

Arbor Management's Nutrition News – June-July 2021

Simple Ways to Keep Food Safe in the Summer

You can keep your food safe this summer by following a few of these simple steps.

-When grilling don't cross contaminate, throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill.

-Always marinate food in the refrigerator.

-Bacteria can grow rapidly in the temperature danger zone between 40°F-140°F, refrigerate any perishable food within 2 hours (1 hr. if over 90°F).

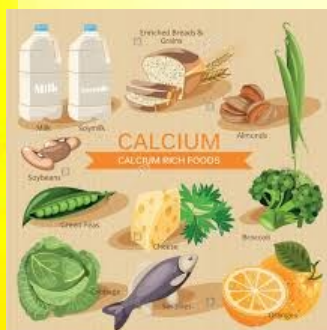


Nutrition Spotlight Calcium

Calcium is an essential nutrient that our bodies cannot produce. It is found in dairy products such as cheese, milk, and yogurt and leafy vegetables such as spinach and kale.

Some foods fortified with calcium are juices, tofu, cereals, rice milk, and soy milk.

Calcium is needed for muscles to move and nerves to carry messages between the brain and every body part.



Recipe

Apple Blueberry Crumble

Ingredients:

3 Large Red or Golden Delicious Apples, Unpeeled, cut in 1/2" pieces.

2 Tbsp. Brown Sugar

2 Tbsp. Whole-Wheat Flour

1 tsp. Vanilla Extract

1/2 tsp. Ground Cinnamon

1 Cup Fresh or Frozen Blueberries

Topping:

1/2 cup Walnuts, Finely Chopped

1/2 cup Old-Fashioned or Quick-Cooking Oats

2 Tbsp. Brown Sugar

2 Tbsp. Whole-Wheat Flour

2 Tbsp. Ground Flaxseed or Wheat Germ

1/2 tsp. Ground Cinnamon

1/2 tsp. Salt

2 Tbsp. Canola Oil



Directions:

1. Preheat oven to 400°F. Place the apples, brown sugar, flour, vanilla, and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
2. Place the apple mixture in an 8x8 baking pan or dish and set aside.
3. Make the topping. Place walnuts, oats, brown sugar, flour, flaxseed, cinnamon, and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.
4. Bake 40-50 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly). Tip: Top each serving with low-fat vanilla frozen yogurt or a dollop of light whipped cream.

<https://www.eatright.org/food/planning-and-prep/recipes/apple-blueberry-crumble-recipe>

Free Meals Available All Summer!

For ALL Children 18 and Under meals will be provided throughout the summer! Check with Your School District to find a pickup location near you!



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com

