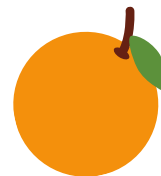
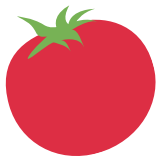


# URI SNAP-ED NUTRITION NEWSLETTER



## FOOD SAFETY FOR EVERY DAY

This newsletter is coming to you from the University of Rhode Island SNAP-Ed, a program which focuses on helping people in Rhode Island eat healthy on a budget. This month, we are covering helpful food safety tips and reminders on how to safely store items for best quality.

### 4 Simple Steps To Food Safety

#### Clean

Germ and bacteria can spread many ways. Remember to wash hands, utensils, and surfaces often while making food. Also, wash all fruits and vegetables under running water before using.

#### Separate

Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat foods. This is called cross-contamination. To avoid cross-contamination, use separate cutting boards and plates. Utensils, cutting boards, and plates that touch raw foods need to be washed well with warm water and soap.

#### Cook

Food is safely cooked when the inside temperature of food is high enough to kill any germs or bacteria that can make you sick. Use a food thermometer to make sure the food is safely cooked. When you are finished cooking, place the food thermometer in the thickest part of the food to take the correct temperature. **For more information on safe minimum cooking temperatures, please visit:** <https://www.foodsafety.gov/food-safety-charts/safe-minimum-cooking-temperature>

#### Cool

Bacteria that cause food poisoning grow quickest between 40°F and 140°F. This is why it is important to refrigerate or freeze foods that go bad within 2 hours of making it. Make sure your refrigerator temperature is set at 40°F or below and your freezer to 0°F or below.

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at 1-877-366-3874, visit [uri.edu/snaped](http://uri.edu/snaped) or follow us on social media for more family-friendly recipes and information.



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### Refrigerator Safety Tips



Did you know that the way you set up your fridge can help keep your food safe? Follow the tips below for food safety at home!

- Cool any hot items before putting them in the refrigerator. This will stop the refrigerator temperature from going up and keep food safe inside.
- Store raw meat, poultry, and seafood on the bottom shelf in tightly sealed containers. This will stop any raw food from dripping on ready-to-eat foods.
- Foods stored in the door change temperature more often than foods stored on the shelf. So, avoid putting eggs, milk and other dairy products in the door.

Adapted from  
[www.foodsafety.gov/](http://www.foodsafety.gov/)



## TECHNOLOGY SPOTLIGHT

**StillTasty**  
Your Ultimate Shelf Life Guide

Home   Keep It or Toss It?   Your Questions Answered   Shelf Talk   StillTasty In the News

**Keep It or Toss It?**

How long will your favorite food or beverage stay safe and tasty? What's the best way to store it?

Get the answers for thousands of items!

Type in food or beverage name here ... or browse categories below   **SEARCH**

Browse Shelf Life Information By Category

Have you ever wondered how long you can safely keep fruits and vegetables in the refrigerator?

**StillTasty.com** is an online site that can tell you the best ways to safely store your favorite foods without losing flavor and quality. This site also offers tips on freezing and storage. Simply type the food you are wondering about into the search bar!

For instance, did you know that you can store raw eggs after they have been cracked in the freezer for 10-12 months? StillTasty.com provides tips on where to start!

## Veggie Egg Bites



**Prep time:** 5 minutes   **Serving size:** 1 egg bite  
**Cook time:** 25 minutes   **Cost:** \$4.06 per recipe,  
**Servings per recipe:** 7   \$0.58 per serving

### DIRECTIONS:

- 1) Preheat oven to 350°F. Spray a muffin pan with non stick cooking spray.
- 2) Put chopped vegetables in 7 holes of the muffin pan.
- 3) Beat eggs in a bowl. Stir in salt, pepper, garlic powder, and cheese.
- 4) Pour egg and cheese mixture over vegetables in the muffin pan and bake 25 minutes.



For a quick and easy breakfast, freeze leftover egg bites and reheat in the microwave or toaster oven for about 1 minute!



### INGREDIENTS:

- Non-stick cooking spray
- 2 cups vegetables, washed and chopped (for example, broccoli, zucchini, cooked potatoes, mushrooms, or onions)
- 6 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup shredded reduced fat cheddar cheese

### Freezing Safety Tips

- Label and date all products you store in your freezer. Use foods with the oldest date first.
- Freeze your items flat to reduce freezing time and prevent freezer burn from happening.
- Check for holes in trays and plastic wrap of fresh meat to avoid juices leaking. Rewrap if needed.
- If you know you will not be using raw meat in your refrigerator for awhile, store it in your freezer as soon as possible to make it last longer.