



HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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7 Super Steps To Safe Food In The Summer

1. **WASH, WASH, WASH** your hands. Always wash your hands with warm water and soap for at least 20 seconds before and after handling food.
2. **Marinating Mandate.** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food.
3. **HOT, HOT, HOT.** When grilling foods, preheat the coals on your grill for 20-30 minutes, or until coals are lightly coated with ash.
4. **Temperature gauge.** Use a food thermometer to ensure food reaches a safe internal temperature.
5. Check Safe Internal Temp chart on page 2.
6. **Stay away from that Same Old Plate.** When taking foods off the grill, do not put cooked food back on the same plate that held raw food, unless it has been washed with hot water and soap first.
7. **Icebox Etiquette.** A full cooler will maintain its cold temp longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature.

Source: www.fightbac.org

Monthly Diabetes Support Groups

J.W. Faison Center

110 Ridgecrest Lane, Jackson

Thur, Jul 13 1 p.m. Recipe Exchange

Thur, Aug 10 1 p.m. Diabetes Myths

CADA Bldg at Rich Square

120 Sessoms Drive, Rich Square

Thur, Jul 6 12 noon Recipe Exchange

Thur, Aug 3 12 noon Diabetes Bingo

Halifax Regional Medical Center

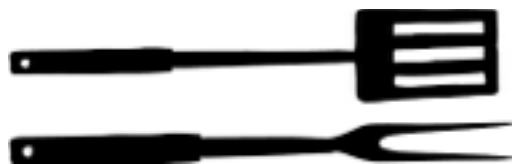
250 Smith Church Rd, Roanoke Rapids

No classes in July or August

Brain Teaser

**First, I threw away
the outside and
cooked the inside.
Then I ate the
outside and threw
away the
inside. What
did I eat?**

Source:



SAFE MINIMUM INTERNAL TEMPERATURES

Beef, pork, veal and lamb (roast, steaks, and chops)	145 F with a 3-minutes "rest time" after removal from the heat source
Ground Meats	160 F
Poultry (whole, parts, or ground)	165 F
Eggs or egg dishes	160 F cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 F
Fin Fish	145 F

Source: www.fightbac.org

LET'S TALK PEACHES



- Even though peaches originated from China, The US is the world's leading grower of peaches
- North Carolina ranks approximately 9th in peach production
- Peaches are classified as a stone fruit, meaning that they contain a single large seed or stone surrounded by juicy flesh. Other common stone fruits include cherries and plums.
- Nectarines are a type of fuzzless peach. Nectarines are smaller, with a smaller and flatter stone, and have a smooth outer skin. Nectarines are also sweeter in taste than peaches.
- A medium peach or half cup of sliced peaches provides you with vitamin C, vitamin A, and fiber.

Source: ncstepstohealth.ces.ncsu.edu

Good Morning Cobbler

Makes 4 servings, 1 cup

2 medium peaches, sliced

1 (15 oz) can pear halves, drained

1/4 tsp almond or vanilla extract

1/4 tsp cinnamon

3/4 cup lowfat granola with raisins

Combine peaches, pears, extract and cinnamon in large microwave safe bowl. Stir well.

Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.

Microwave on high for 5 minutes. Let cool for 2 minutes.

Spoon into bowls and serve warm.

Nutrition Facts:

Calories	171
Carbs	41 gm
Dietary Fiber	4 gm
Total Fat	1 gm
Sodium	54 mg

Adapted from: *Kid...Get Cookin!*, Network for Healthy California, 2009.

Healthy Serving Ideas

- Blend fresh or frozen peaches with low fat milk, 100% juice and ice.
- Combine peaches, lowfat yogurt, and granola for a healthy snack.
- Add peaches to cereal and low fat milk or oatmeal.
- Canned peaches are a good alternative to fresh. Choose canned peaches packed in natural juice or light syrup.
- Add sliced peaches or nectarines and nuts to a green salad for a healthy lunch or dinner.
- Make a tasty topping for your pancakes. Just heat canned peaches in natural juice in the microwave. Add a dash of cinnamon. ncstepstohealth.ces.ncsu.edu

Mark Your Calendar



NC Safe Plates Certified Food Protection Manager Course

Northampton County Cooperative Extension Office

Classes: August 9 & 10

9:00am - 4:00pm

Exam: Friday, August 11 at 9:00am

Northampton County Cooperative Extension

9495 NC Highway 305, Jackson, NC 27845

252-534-2711

Registration Fee: \$115.00

(Includes class, book, exam, and refreshments)

For more information call: EB Odom at NC Cooperative Extension at 252-534-2711

Brain Teaser Answer:

Corn on the Cob