

Laura Apfelbeck, FoodWise Coordinator  
 920-683-4170 \* [laura.apfelbeck@wisc.edu](mailto:laura.apfelbeck@wisc.edu)

## Microwave Meals at ESI in Kewaunee County



Pictured are ESI participants Blake Crockett and Jason Kuss cooking their baked apples in the microwave.

In early May, FoodWise nutrition educator Jace Purdy met with Jenni Jorgenseon, Client Services coordinator at ESI in Kewaunee Co, an organization serving people with disabilities, most of whom are low income and eligible for FoodWise services.

ESI staff had identified a lack of cooking skills as a barrier to healthy eating for their clients. Microwave cooking offers safety features and ease of use that would fit well for participants with physical and/or cognitive disabilities. All recipes are "look & cook" style, primarily photos with very limited text. See example. Using pictorial recipes helps ensure that participants will be able to recreate these recipes at home.

FoodWise offered a series of 4 one-hour lessons for 11 participants from ESI. After the first lesson in the series, a lesson focused on the importance of fruit, Jace asked the participants to set a goal related to adding more fruit to their diets.

4 of 4 said they would eat fruit every day, 2 said they would eat fruit as snacks, or would aim to eat fresh fruit.

## Healthy Summer Picnic Ideas



A picnic is an easy and relaxing holiday activity. USDA's MyPlate resources can help take the "labor" out of your Labor Day picnic. You can enjoy an easy, healthy meal by following this simple MyPlate formula: *5 food groups + family and friends = fun!* When planning your picnic, be sure to include more healthful choices of menu items from each food group (fruits, vegetables, grains, protein foods, and dairy) and water or 100% juice to drink. For recipes and more information see: <https://www.usda.gov/media/blog/2013/08/29/celebrate-labor-day-myplate-picnic>

## Garden Cannellini Bean Salad

Adapted from USDA MyPlate [myplate.gov](http://myplate.gov), Serves 4

### Ingredients

- 1 tablespoon olive oil
- 2 teaspoons white wine vinegar
- 1/2 cup apple juice
- 1 tablespoon tomato basil garlic seasoning blend, no-salt



### For the Bean Salad:

- 1/2 cup almond slivers
- 2 tomatoes, chopped
- 1/2 yellow bell pepper, chopped
- 1/2 cucumber, peeled, chopped
- 3 green onions, sliced
- 2 15.5 oz cans cannellini beans, no-salt-added, drained, and rinsed
- Large lettuce leaves

### Directions

1. Whisk together dressing ingredients in a small bowl.
2. Toss dressing with all ingredients except lettuce.
3. Refrigerate until ready to serve.
4. To serve, place lettuce leaves on individual plates; top with salad.

**RULES of the GAME for Food Safety**

**Keep it clean**  
Before you eat or handle food, wash your hands, food prep tools and surfaces.

**Cook to the right temperature**  
Use a food thermometer to check that foods are cooked to the right temperature:  
165°F for chicken and 160°F for ground beef.

**Watch the clock**  
Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it's 90°F or warmer.

**Serve at the right temperature**  
Keep hot foods at 140°F or warmer, and cold foods at 40°F or colder.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

**4 Steps to Practice Food Safety this Summer**

**be food safe. clean**  
Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

**be food safe. separate**  
Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.

**be food safe. cook**  
Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

**be food safe. chill**  
Chill leftovers and takeout foods within 2 hours. Keep the fridge at 40°F or below.