

NSWG2 CHOW BITS

8 AUGUST 2011

Color-Code Your Cutting Boards

Summer Produce Safety Tips – (Reference www.homefoodsafety.org)

- Wash produce before you cut or peel it so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable. Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash. For firm produce such as melons and cucumbers, scrub with a clean produce brush.
- Cut away any bruised areas before preparing/eating. Remove outer leaves of lettuce.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Use two color-coded cutting boards to avoid cross-contamination, one for raw meats and the other for fruits and vegetables.
- Cook raw sprouts (such as alfalfa or clover); it significantly reduces the risk of illness.

August is National Immunization Month

Children are enrolling in school, older students are entering college and adults and the health care community are preparing for the upcoming flu season. This makes August a particularly good time to focus community attention on the value of immunization.

Recipe of the Week - Crockpot Sweet and Spicy Meatballs

2 pounds precooked frozen meatballs
1 cup grape or apple jelly
2 cups chili sauce or cocktail sauce

Bake meatballs as directed on package. Place in a 3-4 qt crock pot. Mix jelly and chili sauce or cocktail sauce thoroughly, pour over meatballs, stir well, cover crock pot and heat on high 1-2 hrs until sauce is hot. Turn heat to low until ready to serve, stirring occasionally. Serve with high protein pasta or quinoa.

Performance Food of the Week

Mangoes are rich in vitamins A and C and potassium, a mineral key for balancing electrolyte levels. A study published in 2010 reported antioxidant compounds (called tannins) found in mangoes can inhibit the growth of the most common type of breast and colon cancer cells. Add in salsas and combine with proteins such as chicken and fish.

**10 and 25 AUG 1330: Commissary Tour Training – RSVP at lori.tubbs@nsweast.socom.mil
Learning to Eat Better on a Busy Schedule brief-contact Lori for GMT**