



Maschio's Food Services Cafeteria Connection

"Healthy Meals Grow Healthy Kids"

DECEMBER 2010

Did You Know?

December is the month to celebrate:

Eat a Red Apple Day 12/1

Whole Grains Day 12/7

First Day of Winter 12/21

Wright Brothers Day 12/17

Holiday Food Safety Tips

-Reminder: Use these Food Safety Tips EVERYDAY:

Always wash hands with soap and warm water for 20 seconds before and after handling food.

-Use Proper Thawing Methods:

Refrigerator—The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.

Cold Water—For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.

Never Thaw on the Kitchen Counter (at room temperature)

-Do not cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, knife, and counter tops with hot, soapy water.

Cook to proper temperature: Turkeys, stuffing, side dishes, and all leftovers should be cooked to at least 165 degrees F and kept above 135 degrees F (use a thermometer) during serving to be sure that any potential bacteria is destroyed

Keep hot food hot (>135 °F) and cold food cold (<41°F)

-Refrigerate leftover perishable food within two hours of preparation— Keep foods out of the Temperature Danger Zone 41-135 degrees F
– Discard any food left out at room temperature for more than 2 hours.

-Store leftovers in 2-inch deep, shallow containers and make sure the refrigerator is not over-packed and there is plenty of air circulating around the food so it can be properly cooled and refrigerate at 40 degrees F or below and the freezer 0 degrees F or below.

For More Information go to

http://www.fsis.usda.gov/factsheets/Keep_Food_Safe_Food_Safety_Basics/index.asp

And to properly roast a turkey go to

http://www.fsis.usda.gov/factsheets/Lets_Talk_Turkey/index.asp

Fill in the Blanks

Tangerines are a good source of vitamin ____.

Sweet Potatoes are high in ____, aiding in the digestion process.

At least ____ of your grains should be whole grains!

Yams (are/are not) the same as sweet potatoes!

C, fiber, half, are not

Yummy Sweet Potato Casserole

Serves: 12
(1/2 cup servings)



Ingredients:

4 c sweet potato, cubed
1/2 cup white sugar
2 eggs, beaten
1/2 teaspoon salt
4 Tbsp butter, softened
1/2 cup milk
1/2 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup all-purpose flour
3 Tbsp butter, softened
1/2 cup chopped pecans

Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
2. In a large bowl, mix together the sweet potatoes, sugar, eggs, salt, butter, milk and vanilla. Mix until smooth. Transfer to a 9x13 inch baking dish.
3. In medium bowl, mix the sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
4. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

Source: Allrecipes.com.

FRUIT OF THE MONTH Tangerines



VEGETABLE OF THE MONTH Sweet Potato



Healthy Facts

TANGERINES are a good source of *vitamin C, folate, and beta carotene!*

SWEET POTATOES are rich in complex *carbohydrates, fiber, beta carotene, vitamin C, and vitamin B6!*

A COMPLETE LUNCH INCLUDES:

PROTEIN

GRAINS

FRUIT

VEGETABLE

MILK

Take all 5!