



# Nutrition for Texans

July 2012

## FOOD SAFETY



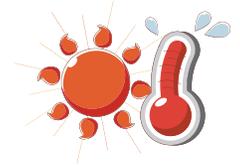
### **\*REMEMBER\***

Wash your hands for at least 20 seconds with warm water and soap.

Summer is here and it is hot! Time for BBQ, outside fun, and holiday celebrations. It is important to remember food safety when food is involved. Foods are not to be left out in temperatures between 40-140 °F (degrees Fahrenheit). This range of temperatures is called the “Temperature Danger Zone”. The danger zone is an

ideal environment for bacteria to grow and multiply. Consuming foods that have been exposed to this range of temperatures for more than 2 hours could cause food borne illness if consumed. Food should not be in this range of temperatures for more than 2 hours. If the temperature is 90°F, food should not be out more than 1 hour.

Keep foods that are meant to be hot hot, and keep cold foods cold. If you are not sure how long a food has been sitting out, **DO NOT EAT IT. When in doubt, throw it out.** You do not want to run the risk of you or a someone you know getting sick.



## Easy Egg Salad

This material was funded by USDA’s Food Stamp Program

Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Good cool recipe for the summer.

### What you need:

#### Utensils:

- Medium mixing bowl
- Cutting board and sharp knife
- Spoon

#### Ingredients:

- 6 large hard-cooked eggs, peeled and chopped
- ½ cup chopped celery
- ½ cup sweet pickle relish
- ¼ cup light mayonnaise

### What to do:

1. Wash hands and cooking area.
2. In medium bowl, combine all ingredients.
3. Cover and chill.
4. When ready to eat, serve salad on bread slices for a delicious sandwich or for a light salad, top mixed greens and tomatoes with this egg dish.

Prep Time: 5-10 minutes, Cost per serving: \$0.14, Food Group: 1 ounce Meat & Beans



## Get a 'moving Texans



Exercise is an important part of health and wellbeing. Studies show that those who participate in aerobic or resistance exercise, reported having less anxiety, felt less depressed, and less stressed. A similar finding was discovered in the case of overall psychological wellbeing. One does not

need to join a gym to exercise. People can select activities that are enjoyable and fit into their daily lives. A Surgeon General's Report states that regular physical activity performed on most days of the week improves health in a variety of ways. So it is not only our physical health that improves with exer-

cise, but our psychological wellbeing too. So get a 'moving Texans.



Source:

[http://fcsagents.tamu.edu/health/physical\\_activity\\_and\\_exercise.pdf](http://fcsagents.tamu.edu/health/physical_activity_and_exercise.pdf)



Better Living for Texans is a cooperative endeavor between the Texas AgriLife Extension Service, the Texas Health and Human Services Commission, and the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS). Since 1994, the program has been serving limited resource families throughout Texas.

The goal of the Better Living for Texans program and the USDA's Supplemental Nutrition Education Program or SNAP (formerly the Food Stamp Nutrition Education program) is to provide educational programs that increase the likelihood that SNAP recipients will make healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans. The Nutrition Education provided by BLT educators is research-based and is designed to meet the needs of our clients and our communities.



*Improving Lives. Improving Texas.*

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