

MARK YOUR CALENDARS

June 14 - Flag Day

June 16 - Corpus Christi

June 17 - National Eat Your Vegetables Day

June 19 - Juneteenth

June 19 - Father's Day

June 21 - Summer Solstice

Watermelon Pizza

Ingredients:

- 4 Quartered Watermelon Slices
(seeds removed)
- 1/4 Cup of Low-Fat Plain Yogurt
- Assorted Berries and Dried Fruit of Choice
- 1/2 tsp of Honey (optional)
- Chopped Fresh Mint Leaves (optional)

Directions:

1. Spread yogurt on top of each watermelon slice.
2. Top each slice with fruits of your choice.
3. Drizzle each slice with honey and sprinkle mint. (optional)
4. Serve and enjoy immediately!



JUNE IS NATIONAL FRESH FRUIT AND VEGETABLES MONTH!

Most American adults and children are not eating enough fruits and vegetables.

In celebration of National Fresh Fruit and Vegetable Month, help your family add more fruits and vegetables to their plates in the following fun and creative ways.

- Make plating an art project for everyone in the family. Try using salads as a canvas to display a rainbow of colors and a variety of textures. Feel free to form fun patterns and designs or shape toppings into their favorite characters.
- Start a small herb and/or vegetable garden on the windowsill, the patio, or your backyard.
- Create slushies by blending frozen fruits and refreezing them into popsicles.
- Substitute meats in sandwiches with grilled tomato, zucchini, or eggplant.
- Explore the flavors and colors of the season by planning a trip to the local farmer's market or community farm/garden. Produce picked out of season may take weeks or even months to reach store shelves, while locally grown seasonal produce can be bought shortly after they are harvested, retaining their nutrient richness at peak ripeness and flavor.



BBQ Picnic & BBQ Food Safety 101

The warm and sunny weather marks the perfect season for picnics and barbecues. However, these joyous occasions can easily turn sour with just a few careless missteps in food handling and preparation. To protect your guests and loved ones from foodborne illnesses, here are 5 tips to follow this season to ensure your event is a hit.

1. Store foods in tightly sealed and clean bags or containers. Be sure to wash and dry any fresh produce (even the ones you plan to peel) before packing them in the cooler.
2. Prevent cross-contamination by separating raw meat and poultry from fresh and ready-to-eat food items, such as hamburger buns, fruits, and salads.
3. Keep food out of the "danger zone" by storing them at or below 40°F. Foodborne pathogens multiply rapidly between 40°F to 140°F, which is why food should not be left in this zone for more than 2 hours. On hotter days, at 90°F and higher, food should be left out no longer than 1 hour.
4. Bring a food thermometer with you to check if poultry and meat are cooked thoroughly at the right temperature. Hamburger patties should be cooked to 160°F, while poultry should be cooked to 165°F.
5. Last but not least, be sure to wash and sanitize your hands or any surfaces that come into contact with food.