

*Knox County Junior
Livestock Show*

January 20-21

Munday, TX



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Tailgating and Picnicking Safely (continued from page 1)

Wrap hot casseroles in several layers of aluminum foil, followed by newspapers and a towel. Or, use insulated containers. Hot casseroles should be served within two hours. Cold foods can be transported in an ice chest with ice or cold packs to keep the foods below 40 degrees F. Pack the food in shallow containers and pre-chill them before placing them in the ice chest. Keep sandwiches cold or eat them within two hours. Watch the clock on ready-to-eat and fast food, too. Fried chicken, deli foods, pizza, and hamburgers, for example, should be purchased just before the party and eaten within two hours. Or, purchase these foods in advance, refrigerate them until party time, and then reheat them.

When you don't have time to take proper precautions, serve only non-perishable foods. Try canned meats, dried or cured meats, some hard cheeses, peanut butter, dried fruits, breads, cereal mixes, nuts, and popcorn.

Once the party starts, follow through with safe food handling practices. Keep hands, utensils and dinnerware clean (disposables make that easier to do). Spread a clean table cloth on the tailgate or picnic table and enjoy.

To enjoy a tailgate party or picnic without later distress:

- Plan your menu to fit the situation.
- Keep hot foods hot and cold foods cold.
- Don't let perishable foods stay in the "danger zone" (40 to 140 degrees F) for more than two hours.
- Keep everything clean to avoid contamination.
- Take proper care of leftovers, or throw them away.



Written by Rebecca Dittmar, M.Ed, RS, Program Specialist, Food Protection Management Program, Texas A&M AgriLife Extension Service, College Station, Texas. September 2016.

SALTY SITUATIONS—MOVING BEYOND THE SALT SHAKER

Do you ever find yourself asking whether you should focus on reducing sodium or salt? We hear many different messages about reducing the amount of sodium, salt, and sodium containing ingredients in the foods we eat. Surprisingly, sodium is found more often in processed foods, such as casseroles, pizza, and cold cuts, than the salt shaker. One message is clear, Americans tend to consume more sodium than what is recommended and should limit the amount of sodium eaten daily.

The Dietary Guidelines for Americans (2010) recommends limiting daily sodium intake to less than 2,300 milligrams. Eating too much sodium may lead to high blood pressure, which may increase the risk for a heart attack and stroke. Reducing sodium, which includes salt or other sodium containing ingredients, is beneficial in reducing risks for these health related conditions. Follow these tips to reduce daily sodium intake.

Read the nutrition label. The nutrition facts label is one way to identify foods low or high in sodium. The percent daily value listed on the nutrition facts label can help you quickly determine if a food is low or high in sodium. Remember this rule for sodium, if the percent daily value is five or less this is a good bet! If the percent daily value is twenty percent or more leave it at the store! Be sure to choose foods with five percent sodium more often.

Know foods with sodium. Knowing common foods high in sodium can help to make choosing lower sodium options easier. Major sources of sodium include processed foods like canned products, breads, deli meats, snack foods, and mixed dishes. Look for foods labeled as “low sodium” or “reduced sodium” and choose these foods.

Choose lower sodium foods at the store. Choosing foods lower in sodium can help reduce your daily sodium intake. When you are at the store, compare different brands for condiments, canned foods, breads, and other sodium containing foods. Different brands of foods can have different sodium levels. Choose the lowest sodium between the foods you compare.

Reducing sodium in the foods we eat can take a little practice. The tips listed are just a few of the many ways to begin reducing sodium.

Written by: Danielle Hammond-Krueger, MPH, RD, LD, Extension Program Specialist, the Texas A&M AgriLife Extension Service, College Station, Texas.



FAMILY FOCUS

Parents can have a very positive influence on the health and nutrition of children. Children are good learners, and they learn best by example. Setting a good example for your children by eating a variety of foods and being physically active will teach your children healthy lifestyle habits they can follow for the



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KNOX COUNTY EXTENSION & 4-H



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Broccoli Cheddar Cornbread

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|--|-------------------------|
| 2 (8.5-ounce) boxes corn muffin mix | 1/2 cup whole milk |
| 4 large eggs | 2 cloves minced garlic |
| 1 (8-ounce) container cottage cheese | 1 tablespoon salt |
| 1 stick unsalted butter or margarine | 1 medium onion, chopped |
| 1 cup plus 2 tablespoons grated cheddar | |
| 1 (10-ounce) package chopped broccoli, not drained | |

Preheat oven to 375 degrees F.

Mix together all ingredients except 2 tablespoons Cheddar to create a batter in a bowl. In a 10-inch cast iron skillet melt butter. Sauté onions and broccoli until soft. Pour batter over the vegetable mixture and sprinkle top evenly with remaining cheese. You can also place the ingredients in an 11 by 17-inch baking dish.

Bake in oven until golden, 30 minutes.