



Don't Let Unintended Guests Spoil Your Picnic

Tips for Safe Outdoor Eating:

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also time of increased risk of food poisoning. While most Americans realize that May through September poses the biggest threat of food borne illness, surveys show that consumers are not practicing correct outdoor food safety procedures.

So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

Wash Hands Often:

Bring moist towelettes or soap and water to clean your hands and surfaces often.

Keep Raw Meats and Ready-to-Eat Foods Separate:

Bring extra plates - one for handling raw foods and another for cooked foods to prevent cross-contamination.

Marinate foods in the refrigerator. Don't reuse marinade used on raw meat or poultry unless boiled.

Cook to Proper Temperatures:

Cook your favorite foods to the right temperature by using a meat thermometer; hamburger to at least 160° F and chicken breasts to 170° F. Never partially grill meat or poultry to finish cooking later.

Refrigerate Promptly below 40° F:

Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40° F.

Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.

Remove from the cooler only the amount of raw meat that will fit on the grill.

Defrost meat, poultry and seafood in the refrigerator before taking them to the grill. Don't leave food outside hot weather (90° F or above) for more than one hour. Source: Family Time



Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

The Market opens May 2nd



MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

Take Me Out to the Ball Game!

Baseball season has started and while an afternoon of hot dogs and other snacks at the park probably won't knock your healthful eating plan over the fences, you can locate healthful food options at just about any park, from the majors to your kids' neighborhood little league field.



Check out all your options, rather than grabbing the first thing you see. Take a walk around the park (good exercise) and investigate all the food selections. Ballparks from coast to coast now offer healthier items from snacks to entrees, including low-fat or non-fat treats like pretzels, lemon ices, frozen yogurt, turkey wraps, fresh fruit and sushi.

Can't resist a hot dog? Not a problem; have some fresh fruit, vegetables and whole grains when you get home.

Source American Dietetic Association

Safe, Minimum Internal Temperatures



- Whole poultry 165 °F**
- Poultry breasts 165 °F**
- Ground poultry 165 °F**
- Hamburgers, beef 160 °F**
- Beef, veal, and lamb (steak, roasts and chops)**
- Medium rare 145 °F**
- Medium 160 °F**
- All cuts of pork 160 °**

Source : USDA



Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The Nutrition Facts label can help you. It is easy to use, even when your shopping trip is hectic.

The Nutrition Facts labels tell you the Serving Size, calories (or food energy), and nutrients in one Serving of food inside the package. Look for the nutrition information in the store near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

READ IT before you EAT IT!

How many servings are you eating?

Calories in one Serving
For two Servings, double the calories. Pay attention to choose foods for a healthy weight.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

% Daily Value (%DV)

%DV is the amount of a nutrient in one Serving compared to dietary recommendations.

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

What's the Best Choice for You?

Use the 5%–20% Guide to Daily Values to choose foods.

Summertime & Strawberries: Pick Your Own!



June is the beginning of strawberry season in Michigan! Along with strawberry season comes warmer weather, long afternoons, cool dips into the pool, summer vacations, and eating good food. Summer and strawberries just go together! Beginning in June, stock up on fresh strawberries and enjoy the best part of summer.

The strawberry season for Michigan starts in early June in the Lower Peninsula and ends in late July in the Upper Peninsula. This year due to the unusually cold spring weather and late spring frosts and freezes, the strawberry season will be a little later than usual, reports Michigan State University's Southeast Michigan district horticulture agent Bob Tritten. .

Though strawberries are grown in every county in Michigan, Berrien, Leelanau and Van Buren are Michigan's largest strawberry-producing counties. In 2001, sales of Michigan strawberries were estimated at \$5.5 million. Most of these were sold fresh, picked by consumers at "u-pick" operations around the state.

"U-pick" operations are private farms that are opened to the public for the picking and purchasing of fresh produce. The advantage of these operations is that consumers choose the produce they want and also get the freshest products possible. When consumers buy produce from "u-pick" operations, they are supporting Michigan farmers and Michigan grown products. "U-pick" operations are fun for the whole family. Adults and children alike enjoy the experience of picking farm-fresh produce.

