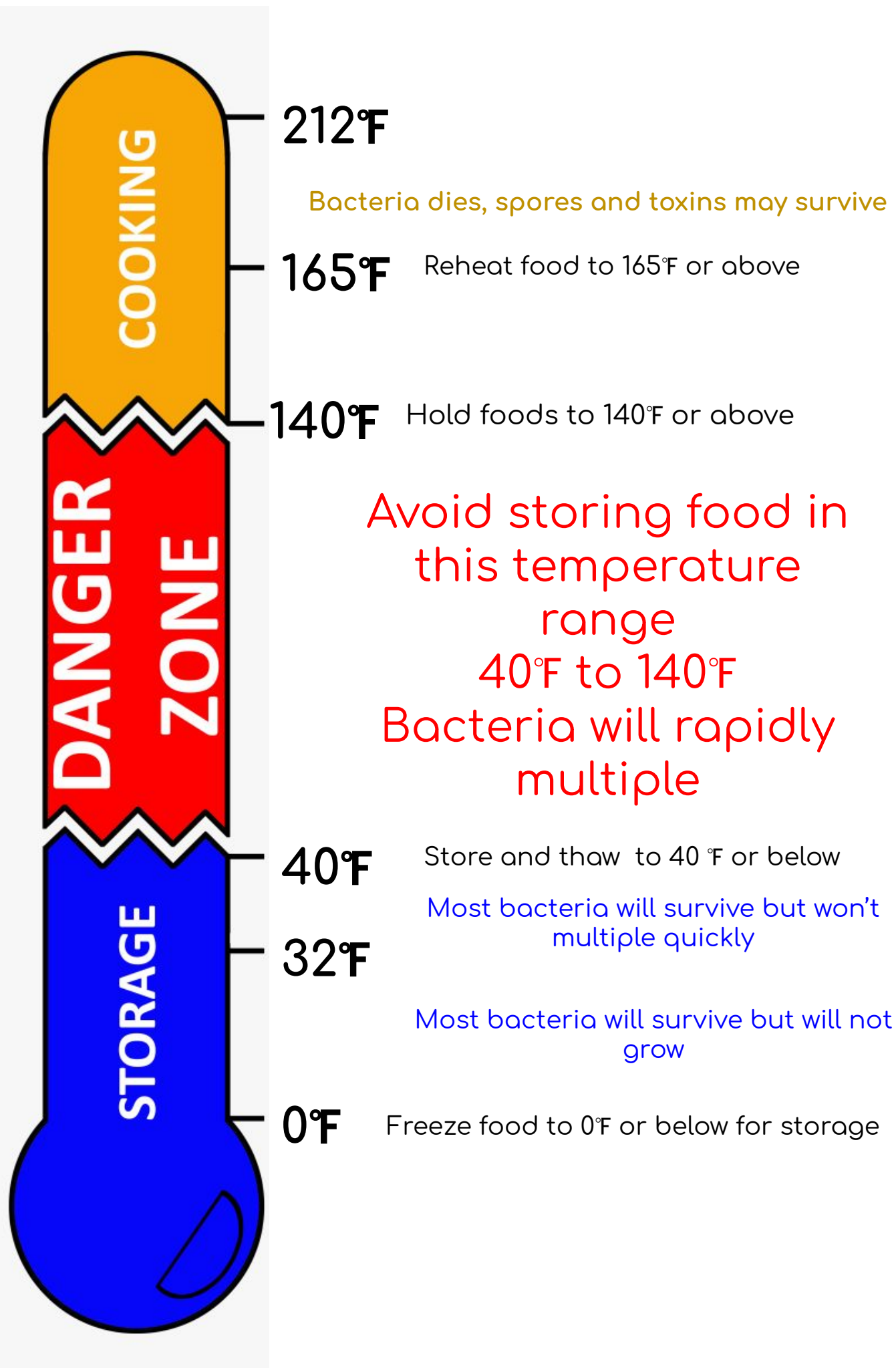


YOUR MEMORIAL DAY NUTRITION GUIDE

While our Memorial Day Celebrations may look a little different this year, it's important we remember what this weekend is all about. Take time to remember all of those who we have lost serving and protecting our country. No matter how you choose to celebrate, it is important you make sure to keep your family safe as well by following these safety tips!



FOOD SAFETY

Avoid "The Danger Zone" (between 40-140°F) a range of temperatures where bacteria rapidly multiplies putting you and your family at risk for foodborne illnesses.

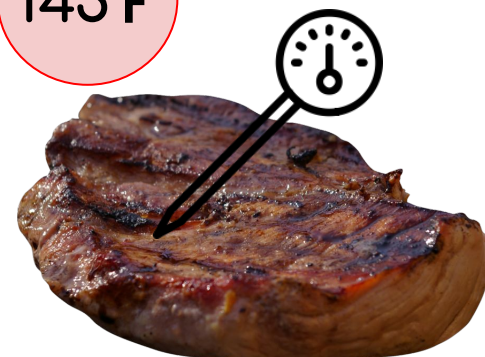
Best ways to defrost:

1. In the refrigerator - takes hours to days depending on product but safest way because it limits bacteria growth!
2. In a bowl of cold water - in an sealed package to avoid contact with water, DON'T use warm or hot water because it will bring internal temperature into the "danger zone", change water every 30 minutes
3. Microwave - use your microwave settings, but you **MUST** cook immediately because the food has been heated to "danger zone"
4. Cook from frozen - safe but will take ~50% longer than the recommended cooking time

