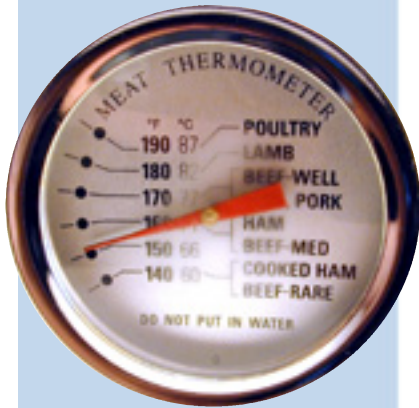


EATING SMART AT HOME



Fix It Safe

CLEAN

- Wash hands and all equipment, counters, cutting boards, dishes and utensils with hot soapy water.
- Make sanitizing solution by mixing 1 tablespoon chlorine bleach to 1 gallon warm (not hot) water.
- Sanitize all kitchen surfaces after cleaning.

SEPARATE

- Keep meat separate from other foods when shopping.
- Use a separate cutting board for meats and vegetables (or use different sides of the same cutting board).
- Always wash hands, cutting boards and all utensils after coming in contact with raw meat, poultry, or fish.

COOK

- Cook meats, poultry, eggs, fish, and shellfish thoroughly.
- Reheat leftovers until steaming hot.
- Bring sauces, soups, and gravies to a boil when reheating.

CHILL

- Refrigerate foods quickly. Do not leave food out more than one hour if the temperature outside is 90° F or hotter.
- Thaw meats on the bottom shelf on a plate in the refrigerator. Never thaw meats on the counter.



CHICKEN AND BROCCOLI QUICHE



Makes 2 quiche
6 servings per quiche
Serving Size: 1/6 quiche

Tip: With this time saving recipe, you can make one now and freeze one for later.

Ingredients

- 2 9-inch ready made pie crusts, baked (optional)
- 4 eggs
- 1 cup low-fat or skim milk
- 3/4 cup low-fat cheddar cheese, shredded
- 3/4 cup cooked, chopped chicken
- 10-ounce frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- pepper to taste
- 1/2–3/4 teaspoon garlic salt

Directions

1. Preheat oven to 350° F. Bake pie crusts according to package directions (optional).
2. In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water.
4. Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

Nutrition information Per Serving

270 calories	Total Carbohydrate	17 g	
Total Fat	16 g	Dietary Fiber	2 g
Saturated Fat	6 g	Sodium	540 mg
Protein	16 g		



Eat Smart



www.pedbikeimages.org/Dan Burden

START A GROUP

Get together with two other friends and their kids and go for a walk. Schedule it on a certain day of the week at a certain time, like every Thursday at 4pm. Walking together is a great way to talk and visit as well as get some activity.



Move More

EATING SMART AT HOME



Fraser, A. M. and Bearon, L. B. 2000. For Your Health, Food Safety Begins at Home. Available online at: <http://www.foodsafety.gov/consumers/training/FYH.html>



Home Food Safety Inspection

When it comes to foodborne illness, how safe are you? Are there changes that you need to make in your kitchen to be safe? If you answer "true" to any of these items, you will need to make changes and start fighting BAC!

CLEAN	TRUE	FALSE
1. Sometimes I do not wash my hands before or during food preparation.	<input type="checkbox"/>	<input type="checkbox"/>
2. Sometimes I prepare food while I am sick.	<input type="checkbox"/>	<input type="checkbox"/>
3. I do not have hand soap in my kitchen.	<input type="checkbox"/>	<input type="checkbox"/>
4. I do not have soap for washing dishes.	<input type="checkbox"/>	<input type="checkbox"/>
5. I do not have hot water to wash my dishes.	<input type="checkbox"/>	<input type="checkbox"/>
6. Pets may walk on the countertops.	<input type="checkbox"/>	<input type="checkbox"/>
7. Dirty items, such as a can opener, pots and pans, are present in my kitchen.	<input type="checkbox"/>	<input type="checkbox"/>
8. The sink has pieces of food left in it.	<input type="checkbox"/>	<input type="checkbox"/>
9. The cloth, sponge, or dishtowel has not been changed in a while.	<input type="checkbox"/>	<input type="checkbox"/>
10. I do not always wash the cutting board with hot soapy water or in a dishwasher between uses.	<input type="checkbox"/>	<input type="checkbox"/>
11. Sometimes the utensils I use for tasting are put back into the food being prepared.	<input type="checkbox"/>	<input type="checkbox"/>
12. Sometimes I put cooked food back onto a plate that held raw foods without first washing the plate.	<input type="checkbox"/>	<input type="checkbox"/>
13. The shelves and/or drawers of my refrigerator have bits of food, dried spills, and/or mold on them.	<input type="checkbox"/>	<input type="checkbox"/>
14. Insects and other pests are present.	<input type="checkbox"/>	<input type="checkbox"/>



