Fix It Safe

**Clean**

- Wash hands with warm water and soap for at least 20 seconds.
- Wash cutting boards, dishes, utensils, and counters with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean kitchen surfaces.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. For firm-skin produce, use a vegetable brush to remove stubborn dirt.
- Sanitize all kitchen surfaces after cleaning.

Make sanitizing solution by mixing 1/4 teaspoon unscented liquid chlorine bleach in 2 cups warm (not hot) water.

**Separate**

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use separate cutting boards for meats and vegetables or clean and sanitize between cutting meats and vegetables.
- Never place cooked food on a plate that was used for raw meat, poultry, seafood or eggs.

**Cook**

- Cook meats, poultry, eggs, fish and shellfish to safe temperature. (See below.)
- Reheat leftovers to an internal temperature of 165°F.
- Bring sauces, soups, and gravies to a boil when reheating.

Fish and seafood: 145°F
Beef and pork: 145°F
Ground beef: 160°F
Poultry: 165°F
Ground turkey and chicken: 165°F

**Chill**

- Refrigerate and/or freeze foods quickly. Do not leave food out more than two hours.
- Thaw meats on the bottom shelf of the refrigerator on a plate, in a pan, or sealed plastic bag (to catch juices). Never thaw meats on the counter or in the sink.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.
### Mini Meatloaves

Makes 5 servings | Serving Size: 1 mini loaf

#### Ingredients
- 1 pound lean or extra-lean ground beef, ground turkey, or ground chicken
- 1½ cups salsa, divided in half (See hint at bottom.)
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- Dash of black pepper
- Non-stick cooking spray

#### Directions
1. Heat oven to 350°F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick spray.
5. Place loaves in baking dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350°F for 20 minutes.
8. Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160°F for ground beef or 165°F for ground turkey or chicken.

**Nutrition information Per Serving**

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>150</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
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<tr>
<td>Protein</td>
<td>22 g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>7 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>170 mg</td>
</tr>
</tbody>
</table>

**Temp**ERATURE IS IMPORTANT.

Be sure to use a thermometer to check that the internal temperature has reached 160°F for ground beef or 165°F for ground turkey or chicken. Insert thermometer into each mini meatloaf in several places to check.

**Hint:** Use Fresh-Made Salsa or Black Bean and Corn Salsa for added flavor and nutrients. Recipes are in *Cooking with EFNEP*.

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**Check It Out!**

Visit your local library and check out a book on exercise. Or better yet, download an online video and follow along. Choose a video that the whole family will enjoy. *What day this week could you go to the library to see what they have to choose from?*