



# Nourish

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## September is Food Safety Education Month

### What would you do in each of these scenarios?

**Scenario 1.** You have decided to bring a fruit and vegetable platter and dips to a gathering, but it is five hours from your home. Unfortunately, the platter doesn't fit in your cooler.

- How long is it safe for cut fruit to be at room temperature on a platter?
- Which three types of bacteria are often a risk for fruits and vegetables?
- What are two ways you could keep perishable food safe during a gathering?
- What are two things you can do to safely serve the food at the site?

**Scenario 2.** Fall is often a busy time with activities. You have decided to order take-out food for your gathering at home. You plan to put all the food in your containers on the counter.

- According to a U.S. Department of Agriculture study, what percent of people do not properly clean and sanitize their countertops after preparing food and before serving?
- Some of the food is not hot enough when your guests arrive. You decide to microwave the food. To what temperature should you reheat it?
- You have some leftovers, so you will refrigerate them. How deep should "thick" foods such as meat be in the storage containers? How about thinner foods, such as soup?

The answers are on page 2.

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### Answers to the scenario questions:

1. A. Fruits and vegetables can be kept out for two hours at room temperature, but once the temperature reaches 90 degrees Fahrenheit, one hour is the time limit.  
B. Salmonella, Listeria and E. coli have been linked to fresh fruits and vegetables. Check out **Bad Bug Book** from the Food and Drug Administration to learn more about these “bad bugs.”  
C. To keep fresh produce safe, be sure to avoid cross-contamination in the kitchen when cutting it, then keep it cold. You could create your platter upon arrival, or you can change the serving container from a platter to serving bowls that can be nested in ice.  
D. Nest the food in containers filled with ice to keep it cold during service. Provide serving spoons and tongs.
2. A. According to the USDA study, 94% of people did not clean and sanitize their kitchen countertops. Get ready for guests by cleaning and sanitizing countertops before guests arrive. Wash with warm, soapy water, then consider using a sanitizing solution of 1 teaspoon of bleach per quart of water. Allow to air-dry.  
B. Reheat perishable food to 165 degrees F. Be sure to use a food thermometer to measure the temperature. Rotate and stir foods reheated in the microwave.  
C. Your thick foods should be no more than 2 inches deep, while liquid foods such as soup can be 3 inches deep. Putting food in shallow containers speeds cooling.

Want to learn more about serving food safely? Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on “Food Safety.”

## Question

What kind of physical activity should we do as we get older? Is taking a daily 30-minute walk enough?



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Yes, walking 30 minutes a day, five days a week (for a total of 150 minutes of moderate-intensity activity) is a good baseline.

As we age, mixing in strength exercise two days a week, such as lifting weights or using resistance bands, becomes important. Are you looking to make fitness fun? Consider taking a dance class, trying pickleball or a tai chi class.

Physical activity is excellent for our physical and mental health. It can help reduce stress and improve sleep, besides strengthening our heart and muscles.

This salad makes use of the delicious bounty from fall farmers markets or your grocery store all year. The Mediterranean Diet is usually named the “healthiest” diet. Watch a recipe video at [www.ndsu.edu/agriculture/extension/recipes/mediterranean-quinoa-salad](http://www.ndsu.edu/agriculture/extension/recipes/mediterranean-quinoa-salad).



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## Mediterranean Quinoa Salad

2 cups quinoa, cooked  
1 can (14.5 ounces) chickpeas, drained and rinsed  
¼ cup bell pepper, diced  
½ cup cucumbers, diced or sliced  
½ cup cherry tomatoes, quartered  
¼ cup red onion, diced  
½ cup black olives, sliced  
¼ cup fresh parsley, chopped  
¼ cup Greek dressing  
Garnish with feta cheese (optional)

Prepare the ingredients as directed. Add all ingredients in a bowl and stir. Refrigerate any leftovers.

Makes eight servings. Each serving has 150 calories, 3.5 grams (g) fat, 6 g protein, 24 g carbohydrate, 5 g fiber and 260 milligrams sodium.