

COMMUNITY NOURISHMENT

A CDPD RYAN WHITE DAILY TABLE NUTRITION PROGRAM NEWSLETTER



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Summer grilling!

For our summer newsletter, we will be focusing on getting outside, using seasonal fruits and vegetables, and grilling! Why grilling? Because summer is the perfect time to share grilling favorites (or try a new recipe!) by gathering in the park with friends and family or in your own backyard. Grilling can be the perfect option for people with different food preferences as well, since there are plenty of healthy options for people who enjoy grilled meats, vegetables, or both! To start our August newsletter off, we will be sharing some healthy grilling tips and suggestions to get your grilling juices flowing!

Let's get grilling!

Swap out processed proteins, such as hot dogs, sausages, and smoked meats for leaner proteins like chicken, fish, lean pork, beef, and lamb. Making this easy swap helps to reduce the amount of saturated fats in your meal, making it more

SEE GRILLING, PG 2

FOOD SAFETY

Don't slack on safety when cooking outside

In the summer months, we see a rise of foodborne illnesses due to the warm, humid temperatures — the perfect environment for germs to multiply quickly. We also tend to be a little more relaxed on food-handling safety when cooking outside because of lack of sinks, soaps, and refrigeration. Let's try to keep everyone safe and healthy this summer by following these tips:



Keep it cool

Pack food in a cooler with ice and gel packs to keep foods at their proper temperatures before cooking or when storing/transporting. Food should be chilled to 40°F or below.

Keep it to one hour

When temperatures outside reach 90 degrees or above, foods are only safe to sit out for one hour. After that, bacteria can grow and cause foodborne illnesses. The general rule is to always keep cold foods cold and hot foods hot!

Keep it clean

When cooking outside, it is just as important to keep your hands, utensils and cooking areas clean, just as you would when cooking inside. Always wash hands with warm, soapy water before and after handling foods. Wash all cutting boards and utensils before and after use. If running water is not available, use hand sanitizers that contains at least 60 percent alcohol and alcohol-based moist towelettes to sanitize cutting boards and cooking utensils. Also,

DON'T FORGET!

NEVER REUSE A MARINADE OR A RUB AFTER RAW MEAT OR FISH HAS TOUCHED IT.

remember to scrub and clean the grill before use!

Keep it hot

Always use a food thermometer to check internal temperature of meats for doneness:

- **Ground beef, pork, lamb and veal:** 160°F
- **Poultry, whole or ground:** 165°F
- **Beef, pork, lamb and veal steaks, chops and roasts:** 145°F
- **Fish:** 145°F

GRILLING, FROM PG 1

heart-healthy! To reduce even more saturated fat, trim away some of the excess visible fat from the meat or remove the skin from your chicken.

A healthy portion size for meats is around 4 ounces, about the size of the palm of your hand or the size of a deck of cards.

Try making your own marinades and rubs to reduce salt intakes.

Season meats with marinades made from citrus juices, garlic, onions, and fresh herbs, or make your own dry rub from dried spices such as chili powder, cumin, paprika, garlic powder, pepper, thyme, or rosemary. A little spice goes a long way; add just enough to enhance the flavors, not overpower it!

Grilling fruits and vegetables can be a quick cooking method that not only intensifies their flavors but also retains many more of their nutrients compared to other cooking methods. Cut your fruits and vegetables into small, similar sizes and gently brush with a healthy cooking oil (such as olive oil or canola oil) for a quick and even grill.

Grilling fruits over high temperatures caramelizes the fruit's natural sugars, creating a sweet flavor that is perfect for dessert! Summer fruits such as peaches, plums and nectarines are ideal for grilling. Try topping with some low-fat vanilla ice cream or Greek yogurt with lime zest and chopped nuts.

HYDRATION

So, how much water should I actually drink?

Our body needs water to help digest the foods we eat, keep our blood pumping, remove toxins out of body and to help regulate our body temperature.

During these hot and humid days our body uses a lot more water to help us stay cool, so it is even more important to make sure you are getting enough water every day.

So, how much is water is enough? Your age, activity level, and health status determines how much water is recommended for you.

BOTTOMS UP!

The Recommended Daily Allowances for Americans suggests the following:

- **0 – 12 months:** 0.7 – 0.8 liters/day from breast milk or formula (3 cups)
- **1 – 3 years:** 1.3 liters/day (5 cups)
- **4 – 8 years:** 1.7 liters/day (7 cups)
- **Males up to 18 years:** 2.4 – 3.3 liters/day (10-14 cups)
- **Females up to 18 years:** 2.1 – 2.3 liters/day (9-10 cups)
- **Adult males:** 3.7 liters/day (15 cups)
- **Adult females:** 2.7 liters/day (11 cups)
- **Pregnant women:** 3.0 liters/day (12 cups)
- **Lactating women:** 3.8 liters/day (16 cups)



RECIPES

Grilled Pizza

INGREDIENTS

- 1 pound store bought pizza dough, room temperature, divided in half
- 1 cup cherry tomatoes, sliced
- 1 clove garlic, minced
- ¼ cup Fresh basil, chopped
- Salt
- ¾ – 1 cup shredded mozzarella cheese, or sliced fresh mozzarella
- Olive oil
- **Optional toppings:** Sliced olives, grilled veggies (zucchini, squash, peppers, onions), burrata cheese, arugula with lemon, chili flakes

DIRECTIONS

1. Prepare grill, bring up to high-heat or set temperature to at least 550°F.
2. In a medium bowl, mix cherry tomatoes, garlic, basil, and a pinch of salt. Set aside.
3. On a clean floured surface, shape divided pizza dough. Place on baking sheet, turned over and lightly floured. Lightly brush one side of the pizza dough with olive oil and slide oiled side onto the grill. Close lid and cook for 2 minutes. Lightly brush other side of dough with olive oil and with a pair of tongs, flip dough over and cook for another 2 minutes.
4. Remove cooked pizza dough from grill by placing cooked dough back onto sheet pan. Top with mozzarella, drizzle lightly with olive oil and place back on the grill until cheese has melted 1-2 minutes.
5. Remove from the grill and spoon tomato and basil mixture on top. Slice and enjoy!

Watermelon Juice

INGREDIENTS

- 1 large watermelon (preferably seedless), about 5 cups cubed
- Ice
- Optional:**
- Lime juice
- Fresh mint
- Plain or lime/lemon flavored seltzer water

DIRECTIONS

1. Mix cubed watermelon in blender until liquified.
2. Place a mesh sieve over a large bowl. Slowly pour watermelon juice through.
3. Serve over ice and enjoy!
- Optional:**
- Squeeze fresh lime to taste, add mint leaves
- Serve over ice with half juice and half seltzer (add lime and mint leaves if desired)



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DAILY TABLE

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Mon – Sat: 9am – 8pm | Sun: 11am – 7pm

Daily Table offers customers wholesome and nutritious foods at a fraction of regular grocery store prices making it easy for customers to make healthy food choices rather than food choices based on price. Customers can find everyday essentials as well as delicious, freshly prepared soups, sandwiches, salads, lunches, and dinners made in-house, keeping nutrition and health in mind.

Every day essential offered at Daily Table: Fruits/Vegetables, Dairy/Eggs, Bakery, Deli, Fresh Prepared Foods, Meat, Poultry, Seafood, Pantry & Dry Goods, Frozen Foods, Snacks, Beverages