

# POWER UP

Monthly Minder

NOVEMBER 2021



## PREVENT FOODBORNE ILLNESS

Foodborne illness is another name for food poisoning. It is caused by eating foods that have been contaminated by bacteria, viruses, parasites, or toxins. Different types of germs can get into our food if we do not properly wash our hands and practice correct food safety techniques. What does this mean? Wash your hands and all kitchen surfaces, keep raw foods separate from ready to eat foods, cook items to the proper internal temperature, and refrigerate leftovers quickly.

## KNOW THE SIGNS

Foodborne illness can cause dizziness, muscle aches, exhaustion, or stomach ache.

Foods that are no longer safe to eat may have discoloration, unpleasant smells, or mold.



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## Monthly Recipe

### Sweet Potato Fries

Preheat oven to 450 degrees. Rinse and scrub sweet potatoes, then pat dry with a paper towel. Cut potatoes into 1/2-inch strips. In a bowl, mix 1 1/2 tsp paprika, 1/2 tsp salt, 1/4 tsp pepper, 1/8 tsp cayenne pepper. Toss the sweet potato strips in the spice mixture until nicely coated. Place potato strips on a greased baking sheet and cook for 15 minutes. Flip fries over and bake another 10 minutes.

## Activity Corner

### Play "Over, Under, Through"!

Create a fun and interactive obstacle course using items around the room. You can even incorporate imaginative elements like "climb through the sticky peanut butter sea" or "jump over the alligators".

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

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