

Healthy Tips! – August 2017

K-STATE

Research and Extension

Master Food Volunteer

Johnson County

Upcoming Classes

September—

What's for Dinner? Meal Planning and Prepping Ahead

Is it always a rush after work to get dinner on the table? Do you like a home-cooked meal but not all the work that it takes to make? Join the Extension Master Food Volunteers to learn some great tips and tricks to get a delicious, nutritious meal made faster and more efficient.

Tues., Sept. 19 @ 6-8pm

Fee: \$20

October—

Cast Iron Skillet Cooking

From a kitchen to a campfire, cast iron cooking is fun and can make any dish taste better. Join the Extension Master Food Volunteers to learn tips and tricks of the trade to make your dishes have that extra flare.

Tues., Oct. 17 @ 6-8pm

Fee: \$20

To register, call: 913-715-7000
or visit: www.johnson.k-state.edu

Packing Your Own Lunch– SAFELY!

Whether you are getting ready to send your child back to school or you pack your own lunch, we all want something tasty, yet safe. Follow these tips to keep everyone happy and healthy!

Preparation

To serve safe food in carried lunches, the food must start out safe. Follow general food safety practices, such as:

- Wash the lunch container and thermos with hot water and detergent after every use. If you use a paper bag, purchase bags specifically for carrying sack lunches and use a clean one each time.
- Use thermos containers to keep liquids or semi-fluid foods cold or hot. Fill shortly before leaving with your lunch. For hot foods, preheat the thermos by filling it with hot water and letting it stand for a few minutes. Pour out water and add steaming hot food. For cold foods, fill your thermos with cold water first and let stand a few minutes before emptying the water and adding cold foods.

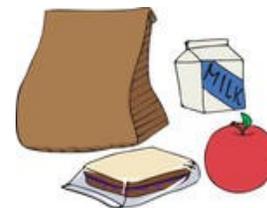
Keep Cold Foods Cold

Perishable foods served cold, must be kept cold. These include the following foods and items prepared with these foods:

- Meat, poultry, seafood, eggs, tofu
- Dairy products (milk, cheese and yogurt)
- Opened canned fruit, cooked fruits and vegetables and cut/peeled fresh fruits and vegetables
- Pasta, rice and cooked vegetables and fruits
- If lunches are packed the night before, keep perishable foods refrigerated until you are ready to leave with your lunch. Add cookies, chips or other foods that lose crispness in the morning.
- If possible, store lunches containing cold perishable foods in a refrigerator until lunchtime. When refrigeration isn't possible, carry already chilled foods in an insulated lunch container. Include an ice pack, freezer gel pack, or water frozen in leak-proof plastic freezer containers. Place your lunch in a cool place out of direct sunlight.

Reheating Foods in the Microwave

- If foods are reheated in the microwave, reheat until they are steaming hot throughout.
- Follow package directions for frozen convenience meals.



Foods Safe at Room Temperature

Packed lunch foods that are safe at room temperature are:

- Peanut butter sandwiches
- Popcorn, bread, crackers, bagels
- Fresh fruit in the peel
- Unopened single-serving containers of fruit, fruit juice and pudding
- Commercially prepared meats, poultry, seafood and dried beans that can be opened and eaten immediately
- Dried fruits, nuts, cookies, cereal bars

Source: UNL Extension in Lancaster County



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What's Happening with the Master Foodies!

Ah, Mediterranean Was Magnificent

Magnificent! If there is one word to describe how the Heart-Healthy Mediterranean class on May 23 turned out, that might be it. The recipes, the well-prepared foods—especially roasted lamb—and the carefully-selected red wines made this class.

For EMFVs unfamiliar with the Mediterranean Diet, it emphasizes olive oil, tree nuts, fruits, vegetables, fish, legumes, white meat and sofrito. Mediterraneans drink red wine with the main meal (for a total of seven glasses a week).

Gerry Buehler, who coordinated the class, worked with this large EMFV team: Deanne Bacco, Barbara Bein, Anne Byrd, Sandy Corwin, Cindy Faulknier, Pat Graham, Marsha Huston, Sharon Lund, Diane Maddox, Steph Metcalf, Cathy Nix, Peggy Rau and Linda Zindler.

The class was held in the Great Plains Room B at K-State Olathe. The 30 attendees were greeted with these appetizers: sardines with crackers, Colors of Italy spread—made with sun-dried tomatoes, goat cheese and pesto—Eggplant Parmesan Crisps and Butternut Squash Galette, a vegetable pastry.

The attendees later sampled Burned Carrot Sandwiches with Cannellini Bean Spread as well as Fennel and Red Pepper Salad. These were followed by the Roasted Leg of Lamb with Mint Sauce and Winter Garden Polenta. The dessert was Fresh Fruit Clafouti, a custard.

The wines were served with the lamb. Cindy selected the three wines, which attendees could sample in 2-ounce portions each: 2014 Casata Monticello Nebbiola D'Alba (Italy), 2016 Domaine La Colombe Vin de Provence Rose (France) and 2010 Vina Cumbero Tempranillo Crianza Rioja (Spain).

In addition to many food samples, some unusual to the American palate, attendees received lots of advice, nutrition information and cooking tips on Mediterranean dishes.

It's worth noting that Extension flyers promoted this class as MyPlate with olive oil and red wine. Emily Hastings, R.D., was the expert—and enthusiastic—speaker on the Mediterranean Diet, which she follows herself.

Perhaps because of the food, the evaluations were magnificent, too. Gerry said she received 24 evaluations, with 21 of those giving the class the highest ratings and the other three a mix of the highest and second highest ratings. As attendees were leaving the class, they made a point of telling the team how much they enjoyed it all.

