



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Enjoying Summer Picnics Safely

Summer picnics are a delightful way to enjoy the outdoors with family and friends. To ensure everyone stays healthy, it's important to practice food safety. Here are some tips specifically for picnics:

1. Keep It Cool

- **Use Coolers and Ice Packs:** Pack perishable foods like sandwiches, salads, and dairy products in a cooler with plenty of ice or frozen gel packs. Keep the cooler in the shade and limit how often you open it to maintain a cold temperature.
- **Separate Coolers:** Use one cooler for drinks and another for food. This way, the food cooler stays colder longer since it's opened less frequently.

2. Prevent Cross-Contamination

- **Separate Raw and Cooked Foods:** If you're bringing raw meat for grilling, keep it securely wrapped and separate from ready-to-eat foods like fruits, veggies, and snacks.
- **Clean Utensils and Surfaces:** Bring separate utensils and plates for raw and cooked foods. If you don't have access to running water, pack moist towelettes or hand sanitizer for cleaning hands and surfaces.

3. Cook Thoroughly

- **Use a Food Thermometer:** When grilling, ensure meats are cooked to the right temperature. For example, burgers should reach 160°F, and chicken should reach 165°F.

- **Avoid Partial Cooking:** Don't partially cook meat or poultry to finish cooking later. This can allow bacteria to grow.

4. Keep It Clean

- **Wash Hands and Produce:** Wash your hands before handling food and after touching raw meat. Rinse fruits and vegetables under running water before packing them.
- **Sanitize Surfaces:** Clean all surfaces and utensils before and after use. If you're at a picnic site without running water, bring sanitizing wipes or a water jug with soap.



5. Serve Safely

- **Keep Hot Foods Hot:** Use insulated containers to keep hot foods like grilled meats above 140°F. Serve food immediately after cooking to prevent bacteria growth.
- **Discard Leftovers:** If food has been sitting out for more than two hours (or one hour if it's above 90°F), it's best to throw it away to avoid foodborne illness.

By following these tips, you can enjoy your summer picnics without worry. Stay safe and have fun!

This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

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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Recipes from: myplate.gov/myplate-kitchen/recipes

Content from: extension.org; doe.sd.gov/cans/sfsp.aspx; myplate.gov/

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Strategies to Save Money at the Grocery Store

The cost of food is expected to increase by almost four percent this year. This includes food purchased at the grocery store and at restaurants. If the income of households does not increase at the same rate, less food can be purchased to stay within a budget. Consider implementing the following strategies to stretch your food dollars.

Eat Before You Shop

Hungry shoppers are more likely to impulse-buy or overspend. Plan to eat before shopping to avoid adding items to your cart that are not on the list. If you are not hungry, your frame of mind will allow you to logically think about comparing prices.

Compare Food Options

Check sale ads for coupons and discounts. Incorporate these items into your meal plan. Compare the price and the package size. Choose items that have a low per-cost or per-serving price.

Example – canned black beans

Can Size	Price	Cost per Ounce
15 oz	\$1.25	\$0.083
29 oz	\$2.10	\$0.072
64 oz	\$4.50	\$0.070

The largest can has the lowest price per ounce. This is the best value if you can use the food before it spoils. The 29-oz can is still a decent price and may be a better size to use for your meal plans.

Reduce Food Waste

To reduce the amount of food wasted (thrown away or spoiled), plan, serve smart, use leftovers, and compost. Before you shop, make a meal plan and list. Pay attention to serving sizes during the meal. Use leftovers for lunch or freeze them to use later.

Composting

Consider making compost with food scraps. Composting is the process of breaking down organic materials. This process produces a nutritious soil that can be used in the yard or garden. To compost, all you need is a container or bin to put the scraps in and a way to 'stir' the material. Foods to compost are fruit and vegetables, coffee grounds, and crushed eggshells. Do not add meat, dairy products, or fats to the compost.





Crunch into this chicken salad sandwich with crisp celery, apples, and red onion, rounded out by sweet peaches and soft, whole grain bread. Perfect for a picnic or packed lunch!



These frozen fruit pops contain fruit, juice, and low-fat yogurt to create a refreshing treat on a summer day.

Chicken Salad and Peach Sandwich

Makes 2 Sandwiches

Ingredients:

- 4 slices of whole grain bread
- ½ cup cooked chicken (diced)
- ½ cup canned peach slices (drained and diced)
- 1 celery stalk
- ½ cup apples (Fuji, Gala, or Braeburn)
- 1 small onion
- 1 ½ tablespoons mayonnaise (nonfat)
- 1 tablespoon chopped walnut

Directions:

1. Mix together the chicken, apples, peaches, celery, onion, walnuts, and mayonnaise in a small bowl.
2. Spoon mixture onto 2 slices of the bread.

Nutritional Information per serving: Total Calories 296; Total Fat 6g; Saturated Fat 1g; Protein 18g; Carbohydrates 44g; Dietary Fiber 6g; Sodium 522g

Frozen Fruit Pops

Makes 4 Servings

Ingredients:

- 1 cup crushed pineapple, canned, juiced packed
- 1 cup yogurt, low-fat fruit (8 ounces)
- 6 us fluid ounces orange juice, frozen concentrate (thawed)

Directions:

1. Wash hands with soap and water.
2. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
3. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
4. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety

Nutritional Information per serving: Total Calories 121g; Total Fat 1g; Saturated Fat 0g; Protein 3g; Carbohydrates 27g; Dietary Fiber 1g; Sodium 38g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Vitamin K, known as the clotting vitamin, is found in leafy vegetables and made by bacteria that line the gastrointestinal tract.

Learn more at: extension.sdstate.edu/pick-it-try-it-it



Spinach

Makes 8 servings.

Colorful Quesadilla

Ingredients:

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 6-inch flour tortillas
- 1 cup sweet red pepper, chopped
- 1 cup low-fat shredded cheese
- 2 cups spinach leaves

Directions:

1. In a small bowl, mix cream cheese and garlic powder.
2. On each tortilla, spread 2 Tablespoons of the cream cheese mixture and add 2 Tablespoons bell pepper, ¼ cup spinach, and 2 Tablespoons cheese on ½ of the tortilla. And fold in half.
3. Heat a skillet over medium heat.
4. When skillet is hot, cook tortillas for 1-2 minutes on each side or until golden brown.
5. Remove and cut into 4 wedges.

Nutritional Information per serving: Total Calories 156; Total Fat 4g; Cholesterol 6mg; Sodium 483mg; Carbohydrates 19g; Dietary Fiber 2g; Sugar 3g



Learn which fruits and vegetables are in season during the summer at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.