



BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

SUMMER 2017
Victoria County

In this Issue:

- * Grill Safely
- * Grilled Vegetable recipe
- * Good Hydration



Grill Safely This Summer

CHILL: Keep meat in the refrigerator until ready to cook, then only take out what will immediately be put on the grill. Keep coolers in the shade and try not to open them often. Throw away any meats or foods that have been sitting out at room temperature for more than 2 hours (or 1 hour, if it is hotter than 90 degrees outside).

COOK: Cook food to safe internal temperatures to destroy harmful bacteria. Meats cooked on the grill usually brown very fast on the outside, so use a food thermometer to check meat temperatures. Remember, you cannot tell if meat is germ free just by looking at it.

CLEAN: Wash hands, utensils, cutting boards, serving trays, and cooking areas with warm soapy water before, during, and after food preparation. Make sure to have plenty of clean utensils and platters on hand. If you are eating away from home, bring water or cleaning wipes for washing surfaces and hands.

SEPARATE: Use different cutting boards for raw meats and vegetables. Use separate platters for raw meats and cooked meats. Do not put cooked food on the same platter that held raw meat or poultry because any bacteria in the raw meat juices could contaminate safely cooked food.

SAFE MINIMUM INTERNAL TEMPERATURES

Whole poultry: 165 °F

Poultry breasts: 165 °F

Ground poultry: 165 °F

Ground meats: 160 °F

Beef, pork, lamb, and veal
(steaks, roasts and chops):
145 °F and allow to rest at
least 3 minutes

Resource: "Cooking Foods Safely Outdoors" curriculum from Texas A&M AgriLife Extension Service Better Living for Texans program and USDA Barbecue and Food Safety fact sheet found at:

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/barbecue-and-food-safety/ct_index

I grill,
Therefore I am.
~Alton Brown



The **Better Living for Texans** program provides free lessons for limited resource audiences on topics such as basic nutrition, food safety, and food budgets.

For more information please contact:

Texas A&M AgriLife Extension

Phone: (361) 575-4581

<http://agrillife.org/victoriacountyblt/>

GRILLED VEGETABLES


Ingredients

- 2 Tablespoons vegetable oil
- 2 garlic clove (finely chopped)
- 3 sweet potatoes (cut into 1-inch slices)
- 3 corn cobs (cut into 2-inch sections)
- 1 eggplant (cut into 1/2 inch slices)
- 12 green onion (trimmed)

Directions

1. Wash your hands and clean your preparation area.
2. Mix oil and garlic in a large bowl. Add vegetables and toss.
3. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
4. Place vegetables on platter. Serve.



See this neat grilling tray? 

It can hold all kinds of veggies and small items that would normally fall through the grill!

Makes 6 servings — 190 calories per serving

Good Hydration!

Try to get about six to eight 8-ounce glasses of fluids each day but the Dietary Guidelines for Americans do not make a specific hydration recommendation, so let your thirst be your guide. And during hot, humid weather or strenuous activity, your fluid intake should be higher.

Water is the very best choice for hydration. Tea and coffee are also sources of hydration, but since caffeine is a diuretic, try to drink decaffeinated tea and coffee when you can. Milk is also an excellent beverage choice because it supplies calcium and vitamin D. Juices also contain vitamins, but are high in sugar, so limit the amount of juice you drink. Sports drinks are usually high in sugar and sodium, so they should not be your first choice for hydration unless you have been doing strenuous activity for a prolonged time. Since soft drinks usually contain large amounts of sugar and caffeine, they should be one of your last choices for hydration.

Older adults, children, athletes, and the ill are especially susceptible to dehydration.

Signs of dehydration include: thirst, dry mouth, flushed/red skin, fatigue, headache, high body temperature, increased breathing rate, rapid pulse, dark urine, and loss of skin elasticity.

Dehydration can lead to urinary tract infections, kidney stones, confusion, convulsions, cardiac arrest, hospitalization, and even death. But, just as dehydration can be deadly, so can having too much fluid, which is called water toxicity. The signs of water toxicity are the same as the signs of dehydration.

Look for these signs and stay safe by staying hydrated this summer!

Resource: "Hydration: Water, The Forgotten Nutrient" curriculum from Texas A&M AgriLife Extension Service Better Living for Texans program



Texas A&M AgriLife Extension Service Victoria County
528 Waco Circle Victoria, Tx 77904
Phone: (361) 575-4581 Fax: (361) 572-0798

TEXAS A&M
AGRILIFE
EXTENSION

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, go to YourTexasBenefits.com or call 1-877-541-7905.

Texas A&M AgriLife does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity and provides equal access in its programs, activities, education and employment.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating