

NEWSLETTER

Whole School. Whole Community.
Whole Child.

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As the weather warms up, it is the ideal time for outdoor picnics and BBQs. While this is a great way to connect with others and get some fresh air, it is important to remember that these outdoor functions can often come with an increase of foodborne illness. We hope you find these simple tips below helpful when preparing for some outdoor fun!

Did You Know?

- Approximately one in six Americans suffer from food poisoning every year.
- About 128,000 hospitalizations in the U.S. are due to foodborne illnesses each year.

Basic Tips

- **CLEAN**
 - Surfaces, utensils, and hands with soap and water.
 - All produce with running water.
- **SEPARATE**
 - Plates and utensils used for cooked and raw meat.
- **COOK**
 - Use a food thermometer to check that your meat is cooked to the right temperature. *see helpful temp chart below*
- **CHILL**
 - Chill raw and prepared foods until cooking for consumption

4 STEPS TO FOOD SAFETY



What's on the menu?

Barbeque

- Burgers; 160° F
- Poultry; 165° F
- Sausage; 160° F
- Steaks; 145° F

Fruit Salad

- Rinse all produce before peeling/ chopping
- Chop all produce with clean knives on cutting boards that were not used for raw meat.

Deviled Eggs

- Refrigerate prepared eggs until they're ready to be served.



Food Safety During COVID19

Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with food. Before preparing or eating food, it is important to always [wash your hands](#) with soap and water for 20 seconds for general food safety. Throughout the day, wash your hands after blowing your nose, coughing or sneezing, or going to the bathroom.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from food products or packaging.

You should always handle and prepare food safely, including keeping raw meat separate from other foods, refrigerating perishable foods, and cooking meat to the right temperature to kill harmful germs. See CDC's [Food Safety site](#) for more information.

For more information, visit CDC's [COVID-19 and food](#) page.

Healthy Summer Recipe

Watermelon Frosty

Prep Time: 5 Min | Total Time 5 min

Ingredients

2 cups frozen watermelon cubes
2 Tbsp. fresh lime juice
1/2 banana
1 teaspoon ample syrup
1/2 to 1 cup coconut water

Instructions

1. Ask an adult to help you combine lime juice, watermelon, banana, syrup and 1/2 cup coconut water in a blender.
2. With a adult turn on the blender to low speed to get things moving.
3. Slowly add more coconut water and blend, increasing the speed to high until the mixture blend into thick, frosty bliss.
4. Pour into a glass and enjoy.



As always, our [School Health Team](#) is available to provide resources regarding school health topics. Feel free to reach out to us any time with feedback or requests for resources. We are dedicated to improving the health and wellness of your school and community! Contact [Ashley](#), for assistance. We would love to hear from you!

