

cg1 WELL SAID.

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Summer Food Safety

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. Protect yourself, your family, and friends from foodborne illness during warm-weather months. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs, stored at 40°F or below. Pack meat, poultry, and seafood while still frozen to keep colder longer.

Keep coolers closed. Limit the number of times the cooler is opened to help keep the contents cold longer. Hint: pack beverages and perishable foods in separate coolers.

Don't cross-contaminate. Keep raw meat, poultry, and seafood securely wrapped to keep from contaminating prepared foods or fresh foods, such as fruits and vegetables.

Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten. Dry fruits and vegetables with a clean cloth towel or paper towel.

Follow Safe Grilling Tips

Marinate safely. Marinate foods in the refrigerator - never on the kitchen counter. If you plan to use the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.

Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be

sure your food is cooked thoroughly.

Keep "ready" food hot. Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking. **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Serving Picnic Food

COLD FOOD-- Cold food should be kept at 40° F or below until serving.

- Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it.
- Foods in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan of ice. Drain off water as ice melts and replace ice frequently.

HOT FOOD-- Hot food should be kept hot, at or above 140° F.

- Wrap it well and place it in an insulated container until serving.
- Just as with cold food - these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.



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"The moment you take responsibility for everything in your life is the moment you can change anything in your life." - Hal Elrod

WELLSAID.

CONTINUED

Summer Safety!



WEAR A HELMET!
every bike ride, every time



WEAR EYE PROTECTION!
when helping with yardwork or mowing



USE SUNSCREEN!
At least SPF15, 30 min. prior to going out

LIFE JACKETS ON BOATS!
even for really strong swimmers



HIKE, BIKE, SWIM, EXPLORE!
together, NEVER alone.



BEAT THE HEAT!
drink water, wear hats, seek shade, and check for ticks if in the woods

Chicken with *Strawberry-Avocado Salsa*



Ingredients:

- 4 (4 oz) chicken breast cutlets
- 1 1/2 cups chopped strawberries
- 1/2 cup diced ripe avocado
- 2 Tbsp minced, seeded jalapeño pepper
- 2 Tbsp chopped, fresh cilantro
- 2 tsp fresh lime juice
- 1 Tbsp olive oil
- 4 lime wedges
- Salt and pepper to taste

Directions:

- Combine strawberries, avocado, jalapeño, cilantro, lime juice, and a dash of salt in a small bowl; toss to combine.
- Sprinkle chicken with a dash of salt and pepper. Sauté in a skillet or grill over medium heat; cook 3 minutes on each side until cooked through.
- Divide chicken among 4 plates, and spoon salsa evenly over each serving. Garnish with a lime wedge.

National Men's Health Week



Power Half Hour! Even 30 minutes of exercise a day can make a difference.



Eat Smarter! Fruits and veggies help fight diseases and maintain a healthy weight.



Check Up! See your healthcare provider for your annual exam and screenings.



Drive time! Always wear your seat belt, don't text, and never drive under the influence.



Chill Out! Keep stress under control by doing things you enjoy. Get help when you need it.



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