



Healthy Habits for a Lifetime

A monthly nutrition newsletter from God's Pantry Food Bank
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Summer Food Safety Is a Must

It's a fun time of year. We are going to be outside more enjoying the sunshine, and everything that goes along with it, including picnics, barbecues, and summer time food galore. Just keep in mind that a little food safety caution can go a long way towards our continued good health.

1. Never let raw eggs be unrefrigerated for more than two hours.

2. When grilling, always use different utensils and plates for raw and cook food.

3. Keep coolers out of the direct sunlight, and use plenty of ice.

4. Pack supplies for hand washing, if they will not be available at your site.

5. Refrigerate all leftovers within two hours, or less if



the temperature is 90 degrees or above.

6. For safe thawing the refrigerator is always best. The microwave may also be utilized if the food product will be fully cooked immediately afterwards.

7. When purchasing perishable food at the grocery store, always place in a separate plastic bag, and head straight home after purchase.

8. Thoroughly wash all fruits and vegetables under running water.

9. Store perishable produce, (inclusive of berries, lettuce, herbs and mushrooms), in the refrigerator.

10. Children and the elderly should be particularly cautious about consuming raw sprouts, (including bean, alfalfa, clover and radish). In addition, juices that have not been pasteurized should be refrigerated at all times.

Enjoy your summer, and be safe!

*Information Compiled From:
Tufts Health & Nutrition Letter;
June 2010, Volume 28, Number 4.*

Are You Nuts?

Let's see just how nut savvy you are.

Q. True or False? Nut eaters tend to weigh more.

A. False – People who eat nuts regularly tend to weigh less. It seems that the fiber, fat, and protein in the nuts make us feel fuller.

Q. True or False? Nuts are high in sodium.

A. False – Nuts naturally contain very little sodium. Salt is often added during processing, but unsalted varieties are widely available.



Q. True or False? Almonds help you meet your calcium needs.

A. True – Almonds contain more calcium than any other nut. Coming in at 74 milligrams per ounce, this amounts to almost 8% of the Daily Value.

*Information Compiled From:
University of California, Berkley
Wellness Letter; July 2010, Volume
26 Issue 10.*

Did You Know?

- In a study of almost 3,000 people, those who exercised were less likely to exhibit symptoms of nervousness and worry than their sedentary counterparts.

Information Compiled From: Archives of Internal Medicine, February 22, 2010

Recipe Suggestions for a Healthier You

Turkey – Cabbage Casserole

- 1 cup cabbage (shredded)
- 1 lb. ground turkey
- 1/2 cup onions (chopped)
- 1 cup white rice (uncooked)
- 2 cups tomato sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. ground oregano

- Place the cabbage in a medium size baking dish.

- In a skillet on medium heat, brown the turkey until no longer pink.

- Add the onions to the turkey and heat for about 3 more minutes.

- Add the uncooked rice to the turkey mixture.

- Combine the turkey rice mixture with the cabbage in the baking dish.

- Mix together the tomato sauce, garlic, and oregano and pour over the turkey.

- Cover the baking dish and bake at 350 degrees for about 1 hour.

Store in refrigerator for up to two days, then freeze or discard remaining portion.

Recipe Compiled From: Recipes and Tips for Healthy, Thrifty Meals; United State Department of Agriculture/ Center for Nutrition Policy and Promotion.

Triple Tomato Soup

- 1 onion (sliced)
- 1 tbsp. olive oil
- 1 med. can whole tomatoes
- 3/4 cup dried tomatoes
- 1/2 can of tomato paste
- 1 can reduced sodium chicken or veg. broth
- 1/2 cup celery (sliced) (about 1 stalk)
- 2 tbsp. parsley or cilantro
- 2 to 3 tsp. lime or lemon juice
- dairy sour cream (to taste)
- parsley (to taste)



- In a medium size stock pot type pan place onion in olive oil and heat covered for about 10 minutes, (until tender).

- Add the whole tomatoes, (undrained), 1/2 cup dried tomatoes, tomato paste, broth of choice, celery and parsley.

- Bring ingredients to a boil.

- Reduce heat and warm for about 20 minutes, (covered).

- In a small microwave safe

bowl, cover the remaining dried tomatoes with water, and microwave on high for about 1 minute.

- Allow microwave contents to cool, drain water, and snip into pieces.

- Turn off stove top heat, and whip stock pot mixture until smooth.

- Add the lime or lemon juice and heat thoroughly.

- Top with sour cream, parsley, and dried tomatoes from microwave if desired.

Store in refrigerator for up to two days, then freeze or discard remaining portion.

Recipe Compiled From: <http://www.bhg.com/recipes>

