Commodities

- Peaches
- Salmon, Pink
- Pistachios
- Raisins
- Orange Juice
- Catfish Fillets
- Chicken Legs
- Apple Slices
- Great Northern Beans

In this Issue

Salmon Spread
Full of Beans Hot Dish
Food Labels
Physical Activity
Home Safety Tips

Some may not receive all commodities due to availability

Salmon Spread

**Ingredients:**
- 1 can salmon (about 15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)
- Parsley (for garnish)

**Directions:**
1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

**Nutrition Information:** Serving size, 1/4 cup prepared spread. Total Calories 97, Total Fat 3g, Cholesterol 32g, Sodium 251mg, Carbohydrates 4g, Total Sugars 3g, Protein 13g

Source: USDA MyPlate

Full of Beans Hot Dish

**Ingredients:**
- 2 cups great northern beans, cooked
- 1 pound ground beef
- 1 large onion, chopped
- 1/4 cup brown sugar (or regular sugar)
- 1/2 cup ketchup
- 2 tablespoons vinegar
- 1/2 teaspoon black pepper
- 2 cups kidney beans, cooked, or 1 can (about 15 ounces) of kidney beans
- 1 can (about 15 ounces) vegetarian beans

**Nutritional Information:** Serving 8, Calories 300, Total Fat 7g, Saturated fat 3g, Cholesterol 50mg, Sodium 400mg, Carbohydrate 43g, Fiber 9g, Sugar 16g, Protein 25g

**Directions:**
1. Preheat oven to 350 degrees F.
2. In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
3. Drain off and throw away any fat from skillet.
4. Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
5. Place in casserole dish.
6. Bake in oven 1 hour.

Source: Snap-Ed recipe finder
Using Food Labels to Help Make Better Choices

Health is something we can CREATE! One step you can take today is to spend more time reading food labels. Most packaged goods have a nutrition facts label and an ingredients list. By utilizing the nutrition facts label and ingredients list, you can make smart food choices quickly and easily. It is important to note that the nutrition facts label provides you with the nutritional breakdown for what is considered one serving of that item.

Safety tips at home:
No matter where you get your foods — whether at a farmers market, grocery store, you raise it yourself, or from another source — there are certain food safety rules at home that you should always follow to reduce your risk of getting a foodborne illness.

They can generally be divided into the following four categories: clean, separate, cook, chill. We will look at each one of these in the next newsletters.

Clean:
• Always wash hands before and after handling any food.
• Keep surfaces and utensils clean — before and after use.
• Wash produce under running water before eating or cooking.
• No need to use soap or produce washes.
• Wash even if peeling the produce as you otherwise could transfer “dirt” from outside to the inside.
• Wash cantaloupe, potatoes, and rough-skinned items with a produce brush.

Shopping Safely at Farmers Markets

According to the U.S. Department of Health and Human Services, everyone needs physical activity to stay healthy. No matter who you are, you can find fun, safe ways to get active by moving YOUR way. Find ways to get active that work for you. This can include things you have to do anyway (like yard work or walking your dog), as well as things that may not feel like exercise (like heavy gardening or dancing). Our challenge for you is to find something that works and get active today!

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