

PANHANDLE PATH TO HEALTHY LIVING



June 2017

Volume 1, Issue 4

Being Safe During the Month of June!

The time has come...School is out for summer and as a family, we are spending more time outside. There are so many great things about being outside; It keeps us active, helps us stay in shape, and we feel better. But, there are some things we always need to think about when spending time outside. Whether it's picnics or swimming, sports or exercising, we need to keep a couple of things in consideration when preparing for this summer.

Throughout this month's newsletter, you will learn all about food safety, especially with those picnics and pot lucks as well as the importance of sun safety. We can never be too careful when it comes to protecting ourselves from the sun. Yes, we do need to be outside and being active, but we also need to protect our skin and prevent any injuries that may come from the sun. Sunscreen can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime. There's no better time than now to focus on the safety of ourselves and others.



Path to Wellness.....



Food Safety in the Summer!

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures
 - Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time
 - Ground meats: 160 °F
 - Whole poultry, poultry breasts, & ground poultry: 165 °F
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.





Home Food Safety®

www.homefoodsafety.org

A Collaboration between
Academy of Nutrition
and Dietetics and ConAgra Foods



Food Safety at the Grill



DOWNLOAD
THE FREE IS
MY FOOD
SAFE? APP

Wash grill according
to manufacturer's
instructions.

WASH

Wash all utensils and
cutting boards
after use.

Wash hands thoroughly
with warm, soapy water
before, during and after
food preparation.

Pack moist towelettes or hand sanitizer for those moments when soap and water are not readily available.

Don't let perishables sit out for longer than
two hours, or **one hour** if the outdoor
temperature is above **90° F**.

Make sure perishable foods stay below **40°F**.

REFRIGERATE

Transport food in
the passenger part of the car,
not in the trunk.

40°F



Keep

SEPARATE...From

**Cooked and
ready-to-eat foods**



Have a
clean platter
and utensils ready
at grill-side for
serving.

**Raw meat
and poultry**



Hot Dog
165°F

Chicken
165°F

Hamburger
160°F

Bratwurst
160-165°F

COOK

Always use a food thermometer
to cook to a safe temperature

Fin Fish
145°F

Pork
145°F

Steak
145°F



Use separate coolers for
different food items



Are you packed for the cookout?

These non-food items are indispensable for a "safe barbecue."

Trash Bags



Paper Towels



Bring extra plates and
utensils

Food Thermometer

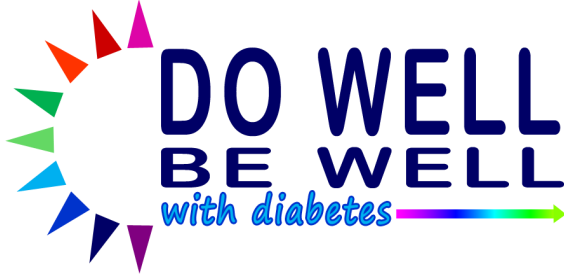
Beverages

Raw meats,
poultry & seafood

Cooked food and
raw produce



Path to Wheeler County.....



A program for people with type 2 diabetes

- Get the facts from diabetes experts and professional educators
 - Ask the questions you want answered
- Get the encouragement you need to make positive changes
 - Meet others who have the same concerns you do

June 13, 20, 27, July 13 and 20

5:30pm Wheeler County Ag and Family Life Center

For More Information or to Sign-up Call 806-826-5243

A Sweet Affair

A Youth Summer Program

Date: June 23, 2016

9:30 am to Noon



Where: Wheeler County Ag and Family Life Center

Cost: \$15.00

Registration Deadline:
June 19, 2017

This year youth are going to learn how to make some of our favorite sweet treats. Cookie bars, pop tarts, and donuts are all on the menu! We will also be learning how to decorate small cakes. Hope you can come have some sweet fun with us!

Path to Protection..... Sun Safety

Sun Safety in the Summer!

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

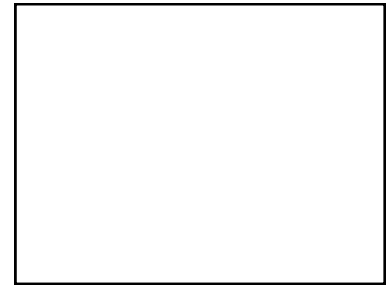


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Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

Editors include: Carolyn Prill-Bennett, Chelsey Eicke, Tanya Holloway, Jill Pronger Killian, Amalia Mata, Kay Herron-Rogers, Miquela Garcia-Smith, Joan Gray-Soria & Amy Wagner.

Layout & Design: Amy Wagner, D1 County Extension Agents- Family & Consumer Science



Return Service Requested

Path to Plate...

Prep: 10 minutes

Ready: 10 minutes

Avocado Salad

2 avocados - peeled & diced
1 sweet onion, chopped
1 green bell pepper, chopped
1 large tomato, chopped
1/4 cup chopped fresh cilantro
1/2 lime, juiced
Salt and pepper to taste

- In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice.
- Gently toss until evenly coated. Season with salt and pepper and enjoy!

