

Nutrition Update

September 2023

Food Safety Tips

Each year millions of people get sick from foodborne illnesses, or “food poisoning”. Foodborne illness has symptoms like the stomach flu – diarrhea, headache, fever, and vomiting. Foodborne illness is usually caused by bacteria in the food or bacteria that gets into the food during preparation, cooking, serving, or storage.

Follow these four steps to prevent contaminating your food:

1. Keep food, hands, and preparation areas clean.
 - Wash your hands before and after handling the food.
 - Wash fresh fruits and vegetables.
 - Wash counter tops before and after placing food.
 - Use hot water and soap, and clean towels.
2. Don't cross contaminate.
 - Separate raw meats from ready-to-eat foods.
 - Use a different cutting board for raw meats or thoroughly clean the board between uses.
 - Never place cooked food on a plate that had raw meat on it.
3. Cook foods well.
 - The best way to kill harmful bacteria is to cook food to the proper temperature.
 - Use a thermometer for best results.
4. Chill foods by refrigerating them within 2 hours after cooking.
 - Put large amounts of leftovers into small shallow containers for quick cooling in the fridge.
 - Thaw foods in the fridge, under cold running water – never at room temperature.

The material provided is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual medical care.

The contents of the CSFP boxes are intended for consumption only by the program recipient and no other person(s). CSFP foods are specifically chosen to supplement the nutritional needs of the population served by this program.

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Michigan Produce Seasonal Spotlight: Spinach

In this month's CSFP box, you may find canned spinach. Spinach is a powerful source of iron and Vitamins A, C, and K. Two main types of Spinach are grown in the state of Michigan called Smooth-Leaf and Savoy. This crop grows in the cooler seasons of early spring and late fall. For more facts about Michigan spinach please visit:

www.canr.msu.edu/resources/how_to_grow_spinach#

Recipe of the Month: Easy Stuffed Pasta Shells

Makes: 8 Servings

www.myplate.gov

Ingredients

- 1 can CSFP spinach
- 12 ounces cottage cheese, low-fat
- 1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 2 cans of CSFP spaghetti sauce
- 6 ounces pasta shells, uncooked (large)
- 1 cup water

Directions

1. Wash hands.
2. Preheat oven to 375 °F. Lightly coat a 13x9x2 inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or colander over the sink, or in a bowl and pressing with a spool to remove as much liquid as possible or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into the mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil.
9. Bake for 1 hour or until shells are tender.
10. Let stand 10 minutes before serving. Enjoy!

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