

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Play It Safe with Food

Chill perishable foods promptly.

Keep hot foods hot and cold foods cold.

Clean hands and kitchen surfaces before preparing, cooking, or eating food.

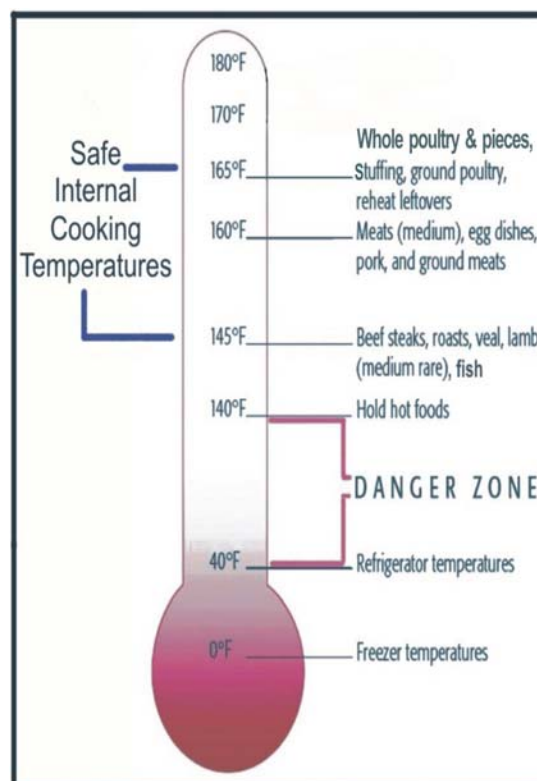
Rinse fruits and vegetables with clean water before cooking or serving.

Do not rinse meat and poultry before cooking. This may spread bacteria to other foods and surfaces.

Separate raw, cooked, and ready-to-eat foods while shopping, preparing, and storing.

Thaw foods in the refrigerator or in the microwave oven. Food thawed in the microwave should be cooked immediately.

Cook meat, poultry, and fish thoroughly. Use a food thermometer to determine doneness. This is the only way to accurately determine if a food is done.



Hamburger Skillet Dinner Serves 4.

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|-------------------------------|--|
| 1 lb. ground beef | 1 large green pepper, cut into thin strips |
| 1 small onion, chopped | 1 cup sliced celery |
| 1/2 cup water | 2 cups chopped cabbage |
| 1/4 cup low-sodium soy sauce | 2 tomatoes, sliced or |
| 2 potatoes, peeled and sliced | 1 (15 oz.) can tomatoes, drained |

1. In a large skillet or pot brown beef and onion; drain.
2. Add rest of ingredients. Cover and cook on high for 1-2 minutes. Reduce heat and cook slowly (simmer) for 15 minutes.

NUTRITION FACTS (per serving) - Calories 360 ~ fat 17 g ~ calories from fat 160 ~ sodium 650 mg ~ total carbohydrate 25 g ~ fiber 5 g

Overnight Salmon/Tuna Casserole Serves 4.

1 can reduced-fat and sodium cream of mushroom soup	1/2 teaspoon onion powder
2 cups uncooked noodles	1 cup skim milk
1 (14.75 oz.) can salmon or tuna, drained and flaked	1/2 cup dry bread crumbs
1 (10 oz.) package frozen broccoli cuts or peas	1 Tablespoon Parmesan cheese
	1 Tablespoon margarine, melted

1. In a large bowl combine soup, noodles, salmon, broccoli or peas, onion powder, and skim milk.
2. Pour into an 8 or 9-inch ungreased square baking dish. Cover tightly and refrigerate overnight.
3. Heat oven to 350°F.
4. In a small bowl combine breadcrumbs, cheese and margarine, blending well. Sprinkle over casserole. Bake for 45 to 55 minutes until bubbly and golden brown.

NUTRITION FACTS (per serving) - Calories 560 ~ fat 19 g ~ calories from fat 170 ~ sodium 760 mg ~ total carbohydrate 64 g ~ fiber 4 g

Food Safety and Pregnancy

If you are pregnant, you must take extra care when preparing and eating “ready-to-eat” foods such as hot dogs, luncheon meats, cold cuts, and other deli-style meats and poultry to prevent foodborne illnesses, especially listeriosis.

- Store ready-to-eat foods at 40°F or lower.
- Use perishable and ready-to-eat foods as soon as possible.
- Hot dogs, luncheon meats, cold cuts, and other deli-style meats and poultry should be reheated until steaming hot.
- Do not eat soft cheeses such as feta, brie, Camembert, blue-veined or Mexican-style cheese.
- Do not drink raw (unpasteurized) milk or foods that contain raw milk.
- Older adults, newborns, and those with weakened immune systems are considered at-risk for foodborne illnesses, like listeriosis, and should also follow the above recommendations.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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