Family activities and seasonal events are often available at "u-pick" operations across the state. You can access information using this website <http://www.michiganfarmfun.com> or call 866-964-3628.

Michigan Department of Agriculture

Health Benefits of the Strawberry

We all know strawberries are delicious, but they are also nutritious, and ideally should be a part of everyone's daily diet. You'll enjoy some health advantages by eating strawberries regularly, and the best part is strawberries are one of the most delicious fruits.

The USDA recommends that every American eat at least five servings of fresh fruits and vegetables daily, but unfortunately, most people don't even come close to that. Adding fresh strawberries to your diet, whether they are in salads, smoothies, or on their own, is a great way to get the servings of fruit you need for a well-rounded body and a healthy immune system.



What's so nutritionally good about strawberries?

Strawberries contain a range of nutrients, with vitamin C heading the group. They also contain significant levels of plant nutrients and antioxidants. These antioxidant properties are believed to be linked to what makes the strawberry bright red.

In addition to vitamin C, strawberries also provide an excellent source of vitamin K and manganese, as well as folic acid, potassium, riboflavin, vitamin B5, vitamin B6, copper, magnesium, and omega-3 fatty acids.

Family Meals, Easy, Tasty & Healthy

Shop for time savers:

Check prices on foods that are grated, chopped, washed. These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken, and mixed salad greens when they are on sale.

Stock your kitchen:

Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned, or dried)
- Vegetables (fresh, frozen, or canned)
- Canned beans, fish, poultry, or meat
- Canned soups or stew
- Eggs
- Whole-grain bread or pasta
- Brown rice
- Low-fat or fat-free cheese or yogurt

Save time in your kitchen:

Cook once for everyone. Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods. Cook a fast way. Microwave, broil, or stir-fry when you can. Roasting and baking take longer.

Compre productos que ahorren tiempo:

Revise el precio de alimentos que estén rallados, cortados, lavados. Éstos tienden costar más, pero pueden ahorrarle tiempo. Pruebe queso ligero rallado, pollo en trozos, y legumbres mezcladas cuando estén en oferta.

Abastezca su cocina:

Compre alimentos que usted pueda preparar y servir rápidamente

- Frutas (frescas, congeladas, enlatadas, o secas)
- Vegetales (frescos, congelados, o enlatados)
- Frijoles, pescado, o carnes enlatado
- Sopas o asados enlatados
- Huevos
- Pan o pasta integrales
- Arroz integral
- Queso ligero o sin grasa o yogur

Ahorre tiempo en la cocina:

Cocine para todos a la vez. ¿Sus niños prefieren los vegetales, la carne, el arroz o la pasta solos? De ser así, aparte sus porciones antes de agregar otros ingredientes. Así no necesitará tiempo extra para preparar comidas diferentes. Cocine rápidamente. Use el microondas si puede. Hornear toma más tiempo.



Source: My Pyramid.gov Loving my Family

Senior Health



Everyone can benefit from a balanced diet that is rich in a diversity of whole grains, fruits, and vegetables. Yet seniors have particular needs that make eating a nutritious diet even more important. Eating well contributes to aging well, as well as a general improvement in the quality of life and mental capacity.

Key nutrition tips for seniors

Since seniors tend to eat less, they should choose nutrient dense foods. When we're not as active as we used to be, the amount of calories required by our bodies is reduced. But, if we consume the same amount of food that we used

to, this can lead to weight gain. Eating whole, natural, fresh foods are the best way to get nutrient rich substances in the diet that are less likely to result in weight gain. This is also an effective way to get more fiber in the diet, which can reduce the risk of disease and aid digestive movement.

Your diet should include plenty of fruits and vegetables, whole grains, nuts, legumes and healthy sources of protein such as poultry, lean meat, fish, tofu and dairy products. Many whole foods can be easily prepared, which is important for those of limited mobility. Lastly, since good health and detoxification is dependent on being adequately hydrated, it is also important to drink six to eight glasses of water every day.

Medical science may not have found the 'fountain of youth' yet, but proper nutrition coupled with exercise is one key to graceful aging and increased longevity.

