

Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION



FIGHT BAC!® like a producepro

August 2015

As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself from food poisoning. For more information go to www.fightbac.org.



CHECK
For Bruising
or Damage



CLEAN
Hands, Surfaces
and Utensils



RINSE
Fresh Fruits and
Vegetables



SEPARATE
From
Contaminants



CHILL
Cut Produce
Below 40°F



**THROW
AWAY**
If in Doubt,
Throw It Out

Check

- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

Clean

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

Rinse

- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.

- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables.

Separate

- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs. Do not use the same cutting board or utensils without

cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

Chill

- Keep your refrigerator at or below 40° F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

Throw away

- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

Source: Partnership for Food Safety Education
www.fightbac.org



Spaghetti Squash

Spaghetti squash can be a good alternative to pasta, potatoes, or rice. When cooked, the flesh shreds into strands resembling spaghetti.

- Preheat oven to 375 ° F. Pierce squash a few times with sharp paring knife to let steam escape. Place spaghetti squash on a baking sheet and bake for 60 minutes or until a paring knife pierces easily through skin. Let squash cool for 10 minutes.
- Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long strands (should look like spaghetti). If the squash seems difficult to scrape, return the squash to bake for an additional 10 minutes.

BAKED SPAGHETTI SQUASH BUTTER

1 small spaghetti squash (about 3-4 pounds) - baked	1/4 cup finely minced parsley (or basil)
2 tablespoons butter	1/2 teaspoon salt (or to taste)
2 cloves garlic, finely minced	1/4 cup shredded parmesan cheese

Heat a large skillet with the butter and the garlic over medium-low heat. After 1 minute, add parsley, salt and spaghetti squash strands from 1 baked squash. Toss well, sprinkle in the parmesan cheese. The spaghetti squash should have a slight crunch, but if you like it softer, cover the pan and cook 2 more minutes.

<http://steamykitchen.com/11285-baked-spaghetti-squash-with-garlic-and-butter.html>

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

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For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>