

COOL AND SAFE SUMMER FOODS

Food for Fitness and Fun - July 2002

Pick A Better Snack & Act

JULY featured produce items for the Pick A Better Snack and Act Campaign include:

- Sweet Corn
- Blueberries
- Cantaloupe
- Watermelon



For information about the produce and the Snack and Act Bingo card contact an Iowa State University Extension Office or go to the web: www.extension.iastate.edu/food/
Return completed July Snack & Act Bingo cards by July 31st to:

Pick a Better Snack
P. O. Box 1913
Iowa City, IA 52244

COOL WATERMELON

Did you know that a watermelon is made up of about 92% water? Watermelon can actually be traced back thousands of years to a desert in southern African and is now grown in over 96 countries around the world.

NUTRITION: Two cups of watermelon contain only 80 calories with zero fat, very low sodium and no cholesterol.

Watermelon is a good source of potassium and vitamins A and C. It contains the phytochemical lycopene, which may help prevent certain cancers. This phytochemical, which gives watermelon its red color is also found in tomatoes, guava and red grapefruits.

SELECTING: Choose a whole watermelon that is free of blemishes like cuts or bruises. Ideally, it should have a nice yellow spot on the bottom or its belly - this is from sitting on the ground and ripening in the sun. Pick up the watermelon - it should be heavy for its size. When choosing a pre-cut watermelon, look for one that has a nice red color and smooth surface. Seedless watermelon is becoming popular and is just as sweet as regular.

STORING: Surprisingly, whole watermelon does better when it is stored at room temperature versus being put in the refrigerator. So when you bring an uncut watermelon home, keep it in a cool dry place in your kitchen until you cut it. After it is cut, it should be wrapped or put in a covered container and refrigerated until gobbled up.

CUTTING: Before cutting your watermelon, be sure to wash your hands and wash the melon under cold running water, using a clean brush to remove excess dirt.

You can cut the watermelon several ways. Always use a clean, sharp knife and a large clean cutting board that is secured to the counter with a wet paper towel to cut your watermelon. A strong adult should do this.

- 1) Cut in wedges - this is easy - cut the whole watermelon in half lengthwise and then in half again. Cut each quarter into slices making triangle shaped wedges.
- 2) Cut in cubes - this is best accomplished by cutting the ends off the watermelon. Turn the watermelon on one end and peel off the rind with a sharp knife - cutting all the way around. Next, cut in round slices, stack a few of them and cut into cubes.
- 3) Balls - use a melon baller or ice cream scoop to cut the melon into balls. The best way to start is to cut the watermelon in half lengthwise then scrape the pulp out with a melon baller. You can use the empty rind as a boat for the watermelon or fruit salad.

WATERMELON KABOBS

Thread watermelon cubes or balls onto bamboo skewers along with other fruits for colorful kabobs.

WATERMELON POPS

Cubes of watermelon can be placed on a wooden stick and frozen for a watermelon pop.

WATERMELON COOLERS

Partially freeze slices of watermelon. Serve with a wedge of fresh lime. This makes a great treat after a morning workout - especially in the summer.

WATERMELON WHIRL

Seeded watermelon can be mixed with a little lemonade in a blender for a refreshing drink.

WATERMELON SUNDAE

Serve large scoops of watermelon in a sundae bowl with blueberries and fat-free non-dairy whipped topping.

Source: *Communicating Food for Health, July/August 2001*

SHOW YOUR COLORS!

Fill half the spaces in an ice cube tray with pieces of watermelon; fill the other half with blueberries. Next, fill the tray with white cranberry juice. Freeze. Use the frozen cubes filled with fruit in a glass of chilled white cranberry juice to "Show Your Colors." For added sparkle, add a splash of sugar free lemon/lime soda.

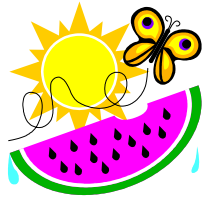


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PICNICS: MAKE 'EM HEALTHY!

Summer is here and picnics are a great way to entertain family and friends. Here are some ideas for items to pack to keep your picnics fun and healthy. Don't forget to pack games and balls to help increase exercise and physical activity at your picnic.



HEALTHY PICNIC CHECK LIST



1. **Fruits** - apples, plums, cut melon, grapes, oranges, peaches and nectarines.
2. **Vegetables** - carrots, celery, zucchini, summer squash, broccoli and cauliflower
3. **Grains and Starchy Vegetables** - 100% whole wheat bread, whole wheat pitas, lowfat potato salad and corn salad
4. **Beans** - bean salsa, baked beans and bean dip
5. **Lean meat** - sliced turkey breast, tuna salad, marinated grilled chicken breast or fish

CALORIE BURNING PHYSICAL ACTIVITIES



- Volleyball
- Softball
- Swimming
- Walking
- Roller Blading
- Throwing Frisbees

MICROWAVE POTATO SALAD

3 cups red potatoes, washed and cut in chunks
2 cups green beans, washed, trimmed and cut in half
 $\frac{1}{4}$ cup nonfat or reduced fat mayonnaise
 $\frac{1}{4}$ cup nonfat or reduced fat sour cream
 $\frac{1}{2}$ teaspoon garlic powder
Black pepper to taste
 $\frac{1}{4}$ cup sliced green onions
1 cup cherry tomatoes, halved



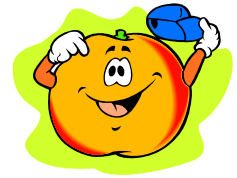
Place potatoes in large microwave container and add 1 cup of water. Microwave for 7 minutes, add green beans and microwave until potatoes are tenders, about 6 minutes. Drain in colander and place in large mixing bowl. Add the mayonnaise, sour cream, seasonings and green onions; mix well and refrigerate for several hours. When serving the potato salad, garnish with the cherry tomato halves.

Source: *Communicating Food for Health, July/August 1999, 2000*

FRESH PEACH CHUTNEY

Serve this sauce with grilled chicken, fish or veggies.

- 4 peaches, pitted and sliced
- 1 teaspoon sugar
- 2 Tablespoons vinegar
- Pinch ground cloves
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger



Place sliced peaches in covered microwave safe container and add the rest of the ingredients. Microwave on full power until peaches are soft, approximately 5-6 minutes.

PICNICS: KEEP 'EM SAFE

Remember these pointers for avoiding foodborne illness at outdoor picnics:

- Pack plenty of water, hand-washing soap and paper towels if your picnic area is remote or doesn't have proper hand washing facilities.
- Plan just the right amount of food to take so that you won't have to worry about leftovers.
- Plan the menu with an eye to safe food handling. Do not use recipes that contain raw eggs.
- Pre-cook foods in plenty of time to thoroughly chill them in the refrigerator.
- Pack enough utensils and platters for both raw and cooked foods.
- When taking foods off the grill, do not put the cooked items on the same platter that held the raw meat.
- Seal all food tightly in a plastic container or bag.
- Pack your cooler with enough ice to keep food below 40 degrees (25-50% ice).
- Pack food from the refrigerator into the cooler just before leaving home.
- Keep the food cooler closed and out of the sun. Keep beverages in a separate cooler.
- Only remove the amount of food from the cooler than can be cooked or eaten at one time.
- Serve hot foods hot (above 145 degrees) and cold foods cold (below 40 degrees).



Source: *Communicating Food for Health, July/August 1999, 2000*

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Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.

and justice for all

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