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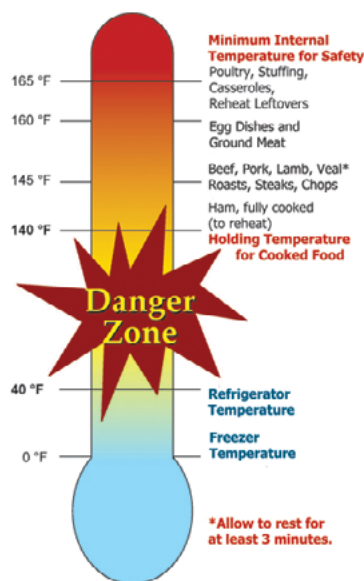
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Keeping Lunch Safe When Packing for School or Work



Packing lunches can save money and help you eat healthier.



Food not packed safely can lead to food poisoning. Bacteria in food can quickly multiply in temperatures between 40 degrees and 140 degrees. To keep this from happening, make sure to keep cold foods cold (below 40 degrees) and hot foods hot (above 140 degrees).

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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Learn more at iGrow.org.

Recipes from: <http://www.whatscooking.fns.usda.gov>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Keep Cold Foods Cold

Foods that need to be refrigerated could go bad quickly. If packing items such as meat, eggs, cheese, or yogurt make sure to pack at least two cold packs in the lunch. Using an insulated, soft sided lunch bag will keep food cold better than a brown paper bag. Juice boxes or water bottles can be frozen overnight to be used as a cold pack. If using a juice box or bottled water as a cold pack, make sure to also pack a freezer pack.



Keep Hot Foods Hot

Use a thermos or other insulated container to keep hot foods, such as soup and chili, safe and hot. To do this, fill the container with boiling water and let it stand for a few minutes in the container. Empty the container and fill with the hot food. Keep the container closed until you are going to eat it to make sure it stays above 140 degrees.



Lunch items that do not need to be kept hot or cold include:
Whole fruits and vegetables (make sure to wash before eating)

Canned meat and fish

Peanut butter

Jelly

Chips

Crackers

Breads

Hard cheese

Pickles

Mustard





Cinnamon-Raisin Breakfast Mix

Yield: 10 servings

Ingredients:

¼ cup sugar
1 teaspoon ground cinnamon
¼ cup margarine, tub-style
1 ½ cups square, whole-grain corn cereal
1 ½ cups square, whole-grain rice cereal
1 ½ cups square, whole-grain wheat cereal
½ cup raisins or dried cranberries

Instructions:

In a small bowl, mix sugar and cinnamon; set aside. In a large microwavable bowl, microwave butter uncovered on High about 40 seconds, or until melted. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir. Microwave uncovered 1 minute. Stir in raisins or dried cranberries. Spread on paper towels to cool.

Nutritional Information per serving:
Total Calories 165; Total Fat 4 g; Protein 2 g; Carbohydrates 25 g; Dietary Fiber 2 g; Saturated Fat 1 g; Sodium 210 mg



Cucumber Salad with Tomatoes

Yield: 4 servings

Ingredients:

2 cups cucumbers (diced)
1 cup tomato (seeded and diced)
¼ cup onion (chopped)
2 cups of couscous or rice, cooked
2 teaspoons dill weed (chopped dry or fresh)
½ cup low-fat Italian salad dressing

Instructions:

Wash hands. Toss together cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing. Chill for 1 hour. Serve.

Nutritional Information per serving:
Total Calories 331; Total Fat 1 g; Protein 11 g; Carbohydrates 68 g; Dietary Fiber 5 g; Saturated Fat 0 g; Sodium 344 mg



Honey Mustard Pork Chops

Yield: 4 servings

Ingredients:

4 top loin pork chops
1/3 cup orange juice
1 tablespoon reduced sodium soy sauce
*2 tablespoons light honey mustard

Instructions:

Put the pork chops in a large non-stick skillet. Cook over medium-high heat to brown one side of the pork chops. Use a spatula to turn the chops. Add the rest of the ingredients and stir. Cover the pan and lower the heat. Simmer for 6-8 minutes until chops are done. Pork chops are done when they reach an internal temperature of 145 degrees.

*2 tablespoons of honey mustard can be substituted with 1 tablespoon of honey and 1 tablespoon of mustard mixed together.

Nutritional Information per serving:
Total Calories 238; Total Fat 6 g; Protein 38 g; Carbohydrates 4 g; Dietary Fiber 0 g; Saturated Fat 2 g; Sodium 280 mg



Banana Pudding Parfait

Yield: 10 servings

Ingredients:

8 ginger snap cookies (crushed)
7 medium ripe bananas (sliced thin)
1 cup nonfat milk
1 1-oz box instant sugar-free, fat-free vanilla pudding
1 1/4 cups low-fat vanilla yogurt
1 teaspoon vanilla extract
1 cup fat-free frozen whipped topping (thawed)
10 8-oz parfait cups or drinking glasses
1/4 teaspoon cinnamon for garnish (optional)

Instructions:

In a large bowl, whisk together the milk and pudding mix; blend well (about 2 minutes). Add yogurt and vanilla extract; blend until smooth. Stir the thawed whipped topping into the mixture. Line the bottom of the parfait cups with a teaspoon of crumbled ginger snaps. Layer 6 banana slices on top of the cookies; then 2 tablespoons of the yogurt mixture on top. Repeat with another layer of the ginger snaps, bananas, and yogurt mixture. Top with cinnamon or crushed cookie for garnish. Cover and chill in refrigerator.

Nutritional Information per serving:
Total Calories 170; Total Fat 2 g; Protein 4 g; Carbohydrates 36 g; Dietary Fiber 2 g; Saturated Fat 1 g; Sodium 219 mg