

SERVING SENIORS
IN OUR COMMUNITY
WITH NEWS THEY
CAN USE...

The Healthy Plate

CSFP NEWSLETTER

JULY 2012

THIS MONTH'S TOPICS

- Picnics
- Blueberries
- July Sudoku
- Blueberry and Banana Oat Bars

Grilling with good food safety!



Firing up the grill for a cookout is one of America's favorite summer traditions. There's just something special about sharing a meal outdoors with friends and family! You don't need a special occasion to plan a cookout, but because of the hot weather, it helps to be extra mindful about the four principles of food safety...

Clean: Proper food safety always begins with clean hands and surfaces. Many times there is no

running water available, so keep hand sanitizer, disinfectant spray, and paper towels within reach.

Separate: Avoid cross contamination by using two different sets of plates, utensils, and containers; one set for uncooked food and the other set for cooked food.

Cook: Keep a thermometer close by and make sure grilled meats have reached the correct internal temperature before serving.

Chill: Use sturdy, well insulated coolers to store all meats and any pre-cut or pre-cooked foods below 40 degrees. Keep coolers well packed with ice or freeze packs and avoid opening until ready to cook. Want to grill up some extra food for later? Be sure to return any leftovers to the cooler within one hour to avoid spoilage.

For more tips, visit www.foodsafety.gov



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This Month in Food: Blueberries



Did you know that 90% of all the blueberries in the world come from the United States and Canada? Lucky for us, blueberries are now called a super food! This means that they are naturally high in antioxidants, fiber, protein, vitamins, and

minerals, but also low in fat, cholesterol, and sodium. In fact, blueberries have more antioxidants than any other fruit, and can help improve memory and promote healthy aging! They taste great when added to hot oatmeal or blended into a smoothie! Although frozen

and canned blueberries can be bought any time of the year, July is the best month to buy fresh, local blueberries at the grocery store. You can also look for a Delaware farm that allows you and your family to pick your own blueberries! What could be better?

For more information on how to apply for SNAP (food stamp) benefits, dial 800-464-4357.

July Sudoku

Source: www.dailysudoku.com 3/6/12

7				4				
	8		3			7	4	
	4	2	8			5	1	
	9		2	3		8		
				1				
		6		5	8		7	
	3	5			4	2	8	
	7	4			2		3	
				8				7

Answer →

7	6	4	3	8	5	1	9	2
5	3	9	2	6	1	4	7	8
1	8	2	4	9	7	5	3	6
9	7	1	8	5	4	6	2	3
2	9	3	7	1	6	8	5	4
4	5	8	6	3	2	7	9	1
3	1	5	9	7	8	2	4	6
6	4	7	1	2	3	6	8	5
8	2	9	5	4	6	3	1	7



Blueberry and Banana Oatmeal Bars



Give these bars a quick reheat for a satisfying breakfast on the go... Serves 4

Ingredients:

- 2 medium bananas, sliced
- 1 1/2 cup blueberries, washed
- 1/4 cup brown sugar
- 1 cup quick oats
- 1/2 teaspoon baking powder
- 3/4 cup cinnamon
- 1 cup skim milk
- 1 large egg
- 1 tsp vanilla extract

Preparation:

1. Arrange the fruit evenly in a greased, 9x9 baking dish.
2. Cover with foil and bake at 375 degrees for 15 minutes.
3. Combine the dry ingredients in one bowl and the wet ingredients in another bowl.
4. Cover the fruit with the oat mixture, then add the liquid.
5. Bake for 30 more minutes, allow 15 minutes to cool and enjoy!

Nutritional Information:

Calories:	245
Carbohydrate:	50 g
Fiber:	4 g
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	48 mg
Protein:	7 g
Sodium:	180 mg



Adapted from: <http://www.skinnytaste.com>

This material was funded by the USDA's Supplemental Nutrition Assistance Program. (SNAP) SNAP provides nutrition assistance to people with low income. To find out more about SNAP, contact the Delaware Department of Social Services: 1-800-372-2022. In accordance with Federal law and the US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.