

Words on Wellness

For a Safe Plate, Do Not Cross-Contaminate



September is Food Safety Education Month. This year the focus is preventing cross contamination.

1. Separate meat, poultry, and seafood from other foods in the grocery cart and refrigerator.
2. Raw chicken does not need to be washed in either water or vinegar before cooking. It is ready to cook. Washing raw poultry can splash germs around the sink and kitchen.
3. Use separate cutting boards and knives for raw meat, poultry, and seafood. Use a different cutting board for bread, vegetables, and fruits.
4. If you only have one cutting board, cut produce, bread, and other ready-to-eat foods first, then wash the cutting board with soap and hot water before cutting raw meat, poultry, or seafood.
 - The cutting board should always be washed with soap and hot water between each different food item.
 - Wash hands after handling meat, poultry, seafood, or eggs.
5. Wash utensils, cutting boards, and countertops with soap and hot water after preparing meat, poultry, seafood, or eggs.
6. Use separate plates and utensils for raw meat, poultry, and seafood as well as cooked meat, poultry, and seafood.

Roasted Vegetables and Kielbasa

Serving Size: 1 1/2 cups | Serves: 4

Ingredients

- 5 cups chopped vegetables (broccoli, cauliflower, carrots, onions, peppers, potatoes, zucchini)
- 1 tablespoon oil (canola, olive, vegetable)
- 1/4 teaspoon ground black pepper
- 1 turkey kielbasa (13 ounces)

Directions

1. Preheat oven to 400°F.
2. In a large bowl, stir together chopped vegetables, oil, ground black pepper.
3. Cut kielbasa into round pieces 1/4 to 1/2 inch thick.
4. Stir kielbasa into vegetables.
5. Spray baking sheet with nonstick cooking spray. Spread vegetables & kielbasa evenly over baking sheet.
6. Bake for 15 minutes. Stir.
7. Bake for up to 25 minutes more, stirring every 5 to 10 minutes, until vegetables are soft. Cooking time depends on size of vegetable pieces.

Nutrition information per serving:

250 calories, 12g total fat, 3g saturated fat, 710mg sodium, 22g carbohydrates, 4g dietary fiber, 15g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.



Tracking Food Costs

Costs are up! Consider tracking food expenses to learn where your money is going. Use an online app or the old-fashioned pen and paper.

1. Keep receipts or write down all costs of food and beverages you buy. Include grocery stores, restaurants, convenience stores, coffee shops, and school lunch.
2. Organize and total receipts by location at the end of the month.
3. Look at how much you spent at each location.
 - Does anything surprise you?
 - Do you eat out more than you expected?
 - Can you share dinners with friends instead of eating out?
 - Do you need to learn new skills or recipes to make eating at home more fun?
 - Can you bring food from home instead of buying it away from home?

Start small and make one change each month. In time, the change will add up to big savings.

Source: [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu



Probiotic Primer

Probiotics are live microorganisms that may aid in improving gastric discomfort, reducing diarrhea caused by antibiotics, help with the digestion of lactose (the sugar in milk products), and lower the risk of infections. Probiotics can be found in some supplements. When choosing a supplement, look for the strain and number of live bacteria to help ensure an effective dose.

Some foods have probiotics too, like fermented foods, which can contain live bacteria and aid in digestive health. It's important to note that not all fermented foods have probiotics due to processing that can kill or remove the live microorganisms. Some foods with probiotics include yogurt, sauerkraut (sold refrigerated), kefir (fermented dairy), and kombucha (fermented tea). The food label should state the type of live bacteria.

Talk to your doctor about the strain and amount of probiotic recommended for the health benefit you are seeking and if probiotics are appropriate for you.

Source: [International Scientific Association for Probiotics and Prebiotics](https://isapscience.org/), isapscience.org/

Copyright 2022 © Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
PM 2099 September 2023

Here for you.
Now.
Always.

Iowa State University
Extension and Outreach

AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)

[humansciences](https://extension.iastate.edu/humansciences)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

