Tips for Food Safety in the Time of COVID-19

Everyone is working hard right now to keep ourselves, our family, and our communities healthy. Two important practices we can all do to protect against COVID-19 is to maintain physical distancing of 6 feet while on essential trips, such as getting food, and frequent hand washing. Here are helpful food safety tips for when you get home.

Wash hands often
- with soap and water for at least 20 seconds
- as soon as you get home
- after putting groceries away
- before and after preparing food
- before eating or serving others

Clean food preparation surfaces
- wash with warm water and soap to remove germs, dirt, and food debris
- rinse away debris and soapy water with warm water
- disinfect these now clean surfaces with a dilute bleach solution or household cleaner, use as directed, by spraying or wiping on surface and letting air dry.

Bleach disinfectant for kitchens 1 teaspoon bleach per quart (4 cups) of water

Store foods properly
- keep your refrigerator at 40°F or below and your freezer at 0°F or below
- refrigerate leftovers within 2 hours of preparing
- store raw meat on the lower shelf of your refrigerator (in a pan or on a plate to prevent it from dripping) and keep fruits and vegetables separate

---

3-Can Chili

From eatfresh.org

Ingredients
- 1 (15 oz.) can beans (pinto, kidney, red or black) or 2 cups cooked beans un-drained
- 1 (15 oz.) can low-sodium corn or 2 cups frozen corn drained
- 1 (15 oz.) can crushed, low-sodium tomatoes un-drained
- Chili powder to taste

Directions
1. Place the beans, corn, and tomatoes in a pan. Add chili powder to taste.
2. Continue to stir over medium heat until heated thoroughly.
3. Refrigerate leftovers.

Chef tips: Try adding cooked meat, chopped cooked onions, and/or green peppers.
Keep fruits and vegetables a part of your diet
- with fresh, frozen, or canned all being healthy options
- focus on adding fruits and vegetables to all meals
- wash fresh fruits and vegetables under running water before eating, cutting, or cooking. Do not use soap
- use a separate cutting board, or wash the board between uses, when also preparing raw meats

Cook, or reheat, foods to a safe internal temperature
- 145°F for whole cuts of beef, pork, veal, and lamb
- 160°F for ground meats, such as beef and pork
- 165°F for poultry, including ground chicken and turkey
- 165°F for leftovers and casseroles
- 145°F for fresh ham (raw) and seafood

For more information and more tips on food safety during COVID-19, visit the UW-Madison Division of Extension Safe & Healthy Food for Your Family webpage at https://fyi.extension.wisc.edu/safefood/. For more information specific to COVID-19 resources from the Division of Extension, visit the webpage at https://fyi.extension.wisc.edu/covid19/.

Peanut Butter and Banana Pockets
From cookingmatters.org

Ingredients
- 3 ripe bananas
- 3 Tablespoons peanut butter
- ½ teaspoon honey
- ¼ teaspoon ground cinnamon
- 4 tortillas (try whole wheat)
- Non-stick cooking spray

Directions
1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown

Nutrition Facts
Serving Size 1 folded quesadilla
Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 300</th>
<th>Calories from Fat 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 11g</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 370mg</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 47g</td>
<td>17%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Sugars 14g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 8g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 2%</td>
<td>Vitamin C 16%</td>
<td></td>
</tr>
<tr>
<td>Calcium 0%</td>
<td>Iron 0%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.