**Fix It Safe**

**Clean**
- Wash hands with warm water and soap for at least 20 seconds.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
- Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.

**Separate**
- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Use separate cutting boards for meats and vegetables, or clean and sanitize between cutting meats and vegetables.
- Never place cooked food on a plate that was used for raw meat, poultry, seafood, or eggs.

**Cook**
- Cook meats, poultry, eggs, fish, and shellfish to safe temperature. (See below.)
- Reheat leftovers to an internal temperature of 165°F.
- Bring sauces, soups, and gravies to a boil when reheating.

Fish and seafood: 145°F
Beef and pork: 145°F
Ground beef: 160°F
Poultry: 165°F
Ground turkey and chicken: 165°F
Casseroles: 165°F
All leftovers: Reheat to 165°F

**Chill**
- Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or in a sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
Mini Meatloaves
Makes 5 servings | Serving Size: 1 mini loaf

Ingredients
- 1 pound lean or extra-lean ground beef, ground turkey, or ground chicken
- 1½ cups salsa, divided in half (See hint at bottom.)
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup onion, finely chopped
- Dash of black pepper
- Non-stick cooking spray

Directions
1. Heat oven to 350°F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick spray.
5. Place loaves in baking dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350°F for 20 minutes.
8. Take out of oven, and spoon remaining salsa over top. Bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160°F for ground beef or 165°F for ground turkey or chicken.

Nutrition Information Per Serving
- 150 calories
- Total Fat 4.5 g
- Saturated Fat 1.5 g
- Protein 22 g
- Total Carbohydrate 7 g
- Dietary Fiber 1 g
- Sodium 170 mg

Hint: Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in Cooking with EFNEP. Try adding leftover diced veggies like carrots and peppers to boost the veggie content even more.

Check It Out!
Check out a YouTube exercise video or several. Find routines that look fun and don’t need any equipment. Let family members take turns selecting a workout you can enjoy doing together. Make a family chart to track your progress.