

GOOD FOOD BOX



Play it safe this summer !

Before you head for the beach, the park or even the back-yard, take a few minutes to learn about **sun safety**. You can protect your family and still have fun under the sun. This advice applies to people of all ages and from all ethnic groups.

- Avoid being in the direct sun for long periods of time.
- Protect your eyes by wearing UV blocking sunglasses.
- Choose shaded areas for outdoor activities.
- Wear a broad brimmed hat, long-sleeved shirt, and long pants to protect your skin. Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck.
- If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.

Keep hydrated....

Adults need 2-3 litres or 9 – 12 cups of fluids everyday for healthy living.

When you are active, sweating helps cool your body. Remember to drink before, during and after you exercise. If you sweat a lot and do not drink enough you may get dehydrated.

Water is the best choice of fluid before and during most activities.

Avoid fluids high in sugar or caffeine: pop, lemonade, fruit drinks, energy drinks, ice tea or “ice cappuccino “drinks.

Sports drinks are recommended only during & after intense activities, played over an hour in hot weather, such as soccer or basketball.

JUNE NEWSLETTER

Green & Yellow Beans

Nutrition: source of folic acid & Vitamin C

Storage: refrigerate beans for up to one week; store unwashed & wrapped loosely in a plastic bag.

Preparation: rinse well, remove stem end. Steam, microwave, boil or stir fry until just tender crisp.

Blueberries

Nutrition: source of Vitamin C, fibre & health protective phytochemicals.

Store loosely covered in refrigerator for up to 2 weeks

Preparation: rinse well before using.

This naturally sweet fruit makes a delicious snack or a topping for cereal. Blueberries are tasty in fruit salad, muffins, pies, fruit cobblers or crisps.

Do you have questions about nutrition and healthy eating?

EatRight Ontario

provides free nutrition advice from *Registered Dietitians*

Call toll free: 1-877-510-510-2

or visit www.eatrightontario.ca

SUPPORTERS OF THE GOOD FOOD BOX



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Eat Safely

Eating outdoors is one of the great pleasures of summer! Don't let food poisoning spoil a good time. Learn how to play it "food safe" at barbecues, picnics, camp sites and cottages.

Four simple steps to keep food safe:

1. Keep it clean

- Remember to bring soap and use a clean, safe source of water for washing.
- Wash your hands for at least 20 seconds before and after handling food.
- Pre-wash vegetables and fruit and store in clean containers before leaving home.
- Wash and sanitize the inside of your cooler at home before and after each use.

2. Separate foods

- Pack foods in leak-proof plastic bags or airtight containers in your cooler.
- Package raw meats and poultry securely and place them at the bottom of your cooler.
- Remember to pack separate cutting boards and knives for raw meats and vegetables.

3. Cook properly

- Cook foods thoroughly to kill harmful bacteria
- Remember that poultry and ground meats should always be cooked to well done.

4. Chill it well

- Use an insulated cooler with freezer packs or blocks of ice to store food.
- Keep your cooler in the coolest part of the car and place it in a shady spot out of direct sunlight.
- Cover and store any leftover food in the cooler or refrigerator as soon as you have finished eating.
- Throw away any food that has been left out for more than 2 hours.

**Info. Adapted from Health Canada and Eat Right Ontario*

RECIPES

Salad Nicoise

8 large lettuce leaves, washed
4 cups (1 L) cooked green beans
12 small potatoes, cooked & halved
2 tomatoes, sliced into eight wedges
2 eggs, hard boiled and quartered
1 6-oz can (170 g) water-packed tuna or salmon, drained
½ red onion, sliced into thin halves
16 small black olives (optional)
1 Tbsp (15 mL) chopped fresh herbs: basil, parsley or tarragon
Pepper to taste
1/2 cup (125 mL) oil & vinegar or Italian style dressing

Preparation:

Place lettuce on 4 large plates.
Divide & arrange other ingredients on top of lettuce. Pour dressing over salad & serve.

Blueberry Bran Muffins

1½ cup (375 mL) wheat bran
½ cup (125 mL) all purpose flour
½ cup (125 mL) wheat germ
1 tsp (5 mL) baking powder
1 tsp (5mL) baking soda
½ cup (125 mL) lightly packed brown sugar
2 eggs, beaten
1 cup (250 mL) 1% milk
¼ cup (50 mL) canola oil
¼ cup (50 mL) fancy molasses
1 cup (250 mL) fresh or frozen blueberries

Preparation:

Preheat oven to 400° F (200°C)
In a large bowl combine bran, flour, wheat germ, baking powder & baking soda. In a medium bowl whisk together brown sugar, eggs, milk, oil & molasses until blended. Pour the liquid mixture over the flour ingredients & stir just until combined. Fold in blueberries.

Divide batter evenly among 12 muffin cups. Bake 15-17 minutes or until tops are firm to the touch. Let cool in pan on a wire rack for 10 minutes.

Recipe source: Dietitians of Canada: COOK!