



SOUTH DAKOTA STATE
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Family Food Cent\$

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National Food Safety Education Month: Keeping Our Food Safe

Every September, we celebrate National Food Safety Education Month. This month helps us learn how to keep our food safe and avoid getting sick. In the United States, about 48 million people get sick from food every year. That's why it's so important to know how to handle food safely.

What Are Foodborne Illnesses?

Foodborne illnesses, or food poisoning, happen when we eat food that has harmful germs. These germs can be bacteria, viruses, or parasites. When we get sick, we might feel like throwing up, have diarrhea, or get a stomachache. Sometimes, food poisoning can be very serious.

Four Simple Food Safety Rules

To keep our food safe, we should follow these four simple rules:

Clean: Always wash your hands, utensils, and surfaces before and after handling food. This stops germs from spreading.

Separate: Keep raw meat, poultry, seafood, and eggs away from other foods. This prevents germs from spreading to other foods.

Cook: Make sure food is cooked to the right temperature to kill germs. Use a food thermometer to check.

Chill: Put perishable foods in the fridge right away. Don't leave food out for more than two hours.

Extra Care for Certain People

Some people need to be extra careful with food safety. This includes pregnant women, young children, older adults, and people with weak immune systems. They should always follow the food safety rules to stay healthy.

Spreading the Word

During National Food Safety Education Month, groups like the FDA and CDC share tips and resources to teach people about food safety. They use social media, educational materials, and community events to spread the word.

Conclusion

National Food Safety Education Month is a great time to learn how to keep our food safe. By following simple food safety rules, we can protect ourselves and our families from getting sick. Remember, everyone has a role in food safety, and together, we can make a big difference.



For more information, visit the FDA's Food Safety Education Month page.

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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Save Money on Groceries by Reducing Trash

Have you ever noticed the amount of food that ends up in your garbage? This can be food that is spoiled, take-out that was not eaten, or food no one likes to eat. Food that becomes garbage is like throwing money away. As food prices increase, practice ways to reduce the amount that goes into the trash can.

Don't let food spoil

When you are planning meals and buying groceries, eat fresh fruits and vegetables first. Pay attention to how long produce stays fresh. For example, apples last longer than berries. Plan to eat the berries first. If your carrots and celery start wilting, add them to a stir fry or soup rather than eating them fresh.

Plan to eat leftovers, either by having them for lunch the next day or using them in another meal. You can also freeze leftovers, such as soups, casseroles, and meat. Then incorporate the frozen food into a meal the next week.

Don't trash take-out

Serving sizes at restaurants are often two to three servings. When you are at the restaurant, consider sharing a meal so you do not have leftovers. If you do bring the extra home, eat within a day or two, so it is still edible.

Try new foods on a small scale

It is good to try new foods. You can spice up a recurring recipe by adding new vegetables or seasonings. It is always fun to try a new snack. If you have fussy eaters in your household, purchase a small amount of the new food until you know it is liked and will be eaten. New recipes can change the meal rotation, but if family members do not like the food, it may go into the trash.

You will not be able to eliminate all food waste, but reducing the amount of food that gets thrown out can also help reduce your grocery bill.





Pork shoulder is slow cooked and served on a whole wheat roll with tangy red cabbage and carrot slaw.



Buy apples while they are in season and on sale and make batches of these muffins to put in the freezer for later. You can also substitute whole wheat flour to make your muffins heartier and more nutritious.

Pulled Pork Sandwich with Red Cabbage and Carrot Slaw

Makes 6 Servings

Ingredients:

Pulled Pork:

- 1 half pork shoulder (bone-in)
- 1 ½ cups cider or white vinegar (or a combination of both)
- 1 teaspoon black pepper
- 1 teaspoon Crushed red pepper flakes
- ½ teaspoon salt
- 8 100% whole wheat dinner rolls or slider buns

Directions:

Pulled Pork:

1. Put everything in the slow cooker and turn the heat to medium. Cook, undisturbed, for 8 hours or until it is fork-tender (about 190°F with a meat thermometer).
2. Remove the pork from the slow cooker but keep the liquid. While still hot, use two forks to shred the meat. Remove any fat found between the shreds.
3. Skim as much fat as possible from the liquid in the slow cooker. Add about 1 cup of the cooking liquid to the shredded pork.

Red Cabbage and Carrot Slaw:

1. Put the shredded cabbage and carrots in a bowl.

For the Carrot Slaw:

- 1 head red cabbage (shredded)
- 2 carrots (scrubbed and shredded)
- ¼ cup canola oil
- ¼ cup vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper

2. Mix the canola oil, vinegar, salt, and pepper in a small bowl and stir or whisk well.
3. Add the dressing to the cabbage mixture and coat thoroughly.
4. Add ½ cup of pulled pork to each roll or bun and top with ½ cup cabbage and carrot slaw. Serve right away.

Notes

- 1 bag coleslaw mix can be used instead of red cabbage.
- Leftovers can be served with brown rice or wrapped in a whole wheat tortilla.

Nutritional Information per serving: Total Calories 487g; Total Fat 28g; Saturated Fat 8g; Protein 42g; Carbohydrates 14g; Dietary Fiber 3g; Sodium 454g

Apple Oatmeal Muffins

Makes 6 Servings

Ingredients:

- ½ cup milk, non-fat
- ⅓ cup applesauce, unsweetened
- ½ cup all-purpose flour
- ½ cup quick-cooking oats, uncooked
- 1 cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 tart apple, cored & chopped

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Place 6 cupcake holders in baking tin.
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
6. Gently stir in the chopped apples.
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Nutritional Information per serving: Total Calories 218g; Total Fat 1g; Saturated Fat 0g; Protein 3g; Carbohydrates 52g; Dietary Fiber 2g; Sodium 132g



**Find more recipes
and videos at
extension.sdstate.edu**



Did you know ...

Lycopene in tomatoes gives tomatoes their rich red color. It reduces risk of prostate cancer. Eating tomatoes with small amount of fat increases absorption.

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



Tomato

Makes 4 servings.

Fresh Garden Salsa

Ingredients:

2 large red slicing tomatoes; cored and chopped
1 small white onion; chopped
1 green onion; top included and chopped
1-3 jalapeno peppers; finely chopped
¼ cup cilantro leaves; minced
Juice of 1 lime
1 teaspoon salt

Directions:

1. Using a serrated knife, chop tomatoes. If using plum tomatoes, add 2 Tablespoons water.
2. In a medium bowl, toss together the tomatoes, onions, peppers and cilantro.
3. Squeeze lime juice over the mixture and sprinkle on the salt.
4. Allow to rest 30 minutes before serving, to allow salt to draw juice from the tomatoes.
5. Stir again just before serving.

Nutritional Information per serving: Total Calories 30; Total Fat 0g; Cholesterol 0mg; Sodium 640mg; Carbohydrates 7g; Dietary Fiber 2g; Protein 1g



Learn more ways about staying fit as a family with this short interactive lesson available 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.