Healthy eating is a way of life, so it’s important to establish routines that are simple, realistically, and ultimately livable.

-Horace

Three Benefits of Eating Fresh Produce in Season and Locally

1. Produce in season can be purchased directly from farmers at Farmers Markets or local farms.
2. Produce in season is less expensive than purchasing food out of season.
3. Produce in season is fresher and more nutritious when purchased locally due to time not spent in transit and sitting on the grocer’s shelf.

Produce in Season this Month around Indiana

<table>
<thead>
<tr>
<th>Apples</th>
<th>Beets</th>
<th>Blackberries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberries</td>
<td>Broccoli</td>
<td>Brussels Sprouts</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Cantaloupe</td>
<td>Carrots</td>
</tr>
<tr>
<td>Cherries</td>
<td>Eggplant</td>
<td>Grapes</td>
</tr>
<tr>
<td>Hot Peppers</td>
<td>Mushrooms</td>
<td>Onions (dry)</td>
</tr>
<tr>
<td>Peaches</td>
<td>Raspberries</td>
<td>Sweet Corn</td>
</tr>
</tbody>
</table>

Resource: https://my-indiana-home.com/farm/indiana-seasonal-produce-chart/
Get Ready to Grill Safely

Separate
When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill
Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep 40°F or below in an insulated cooler.

Clean
Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Cook
Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Meat Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>145°F</td>
<td>beef, pork, lamb, veal (then let rest 3 minutes before serving)</td>
</tr>
<tr>
<td>145°F</td>
<td>fish</td>
</tr>
<tr>
<td>160°F</td>
<td>hamburgers and other ground meat</td>
</tr>
<tr>
<td>165°F</td>
<td>poultry</td>
</tr>
</tbody>
</table>

Don’t cross-contaminate
Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate
Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

www.cdc.gov/foodsafety
From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like Salmonella, E. coli, and Listeria, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.

Fruit and Vegetable Safety at the Store or Market

- **Check for Bruises**
  - Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.

- **Keep Precut Fruits and Vegetables Cold**
  - Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

- **Separate**
  - Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

- **Wash**
  - Wash your hands before and after preparing fruits and vegetables.
  - Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
  - Fruits and vegetables labeled “prewashed” do not need to be washed again at home.

- **Keep Cold**
  - Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
  - Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.

- **Separate**
  - Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
  - Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
  - Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.
Fruit and Yogurt Smoothie

Courtesy: https://www.eatingwell.com/recipe/249318/fruit-yogurt-smoothie/

Servings: 1        Serving Size: 2 cups

Nutrition Info: 279 calories, 56g Total Carbohydrates, 7g Dietary Fiber, 46g Total Sugars, 12g Protein, 2g Fat, 0g Saturated Fat, 149mg Sodium, 394mg Calcium

Ingredients:
3/4 Cup Nonfat plain yogurt
1/2 Cup 100% pure fruit juice
1 1/2 Cups (6 1/2 ounces) frozen fruit, such as blueberries, raspberries, pineapple or peaches

Directions:
1. Puree yogurt with juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.