

NUTRITION To Go



FOOD PANTRY

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Did you know? Now you can visit the pantry two times per month to pick up food.
¿Lo sabías? Ahora puedes visitar esta despensa dos veces al mes para conseguir comida.

Food Safety Essentials

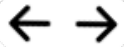


Clean

Wash your hands with soap and water for 20 seconds before handling food

Immediately after using with raw meat, wash all knives, cutting boards and other utensils with hot, soapy water after each use

Wash countertops, cooking surfaces and the inside of the fridge and microwave frequently with hot, soapy water



Separate

Keep raw meat, seafood, eggs and raw flour away from produce and any food that is ready-to-eat.

Use separate cooking utensils for raw meat, seafood and eggs.

At the grill, use different plates for raw and cooked meats.



Cook

Meat must be cooked to a safe temperature before eating. Check meat with a thermometer to make sure.

- Chicken & turkey: 165°F
- Ground beef, ground pork and sausage: 160°F
- Pork & ham: 145°F

When microwaving, rotate food halfway through to make sure it heats more evenly.

Bring sauces, soups and gravy to a boil when reheating.



Chill

Refrigerate or freeze meat and seafood within 1-2 hours of purchasing.

Refrigerate leftovers within 1-2 hours after cooking.

Never thaw food on the counter top. Defrost in the refrigerator in a bowl (to prevent drips), under cold running water, or in the microwave.

Always marinate food in the refrigerator, not the counter.

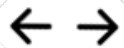


Limpiar

Lávese las manos con agua y jabón durante 20 segundos antes de tocar alimentos.

Inmediatamente después de usar con carne cruda, lave todos los cuchillos, tablas y utensilios con agua caliente y jabón.

Lave las encimeras, las superficies y el interior del refrigerador y el microondas con frecuencia con agua caliente y jabón.



Separar

Mantenga la carne cruda, los mariscos, los huevos y la harina cruda lejos de los productos agrícolas y cualquier alimento que esté listo para comer.

Use utensilios de cocina separados para carne, mariscos y huevos crudos.

En la parrilla, use diferentes platos para carnes crudas y cocidas.



Cocinar

La carne debe cocinarse a una temperatura segura antes de comerla. Use un termómetro para asegurarse de que haya alcanzado la temperatura segura.

- Pollo, pavo: 165°F
- Carne molida, chorizo: 160°F
- Puerco, jamón: 145°F

Cuando cocine en el microondas, gire los alimentos a la mitad para asegurarse de que se calientan de manera más uniforme.

Cuando recalienta las salsas, sopas y gravy pónganlas a hervir.



Enfriar

Refrigere o congele la carne y los mariscos dentro de 1-2 horas después de la compra.

Refrigere las sobras dentro de 1-2 horas después de cocinarlas.

Nunca descongele alimentos en la encimera. Descongelar en la nevera en un envase (para evitar goteos), con agua corriente fría o en el microondas.

Deje marinar siempre los alimentos en la nevera, no en la encimera.

To Wash or not to Wash?

Wash produce to get rid of grit and germs. It is especially important to wash carefully if you will be serving produce raw, or if you are using vegetables that grow in or very near the ground.

- **Swish & Soak:** For lettuce, cabbage, leafy greens and leeks, swish and soak in water to remove grit. After several minutes, remove from water and rinse thoroughly. Repeat with fresh soaking water as needed.
- **Rinse and scrub with a brush:** potatoes, root vegetables, and firm fruits like melons
- **Rinse with cool water:** all other fruits and vegetables
- **Wipe mushrooms clean** (do not wash or soak in water) to preserve flavor and texture

Do NOT wash raw meat, chicken or turkey. Washing raw meat spreads germs in your sink and counters and increases the risk of cross-contamination.

A Lavar, o no?

Lave los productos para eliminar la arena y los gérmenes. Es especialmente importante lavarse con cuidado si va a servir frutas y verduras crudas o si usa verduras que crecen bajo la tierra.

- **Mueve y Remoje:** para lechuga, repollo, col rizada, mueve y remoje en agua para eliminar la arena. Después de varios minutos, retírelo del agua y enjuague bien. Repita con agua de remojo fresca según sea necesario.
- **Enjuague y frote con un cepillo:** papas, tubérculos y frutas firmes como melones
- **Enjuague con agua fría:** todas las demás frutas y verduras.
- **Limpie los champiñones** (no los lave ni los sumerja en agua) para conservar el sabor y la textura

NO lave carne, pollo o pavo crudos. Lavar la carne cruda propaga los gérmenes en el fregadero y los superficies y aumenta el riesgo de contaminación en la cocina.

Loaves & Fishes



FOOD PANTRY
Neighbors Nourishing Neighbors

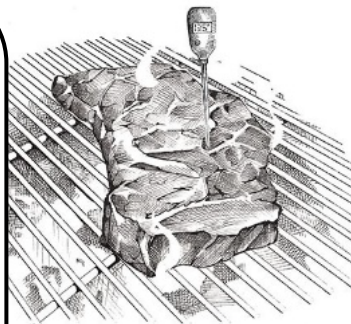
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Grilled Zucchini & Summer Squash

1 medium zucchini and 1 medium summer squash, sliced into thick strips

1 tbsp. oil

1/2 tsp. lemon zest

1/4 tsp. crushed red pepper flakes

Salt & Pepper

1. Preheat grill to medium-high. In a large bowl, toss zucchini & squash with oil, lemon zest, and red pepper flakes. Season with salt and pepper.
2. Once grill is hot, carefully use tongs to rub an oiled paper towel over grates.
3. Using tongs, place zucchini & squash on grill. Cover and cook, 3 minutes. Flip and continue cooking on high, covered, 2 to 3 minutes more.
4. When the vegetables are tender, remove from heat and serve immediately.