



Family Health

December 2009

Newsletter

Food Safety

The season of cooking is upon us. Food Safety is a necessary tool that should be practiced in our homes to minimize harmful bacteria that can cause food borne diseases and illnesses. It just takes four easy steps to keep food safe.

Step 1: CLEAN your hands and surfaces often: before, during and after preparing food. Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food. Rinse fruits and vegetables.

Step 2: SEPARATE don't cross contaminate, that is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.

Step 3: COOK all foods to proper temperatures. Use a food thermometer to measure the internal temperature of cooked foods. When reheating sauces, soups and gravy bring to a boil. Heat all leftovers thoroughly to 165 degrees Fahrenheit.

Step 4: CHILL Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Place food in airtight containers and place in fridge. Defrosting frozen foods should not be done at room temperature. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately. Always marinate food in the fridge.

Holiday Gift Giving

Wrapping holiday gifts this year? Be creative with the type of gift wrap you use.

- Search for recycled newspapers or create a patch work from several gift wrap.
- Find cardboard boxes (cereal, pasta, mixes, etc.) and use them as gift boxes.

This is a great way to reduce, reuse, and recycle!

Family Fun Site

Visit the Disney Family Fun site for ideas on how to entertain the kids during the holiday break. You will find the following:

- craft ideas
- recipes
- fun activities, and more!

www.familyfun.go.com



Prevention Corner

December 6-12

National Hand Washing Awareness Week. There are 4 principles of Hand Awareness:

- Check out www.henrythehand.com/ for kid friendly information.
- For the Know-How on clean hands visit www.cdc.gov/Features/HandWashing/

Kids Corner:

Snow Angels

1. Find an undisturbed area of snow
2. Lay on your back in the snow with your arms and legs outstretched
3. Be sure your head makes an impression in the snow
4. Move your arms back and forth across the snow, keeping them straight
5. At the same time move your legs in and out—Just like doing a Jumping Jack
6. Carefully get up and stand back to admire your Snow Angel!

Snow Angel Contests!

Get a group together and divide off into two teams. Have an adult chaperone and be the referee. Be sure to dress in snow clothes to keep dry and warm.

**Try to make as many Snow Angels as you can in 2 minutes. They have to be completed in order to count. The team with the most Snow Angels wins! This is a great way to keep warm in the snow and get in some added exercise!*

FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Cranberry-Almond Granola

Makes 9 1/2 cups (19 servings, 1/2 cup each)

Use this recipe as a starting point for your own creativity: substitute dried blueberries or chopped dried apricots for the cranberries, or walnuts or hazelnuts for the almonds.

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| 2/3 cup frozen unsweetened apple juice concentrate, thawed | 5 cups rolled oats, (not quick-cooking) |
| 1/2 cup maple syrup | 1 cup toasted wheat germ |
| 1/3 cup almond oil, or canola oil | 1 cup whole almonds, coarsely chopped (4 1/2 ounces) |
| 1/4 cup packed dark brown sugar | 1/2 cup sunflower seeds, (2 ounces) |
| 1 tablespoon ground cinnamon | 1 cup dried cranberries, divided |
| 1/2 teaspoon salt, or to taste | |

Preparation

1. Position racks in the top and bottom thirds of the oven; preheat to 325°F. Coat 2 large baking sheets with sides including cooking spray.
2. Whisk apple juice concentrate, maple syrup, oil and brown sugar in a medium saucepan. Bring to a simmer over medium-high heat, stirring occasionally. Remove from heat; stir in cinnamon and salt.
3. Mix oats, wheat germ, almonds and sunflower seeds in a large bowl. Stir in the juice mixture; toss to coat. Spread the granola evenly on the prepared baking sheets.
4. Bake the granola for 15 minutes, stirring once or twice. Reverse sheets top to bottom and back to front. Continue baking until lightly browned and aromatic, stirring frequently, about 15 minutes more. Transfer the baking sheets to wire racks; stir 1/2 cup dried cranberries into the granola on each sheet. Let cool completely. Store granola in airtight containers for up to 2 months.

Nutrition Analysis (per serving)

262 Calories; 11 g Fat; 1 g Sat; 6 g Mono; 0 mg Cholesterol; 37 g Carbohydrates; 7 g Protein; 5 g Fiber; 67 mg Sodium; 229 mg Potassium; 2 1/2 Carbohydrate Serving; Exchanges: 1 starch, 1 1/2 other carbohydrate, 1 1/2 fat

Bring the Fun Indoors

It is cold outside so most families are moving play time indoors. Finding indoor fun may be challenging, but don't worry, we have some fun ideas for you.

- **Plan a scavenger hunt:** Make up fun clues and have the kids find a few treasures (jump rope, pencils, books, balls, etc.)
- **Yoga/stretch party:** 10-20 minutes of flexibility activities. Pop in a yoga video or just do some basic stretching with the family.
- **Family Cooking Night:** Prepare food and eat together. Choose a fun theme, like a luau, get dressed up, make decorations, turn on the music, and get everyone involved.

- **Movie night with healthy foods:** Pick a family friendly movie and make some healthy snacks. Try hummus and baked pita chips, cheese sticks with veggies, or apple slices with nut butter.

- **Camp out in your living room:** Get out the sleeping bags and read a book by flashlight.

- **Heart healthy dancing and cleaning:** Turn up the tunes and clean the house with the family. Mop the floors, organize the pantry, do the laundry, etc. Make sure you sneak in some dance moves while you are cleaning.

