

# News Notes to Parents

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## How to Prevent 7 Picnic Food Safety Mistakes

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When you're relaxing with family and friends, it's easy to get caught up in the fun and accidentally cross-contaminate food, or forget to pack enough ice to keep your cooler cool. One small error can sicken your whole crew, making you one unpopular host! One in six Americans gets sick every year from foodborne pathogens. Reduce your odds of foodborne illness by avoiding these seven common picnic food slip-ups.

**Picnic Error: You Didn't Start with a Clean Slate** - Before you pack for your picnic, sanitize your cooler and wash reusable bags.

**Picnic Error: You Cross-Contaminated** - Bring two sets of utensils: one for handling raw meats and one for serving cooked meat.

**Picnic Error: Your Cooler Lost its Cool** - Even an insulated cooler can't keep food cool enough on its own.

**Picnic Error: You Repurposed Ice** - If you're bringing ice to use in beverages, pack it in a separate sealed bag.

**Picnic Error: You Didn't Bring a Food Thermometer** - Meat needs to be cooked to certain temperatures to control harmful bacteria.

**Picnic Error: You Let Food Sit Out** - Keep perishable picnic food out of the danger zone — a temperature range between 41°F and 135°F.



To read the FULL article, go to:  
<https://www.eatright.org/health/lifestyle/seasonal/how-to-prevent-7-picnic-food-safety-mistakes>

# What to do when your preschooler lies



Children lie for many reasons. Sometimes for pretending, but other times on purpose. Keep in mind lying is normal for preschoolers. How you handle it now, though, will affect how they behave as they get older.

- **Explain what lying is and tell them how you feel about it.**
- **Teach your child the difference between what is real and what is not.**
- **Discuss different types of lies with your child. Hurtful lies are different from lies people tell to be polite.**
- **Talk with them about what makes it hard to tell the truth sometimes.**
- **Have realistic expectations. If you expect them to be perfect, they may lie to gain your approval.**
- **Avoid labeling your child as a liar.**

Learn more at MSU Extension: <https://bit.ly/3Nv2Jhb>

## Butterfly Pretzels

It's like it happened overnight! Do you have a toddler that used to eat anything and now they've turned into a picky eater? You might find your toddler sniffing their food and turning up their nose at anything that looks "weird" or, in their words, "yucky." That's where these easy toddler snacks come in. These Butterfly Pretzel Snacks are a good source of protein, fiber, iron, and potassium! Try making them with your toddler!

What you'll need: celery, peanut butter, raisins, and pretzels

Directions: Spread peanut butter onto a piece of celery. Then add a line of raisins. Lastly, add two pretzels for wings!



source: [thenerdswife.com/easy-toddler-snacks.html](http://thenerdswife.com/easy-toddler-snacks.html)

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