



HEALTHY HACKS FOR 2023

July

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE

A Sweet and Safe Grilling Season

Are you looking for something new to add onto the grill this year? Try grilling your favorite fruit! According to the Dietary Guidelines for Americans 2020-2025, more than 80% of the U.S. population does not eat the recommended amount of fruit.

Grilling fruit can be a great way to include more fruit into your meal as a healthy snack, side, or dessert. From peaches and watermelon to



apples and pineapples, the possibilities are endless! Grilling fruit brings out its natural sweetness and locks in the flavor – yum! This summer, use your creativity by adding something new to the grill, and be sure to follow the FightBAC™ principles to avoid cross-contamination and foodborne illness. Keep reading to learn more.

Clean: Wash your hands with warm water and soap for at least 20 seconds and wash cutting boards, dishes, utensils, and countertops before beginning preparation. Wash fruit under clean, running water, including those with skins and rinds that are not eaten. Rub firm-skinned fruit with a clean vegetable brush.

Separate: Always keep fruit separate from raw meat, poultry, and seafood items; use separate grocery bags and cutting boards. Pay attention to utensils and do not use the same tongs on your grilled fruit as you used for raw meat or poultry. Never place grilled fruit on a plate that previously held raw meat, poultry, or seafood items.

Cook: Grilled fruit does not have a safe minimum internal temperature like meat, poultry, and seafood, but different fruits will have different cooking (or grilling) times. To cook more evenly, cut fruit into smaller pieces and use medium to low grill temperature to avoid burning. Be careful – due to the high-water content of many fruits, they can become very hot when grilled, let them cool for a few minutes before diving in.

Chill: After the meal, handle leftovers safely to prevent foodborne illness. Never let grilled fruit sit at room temperature for more than two hours before refrigerating or freezing, and not more than one hour if the temperature is 90°F or above. Leftovers? Divide into shallow containers for quicker cooling in the refrigerator and consume leftovers within 3-4 days and reheat to 165°F before eating.

Written by: Katie McGill, Extension Agent – Better Living for Texans, Brazos County
Content Source: 2020-2025 Dietary Guidelines for Americans, and The Core Four Practices, FightBac.org
Photo From: Canva



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A FRESH START to a Healthier You!



Join us and receive

- Support of friends
- Confidence to cook healthy meals for your children and family
- Practical cooking and shopping tips
- Handy kitchen tools
- Recipes for success in the kitchen

Come join the sessions!

Location: Mason Food Bank, Blessing House, 124 E Mesquite St.

Time: 10:00 am- 11:00 am

Tuesday, August 8	Session 1: Creating Safe & Healthier Meals
Tuesday, August 15	Session 2: Balancing Your Day
Tuesday, August 22	Session 3: Saving More at the Grocery Store
Tuesday, August 29	Session 4: Celebrating Small Bites



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