



July 2009

## Away, Foodborne Illness!

As a wise food consumer and citizen, what can you do to protect yourself and your family against foodborne illnesses this summer *and* all year-round? Here are some suggestions:

- Contact your legislators and urge them to get involved in regulating food products more efficiently and closely.
- Purchase American and/or Canadian produce when available. Though inspections are not top-notch, they are far better and more frequent as compared to other parts of the world.
- Purchase irradiated foods. These are perfectly safe to eat, and irradiation kills pathogens that can make you sick in meat, poultry, eggs, vegetables and fruit.
- Refrigerate perishable foods, prepared foods and leftovers within two hours of buying, cooking or serving them.
- Wash all produce several times and use separate cutting boards and utensils from the ones you use for meat.
- Limit how long you leave raw meat in the refrigerator – only 1-2 days for ground meats, sausage and poultry; 3-5 days for beef, pork and veal. If you want to keep them longer, put them in the freezer, which prevents bacteria from growing quicker. ◇

**Refrigerate perishable foods within 2 hours of purchase to avoid foodborne illness.**

## LIVE WELL, WORK WELL

### Hitting the Road?

If you're planning to take a family vacation this summer, you are probably wondering if you need a new suitcase or who will watch your pets and get your mail. However, keep your children in mind; some get anxious about leaving home, even if it's with family. If your child is one of them, try these tips:

- If your children are old enough, ask them to help you plan the vacation. They will be pleased they helped and feel excited when their portion of the trip arrives.
- Get your children books, pictures, or brochures about where you are headed if it is an unfamiliar location. Explain why you chose this site and what types of things you plan to do upon arrival.
- Ensure everyone gets a good night's sleep the night before a trip. It will lessen the stress of the morning rush.
- If you are going on a long road trip, keep your children busy. Bring food, games, books, etc. to keep their minds off the length of the car ride.



- Let your children bring something familiar from home, such as a blanket, stuffed animal, or picture of their friends or pet.
- On the trip, don't force your children to endure adult-oriented activities such as formal dinners, long museum visits or plays in languages they don't understand. Stick with trips to the zoo, beach, park, or souvenir shop.
- Pack extra food made especially for kids, such as juice boxes, fruit snacks and granola bars. Your children may be picky in certain restaurants.
- If you will be away from home for an extended period of time, allow your children to call their friends or the person who is pet-sitting so that they can hear a familiar voice and find out what is going on back in their world. ◇

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## Vegetarian Visions?

Are you thinking about going vegetarian? There are some things to consider before you take the plunge to ensure that you are still getting a well-balanced diet. The Mayo Clinic suggests you include the following daily:

- **Protein** – You can find it in eggs, dairy, soy, and whole grains, just to name a few. Many meatless products (such as veggie burgers) are made with soy, which is packed with essential amino acids.
- **Calcium** – Stick with low-fat dairy products, but are you aware that dark green vegetables are also great sources? Good examples are broccoli and kale.
- **Vitamin B12** – This vitamin is vital to the function of the brain and nervous system, and is found mostly in animal products (like milk, eggs and cheese.) You can also find it in fortified breakfast cereals or get your daily allowance with a multivitamin supplement.
- **Iron** – Get this from fortified cereals, whole grains,



dried fruit and dark green vegetables. Also, keep in mind that products high in vitamin C will help increase iron absorption.

- **Zinc** – You can find it in whole grains, soy, mushrooms, peas, and dairy products.

The benefits of a vegetarian diet are plenty – including reduced risks of heart disease, type 2 diabetes, high blood pressure, and some cancers.



FLEXIBILITY



HYGIENE



STRENGTH



MENTAL  
HEALTH



GOOD  
DIET

## It's Not Too Late to Plan for 2009!

Have you received a raise? Did your child graduate from college? Did you graduate? Congratulations! Consider decreasing your taxable income and increasing your retirement savings.

- Many retirement plans have quarterly or semi-annual entry dates. If you are not already participating in your plan, consider joining on the next entry date.
- If you are already participating, consider increasing your deferrals. You may also want to consider contributing to a traditional or Roth IRA. For 2009, you can generally contribute up to:
  - IRA: \$5,000
  - SIMPLE plan: \$11,500
  - 401(k) or 403(b) plan: \$16,500
- If you turn 50 at any time during 2009, you may be eligible to make catch-up contributions. For 2009, the maximum catch-up contribution is:
  - IRA: \$1,000
  - SIMPLE plan: \$2,500
  - 401(k) or 403(b) plan: \$5,500



## Dine and DASH!

Looking for a healthy, low-sodium version of your favorite comfort food? Try this recipe, straight from the National Heart, Lung and Blood Institute, which is part of their DASH (Dietary Approaches to Stop Hypertension) eating plan.

### Turkey Meatloaf

- 1 pound lean ground turkey**
- ½ cup regular dry oats**
- 1 large egg**
- 1 Tablespoon onion (dehydrated flakes)**
- ¼ cup low-sodium ketchup**

Combine all ingredients and mix well. Bake in a loaf pan at 350°F for 25 minutes or to an internal temperature of 165°F. Cut into five slices and serve.

Makes five servings. Nutritional information per serving: 191 calories; 7 g fat; 74 mg sodium; 23 g protein.