

AUGUST 2020

NUTRITIONALLY SPEAKING

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AUGUST FEATURED FOOD: CANTALOUPE

Keep yourself hydrated with this round, tasty fruit. It is made up of 90% water, similar to a watermelon. It is also packed with nutrients like fiber and vitamin C.

Tips for choosing a cantaloupe:

- Choose cantaloupes that are symmetrical and slightly heavy.
- It should have a creamy, light yellow-orange color with little to no green.
- Ripe melons smell sweet and a bit musky.

Note: for the freshest taste, store melons for up to 3 days.

WHAT'S INSIDE THIS ISSUE:

- Your guide to keeping picnic food safe
- Recipe: Picnic-Ready Grain Salad Bowl
- Dear Renata
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YOUR GUIDE TO KEEPING PICNIC FOOD SAFE (AND THE CROWD HAPPY)

AUGUST 2020



August usually calls for an outdoor picnic, but warm weather increases risks for harmful bacteria in our foods. Proper preparation and refrigeration are key to having a safe and stress-free picnic. Before we go on to the tips of how to do that, a few things to keep in mind:

- Due to the pandemic, it is very important to maintain social distancing at all times.
- When choosing a picnic place, aim for big open spaces/parks/beaches with fewer crowds.
- Wear a mask at all times when not eating. With that being said, here are a few tips for your next picnic!

1.WASH YOUR HANDS! Now more than ever we are all very careful about washing our hands to prevent transmission of viruses and bacteria. The same applies to food-borne illnesses. Half of food-borne illnesses can be prevented by washing hands before and after cooking, handling, and eating food. Use hand sanitizer if no water available.

2.PACK HOT AND COLD FOODS SEPARATELY. Use separate containers and in separate bags. Use ice packs for cold foods to keep them cooler longer.

YOUR GUIDE TO KEEPING PICNIC FOOD SAFE (AND THE CROWD HAPPY) CONT'D

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3. SERVE COLD FOODS COLD. Keep all foods that should stay cold, such as chopped fruits, cheese, yogurt, cold sandwiches, and salads, in the cooler until you are ready to eat them.

4. SEPARATE RAW AND COOKED FOODS. If you will not be able to clean plates, tongs, and serving utensils at the picnic site, bring two sets: one for handling raw meats and one for serving cooked meat. Remember to keep contaminated utensils away from ready-to-eat foods such as bread, side dishes, fruits, and vegetables.

5. KEEP FOOD OUTS OF THE TEMPERATURE DANGER ZONE. Both hot and cold foods should only sit out for 2 hours - and only for 1 hour if the outdoor temperature is over 90°F. Bacteria grow in a temperature that ranges between 40°F and 140°F. Unfortunately, we cannot see, taste, or smell if a food has harmful bacteria or toxin growing in the danger zone.

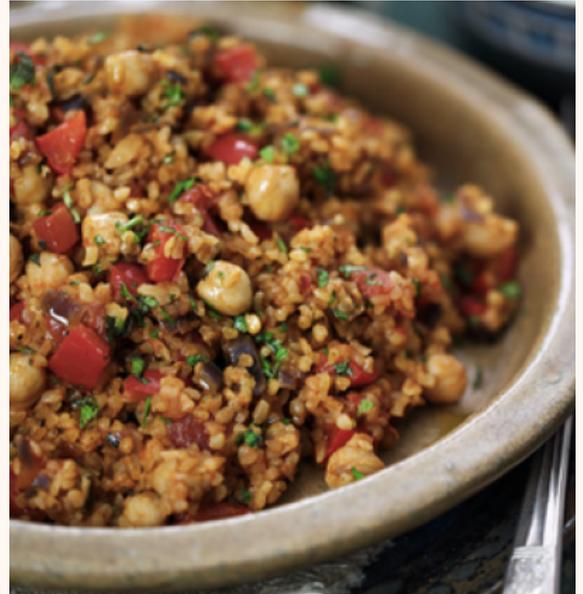
PICNIC-READY GRAIN SALAD BOWL

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Want a quick easy recipe to take along? Look no further!

INGREDIENTS

- 1 cup of dry Bulgur
- 2 cups of water
- 1 ½ cup of chickpeas (1 can of 15oz)
- 1 cup of broccoli, chopped
- ½ cup of tomato, chopped
- ¼ cup red onion, chopped
- ½ cup of sunflower seeds
- ½ cup of fresh cilantro, chopped
- 2 tablespoons of olive oil
- Juice of 1 lemon
- Black pepper to taste



DIRECTIONS

1. In a medium bowl, combine bulgar and two cups of water. Cover. Let it rest for at least 90 minutes at room temperature, or refrigerate overnight.*
2. Drain any excess water from the bulgar.
3. In a large salad bowl, add the bulgar, chickpeas, broccoli, tomato, red onion, sunflower seeds, fresh cilantro, olive oil, and lemon juice.
4. Toss to combine.
5. Season with black pepper to taste

Notes:

*Heat the bulgar in the microwave if you are short on time (see package directions).

*Consider trying out other grains like quinoa or barley.

DEAR RENATA & ANDREA

How can I have an healthy picnic on a budget? - CP.

Dear CP,

You can definitely have a healthy and delicious picnic on a budget. Consider having a potluck. Every guest or family should bring one dish to share. This way, you will have fewer menu items to prepare and that will keep the costs down.

Go for budget-friendly ingredients. Choose dishes that call for cheaper ingredients like whole wheat bread or pasta, eggs, beans, and in-season produce like cantaloupes. Our Picnic-Ready Grain Salad Bowl is a perfect example since it uses seasonal vegetables.

Lastly, keep your menu simple. For example, have 1 salad dish, 1-2 sandwich options, 1-3 snacks, and 1 dessert option. A simple menu will save you money and stress from overplanning. Remember to stay safe during the COVID-pandemic.

-Renata & Andrea

Nutrition Wellness Group Diabetes Prevention Program

Virtual Go to Meetings

Meeting ID: 368-318-269

Wednesdays

11:00 am - 12:00 pm

Individual Nutrition Therapy

By appointment only

Telehealth available

Contact Renata Shiloah MS RD CDN RYT

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Check the Nutritionally Speaking with Renata
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