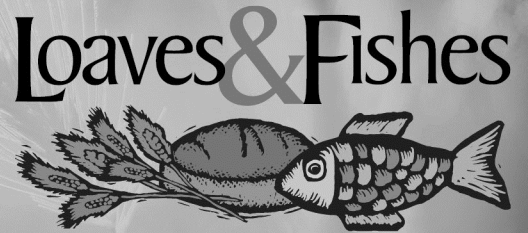


NUTRITION To Go



FOOD PANTRY

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Nutrition To Go is written and edited by Samantha Van Dyke, RDN

If you need help with food more than two times a month, visit <https://foodfinder.brafb.org>
Si necesitas ayuda más de dos veces al mes, por favor visita <https://foodfinder.brafb.org>



Handling Raw Meat and Eggs Safely: CLEAN, SEPARATE, COOK, CHILL

CLEAN

Wash your hands with soap and water for 20 seconds after handling raw meat, seafood and eggs. After use, immediately wash all knives, cutting boards and other utensils with hot, soapy water.

Don't wash raw meat during preparation as this causes germs to be splashed and spread over sinks and surfaces.

COOK

Cook meat to its safe temperature before eating. Check meat with a thermometer to make sure!

- Chicken & turkey: 165F
- Ground meat, hot dogs and sausage: 160F
- Steaks, chops, roasts: 145F

When cooking foods in the microwave, rotate halfway through to help it cook evenly.

SEPARATE

Keep raw meat, seafood and eggs away from produce and any already-cooked foods.

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

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

CHILL

Refrigerate or freeze raw meat and seafood within 1 hour of purchasing. Always marinate in the refrigerator, not on the counter.

Never thaw meat on the countertop. Defrost in the refrigerator in a bowl (to prevent drips), under continuous cold running water, or in the microwave on the "defrost" setting.

Making meat last when you have less

Recently, we have been receiving less meat, and this has meant less meat in your grocery pick-up here at Loaves and Fishes. When you have less meat, you can "stretch" it out over several meals if you use the right recipes!

- Think of meat as a side or ingredient, not the main event. Instead of steak, think steak salad. Instead of pork chops, think pork stir fry and instead of baked chicken breasts think of chicken casserole or pasta salad. If you are grilling, instead of whole meat, make kebabs!
- Add healthy fillers to meat when using in recipes: add oatmeal to your burgers, add beans to your taco meat and sloppy joes, add minced veggies and lentils with meat in spaghetti sauce.
- Don't throw away bones! Use meat bones to make broth to add to homemade soups, stews or gravies.



No appointments on Tuesday 9/5 due to the Labor Day holiday.

No habrá citas para conseguir comida el martes 5/9 debido al feriado.

Preparación segura de la carne cruda: LAVAR, SEPARAR, COCINAR, ENFRIAR

LAVAR

Lávese las manos y limpie las superficies de trabajo antes, durante y después de preparar los alimentos. Los microbios pueden sobrevivir en muchos lugares alrededor de la cocina, incluidos los utensilios, las tablas de cortar, los mesones y las manos.

No lave la carne cruda durante la preparación, ya que esto hace que los gérmenes se salpiquen.

COCINAR

Cocine los alimentos a la temperatura interna adecuada para eliminar bacterias dañinas. Use un termómetro de alimentos

- Pollo y pavo: 165F
- Carne molida y salchichas: 160F
- Filetes, chuletas, asados: 145F

SEPARAR

Separe las carnes crudas de los alimentos listos para comer. Use distintas tablas de cortar y mantenga las carnes crudas alejadas de los otros alimentos tanto en el carrito de las compras como en el refrigerador.

ENFRIAR

Mantenga el refrigerador a menos de 40F. Siempre marinar en el refrigerador, no en el mostrador.

Nunca descongele la carne en la encimera. Descongele en el refrigerador en un recipiente (para evitar goteos), bajo agua corriente fría continua o en el microondas en la configuración de "descongelación".

Loaves & Fishes



FOOD PANTRY
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Corn and Black Bean Salad

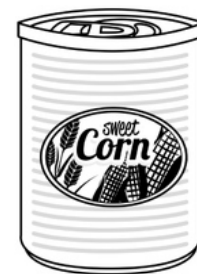
*adapted from www.cookingclassy.com

Ingredients:

- 1 (14.5 oz) can black or pinto beans, rinsed and drained
- 1 cup fresh/frozen corn or 1/2 can corn
- 1 cup chopped tomato (any type)
- 1 cup orange bell pepper, diced
- 1/3 cup diced red onion
- 1 medium avocado, diced (fairly firm but ripe)
- 1 small jalapeño, seeded and minced (optional)

Dressing:

- 3 Tbsp oil
- 1 tsp honey
- 1 clove garlic, minced (1 tsp)
- 2 1/2 Tbsp lime juice
- 1/3 chopped fresh cilantro (optional)
- 1 tsp honey
- 1/4 tsp cumin
- 1/4 tsp chili powder
- Salt and pepper



Whisk together all dressing ingredients in a small mixing bowl, season with salt and pepper to taste. Chill until ready to use. Add black beans, corn, tomatoes, bell pepper, red onion, avocado and jalapeno to a large bowl. Pour dressing over and toss gently to coat with dressing. Serve right away.

Enjoy this as a healthy side, or with salad greens for lunch. Add a cup of canned, ground or shredded meat or fish for extra protein and/or serve on a bed of rice or salad greens for a healthy, hearty dinner!