

Healthy Tips! – July 2017

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

August— Canning Classes

Join the Extension Master Food Volunteers for these hands-on sessions to learn about food preservation. Sign up for one class or all four.

Mon., Aug. 21—Waterbath Canning for Beginners

Tues., Aug. 22—Jams & Jellies

Wed., Aug. 23—Pressure Canning

Thurs., Aug. 24—Canning Meats

All classes are 6-9pm

Fee: \$25 per class

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

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

10 Tips to Keep Summer Grilling Safe

Have fun on the grill this season, but be safe! Follow these basic tips to make your cookout one everyone will enjoy and stay healthy!

1. **Don't wash your meat:** Washing your meat under running water only spreads the bacteria to your sink, into the air and to you. Cooking will remove any bacteria.
2. **Contamination:** Avoid cross-contamination by using a separate cutting board for meat and another one — or two — for preparing your salad or other foods.
3. **Use paper towels, not cloth towels, to clean up:** People think towels are green, but you'll be the one who is green if you get sick from contamination. Use a clean, single-use paper towel to wipe surfaces, your hands and your utensils when preparing raw meat — and throw it away.
4. **Wash your hands again — and again — before, during and after preparing meats:** And don't touch your refrigerator handle, spice bottles, dishes or cupboards with your dirty hands .
5. **Keep your meat cold before it hits the grill:** Don't marinate chicken or beef at "room temperature" as some recipes say. This gives bacteria an excellent place to grow.
6. **Your thermometers — one for the refrigerator and one for meat — are your best friends:** And they will make you the best cook. This is the only way to ensure meat is fully cooked while not being overcooked. Also, have a thermometer for your refrigerator.
7. **Don't use the same utensils and dishes for raw meat and cooked meat:** Wash those dishes and utensils, or switch to newly cleaned ones, while the meat is cooking.
8. **Cooking temperatures:** Your chicken is cooked when it reaches 165 degrees; ground beef, 160 degrees.
9. **Serve your food promptly and enjoy.**
10. **Store leftovers in the refrigerator as soon as possible:** Make sure it's no more than two hours and only one hour in warm weather (above 90 degrees). Reheat your meat to a safe temperature of 160 degrees or eat cold.

Source: www.ucdavis.edu



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Living Well with Diabetes

The four-week Dining with Diabetes classes had many accomplishments: At the last class participants shared the changes they've made in their eating and nutrition, including paying attention to food labels and controlling portion sizes.

"My wife bought smaller plates," a man said.

"I'd been eating for a family of four," a woman said to laughter.

Indeed, a key goal of the classes was to teach how to plan meals and have a balanced diet, focusing on regulating carbohydrates and other nutrients to help people with diabetes live healthfully. As part of that goal, participants learned healthful cooking techniques using herbs, spices, reduced fat foods and artificial sweeteners.

With a curriculum developed by K-State Research and Extension, the classes on April 19 and 26 and May 3 and 10 were packed with even more health and nutrition information than our usual cooking classes. Each class had a theme: Living Well with Diabetes; Carbohydrates and Sweeteners; Fats and Sodium; and Vitamins, Minerals and Fiber/Putting It All Together.

Each class had many practical tips and advice, such as using your hand as a rough measure of portions and serving sizes and using the plate method for diabetes meal planning. (It's slightly different from MyPlate: Half the plate is vegetables with a quarter of the plate each with meat and starches. Smaller portions of milk and fruit are outside the plate.)

EMFV Sherry Carter, a retired teacher of Family and Consumer Science, expertly coordinated the classes. She also was the chief presenter, describing her own challenges with managing Type 2 diabetes. EMFV Cindy Faulknier led the May 3 class, talking about good fats and oils; salt, sodium and salt substitutes; and using spices and herbs for flavor.

The 30 participants enjoyed a meal (rather than samples) at each class. The recipes, which came from K-State, aimed to be low-fat, low-salt and low-sugar. Many used reduced fat, reduced sodium and sugar-free products as well as egg substitutes. They were tasty and easy to prepare.

The menu for the first class was Chicken Breast with Apricot Ginger Glaze; Seasoned Green Beans with Red Pepper Strips; and a Fruit Tart. Second class: Healthier Swiss Steak; Four Bean Salad; and Poor Man's Oatmeal Cookies. Third class: Strawberry Spinach Salad; Sweet and Sour Pork; and Strawberry Dessert.

The last class was special, featuring a diabetes-friendly holiday meal of Herb Roasted Turkey Breast; Apple Stuffing; Skinny Gravy; and a Double Layer Pumpkin Pie. Participants went home with a large packet of these and other diabetes-friendly recipes.

In their evaluations, participants said they loved the meals! And they paid just \$25, a bargain, for the four classes and meals.

