

## Supervisors Discussion Guide for Food Safety Presentation

This guide is meant to help staff process what they learn in this presentation and answer any questions that may come up during the presentation. Along with this discussion guide, you have been supplied with the Food Safety Policy and Procedures, Food Safety Checklist, Food Safety Kit List, and a number of food safety publications that may aid in your discussion.

### Slide 10

1. Which of these three do you do most often and in what settings?
  - Food Demonstration
  - Food Preparation
  - Food Tasting
2. What food safety risks are associated with each one? Can work as a group or in pairs and record their answers, if desired.
  - Food demonstration possible answers: transporting food to another site, unclean site for demonstrating, inadequate hand washing facilities at the site, inadequate refrigeration at the site
  - Food preparation possible answers: if done at a class site same as above; If doing in a home unclean work surfaces, unknown source of food if the participant is supplying it
  - Food tasting possible answers: transporting food to another site, unclean site for tasting, inadequate time or access to hand washing, tasters have not washed hands, keeping hot food hot and cold food cold
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### Slide 22

3. What does your unit need to make a complete food safety kit? What do you already have? What do you need to purchase? Who will purchase it?

### Slide 32

4. Using the recipes provided with this discussion guide, identify which ingredients are TCS. If you have a large enough group, staff can pair off and then share what they find with the rest of the group.

### Slide 38

5. Calibrate your own thermometers.

### Slide 50

6. Discuss anything new or different you learned about hand washing.
  - How long should you wash your hands?
  - What methods should you use to wash hands?
7. Discuss anything new or different you learned about glove use.
  - When should you wear gloves?
  - Why should you wear gloves?

### Slide 57

8. How does your unit handle cleanup?
  - What supplies do you have for cleanup? What do you need?
  - Where do you do cleanup? Where will you do cleanup in the future?

# Let's Get Moving



## Pasta Salad

**Yield:** 6 servings, about 1 cup each

### Ingredients:

4 cups cooked pasta  
1 cucumber, chopped  
1 tomato, chopped  
½ green pepper, chopped  
½ red onion, chopped  
1/3 cup reduced fat Italian salad dressing

Nutrition Facts			
Serving Size 1.00 cup(s) (194g)			
Amount Per Serving			
Calories	169	Calories from Fat	29
%			
Total Fat			
3.2g		5 %	
Saturated Fat			
0.5g		2 %	
Trans Fat			
Cholesterol			
0.0mg		0 %	
Sodium			
180.3mg		8 %	
Total Carbohydrate			
30.3g		10 %	
Dietary Fiber			
2.2g		9 %	
Sugars			
3.4g			
Protein			
5.0g			
Vitamin A		Calcium	
5 %		2 %	
Vitamin C		Iron	
21 %		8 %	

### Instructions:

1. Wash and chop all of the vegetables.
2. Combine all ingredients and mix well.
3. Cover and refrigerate.
4. Toss before serving.

### Tips:

- Use any shape of pasta you would like.
- Try adding frozen or leftover vegetables.
- Start with about 2 cups uncooked pasta to get 4 cups cooked.

# Vary Your Veggies...Focus on Fruits



## Baked Potato with Cheesy Vegetables

**Yield:** 4 servings, 1 potato each

### Ingredients:

4 medium potatoes

3 cups frozen mixed vegetables or chopped fresh vegetables

½ cup shredded cheese or low-fat cottage cheese

<b>Nutrition Facts</b>			
Serving Size 1.00 item(s) (202g)			
Amount Per Serving			
<b>Calories</b>	196	<b>Calories from Fat</b>	47
% Daily Value			
<b>Total Fat</b>	5.2g		8 %
Saturated Fat	3.0g		15 %
Trans Fat			
<b>Cholesterol</b>	14.8mg		5 %
<b>Sodium</b>	129.1mg		5 %
<b>Total Carbohydrate</b>	30.6g		10 %
Dietary Fiber	4.2g		17 %
Sugars	4.1g		
<b>Protein</b>	7.5g		
Vitamin A	26 %	Calcium	12 %
Vitamin C	45 %	Iron	7 %

### Instructions:

1. Scrub potatoes with a vegetable brush. Poke small holes in the skin with a fork.
2. Bake in the oven at 400° F for 60-75 minutes or cook uncovered in the microwave for 15-17 minutes. When done, potatoes will be tender throughout.
3. Place the vegetables in a small saucepan and add enough water to cover vegetables. Cook over medium-high heat until hot and tender. Or microwave for 3-5 minutes until hot and tender.
4. Once the baked potatoes are cooked all the way through, split them in half.
5. Top each potato half with ½ cup of the cooked vegetables and 2 Tablespoons of cheese.
6. Serve while hot.
7. Refrigerate leftovers.

### Tips:

- Use any type of vegetables you like for this recipe.

# Make Half Your Grains Whole!



## Pita Bread Pizza

**Yield:** 1 pizza

### Ingredients:

1 whole wheat pita bread

2-3 Tablespoons pizza sauce

Fresh vegetables as desired (to total up to ½ cup vegetables)

Possible vegetables are: mushrooms, peppers, broccoli, carrots, onions, cauliflower, and cabbage

1/3 cup shredded Mozzarella cheese

1g)	
<b>Fat</b>	69
<b>% Daily Value</b>	
	12 %
	20 %
	8 %
	31 %
	14 %
	24 %
n	31 %
	16 %

### Instructions:

1. Preheat oven to 400° F.
2. Lay pita bread on baking sheet.
3. Spread pizza sauce over pita bread, leaving ¼ inch around the edge uncovered.
4. Arrange assorted vegetables over sauce.
5. Sprinkle cheese evenly over vegetables.
6. Bake until cheese is melted and golden, approximately 8-10 minutes.

