

Family & Consumer Sciences Newsletter



National Picnic Month

National Picnic Month is a great opportunity to enjoy the outdoors with friends and family. Whether it's at a local park, the beach, or in your own backyard, picnics are a fun way to relax and enjoy some good food in the company of loved ones. It's a time to pack up some delicious snacks, grab a cozy blanket, and head outside to soak up the sunshine while indulging in some al fresco dining. So, dust off your picnic basket and enjoy some quality time in nature during National Picnic Month!

This month's newsletter gives food safety information on eating outdoors and a great picnic pasta salad recipe. Join us this month for a fun Tie Dye Workshop. Check out the Community Events section to get all the information! Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to cpjohns5@ncsu.edu.

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Eating Outdoors: *Handling Food Safely*



Keep your food safe: from the refrigerator/freezer — all the way to the picnic table!

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. 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 your food safe: from the refrigerator/freezer — all the way to the picnic table.

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed:** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, 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. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Prevent “Cross-Contamination” When Serving

Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they’ve been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.

Serving Picnic Food

Keep Cold Foods Cold and Hot Foods Hot

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping cold foods cold and hot foods hot.



Cold Food



Cold perishable food should be kept in the cooler at 40 °F or below until serving time.

- 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 like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with 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.



Picnic Pasta Salad

Total Time: 10 Minutes



Makes 4 Servings

Ingredients

- 3 cups tricolor spiral pasta, cooked and drained
- 1 package (10 ounces) frozen corn, thawed
- 2 cups cherry tomatoes, halved
- 2 small zucchini, sliced
- 1 cup small pitted ripe olives
- dressing:
 - 1/3 cup tarragon vinegar
 - 1/2 cup olive oil
 - 2 teaspoons dill weed
 - 1 teaspoon salt
 - 1/2 teaspoon sugar
 - 1/2 teaspoon ground mustard
 - 1/4 teaspoon pepper
 - 1/4 teaspoon garlic powder

Directions

1. In a large bowl, toss pasta, corn, tomatoes, zucchini and olives; set aside. In a jar with tight-fitting lid, combine all of the dressing ingredients; cover and shake well. Drizzle over salad; lightly toss to coat. Cover and refrigerate at least 2 hours or overnight.

From A taste of home

For more picnic ideas visit

<https://www.tasteofhome.com/>

COMMUNITY EVENTS

JOIN WILKES & YADKIN COUNTY
FAMILY & CONSUMER SCIENCE EDUCATORS

CANNING 101: BLUEBERRY SPICE JAM

Learn the basics of canning, how to
use a boiling water bath canner, and
how to make a simple, delicious
blueberry spice jam!

FRIDAY JULY 12
12:00PM-1:30PM

WILKES COUNTY AGRICULTURAL
CENTER
416 EXECUTIVE DR.
WILKESBORO NC, 28697

COST: \$10.00/PERSON

REGISTER BY JULY 5TH

Contact Elisa Phillips to register
at elisa_phillips@ncsu.edu or
336-651-7331



**COOPERATIVE
EXTENSION**

N.C. Cooperative Extension prohibits discrimination on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, genetic information, political affiliation, and veteran status.

The background of the entire poster is a vibrant, multi-colored tie-dye pattern. The colors include shades of green, yellow, blue, and red, creating a swirling, abstract effect. The poster itself is a white rounded rectangle centered on this background.

NC

**COOPERATIVE
EXTENSION**

Let's Tie Dye!

Join Yadkin County Family & Consumer
Science for a Make and Take Tie Dye
Workshop!

July 25th 1-2:30pm

Call (336) 849-7908 or email
Chelsea_Johnson@ncsu.edu to
register.

\$10

But you must call or
e-mail Chelsea
Johnson to register
and bring your own
cotton shirt or
pillow case. Kids
must be
accompanied by an
adult.

**1141 Tennessee
Street
Yadkinville, NC
27055
(Behind
Yadkinville
Park)**

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IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES
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BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT
ACCOMMODATION REQUESTS TO CHELSEA JOHNSON,
CPJOHNS5@NCSTU.EDU OR 336-849-7908. REQUESTS CAN
BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT
LEAST 10 DAYS BEFORE THE EVENT.

**YADKIN COOPERATIVE EXTENSION AND
THE TOWN OF YADKINVILLE PRESENT**



Learning for Life: **Financial Wellness Workshops**

Do you need help managing your money effectively? Don't be concerned! You can take control of your finances and pave the road to a more secure and prosperous future.

Join us for these **FREE** workshops taught by local professionals.
Refreshments provided!



Adulting 101: Household Budget Basics

July 29th 5:30PM - 7PM



Adulting 101: Fitness for the Future

August 12th 5:30 - 7PM



Leave the Grind Behind: Retirement Planning

August 26th 5:30 - 7PM



Ensuring Your Legacy: Estate Essentials

September 9th 5:30 - 7PM

WHERE: Yadkinville Town Hall 213 S. Van Buren Street

For more information, contact Chelsea Johnson (336-849-7908) (Chelsea_Johnson@ncsu.edu) or
Lauren Willard (336-679-8732) (lwillard@yadkinville.org)

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In compliance with the Americans with Disabilities Act, {N.C. Cooperative Extension or NC State} will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Chelsea Johnson at 336-849-7908. Requests can be served more effectively if notice is provided at least 10 days before the event.



**Virtual Lunch & Learn
2nd Tuesday of the Month
at 12:00 pm EDT/EST**



**Extension At Home is a program about important
topics affecting individual and family life.
Join us and empower yourself!**

JULY 9TH HAPPINESS HOWS: PRACTICAL STEPS TO BE HAPPIER

AUGUST 13TH FOCACCIA BREAD ART

SEPTEMBER 10TH COOK WITH EASE: TIPS, TOOLS & GADGETS

OCTOBER 8TH BUDGETING FOR THE HOLIDAYS

NOVEMBER 12TH HOLIDAY CLASSICS WITH A SPIN

**DECEMBER 10TH THE WINTER BLUES: UNDERSTANDING SEASONAL
AFFECTIVE DISORDER**

**For details and registration, scan the code or find our Extension At Home
sessions at go.ncsu.edu/extensionathome**

NC Cooperative Extension is an equal opportunity provider.

**Yadkin County Cooperative Extension
2051 Agricultural Way, Suite 201
Yadkinville, NC 27055
336-849-7908
Monday - Friday ~ 8AM - 5PM**

**Want to keep up with what Yadkin
County FCS is doing? Like us on
Facebook! Search Yadkin County
Cooperative Extension.
@YadkinCooperative**

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