

WELL SAID.



Business Solutions
Business Simplified

June, 2014 - In This Issue:

SUMMER FOOD SAFETY

FOUR LEGGED SUMMER FUN

Ahh ... SMOOTH ...

FEET FIRST ...

The summer months are upon us. Time for picnics and cookouts. This issue will help with some tips about how to keep the food safe for those outdoor parties and enjoy a healthy refreshing drink -- why not make it green? We usually don't even think about our feet -- why not put your feet first for a change? Speaking of feet, if you have four-legged family members you won't want to miss any of the summer pet safety tips. ENJOY!

Safe Food Temperature Chart

Food	Temp
Steaks and roasts	145°F
Fish	145°F
Pork	145°F
Ground beef	160°F
Egg dishes	160°F
Chicken breasts	165°F
Whole poultry	165°F
Shrimp, lobster, and crabs	cook until pearly and opaque
Clams, oysters, and mussels	cook until the shells are open



Ahhh ... SMOOTHIE



Green Apple & Spinach Smoothie

Have you tried green smoothies? They are healthy and refreshing. The great thing about green smoothies is that you can add a lot of green to your diet without eating salad. They're a treat!

Needed:

1 lime, coconut milk, 1 granny smith apple, baby spinach, yogurt, ice cubes. Optional: mint leaves.



Directions:

For the green layer mix 2 cups spinach (2 giant handfuls works), 1/2 cup coconut milk, 4 ice cubes, 1/2 a granny smith apple (chopped) and the juice of 1 lime. Blend together and add to cup. Rinse your blender and then combine 1/4 cup coconut milk, 1/2 cup vanilla yogurt, 1/2 a granny smith apple (chopped) and 2-5 fresh mint leaves if you like mint! Blend, add to your glass and garnish with an apple slice.

Note:

This smoothie is refreshing and a little tart. If you like your smoothies extra sweet, try adding a teaspoon of Truvia to each layer before blending. Spinach is the easiest green to blend in a sweeter smoothie, but if you don't mind the "green" taste try baby kale next time!

<http://www.abeautifulmess.com>

Summer Food Safety

Transport, prepare, and serve smart



Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. Protect yourself, your family, and friends from foodborne illness during warm-weather months. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs, stored at 40°F or below. Pack meat, poultry, and seafood while still frozen to keep colder longer.
- **Keep coolers closed.** Limit the number of times the cooler is opened to help keep the contents cold longer. Hint: pack beverages and perishable foods in separate coolers.
- **Don't cross-contaminate.** Keep raw meat, poultry, and seafood securely wrapped to keep from contaminating prepared foods or fresh foods, such as fruits and vegetables.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten. Dry fruits and vegetables with a clean cloth towel or paper towel.

Follow Safe Grilling Tips

- **Marinate safely.** Marinate foods in the refrigerator - never on the kitchen counter. If you plan to use the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- **Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly.
- **Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.

Serving Picnic Food

COLD FOOD-- Cold food should be kept at 40° F or below until serving.

- Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90° F. If it does - discard it.
- Foods in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan of ice. Drain off water as ice melts and replace ice frequently.

HOT FOOD-- Hot food should be kept hot, at or above 140° F.

- Wrap it well and place it in an insulated container until serving.
- Just as with cold food - these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90° F. If food is left out longer, throw it away to be safe.

www.fda.gov

Happy feet are healthy feet



Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

Each step you take involves a remarkably intricate network of bones, muscles, tendons and ligaments. That complexity-combined with all the weight they carry accounts for why feet can be so prone to problems, including bone fractures, arthritis and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot.

Walk Away With These Tips

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet regularly (especially between your toes), wear clean socks and try to rotate your shoes to give them time to air out.

The more you exercise your feet, the better the blood flow is to the feet, and that's important for general foot health. Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance.

<http://www.welcoa.com>

Four Legged Summer Fun

Tips to help keep your pets safe this summer

Summertime means fun, sun, and hopefully lots of play outdoors. But as much fun as summer can be for you and your pet, there are a few safety tips that will hopefully make the warmest of all seasons safe and carefree for all concerned.

Apply Sunscreen

That's right, you should apply sunscreen on your if he or she spends more than just a few minutes outside every day in the hot summer sun. Pets with light skin and short or thin hair coat are particularly prone to sunburn or skin cancer. The sunscreen should be fragrance free, non-staining, and contain UVA and UVB barriers similar to sunscreens made for humans. Consult your veterinarian, but there are some sunscreens available made specifically for pets.

Provide Plenty of Water, Plenty of Shade

Dehydration in dogs and cats is a real possibility during the summer, especially if your pet is the type to run and play outside for extended periods without drinking sufficient water. Telltale signs of dehydration include dry gums, loss of skin elasticity, excessive drooling. Don't let it come to this. Give your active pet plenty of playtime breaks in the shade with access to fresh water.

Look out for heat exhaustion. If your dog shows signs of heat stress-heavy panting, dry or bright red gums, thick drool, vomiting, diarrhea, or wobbly legs-don't place her in ice cold water, which can put her into shock. Instead, move her to a cool place, drape a damp towel over her body, rewetting the cloth frequently, and get her to the vet as soon as you possibly can. A dog's normal temperature is between 100° and 103°F, so once she hits 104°F, she's in dangerous territory (106°F or higher can be fatal).

Don't Leave 'Fluffy' in the Car

You may think leaving your pet in a car for a few minutes is no big deal, but it can quickly lead to heat stroke in dogs and cats. In bright sunshine, your car acts like an oven, becoming much hotter inside than the outside air even. In fact, on a sunny 70 degree day, your car can heat up to over 100 degrees within minutes. So, either take your pet with you or leave him or her at home during shopping trips.

Avoid Antifreeze

Even though antifreeze is something to watch out for year round, cars tend to overheat more and leak antifreeze during the summer. Pets find it delicious and even in very small amounts antifreeze is poisonous to dogs and cats. So be attentive when walking your dog around the neighborhood or letting your outdoor cat roam the streets.

Keep Pets Bug-Free

Send parasites packing. Hookworms and heartworms are more prevalent during the summer and can gain access to your pet through the pads of his feet. Ask your vet for a prescription which will help keep parasites at bay.



<http://www.petmed.com>
<http://www.prevention.com>

