

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

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Kids Care

Ways To Keep Your Picnic Perfectly Safe This Summer

Summer has often been called picnic season. It is the perfect time to dine outside and enjoy all that nature has to offer – the sun, the trees, the breeze, even the bugs. It's also an opportunity for foodborne bacteria to grow. To protect yourself and your family from foodborne illness and reduce your chances of getting sick, plan ahead and follow these food safety picnic tips.

Planning

- Take only the amount of food you'll use.
- Clean and sanitize your cooler before you pack it.
- Wash produce before packing.
- Take disinfecting wipes for your hands or hand sanitizer in case you can't wash your hands.
- Take a food thermometer and use it to check cooking temperatures.

Packing

- Pack food in tightly sealed containers to avoid cross-contamination.
- Pack cold food first.
- Use ice, frozen gel packs, or frozen water bottles to keep food cold.

- Pack a separate cooler for drinks because people will open it more frequently.

Cooking

- Keep food cold until you are ready to cook.
- Cook meat and poultry to their safe internal temperatures.
 - Beef, pork, lamb and veal (steaks, roasts, chops) – 145 degrees F with a three-minute rest.
 - Ground meats – 160 degrees F
 - Chicken (whole, pieces, ground) – 165 degrees F
- Use a clean plate for serving cooked food.
- Don't let raw meat juices touch other food or reuse the marinade.



Eating

- Wash your hands or use hand sanitizer or wipes before eating.
- Place leftovers in the cooler. Throw out any perishable food left out for more than two hours.
- In temperatures above 90 degrees F, food should not sit out more than one hour.

Source: Annhall Norris, Extension Specialist for Food Safety and Food Preservation



Play Time

Don't Blow The Budget On Summer Play

After a year of staying safe at home, many people are ready to get out and explore. That may mean vacations and travel or small trips close to home. Either way, just because you can get out of the house doesn't mean you should spend all your money on it.

Current CDC information says fully vaccinated people can begin safely resuming some pre-pandemic activities. Outdoor activities are generally safer than indoor. And fully vaccinated people have less risk in indoor situations. When you plan a trip, you might consider COVID-19 numbers in your destination.

The following ideas could help you plan a trip that won't break the budget:

- Farm, orchard, or farmers' market – Enjoy entertainment and food that is fresh and healthy for your family.
- Park or nature preserve – Explore a hiking or biking trail, pack a family picnic, let kids monkey around on the playground, or just relax and enjoy the sights and sounds of nature.
- Pool, splash park, or beach - Find some water and cool off, whether it's a local swimming pool, river or lake beach, or something a bit farther.
- Zoo, amusement park, museum, or factory tour – Look for discounts and off-peak times.
- City streets – Visit a nearby city. Many cities have guided or self-guided tours with online or paper walking maps.
- Date night – Yes, it could be a traditional adult date, but another option is a parent-child "fun day" date.
- Try something new – There are many options such as geocaching, birdwatching, flying a kite, stargazing, participating in a photography challenge, or many others.

Whether you go near or far, continue to follow safety guidelines: avoid large crowds, eat

outside, wear a mask, and wash hands frequently.

References:

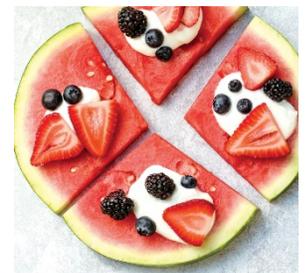
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Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

Let's Eat

Watermelon Refresher

Ingredients:

1 small to medium-sized watermelon
½ cup plain Greek yogurt
1 ½ cups fruit (try an assorted mix of blackberries, strawberries, blueberries and raspberries)
2 tablespoons honey (optional)



Directions:

Using a sharp knife, cut watermelon horizontally into 1 ½ inch thick rounds. Slice rounds into wedges (each round will make 4 wedges).

Dollop 1 tablespoon of yogurt onto each wedge, leaving the edges uncovered. Sprinkle berries on each wedge. Drizzle with honey, if using.

Source: Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service

Makes 6 servings. Per serving: 250 calories; 1g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 5mg sodium; 61g carbohydrate; 4g fiber; 57g sugar; 5g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Sincerely,

Vicki Wynn

County Extension Agent for
Family & Consumer Sciences Education