### Tips:

- Try as a quick meal or snack. It is an excellent way to try new vegetables, and a low-cost way to have pizza.
  - Each child can make their very own pizza. Encourage a variety of vegetables.
  - Try tomato sauce instead of pizza sauce, or try pizza seasoning, oregano or Italian seasoning.
  - Add cooked meat to pizza (i.e., diced ham, sausage, pepperoni, etc.)
- Add drained canned pineapple in 100% juice.

# Build Strong Bones



## Pink Tofu Shakes

**Yield:** 6 servings, 8 ounces each

### Ingredients:

½-16 ounce package soft tofu

2 cups orange juice

¼ cup milk (fat free or low-fat milk)

1 to 1 ½ cups unsweetened frozen or fresh strawberries

1 banana

### Instructions:

1. Place all ingredients in blender.
2. Cover and blend until smooth.

219g)
28
ly Value
5 %
2 %
0 %
0 %
6 %
6 %
11 %
7 %

# Plan, Shop, Save



## Taco Rice Skillet

**Yield:** 8 servings

### Ingredients:

- 1 pound lean ground beef
- 1 ½ cups uncooked instant brown rice
- 4 cups water
- 1 cup chopped onion
- 1 Tablespoon chili powder
- 3 cups chopped tomato
- 1 cup shredded cheese (Colby, American, Cheddar, or Taco)
- 2 cups shredded lettuce

227g)	
<b>Fat</b>	<b>106</b>
<b>% Daily Value</b>	
	18 %
	28 %
	17 %
	6 %
	11 %
	13 %
	14 %
	14 %

### Instructions:

1. Cook ground meat in a large skillet until brown. Rinse with warm water and drain to remove fat.
2. Add rice, water, onion, and chili powder.
3. Simmer over low heat until rice is cooked, about 25 minutes.
4. Stir in tomatoes.
5. Serve on plates.
6. Sprinkle cheese and lettuce over the top.
7. Refrigerate leftovers.

### Tips:

- 1 medium size onion will yield about 1 cup chopped onion.
- Either fresh or canned tomatoes may be used.
- Serve with taco sauce if desired.

# Go Lean with Protein



## Stir Fry

**Yield:** 6 servings, about  $\frac{3}{4}$  cup each

### Ingredients:

$\frac{1}{2}$  pound boneless lean beef or chicken  
1 Tablespoon oil  
2-3 cups raw vegetables, thinly sliced  
 $\frac{1}{4}$  teaspoon garlic powder  
3 Tablespoons water  
Instant rice

### Instructions:

1. Slice beef or chicken thinly or cut into small cubes.
2. In a frying pan, heat 1 Tablespoon oil over high heat. When hot, add meat. Stir-fry until meat is brown but not quite done, about 3-5 minutes.
3. Add vegetables, garlic, and 3 Tablespoons of water. Lower the heat and cover skillet. Cook until water evaporates, about 10 minutes. Veggies should be brightly colored and crisp-tender and the meat should be cooked and tender.
4. Make as many servings of instant rice as needed according to the package directions.
5. Serve stir fry hot over instant rice.
6. Refrigerate leftovers.

### Tips:

- If raw vegetables are not available, use frozen stir fry vegetables.
- Try brown rice in place of white rice.

# Go Lean with Protein



## Turkey Noodle Dinner

**Yield:** 6 servings

### Ingredients:

- 1 pound ground turkey
- 4 stalks celery, chopped
- 4 green onions, chopped
- 2 green bell peppers, chopped
- 3½ cups (about 2-15 ounce cans) canned diced tomatoes
- Salt and pepper to taste
- 1-8 ounce package noodles, cooked
- ½ cup shredded cheddar cheese

) (574g)	
<b>n Fat</b>	134
<b>% Daily Value</b>	
	23 %
	24 %
	41 %
	20 %
	18 %
	27 %
um	18 %
	25 %

### Instructions:

1. Brown meat. Rinse with warm water to remove excess fat.
2. Add celery, onion, and green pepper.
3. Add tomatoes then add salt and pepper to taste.
4. Bring mixture to a boil, reduce heat and simmer until vegetables are tender, about 30 minutes.
5. Mix meat and vegetables with cooked noodles in a casserole dish.
6. Top with cheese and cook in the microwave or 350° F oven until cheese is bubbly.

### Tips:

- If ground turkey is not available, lean ground beef may be substituted.



# Make a Change



## Quick Black Bean Salad

**Yield:** 6 servings

### **Ingredients:**

1-15 ounce can black beans, drained  
1-15 ounce can corn, drained  
1-16 ounce jar salsa  
Tortilla chips or flour tortillas

### **Instructions:**

1. Stir to mix first three ingredients in a medium mixing bowl.
2. Serve as a dip for baked tortilla chips or roll up into a flour tortilla.

### **Tips:**

- Try other canned beans such as garbanzo, red, or pinto.
- Use 1 ½ cups frozen corn instead of canned corn.