In general, some important guidelines for seniors include:

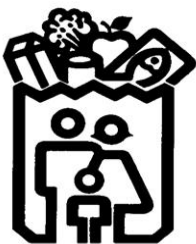
- reduce sodium (salt) to help prevent water retention and high blood pressure,
- monitor fat intake in order to maintain healthy cholesterol levels,
- consume more calcium and vitamin D for bone health,
- eat more fiber-rich foods to prevent constipation,
- cut back on sugar and on dry foods,
- make sure you get the recommended amount of important vitamins and minerals,
- increase your water intake, and
- participate in regular physical activity.



Additionally, because of lifestyle changes and a lower metabolism, it is important to consider *how* you eat as well as *what* you eat. To manage your weight and maintain optimum health, focus on eating efficiently. This means choosing foods that maximize nutritional value, not calories.

Source: Medline plus/nutrition for Seniors

Nutrition Classes: Learn how to stretch your food dollars, shopping basics, label reading and more. Qualified clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education program (EFNEP) offered through MSUE in Macomb County.



**For more information call
586-469-6432.**

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing low-cost, nutritious groceries throughout the U.S.

Visit their website:

www.angelfoodministries.com

to find the closest host site near you.

MSU EXTENSION PROGRAMS

For up-to-date info: www.macombcountymi.gov/msuextension/events

FAMILY (586) 469-5180

Jean Lakin, Family Resource Mgt Agent

Alternatives to Anger *4 week program*

Wednesdays, 6:30 - 8:30 p.m.

July 8th, 15th, 22nd, 29th

At Leaps & Bounds

(Mt. Calvary Community Center)

8129 Packard ~ south of 9 Mile, East of Van Dyke

Call 586-469-7614 to register

Living with Less

FREE workshop

Thursday, May 21, 09 @ 6:30 - 9:30p.m.

To be held at

Warner Education Center

2791 Koper

Sterling Heights, MI 48310

(South of I-5 between Ryan & Dequindre)

Call 586-469-7614 to register.

Money Smart from the Start

Date: Thursday, May 21st

Time: 6:00 to 8:30 p.m.

Location: MSU Extension Center

VerKuijlen Bldg, 21885 Dunham Road, Door "E"

Clinton Township, MI 48036

Pre-registration is required. For more information or to register for this free series, call 586-469-7614

HOUSING (586) 469-6430

Anne Lilla, Housing Program Coordinator

Macomb Homebuyers

Affordable Housing Seminar

- Renting vs. Buying
- Government & Bank Loan Programs
- Down Payment Assistance
- Saving Money & Cleaning Up Credit

Wednesday, June 3, 2009

6:30-8:30pm

to be held at Warren City Hall

Call 586-469-6430 to register now!

Money Management

8 Sessions, Tuesdays, 6:30 - 9:00 pm

Sept. 1, 8, 15, 22, 29

Oct. 6, 13, & 20, 2009

MSU Extension - Macomb

VerKuijlen Bldg 21885 Dunham Rd. - Door E

Clinton Township, MI

Call (586) 469-6430 to register

FREE! Sponsored by the City of Warren, Community Development Block Grant Program

Home Ownership Seminar

FREE Three-part program

June 10th, 17th, and 24th, 2009

6:30 - 8:30 pm

To be held at:

Warren City Hall

Call 586-469-6430 to register!

NUTRITION (586) 469-6432

Eileen Haraminac, EFNEP Agent

Expanded Food & Nutrition Program
for low-income families with children - 6 sessions

- +- One-On-One Teaching
- +- Menu Planning
- +- Group Presentation
- +- Stretch Your Food Dollars
- +- Label Reading

Parenting Views/Healthy Bites

Free Newsletters

Check our website:

www.msue.msu.edu/macomb for:

Calendar of upcoming events

Program descriptions

* Volunteer Opportunities *

Youth Mentor Program

Positive role modeling to
at-risk youth 11 - 15
4H Activities for families
with children 5-19



Call 586-469-6431 for more information



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Check our Web site:

macombcountymi.gov/msuextension



- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
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586-469-6432

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