

Bell County Homemaker Newsletter

July/August'24



"Friends, sun, sand, and sea, that sounds like a summer to me."
-Unknown

Safe & Healthy Picnics



Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

Have a way to wash your hands

It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.

Pack smart

Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.

Don't let food sit out

Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event. For more information on food safety and dining outdoors, contact your local Extension office.

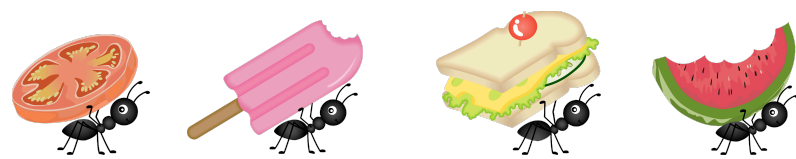
Keep food out of the danger zone

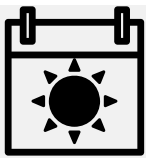
When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F - the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables. You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

Separate raw from ready-to-eat food

If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist





Upcoming Programs & Announcements

JUL. 4 CLOSED IN OBSERVANCE OF THE 4TH OF JULY



JUL. 9 STORYBOOK WALK- VETERANS PARK- 7:30PM



JUL. 10 BELL COUNTY FAIR EXHIBITS- BELL.CO FAIR GROUNDS
9AM-2PM ENTRY DROP OFF 5PM-8PM PUBLIC VIEWING



JUL. 10-13 BELL COUNTY FAIR- BELL CO. FAIR GROUNDS



AUG.7 HOMEMAKER COUNCIL MEETING-
3RD FLOOR MEETING ROOM- 10AM

AUG.20 TASTY TUESDAY:FRESH FARMERS MARKET SALSA
EXTENSION OFFICE- 1PM



Recipe of the Month

SERVINGS: 12 **SERVING SIZE:** 1 MUFFIN

NUTRITION FACTS PER SERVING: 190 CALORIES; 5G TOTAL FAT; 0.5G SATURATED FAT; 0G TRANS FAT; 15MG CHOLESTEROL; 280MG SODIUM; 33G CARBOHYDRATE; 1G FIBER; 4G PROTEIN; 2% DAILY VALUE OF VITAMIN A; 15% DAILY VALUE OF VITAMIN C; 15% DAILY VALUE OF CALCIUM; 8% DAILY VALUE OF IRON



RED, WHITE, & BLUEBERRY MUFFINS

DIRECTIONS:

1. POSITION RACK IN THE CENTER OF THE OVEN. PREHEAT OVEN TO 400 DEGREES F.
2. IN A LARGE BOWL, WHISK TOGETHER EGG, MILK, YOGURT, OIL AND LEMON ZEST.
3. SIFT THE FLOUR, SUGAR, BAKING POWDER AND SALT ONTO THE LIQUID INGREDIENTS. USING A FORK, STIR VERY LIGHTLY, JUST UNTIL INGREDIENTS ARE COMBINED.
4. GENTLY FOLD IN THE BERRIES.
5. POUR THE BATTER INTO A MUFFIN PAN COATED WITH NON-STICK SPRAY.
6. IN A SMALL BOWL, COMBINE THE TOPPING INGREDIENTS. SPRINKLE EVENLY OVER MUFFINS.
7. BAKE 25 TO 30 MINUTES OR UNTIL THE TOPS ARE LIGHTLY BROWNED AND A WOODEN TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN.
8. ALLOW THE MUFFINS TO COOL AT LEAST 10 MINUTES. SERVE WARM OR AT ROOM TEMPERATURE.

INGREDIENTS

- 1 EGG
- 1/2 CUP SKIM MILK
- 1/2 CUP NON-FAT VANILLA YOGURT
- 3 TABLESPOONS CANOLA OIL
- 2 TEASPOONS LEMON ZEST
- 2 CUPS ALL-PURPOSE FLOUR
- 1/2 CUP SUGAR
- 4 TEASPOONS BAKING POWDER
- 1/2 TEASPOON SALT
- 1 1/2 CUP FRESH (OR FROZEN UNSWEETENED) BLUEBERRIES, WHOLE
- 1 CUP FRESH (OR FROZEN UNSWEETENED) STRAWBERRIES, CHOPPED

Bell County Homemakers
"Homemade with Love" Cookbooks \$15

