



Spring Quick Tips

May 2025



► Barbeque Season is back!

Keep your friends and family safe from foodborne illness by using a food thermometer to make sure the internal temperature of meat and poultry is safe to eat. Use this chart to see what internal temperature your meat and poultry needs to reach. Remember to wash your hands for 20 seconds with warm water and soap before and after handling raw meat and chicken. Refrigerate all cooked food within 2 hours.

| SAFE MINIMUM INTERNAL TEMPERATURES | |
|---|---|
| Whole Poultry | 165 °F |
| Poultry Breasts | 165 °F |
| Ground Poultry | 165 °F |
| Hamburgers, Beef | 160 °F |
| Beef, Pork, Veal, Lamb (steaks, roasts, and chops) | Medium Rare: 145°F and allow to rest for at least 3 minutes |
| | Medium: 160°F |
| All Cuts of Pork | 160°F |



► Using a Marinade

A marinade is usually made with oil, an acid like fruit juice or vinegar, salt, herbs, and spices. Marinate meat and poultry in the refrigerator to keep it cold and safe to eat. The marinating time depends on the meat type and desired flavor. Generally, marinate vegetables for 15-30 minutes, fish and seafood for 15 minutes to 1 hour, poultry for 30 minutes to 3 hours, and other meats for 30 minutes to overnight. If you want to use the marinade as a sauce after grilling, save some of the marinade before you add the meat or poultry. If you plan to brush on the marinade while grilling, make sure to boil it for at least 30 seconds before using it again.



Building Healthy Habits Recipe

Rubs/Spices

North African Spice Mix

Ingredients:

- 2 tablespoons rosemary
- 2 tablespoons cumin
- 2 tablespoons coriander
- 1 tablespoon oregano
- 1 tablespoon paprika
- 1 ½ teaspoons cayenne pepper
- 1 ½ teaspoons tumeric
- 1 teaspoon ginger
- ¾ teaspoon black pepper

Directions:

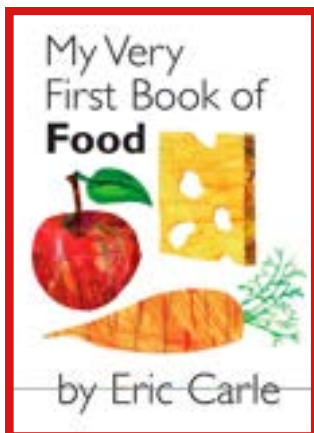
1. Wash your hands with soap and water.
2. Mix rosemary, cumin, coriander, oregano, paprika, cayenne pepper, tumeric, ginger and black pepper well and store in an airtight container.



Source: foodhero.org

Cinco de Mayo - May 5

Cinco de Mayo commemorates the Mexican Army's victory over France at the Battle of Puebla in 1862, symbolizing resilience and pride. In the US, it has become a celebration of Mexican heritage, marked with cultural festivities and events.



Kids' Book Nook

With your child, visit your local library and borrow "My Very First Book of Food" by Eric Carle. As you read with your child about what different animals eat, ask your child about which foods are their favorites to eat!



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