SNAP-Ed News
Tennessee State University Cooperative Extension

July—September 2018

Issue 3

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- Baked Potato Slices Recipe—Page 4
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National Food Month(s)

July
National Pickle Month ●
National Baked Bean Month

August
National Catfish Month ●
National Sandwich Month ●

September
National Chicken Month ●
National Potato Month ●
National Mushroom Month ●
National Rice Month ●

SHOP. COOK. EAT. WITHIN YOUR BUDGET!

CLEAN. SEPARATE. COOK. CHILL — BE FOOD SAFE!

SHOP
Safe barbecuing starts well before you fire up the grill.
If you want to keep your family healthy, the commitment to safety has to start even before you walk out of the grocery store. Separate raw meat and poultry from other items in the grocery cart—your first guard against cross-contamination between raw foods and ready to eat foods that will not be cooked. After check-out, get your meat and poultry home and into the refrigerator. (www.foodsafetynews.org)

COOK
Wash hands before handling food and use clean utensils and containers. Never use utensils that have touched raw meats on any other food item. (www.fightbac.org)

Safety Grilling Tips!

EAT
Keep hot foods hot, and cold foods cold!
Do not let foods sit for more than 1 hour. Plan properly so food is eaten shortly after cooked. Any leftovers should be put back in an ice filled cooler right after they are served. Food not stored properly can grow and cause foodborne illness. (www.fightbac.org)

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Ebone’ Colclough Wins Two Awards at Conference

Cooperative Extension Agent Ebone’ Colclough recently won two awards at the 2018 Tennessee Extension Association of Family and Consumer Sciences Conference (TEAFCS) in Pigeon Forge.

She was awarded 2nd place for Supplemental Nutrition Assistance Program – Education (SNAP-Ed)/Expanded Food and Nutrition Education Program (EFNEP) and 2nd place for Family, Health and Wellness. She received these awards for her innovative facilitation of the Faithful Families Eating Smart and Moving More Program, which promotes healthy eating and physical activity in Davidson County’s faith-based community.

Ebone’ has been a Davidson County Extension Agent since 2012 and is a graduate of Tennessee State University.

Cooking Matters Class Learns How to Shop, Cook and Eat on a Budget

Debbie Goddard, Janice Hartman and Catherine Surgick with graduates from Cooking Matters held in Chattanooga.

Rethink Your Drink!

LaTasha Holloway demonstrates how much sugar is in a soda to youth in the STEM Camp held on the TSU campus. She spoke about the importance of making better beverage choices. She encouraged the youth to Rethink Your Drink!
CLEAN. SEPARATE. COOK. CHILL — BE FOOD SAFE!

There is an invisible enemy ready to strike. He’s called BAC (bacteria) and he can make people sick. In fact, even though you can’t see BAC — or smell him, or feel him — he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. But you have the power to Fight BAC!® and to reduce your risk of foodborne illness. It’s as easy as following these core four Fight BAC!® practices for food safety:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood. Always wash the cutting board after each use.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don’t use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Bring sauces, soups and gravy to a boil when reheating.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

FOR MORE INFORMATION ON BAC, VISIT www.fightbac.org
LIKE FACEBOOK PAGE! https://www.facebook.com/FightBAC/

TSU Community Nutrition Education State Staff

Leslie Speller-Henderson
Program Director
Denise Godwin
Administrative Assistant
Shea Austin-Cantu
Program Manager
Dana J. Smith
Marketing & Communications Coordinator
Debbie Goddard
Special Projects Coordinator
Abiola Awofeso
Evaluation Coordinator

This article contains information from www.fightbac.org
September is National Potato Month

BAKED POTATO SLICES

Baked Potato Slices – perfect side dish to almost any meal. Absolutely delicious and easy to prepare.

WHAT YOU NEED:
4 medium brown baking potatoes, sliced
2 Tbsp vegetable oil
2 tsp thyme
1 tsp salt
1 tsp black pepper
1 tsp paprika
Parsley, chopped (fresh or dried)
1 cup shredded cheese, optional

WHAT TO DO:
1. Preheat oven to 400 degrees.
2. Wash, peel and cut potatoes into slices.
3. In a large bowl combine olive oil, thyme, salt, black pepper and paprika. Toss the sliced potatoes and cover well with spices and olive oil mixture.
4. Arrange potatoes in a single layer in 2 baking pans. (You must line the pans with foil). Bake at 400 degrees for 30 minutes.
5. Serve, and sprinkle with chopped parsley for garnish and shredded cheese if desired.

TSU Community Nutrition Education Program Staff

Davidson County
Ebony Colclough
ecolclough@tnstate.edu
615-862-5995
***
Latashe Holloway
lhollow1@tnstate.edu
615-862-5995

Lauderdale County
Stacy Manley
smanley3@tnstate.edu
731-635-9551

Madison County
Ashley Hillsman
ahillsma@tnstate.edu
731-668-8543

Hamilton County
Janice Hartman
jhartma1@tnstate.edu
423-855-6113
***
Catherine Surgick
csurgick@tnstate.edu
423-855-6113

Rutherford County
Tiffany Schmidt
tschmidt@tnstate.edu
615-898-7710

Shelby County
Ebony Lott
elott1@tnstate.edu
901-752-1207

Tipton County
Jacqueline Lemons
jlemons@tnstate.edu
901-476-0231

Let’s SHOP.COOK.EAT. Within our Budget!

SET ASIDE TIME TO MEAL PLAN!

The best way to shop and make better food choices is to set aside time to plan your meals and prepare your food. See if you can take a few minutes each week to plan your shopping and meals for the week. Making a meal plan for the week ahead will keep you on target when shopping and ultimately save you money!!!