

# TABLETALK

JANUARY, 2009 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

## Ways to Recognize Food Spoilage

**Fresh Poultry:** Stored raw in the refrigerator for longer than one to two days (three to four days when cooked). Left unrefrigerated for more than two hours either before or after cooking.

**Fresh Meat:** Stored raw in the refrigerator for longer than three to five days (one to two days for hamburger). Discolored, smelly or slimy. Left unrefrigerated for more than two hours either before or after cooking.

**Fresh Fish:** Stored for longer than one to two days in the refrigerator. Dried at edges; smelly. Left unrefrigerated for more than two hours either before or after cooking.

**Milk, Cream, Egg Products:** Left unrefrigerated for more than two hours.

**Frozen Meats, Poultry, Fish, or Casseroles:** Thawed at room temperature. Allowed to thaw and be refrozen. Eaten without thorough cooking.

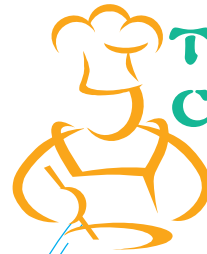
**Canned Foods:** Liquid spurts out when can is opened. Can is corroded, rusty, leaky, swollen on top or bottom, or dented on side seams. Stored at hot temperatures or allowed to freeze and thaw. *Home canned foods should never be served in child care centers or day care homes.*

**Fresh Fruits and Vegetables:** Unwashed, moldy, soft, or discolored.

**Bread Products:** Moldy. Infested with insects.

## Spring is Almost Here!

Warm weather is coming back! Lighten up those hearty winter meals by buying fresh fruits and vegetables and celebrate spring by



## Tips from Chef Bob

### MORNING GRILL

**Ingredients:** 2 slices raisin bread; 1-1/2 oz. American or cheddar cheese, sliced; 1 canned pineapple slice, drained; 1 Tbsp. butter or margarine, softened. **Directions:** Cover the bread slices with the cheese and pineapple; top with second bread slice; Spread outside of sandwich with butter; Cook in skillet on medium heat for 3 min. on each side or until lightly browned on both sides. **A Great Substitute!** Prepare as directed, substituting a few thin apple slices for the canned pineapple slice.

buying produce that is in season. It is more affordable and can be fresher if bought locally. Try a farmers' market or roadside stand for local produce.

Vegetables in season for spring include artichokes, asparagus, fava beans, and green beans. Fruits include cherries, blackberries, strawberries and raspberries, as well as cantaloupes and watermelons. Experiment with new recipes and ideas and let your taste buds enjoy!

### SCHEDULED DATES FOR 2009 TRAINING

Please Note: This training is no longer mandatory. It for licensing clock hours.

<u>Date</u>	<u>City</u>	<u>Location &amp; Time</u>
March 14	Garland	3630 W. Buckingham, Garland, 75042 (Buckingham Church of Christ), 9:30-12:30
March 28	S.W. Houston	7979 S. Kirkwood, Houston, 77072 (Alief Library), 9:30-12:30
April	TBA	Dallas & Houston Areas
May	TBA	Dallas & Houston Areas
August	TBA	Dallas & Houston Areas