



Solano Family & Children's Services, Child Care Food Program

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# Nutrition Nuggets

## September: National Food Safety Education Month

This is a great time to explore ways to promote safe food handling and prevent foodborne illnesses. You can use this opportunity to emphasize the importance of food safety principles. It's important for people to understand how their behavior and activities contribute to the safety of food and how they can decrease the risk of foodborne illness, while also reducing food waste. It is important to know that foodborne illness can result in more than just a few unpleasant days of fever and tummy troubles. It can also result in long term effects and can even be deadly.

### Fruit and Vegetable Safety

Eating a diet with plenty of fruits and vegetables gives important health benefits. But it's important to select and prepare them safely. Fruits and vegetables add nutrients to your diet that help protect you from heart disease, stroke, and some cancers. In addition, choosing vegetables, fruits, nuts, and other produce over high calorie foods can help you manage your weight. Sometimes, raw fruits and vegetables contain harmful germs that can make you and your family sick, such as Salmonella, E. coli, and Listeria. Wash or scrub fruits and vegetables under running water, even if you do not plan to eat the peel. Germs on the peel or skin can get inside fruits and vegetables when you cut them. The safest produce is cooked; the next safest is washed. Enjoy uncooked fruits and vegetables while taking steps to avoid food borne illness, also known as food poisoning. Here are some tips on how to handle fruit and vegetables safely.

- Choose produce that isn't bruised.
- Keep pre cut fruits and vegetables cold by choosing produce that is refrigerated or kept on ice.
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.
- Wash your hands, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.
- Clean fruit and vegetable's exterior before eating, cutting, or cooking by washing and scrubbing fruits under water.
- Keep fruits and vegetables separate from raw foods that come from animals, such as meat, poultry, and seafood.
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if the outside temperature is 90° or warmer). Chill them at 40°F or colder in a clean container.

[www.healthline.com](http://www.healthline.com)

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



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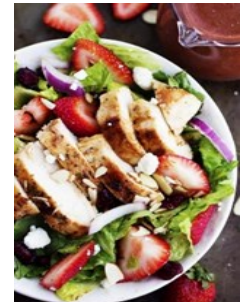


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### Strawberry Chicken Salad

2 cups chicken cooked  
½ cup dried cranberries  
¼ cup goat cheese crumbled

4 cups romaine chopped  
¼ cup red onion sliced  
¼ cup almonds sliced



### Strawberry Balsamic Dressing

1 cup strawberries  
¼ cup balsamic vinegar  
¼ cup extra virgin olive oil

1 tbsp Dijon mustard  
1 clove garlic minced  
salt and pepper to taste

In a food processor, pulse the strawberries, balsamic vinegar, olive oil, Dijon mustard, garlic, salt and pepper until smooth. Set aside in a large bowl. Toss the chicken, romaine, strawberries, dried cranberries, red onion, goat cheese, and sliced almonds. Toss with dressing or drizzle on top of served portions.

[www.therecipecritic.com](http://www.therecipecritic.com)

## What Can I Do To Get and Keep My Child Active

You can help shape your child's attitudes and behaviors regarding physical activity. Encourage your child to be physically active for 60 minutes or more each day, with activities ranging from informal, active play to organized sports. Here are some ways you can do this:

- Start early. Young children love to play and be active. Encouraging lots of safe and unstructured movement and play can help build a strong foundation for an active lifestyle.
- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take young people to places where they can be active, such as public parks, community baseball fields, or basketball courts.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non structured.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase, or riding bikes.

[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

## CACFP Training Packet 2021

Just a friendly reminder: For those of you who have not completed your annual training, it is available on our website under forms> providers> CACFP Training Packet 2021. The signature page, which is listed directly below the packet must be signed and turned in by September 30<sup>th</sup>. Please enjoy the helpful and insightful information we have put together.