



Good Health

IS GOOD

BUSINESS



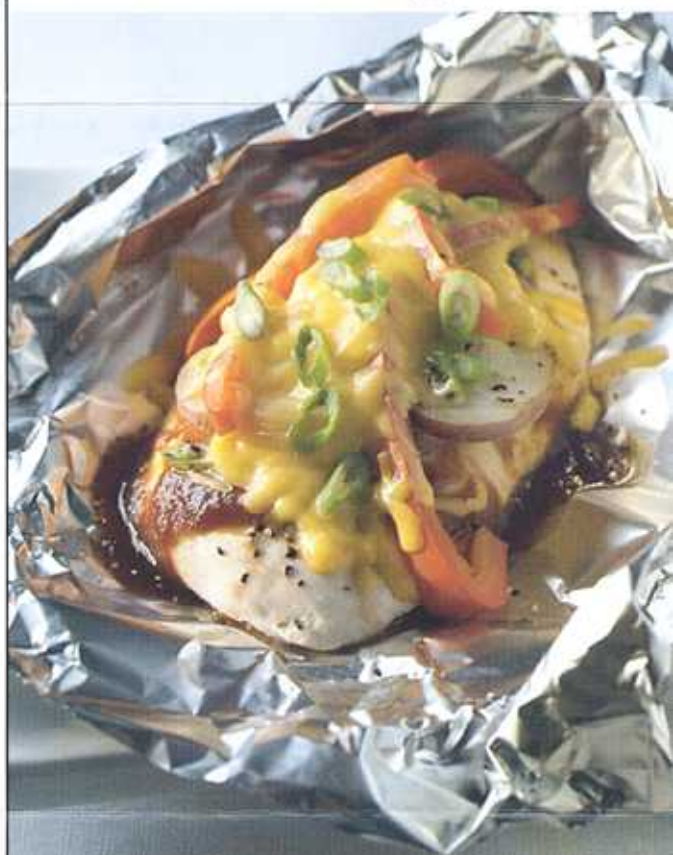
On the Go with Dairy

Packing up for a family reunion, barbeque or a picnic for two in the park? Don't forget the dairy! Loaded with great taste, nutrients and endless packaging options, dairy foods make great travel companions. Keep these tips in mind when taking dairy on your next outing:

- **Chocolate Chill:**

Pack flavored milks in plenty of ice in a well-insulated cooler. Strive for a cooler temperature of 35 degrees.

- **Perfect Package:** Include waterproof packages of your favorite dairy foods, such as individually wrapped cheese cubes, string cheese and grab-and-go smoothies, and submerge them in ice.
- **Frozen Fun:** Toss tubes of squeezable yogurt in the freezer the night before the outing. The frozen pops help keep the cooler cold and make for a refreshing treat.
- **Store and Stock:** Store sour cream and yogurt-based dips in tightly closed containers in the cooler immediately after serving. Keep the cooler well stocked with ice.
- **Cheese Please:** Hard cheeses, such as Cheddar and Swiss, taste best when served at room temperature; however, the summer sun heats food quickly. Throw away all cheese that has been out of the cooler for longer than 2 hours.
- **Cool Rule:** The golden rule regarding leftovers from meals served indoors and outside: When in doubt, throw it out!



Look for this recipe inside!

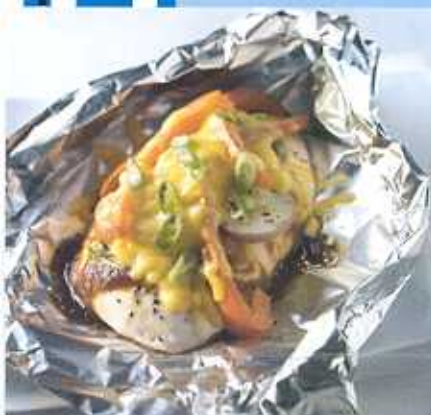
Inside: Sharing Workplace Space
Picnic Quiz
Fun Recipe
Ask the Expert

...and more!

ReCipe

BBQ Chicken and Cheddar Foil Packets

Recipe created by 3-A-Day™ of Dairy



Fire up the grill and enjoy this quick-fix moveable meal.

Makes 4 servings

Prep time: 15 minutes

Cook time: 37 minutes

Ingredients:

3 tablespoons barbeque sauce

4 small boneless, skinless chicken breast halves (1 pound)

2 small unpeeled red potatoes, thinly sliced

1 red or green bell pepper, seeded and sliced

1 green onion, finely chopped

1/4 teaspoon salt

1/8 teaspoon black pepper

1 1/2 cups shredded reduced-fat Cheddar cheese

Preheat oven to 375 degrees Fahrenheit.

Place a foil sheet, approximately 12x12 inches, on a work surface. Spoon about 1 teaspoon of the barbeque sauce in the center of the foil sheet. Place one chicken breast half over barbeque sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets. Place packets on a baking sheet and bake for 35 minutes. If using outdoor grill, place packets directly on rack and cook until chicken is tender and juices run clear.

Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven or grill unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

NutriTiOn Facts

per serving:

Calories: 290

Fat: 4.5 grams

Protein: 38 grams

Calcium: 20% daily value

Refuel with Flavor

Chocolate milk beats the competition when it comes to re-energizing after a workout. Loaded with vitamins, protein and carbohydrates, milk helps refuel tired muscles better than sports drinks, according to an Indiana University study. Grab a bottle of nutrient-rich chocolate milk and keep your body in top form!

Quiz: Did You Remember to

1. Which food should never be left in the direct sun during a picnic?

- A. Bag of pretzels
- B. Hard candy
- C. Brownies
- D. potato salad



2. How long should you keep yogurt-spinach dip out of the cooler during a picnic on a 90+ degrees Fahrenheit day?

- A. One hour
- B. Two hours
- C. Three hours
- D. Until the picnic is over

ShaRinG SpacE? Keep It SaFe!

Does the refrigerator in your company's break room resemble a long running science experiment only days after a clean sweep? A few tips for sharing shelf space in the office refrigerator may be in order...

- **Label all food** stored in the refrigerator. Keep a pen nearby for everyone to label lunches and snacks.
- **Limit meal storage** to one day at a time to prevent shelf overload.
- **Assign one shelf** for shared food and clean it regularly, at least once a week.
- **Designate an official "pitch" day** on which anything left in the refrigerator is thrown away.

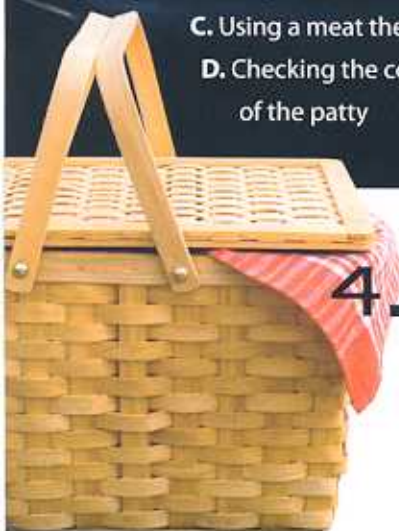
While sharing space is a "must" in most workplaces, sharing germs is something to avoid. Keeping leftover lunches in check will help keep the refrigerator a safe place for everyone to use.



Food Safety into Your Picnic Basket?

3. When grilling cheeseburgers, the best way to tell if they are done is:

- A. Poking them to see if the juices run clear
- B. Watching for the cheese to bubble and melt
- C. Using a meat thermometer
- D. Checking the color of the inside of the patty



4. True or False: When loading a beverage cooler with flavored milks, the milk will remain coldest when the ice is layered on the top.

Quiz Answers:

1. D. Any foods that are typically stored in the refrigerator should be kept out of the direct sun during picnic. It's best to serve the potato salad and store it immediately in a cooler well-stocked with ice.

2. A. Most foods can safely stay out of the cooler for 2 hours during a spring picnic. However, on days when the mercury climbs above 80 degrees Fahrenheit, it's best to throw away any food that has been out of the cooler longer than one hour.

3. C. Checking the internal temperature of the cheeseburger is the best way to ensure that the meat is thoroughly cooked. Aim for 160 degrees Fahrenheit for ground beef.

4. False. Layering ice in-between the milk containers, as well as on the top will keep flavored milks cold, safe and great tasting. A tip for keeping your cool when it comes to coolers: ice should account for 20% of the cooler's contents.

Ask the Expert:

by Jean Brady, R.D., Dairy Council Nutrition Educator

Q Do all dairy foods help you lose weight?

A Milk, cheese, and yogurt can help adults trim their waistline when they are part of a reduced-calorie diet. Studies show that the calcium in these dairy foods, along with other nutrients may help the body burn fat. If you're looking to lose weight, cut your calories, boost your physical activity and eat a healthy diet that includes three servings of milk, cheese or yogurt each day.



Q My yogurt contains water at the top. Is it still safe to eat?

A The watery liquid, whey, is a natural part of yogurt. The closer you get to the date marked on the yogurt container, the more likely you'll see the harmless liquid. Simply stir it back into the yogurt and enjoy.

Remember, the date on the container is a suggested sell-by date for the retailer. If you store it properly, at 32-40 degrees Fahrenheit, yogurt should remain fresh for 7 days beyond the sell-by date.



This complimentary health and nutrition newsletter is provided by Dairy Council's staff of nutrition educators to keep you and your co-workers informed about the links among food, nutrition and health. Information in *Good Health is Good Business* is intended for the general population.

Items in *Good Health is Good Business* may be reproduced with credit to St. Louis District Dairy Council.

Contact:

St. Louis District Dairy Council
1254 Hanley Industrial Court
St. Louis, Missouri 63144-1912
(314) 961-3100 FAX (314) 961-8820



www.stldairyCouncil.org