



Ellis County Master Wellness Volunteers

Improving Lives. Improving Texas

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MASTER WELLNESS VOLUNTEER OPPORTUNITIES

06/20/2015	Waxahachie Farmers Market
07/22 or 07/28	Happy Healthy Kids—Ennis Boys and Girls Club
07/30 - 31	4-H Chef Camp
Next meeting: Tuesday, June 16, 9:30 a.m., Extension Office	
08/18/15	Ferris ISD Health Fair Ferris Intermediate School
09/19/2015	Waxahachie Farmers Market
9/26/15	Child Car Seat Event The Avenue Church, Waxahachie, 10 am—2 pm
10/20/15	Senior Resource Fair Senior Center, Waxahachie 122 Park Hills Drive

NEW REPORTING SYSTEM FOR VOLUNTEER HOURS

You can now report your volunteer hours on the Healthy Living website. Go to the website at <http://healthyliving.tamu.edu>. On the right side of the page is a box with a link to “Report your Master Wellness Volunteer activities”. Click on this link and follow the prompts to fill in the blanks. There is also a link to “(watch a demo)” if you would like to see a demonstration on completing the web form. Under the new system you will report your hours upon completion of each volunteer event rather than turning them in at the end of each month. We will be distributing a new paper form that has blanks for all the information that is required since the previous reporting forms did not request all the necessary details. This process will be covered at the June 16th meeting!

June: National Fresh Fruit & Vegetable Month

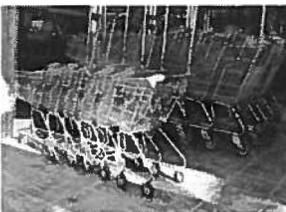
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Eating fruits and vegetables is a great way to get the most nutrition out of your calories. They are packed with vitamins, minerals, fiber, and other nutrients. June is National Fresh Fruit and Vegetables Month, a great time to consider whether you're getting enough fruits and vegetables. Choosing fresh produce that is in season will help insure the best tasting and highest quality produce. Proper food storage helps maintain food quality by retaining flavor, color, texture and nutrients, while reducing the chance of contracting foodborne illness.

Fruits & Vegetables - Selection and Storage:

Select produce in season. Examples of produce in season during summer include bell peppers, blueberries, cantaloupe, corn, cucumbers, grapes, peaches, strawberries, watermelon, and zucchini. Fall produce includes broccoli, cauliflower, cranberries, pears, pumpkin, sweet potatoes, and turnips. During winter look for dates, kiwi, Brussel sprouts, oranges, tangerines, kale, and squash. Produce in season during spring includes apricots, artichokes, asparagus, mango, pineapple, and snow peas.



Buy fresh fruits and vegetables. When buying fresh produce, buy only what you will use within a few days. Purchase produce that is not bruised or damaged. When selecting pre-cut produce, such as a half a watermelon or bagged salad greens, choose only those items that are refrigerated or surrounded by ice. Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the grocery store.

Store produce safely. Storing fresh produce properly helps prevent foodborne illness. Store perishable fresh fruits and vegetables (such as strawberries, lettuce, carrots, and mushrooms) in a clean refrigerator at a temperature of 40 degrees Fahrenheit (F) or below. Refrigerate pre-cut or peeled produce to maintain quality and safety. Wash produce thoroughly with clean, cool, running water just before they are to be prepared or eaten. For produce with thick skin, use a vegetable brush to help wash away hard-to-remove microbes. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours (within 1 hour if temperatures are above 90 degrees F).



Separate for safety. Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood and from kitchen utensils used for those products. Wash your hands with hot soapy water before and after preparing food. Take avoid cross-contamination wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked. If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.



The potential benefits associated with eating more fruits and vegetables stack up quickly, and reducing your risk of certain chronic diseases is only the beginning.



Check out

food.unl.edu/nep/materials and www.fruitsandveggiesmorematters.org/ for more information and resources.