

HHS HAPPENINGS

HEALTH & HUMAN SCIENCES NEWSLETTER

PROGRAMMING & LESSONS

Cooking with Herbs lesson was such a success, we will be hosting another lesson on September 12th 6-7pm at Danville Public Library! Call 317-745-9260 for more information.

SUMMER FUN RUN KICK-OFF

Summer Fun Run participants had a blast blending their own pre/post workout smoothie using the Blender Bike!

HEALTHY EATING AT AVON ELEMENTARY

Maple Elementary 2nd graders learned about MyPlate and how to reduce added sugars from diet!



Cooking with Herbs

PRESENTED BY:
AMANDA MARCIANO FEUTZ
HENDRICKS COUNTY HHS EDUCATOR

DANVILLE PUBLIC LIBRARY
SEPT 12, 2024
6:00-7:00 PM



FOOD SAFETY: PICNIC FOOD SAFETY

WRITTEN BY EMMA ARAYA, PURDUE UNIVERSITY

As summer is almost here, it is quickly becoming prime time for picnics and enjoying food outdoors. While you are spending time with your family and friends, take a little time to reduce the risk of foodborne illness using these tips:

- 1) Make sure to wash your hands before cooking, eating, or serving food. Scrub your hands with clean water and soap. Carrying hand sanitizer can be a good alternative if there is no running water, but it shouldn't replace hand washing.
- 2) Separate food that you bring along to picnics and outdoor events to avoid cross-contamination. Do not mix food types, especially meat and poultry, with other foods to keep bacteria from spreading. Juices from the meat can drip into the cooler and create a dangerous environment for bacteria to grow. Sanitize the cooler and reusable bags for food.
- 3) Don't let food sit out for more than 2 hours. When food is in the temperature danger zone (between 40-140F), bacteria can double every 20 minutes. Make sure to use a well-insulated cooler with ice to prevent temperatures above 40 degrees Fahrenheit.
- 4) Don't repurpose ice. If you bring ice, make sure it's only used for one purpose. For example, do not use ice from the cooler to also be added to drinks. Using ice for more than one purpose could transfer bacteria and put you and your family at risk for foodborne illness.

sources: <https://www.eatright.org/food/planning/away-from-home/how-to-prevent-7-picnic-food-safety-mistakes>

Did you know you should test your pressure canner every year?

Pressure Canner Testing Available

PURDUE UNIVERSITY Extension - Hendricks Coun

Make sure your canner is in proper working order before canning season arrives!

Presto Brand Canners ONLY
\$5.00 fee per canner
To schedule a test or get additional information call 317-745-9260

Purdue University is an equal access/equal opportunity inst

TEST YOUR PRESSURE CANNER

Has it been more than a year since you've had your pressure canner or gauges tested? HHS Educator, Amanda Marciano-Feutz is now testing Presto canners and gauges!

*Cost: \$5 per canner call office to schedule a date and time.
317-745-9260*