

EFNEP Newsletter

Produced by Cornell Cooperative Extension September 2022

For more information about this and other Oswego County programs, call 315-963-7286, ext. 300.

School Lunch FOOD SAFETY TIPS For Parents



97% of consumers failed to wash their hands properly when preparing a meal.*
*According to a 2018 study, U.S. Department of Agriculture



1 in 6 Americans get a foodborne illness each year.



Children represent half of all hospitalizations for foodborne illness in the United States each year.



Before preparing lunch, wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and counter tops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.



Use one cutting board for fresh produce and a different one for meat and poultry. This will help you avoid cross-contamination or spreading bacteria from one food product to another.



Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



The **EFNEP** program provides nutrition education to income-eligible families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings, including by Zoom and phone.

Workshop series include:

- *Family Nutrition Education Curriculum
- *Finding A Balance — Diabetes
- *Healthy Children, Healthy Families
- *Healthy Cents
- *Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

- *Choose Health: Food, Fun and Fitness
- *Cooking Up Fun! Vary our Veggies
- *Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

**Cornell Cooperative
Extension of Oswego County
315-963-7286, ext. 300**

KORNER

IDS
My Food, Your Food, Our Food (How Are We Alike and Different?) by Emma Carlson Berne, teaches children about different cultures by looking at foods eaten around the world. Borrow this book from the library, read it to your child then pick a country from which you'd like to try making a recipe.

Rice with Black Beans and Sausage

Makes 8 servings
Serving size: 1 cup

Ingredients

- 2 teaspoons oil
- 8 ounces low-fat Polish kielbasa sausage, cut into small pieces
- 1 large onion, chopped
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 bell pepper (you choose the color) chopped
- 1 teaspoon ground cumin
- 1 cup uncooked rice
- 1 15 ounce can black beans, drained and rinsed
- 2 cups water

Directions

1. Wash hands with soap and water.
2. Heat oil over medium-high heat (350 degrees in an electric skillet), sauté sausage and onion until onion is clear.
3. Add garlic, bell pepper, cumin, rice, black beans and water.
4. Bring to a boil over high heat; reduce heat to low, cover and simmer for 20 minutes.
5. Refrigerate leftovers within 2 hours.

Notes:

1. Add sliced mushrooms for variety.
2. If you like spicy food, add cayenne pepper or chili powder.
3. Try brown rice and simmer for another 10 to 15 minutes.
4. Try adding fresh chopped cilantro on top for more flavor.

Nutrition Facts for 1 cup: 190 calories, 4g total fat, 1g saturated fat, 20mg cholesterol, 420mg sodium, 28g total carbohydrate, 3g dietary fiber, 2g total sugars, 0g added sugars, 8g protein, 10% Vitamin A, 2% calcium, 8% iron, 35% Vitamin C, 19% calories from fat

Source: foodhero.org

