

NUTRITION BITS AND BITES

Summer Food Safety



The Temperature 'Danger Zone'

Have you ever heard of this term? Harmful bacteria grow best in what is called the temperature danger zone, which is 4°C to 60°C. It is important to keep foods chilled below 4°C before cooking, and after cooking keep the hot food above 60°C. Do not let food sit in the danger zone for more than one hour on hot summer days.

Keep your family safe during the hot summer months

If your family enjoys beach days, camping, picnics, and going to the cabin, these tips may help you reduce your risk of food poisoning!

- People are at higher food poisoning risk during summer because the warm, moist conditions are favourable for bacterial growth.
- Foods high in protein, low in acid, and/or high in moisture content can spoil easily. Examples include meat, seafood, and dairy products.
- Most opened sauces, dips, and spreads need to be stored in a cooler (refer to product packaging).
- Keeping perishable foods in coolers filled with ice helps the food stay out of the danger zone. Freezing foods like raw meat can help keep the cooler at a safe temperature.
- Putting raw meats at the bottom of the cooler in sealed containers will help prevent the transfer of harmful bacteria onto other foods in your cooler.
- Keep coolers in the shade and limit the amount of time the cooler is open.
- It is important to wash your hands with soap and warm water before and after handling food. If you do not have access to soap and water while you are out and about with your family, be sure to bring hand sanitizer along that has an alcohol content of at least 60%.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Campfire Mexican Street Corn

This fun and flavourful dish is a great side dish to any campfire meal!



Ingredients:

- 3 tablespoons vegetable oil
- 6 ears of corn, kernels removed
- ¼ cup of mayonnaise
- ½ cup fresh cilantro, finely chopped
- ½ cup scallion greens, finely sliced
- ¾ cup feta cheese, crumbled
- 2 fresh limes, juiced
- 1 clove garlic, minced
- Chili powder and/or hot chili flakes, to taste
- Salt to taste

Directions:

- Heat oil in a cast iron pan over the fire until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until well charred all over. Transfer to a large bowl.
- Add mayonnaise, feta, scallions, cilantro, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

Tips on getting the kids involved:

- Get your kids to help you prep the ingredients by allowing them to crumble the feta cheese, squeeze the limes, and portion out the mayonnaise.
- Let your kids retrieve foods from the cooler and teach them about keeping it closed to maintain a food safe temperature.
- Allow the kids to stir the corn together with the other ingredients.



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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