# **Food Safety**

Food safety is a very large concern when preparing food. It is important to take special care during all steps of food handling every day to keep foods safe to eat.

* Keep everything clean-wash your hands before handling food. Wash hands, utensils, and surfaces again after coming in contact with raw meat, poultry, and fish.
* Thaw food correctly- Thaw meat, poultry and fish in the refrigerator in a plastic bag or on a dish to prevent juices from dripping onto other foods.
* Cook food thoroughly- cook foods to a temperature above 140° F to destroy most disease-causing agents.
* Watch food temperatures after cooking- Keep hot foods hot (140°F or higher) and cold foods cold (40°F or below).

## **Fruits and Vegetables**

Fruits and vegetables are excellent sources of vitamins, minerals and fiber which are very important for the body. Two of the most important vitamins found in fruits and vegetables are vitamin A and vitamin C.

Vitamin A is mostly found in deep colored fruits and vegetables, for example: carrots, squash, greens, peas, sweet potatoes, apricot, cantaloupe, papaya, peach, broccoli and tomato. Vitamin A plays an important role in vision, growth, healthy skin and tissues and helps to resist infection.

Vitamin C is mainly found in citrus fruits and juices, but also found in some vegetables, for example: broccoli, oranges, greens, Brussel sprouts, green pepper, strawberries, grapefruit, tangerine, raspberries, spinach and asparagus. Vitamin C helps support the immune system, to heal cuts and keep teeth and gums healthy.

# **Tips to Increase Calories**

Some children need extra calories to help with growth and development.

* Add jam to bread, crackers, muffins, fruit and ice cream.
* Add honey to hot or cold cereals and bread.
* Add whipping cream to pies, puddings, jello, pancakes, waffles, fruit and hot chocolate.
* Add sour cream to baked potatoes and vegetables.
* Add gravy to meats, poultry, potatoes, rice and hot open faced sandwiches.
* Add cream sauces to pasta, chicken, rice, seafood, cooked vegetables.
* Add cream cheese to bread, bagels, muffins and vegetables.