

Fix It Safe



Clean

- Wash hands with warm water and soap for at least 20 seconds.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
- Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.



Separate

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use separate cutting boards for meats and vegetables, or clean and sanitize between cutting meats and vegetables.
- Never place cooked food on a plate that was used for raw meat, poultry, seafood, or eggs.



Cook

- Cook meats, poultry, eggs, fish, and shellfish to safe temperature. (See below.)
- Reheat leftovers to an internal temperature of 165°F.
- Bring sauces, soups, and gravies to a boil when reheating.

Fish and seafood: 145°F
Beef and pork: 145°F
Ground beef: 160°F
Poultry: 165°F
Ground turkey and chicken: 165°F
Casseroles: 165°F
All leftovers: Reheat to 165°F



Chill

- Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or in a sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



Mini Meatloaves

Makes 5 servings | Serving Size: 1 mini loaf



Cook

TEMPERATURE IS IMPORTANT.

Be sure to use a thermometer to check that the internal temperature has reached 160°F for ground beef or 165°F for ground turkey or chicken. Insert thermometer into each mini meatloaf in several places to check.

Ingredients


- 1 pound lean or extra-lean ground beef, ground turkey, or ground chicken
- 1 ½ cups salsa, divided in half (See hint at bottom.)
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup onion, finely chopped
- Dash of black pepper
- Non-stick cooking spray

Directions

1. Heat oven to 350°F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick spray.
5. Place loaves in baking dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350°F for 20 minutes.
- 160°F 8. Take out of oven, and spoon remaining salsa over top. Bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160°F for ground beef or 165°F for ground turkey or chicken.

160°F

165°F

 **Hint:** Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in *Cooking with EFNEP*.

Try adding leftover diced veggies like carrots and peppers to boost the veggie content even more.

Nutrition Information Per Serving

150 calories	Total Carbohydrate	7 g	
Total Fat	4.5 g	Dietary Fiber	1 g
Saturated Fat	1.5 g	Sodium	170 mg
Protein	22 g		

 Excellent Source of Vitamin C
 Good Source of Iron

Analyzed using Fresh-Made Salsa.



Check It Out!

Check out a YouTube exercise video or several. Find routines that look fun and don't need any equipment. Let family members take turns selecting a workout you can enjoy doing together. Make a family chart to track your progress.