



## ***Nourishing the Next Generation***

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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## **Frozen Fruit Cup Snacks**

Makes 4 fruit cups, about 1/3 cup each  
(For variety, use other favorite fruits.)

### Ingredients:

- 1 medium banana
- 1/2 cup unsweetened frozen strawberries, thawed
- 1/4 cup canned crushed pineapple, not drained
- 3/4 cup non-fat plain yogurt



## **"Making meals and memories together"**

### Directions:

1. Cut up bananas and berries in a bowl. Stir in pineapple and yogurt.
2. Spoon mixture into 4 containers with lids, or into 4 paper baking cups held in muffin tins.
3. Freeze until firm, at least 3 hours.
4. Let fruit cups thaw for about 10 minutes before serving them.

**Nutrition Facts for 1 fruit cup:** Calories 70; Total fat 0g; Saturated fat 0g; Trans fat 0g; Cholesterol 0mg; Sodium 45mg; Carbohydrate 15g; Sugars 10g; Protein 3g; Daily Values: 25% vitamin C, 8% calcium



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### Tips For Picnics, Cookouts, Camping, Outdoor Parties

Keep the good times with your grandchild safe when you eat outside this summer. Otherwise, you'll have many uninvited guests (that is, the harmful bacteria that reproduce rapidly on unrefrigerated foods). Use these tips to prevent "food poisoning:"

#### **1. Prepare with care.**

- Don't pack extra perishable foods. Do pack extra water, a can opener, and a meat thermometer if you'll be grilling.
- Use one cooler for beverages and cold snacks, and a second one for perishable foods. The beverage and snack cooler will be opened more often, and the temperature inside rises every time a cooler is opened.
- Pack less hazardous foods, such as peanut butter, unopened canned foods, dried foods, uncut rinsed fresh fruits, rinsed fresh vegetables and breads.
- Start with chilled or frozen ingredients. Transfer food directly from the refrigerator or freezer to the cooler.
- If packing a salad made with meat, eggs, poultry or fish, prepare it less than 24 hours before serving and chill well. If packing cooked and uncooked foods in the same cooler, keep raw fish, meats and poultry sealed and separated from cooked foods and foods that will be eaten raw, such as fruits and vegetables.
- Pack coolers full. For instance, add more ice, frozen gel packs, water frozen in plastic bottles, or frozen juice boxes.
- Transport coolers in the air-conditioned part of your car, not in the trunk.



#### **2. Take care once there.**

- Keep coolers in the shade and cover them with a light-colored blanket or tarp. Open them only when necessary.
- Clean all hands and food surfaces.
- Remove cold cooked foods from the cooler just before serving.
- If grilling, cook only the quantity of food that will be eaten. Use a meat thermometer to check doneness. Cook seafood and steak or chops to 145 degrees F., ground meats to 160 degrees F., and poultry and hot dogs to 165 degrees F. Wash platters that held raw meats, seafood and poultry before re-using them.
- Keep dirty dishes and utensils separate from clean ones.
- Discard any perishable foods that have been out of the cooler or off of the grill for more than one hour when the temperature is above 90 degrees F. (or two hours in cooler weather).
- After getting home, if leftovers are still ice cold, refrigerate and reheat them before serving the next day.

Source: Adapted from *Grill It Safe before the Good Eats Can Begin*, at: [www.fsis.usda.gov/Food\\_Safety\\_Education/Grill\\_It\\_Safe/index.asp](http://www.fsis.usda.gov/Food_Safety_Education/Grill_It_Safe/index.asp)