GRILLING SAFETY

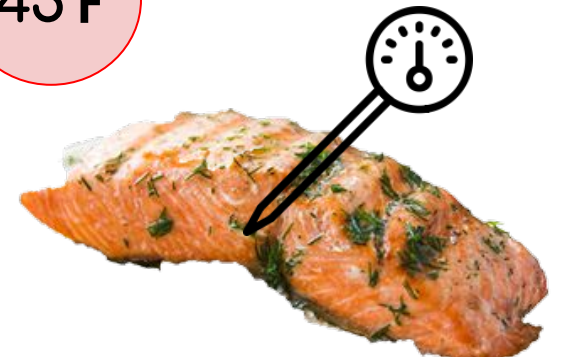
In addition to practicing good hand hygiene, keeping raw and cooked foods separate can reduce cross contamination. Making sure you cook foods to the proper internal temperature will reduce your family's risk for foodborne illnesses. If you have a food thermometer its a good habit to check your food no matter the cooking method.

145°F



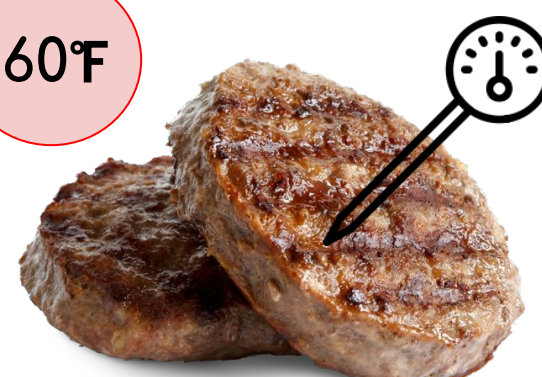
Steak, pork, veal or lamb

145°F



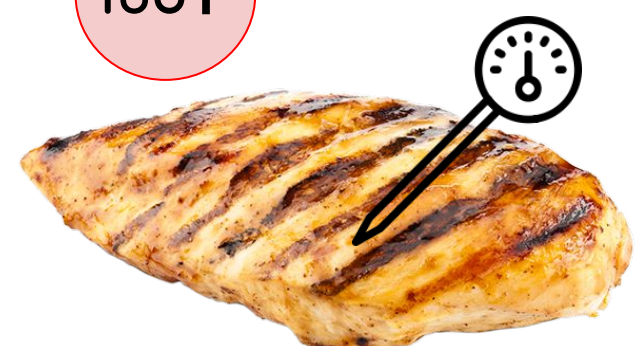
Fish

160°F



Ground beef, pork or lamb

165°F



Chicken, turkey or duck

MEMORIAL DAY RECIPES

GUACAMOLE

THIS HEALTHY FAT DIP CAN BE SERVED WITH CHIPS OR VEGGIES OR ADDED TO A BURGER! MIX TOGETHER THE INGREDIENTS BELOW OR MIX THEM UP AND MAKE YOUR OWN SIGNATURE RECIPE. GET THE KIDS INVOLVED BY LETTING THEM MASH!

INGREDIENTS

AVOCADOS, SOUR CREAM/GREEK YOGURT, PICO DE GALLO, MINCED GARLIC, GARLIC POWDER, BLACK PEPPER, SALT, LIME JUICE AND HOT SAUCE



RAINBOW CHICKPEA SALAD

EASY WAY TO SNEAK MORE VEGETABLES INTO YOUR KIDS DIET! AIM FOR ALL COLORS OF THE RAINBOW!

INGREDIENTS

BEGIN BY WHISKING TOGETHER 2 TABLESPOONS OF RED WINE VINEGAR, 1 TABLESPOON OF OLIVE OIL AND 1 LEMON JUICED THEN COMBINE IN 1-16OZ CAN OF CHICKPEA, ½ RED ONION CHOPPED, 1 PINT OF CHERRY TOMATOES CHOPPED, 1 YELLOW PEPPER CHOPPED, 2 MINI CUCUMBERS CHOPPED, ½ CUP OF CHOPPED PARSLEY AND SALT AND PEPPER TO TASTE

FRUIT PIZZA

WHO SAID DESSERT CAN'T BE HEALTHY AND DELICIOUS! CAN BE MADE AS ONE BIG SHAREABLE OR MAKE IN MINI OPTIONS FOR EACH TO DECORATE THEIR OWN!

INGREDIENTS

FOR EASE USE STORE BOUGHT SUGAR COOKIE DOUGH OR MAKE YOUR FAVORITE SUGAR COOKIE RECIPE, EVENLY LAYER INTO A DEEP DISH PAN. COOK AT 350 DEGREES FOR 15-20 MINUTES OR UNTIL EDGES ARE BROWN REMOVE AND LET COOL. THEN LAYER ON FROSTING - CAN BE PLAIN GREEK YOGURT OR CREAM CHEESE FROSTING (6OZ OF DIARY BASE, 1 ½ TABLESPOON HONEY, 1 ½ TEASPOON OF VANILLA). NEXT LAYER WITH FAVORITES FRUITS (GREAT PLACE TO GET YOUR KIDS INVOLVED AND LET THEM GET CREATIVE!

