



Do You Know the 5-2-1-0 Concept?

This simple message is easy to remember. It is a great way for you and your family to eat healthy and be active. Here's what it means:

5 – Eat 5 or more fruits and vegetables every day.

2 – Cut TV and computer screen time to 2 hours or less every day.

1 – Participate in at least 1 hour of moderate physical activity every day or 20 minutes of vigorous activity at least 3 times a week.

0 – For almost 0 sugar-sweetened drinks every day, restrict soda pop, sports drinks, and fruit drinks. Instead, drink water and 3-4 servings a day of skim or 1% milk.

Be Food Safe

Most people do not think about food safety until they or someone they know becomes infected with foodborne illness. People usually become infected with foodborne illness when they eat a contaminated food item.

Reducing Your Risk

You can reduce your risk of becoming infected with foodborne illness. Do not eat raw or undercooked meat, including hamburgers, poultry, and seafood, and do not drink raw milk or eat products made from raw milk. Rinse fresh fruits and vegetables under running water and always follow the rules of food safety. For more information on safe internal temperatures, visit FoodSafety.gov's Safe Minimum Cooking Temperatures.

Rules of Food Safety

- **CLEAN**
Clean your hands with soap and warm water before handling food. Clean surfaces before preparing food on them.
- **SEPARATE**
Separate cooked foods from ready-to-eat foods. Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.
- **COOK**
Cook foods to a safe internal temperature (see chart). Use a meat thermometer to make sure foods are cooked to a safe temperature. Color is not an indicator of doneness.
- **CHILL**
Chill foods promptly after serving and when transporting from one place to another. Keep your refrigerator at 40°F or below. Keep hot foods hot and cold foods cold.

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Halloween Food Safety Tips

Take these simple steps to have a fun – and safe – Halloween

- Children shouldn't snack while they're out trick-or-treating. Urge your children to wait until they get home and you have had a chance to inspect the contents of their "goody bags."
- To help prevent children from snacking, give them a light meal or snack before they head out – don't send them out on an empty stomach.
- Tell children not to accept – and especially not to eat – anything that isn't commercially wrapped.
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

And follow these tips for Halloween parties at home

- If juice or cider is served to children at Halloween parties, make sure it is pasteurized or otherwise treated to destroy harmful bacteria. Juice or cider that has not been treated will say so on the label.
- No matter how tempting, don't taste raw cookie dough or cake batter.
- Before going "bobbing for apples," an all-time favorite Halloween game, reduce the number of bacteria that might be present on apples and other raw fruits and vegetables by thoroughly rinsing them under cool *running* water. As an added precaution, use a produce brush to remove surface dirt.
- "Scare" bacteria away by keeping all perishable foods chilled until serving time. These include, for example, finger sandwiches, cheese platters, fruit or tossed salads, or cold pasta dishes with meat, poultry, or seafood. And don't leave the food at room temperature for more than two-hours.

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Pumpkin Curry Soup



Ingredients:

- 1 Tbsp butter
- 1 cup finely chopped onion
- 2 garlic cloves, finely chopped
- 1 cup diced celery
- 1 tsp curry powder
- 1/8 tsp ground coriander
- 1/8 tsp crushed red pepper
- 3 cups water
- 1 cup low sodium chicken broth
- 1 32 oz can pumpkin puree
- 1 cup fat free half-and-half

Directions:

1. Sauté onion, celery, and garlic in butter.
2. Stir in curry powder, coriander and crushed red pepper; cook for 1 minute.
3. Add water and broth; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes.
4. Stir in pumpkin and half-and-half; cook for 5 minutes. Transfer mixture to food processor or blender. Blend until creamy.
5. Serve warm or reheat to desired temperature. Garnish with dollop of sour cream and chives.