

Strong Bones

The Strong Bones program is in full swing and we are adding and expanding our class schedule. Currently we have the following classes set up for the fall but you can join at any time of the year. We would like to expand our program to the Western side of the county. If you are interested in becoming a Strong Bones instructor please contact our office.

Fall Strong Bones Sessions:

Zion Lutheran Church

1254 S Union Street, Shawano
Mon/Wed 8:30 am – Regular class
August 31st to November 18th

Mon/Wed 8:30 am – Advanced class
August 31st to November 18th

Tue/Thur 7:30 am – Regular class
September 1st to November 19th

Tue/Thur 7:30 am – Advanced class
September 1st to November 19th

Mon/Thur 2:30 pm – Regular class
August 31st to November 19th

Sacred Heart Church

302 S Main Street, Shawano
Tue/Thur 3:45 pm – Regular class
September 1st to November 19th

Total Fitness

203 E Green Bay Street, Shawano
Mon/Wed 12:00 pm – Regular class
August 31st to November 18th

St. Francis Solanus

724 Mader Street, Gresham
Mon/Thur 5:15 pm – Regular class
August 31st to November 19th

St. Paul Lutheran Church
240 E Green Bay Street, Bonduel
Mon/Fri – 7:30 am – Regular class

\$30 registration fee includes class materials **Minimum Class size is 15**



Shawano Farmers Market And Mountain Bay Mid-Week Market Place

The Shawano Farmers Market will be held on Saturdays from 8am to Noon. June 20th through October 10th, 2015. The market has moved to Franklin Park at 201 S Washington Street. They will have Fresh, local food! Live Music! Friends and Fun! THE place to be Saturday morning in Shawano! You can check out the Farmers Market on Facebook at Shawano Farmers Market.

For Vendor Information please email or call 715-526-8823

Share the Bounty

Share the Bounty will soon be starting up again hopefully with abundant produce!! The drop off and pick up sites will be:

SAFPARC—218 E Richmond St. from 9 to 11:30 am, M/F

Goodwill—300 Lakeland Rd. from 9 to 9 pm, M/Sat.

Wittenberg Community Center—208 W Vinal Street

Drop off and pickup, M/Th, 8 to 5 pm (when open)

St. Martins Church—407 S Warrington, CECIL

Drop off, 4th Tuesday, 9 to 1 pm

Pickup, 4th Tuesday, 1 to 4 pm

Bonduel Community Food Pantry—240 E Green Bay Street

Drop off and pickup is on the second Wednesday of the month from 4 to 7 pm



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

July—Aug 2015

Eating Outdoors, Handling Food Safely

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for **transporting** your food to the picnic site, and **preparing** and **servicing** it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer all the way to the picnic table.

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at **40°F or below** to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed.** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, 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. Rub **firm-skinned fruits and vegetables** under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel.— Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Quick Tips for Picnic Site Prep

Food safety begins with proper hand cleaning — including outdoor settings. Before you begin setting out your picnic feast, make sure hands **and** surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, simply use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your **grilled food** reaches the table **safely**.

- **Marinate safely.** Marinate foods in the refrigerator - *never* on the kitchen counter or outdoors. In addition, if you plan to use some of 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 immediately after "partial cooking."** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill.
- **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.

EDUCATIONAL OPPORTUNITIES

For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

- **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's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- **Check for foreign objects in food.** If you clean your grill using a bristly brush, check to make sure that no detached bristles have made their way into grilled food.

Platter Warning:
Prevent "Cross-Contamination" When Serving

Never reuse a plate or utensils that previously held **raw meat, poultry, or seafood** for serving — unless they've been washed first in hot, soapy water. Otherwise, you can **spread bacteria** from the raw juices to your cooked or ready-to-eat food.

This is particularly important to remember when serving cooked foods from the grill.

Serving Picnic Food: Keep it COLD / HOT

Keeping food at proper temperatures - indoor and out - is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "**Danger Zone**" - between **40° F and 140° F** - for more than 2 hours,

or 1 hour if outdoor temperatures are above 90° F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping **cold foods cold and hot foods hot.**
COLD FOOD

Cold perishable food should be kept in the cooler at **40° F** or below until serving time.

- 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 like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with 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.

For more information visit our source at: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm>

Safe Food Temperature Chart	Correct Temperature
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

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano

• 715-526-6136 • <http://shawano.uwex.edu/> •

Shawano Community Education

The Shawano Community Education will be offering 5 preservation classes starting in July and running through October. The fee for the preservation classes will be \$8 per session. Instructors will be Linda Olson and Sandi Kane both of whom are Master Food Preservers and Nancy Schultz, Shawano County UWEX Family Living Educator and Kara Skarlupka also from the Shawano County UWEX offices. Topics will include:

- **Jams and Jellies**
Wednesday, July 8th, 6 to 8:30 pm

This class will provide information and tips for making jams, jellies, preserves, conserves, and marmalades. These are all fruit products that are jellied or thickened. These soft spreads are fun to prepare and add class, as well as character, to any meal. They also make excellent gifts anytime of the year.

- **Pickling Vegetables**
Wednesday, July 22nd, 6 to 8:30 pm

You will be making Dilly Beans. This boiling water canner method preserving green beans is a quick, fun food preservation method.

- **Canning Tomato Products**
Tuesday, August 18th, 6 to 8:30 pm

Tomatoes are probably the most popular home canned food. Canned tomatoes are excellent for preparing chili suppers, spaghetti sauces, casseroles and an endless variety of meal accompaniments. Information will be shared on canning tomatoes and salsa.

- **Canning Apple Products**
Wednesday, Sept. 23rd, 6 to 8:30 pm

This class we will provide information and tips for canning fruits safely. Canned applesauce and apple pie filling are excellent ways to preserve those apples from your apple tree. The boiling water canner method will be used to preserve these apples for delicious treats all winter long. \$5 ingredient fee to instructor.

- **Canning Meats, Poultry and Fish**
Thursday, October 1st, 6 to 8:30 pm

Ever thought about canning this year's venison? Learn how to pack using either hot or raw pack method for meats, poultry and fish. Learn how to use a pressure canner.

All classes will be held at the SCMS in Room 1001 or at the SCHS kitchens.

"Raising a Thinking Child"

If you are a parent of a 4-7 year-old and your child has experienced any of the following:

- Temper tantrums
- Difficulty making or keeping friends
- Impatience or interrupting
- Not listening

Then the **Raising a Thinking Child** workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child.

Participants will learn:

To give their children skills to solve their own problems and think about the consequences through fun games

How to help kids care about and understand their own and others' feelings

This program is facilitated by Nancy Schultz, Shawano County UW-Extension Family Living Educator and Amie Beyersdorf, Hillcrest School Counselor. It is a refreshingly practical curriculum that helps you help your child learn *how* to think, not *what* to think. Through 8 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in new problem-solving ways.

The class runs every Thursday starting Sept 17 and running through Nov 5, 2015. Cost is \$15 which will be returned if you attend all the classes.

Vitamin D

Find out about the importance of Vitamin D in your diet. Learn what foods contain Vitamin D, if you are getting enough and what are some effects of Vitamin D on your health. This class is held in conjunction with the Shawano County HCE (Home, Community & Education). The class will be held on Oct. 7th at the Shawano Courthouse, room A/B at 5:30 – 6:30 pm and then again on Oct. 8th at the Zion Methodist Church in Bonduel from 1:30 to 2:30 pm. There is a \$3 charge for non HCE members. For information please contact the Shawano County UWEX offices at 715-526-6136.

