



Nutrition Tidbits



Beware of BAC

Season's Greetings

It's the holidays! Time for decking the halls with boughs of holly and roasting chestnuts on an open fire. This season of goodwill and giving thanks is also a festive celebration of food. With so many delightful foods to choose from, it's important to keep holiday treats safe from BAC (a.k.a. bacteria). Join in the festivities and ensure a safe holiday feasting season for you, your family, and your friends by following these food safety tips.



This holiday season, be aware of BAC and these facts:

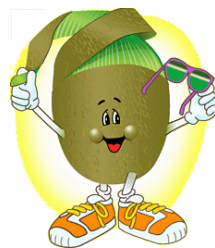
The Invisible Enemy

You can't see, taste, or smell bacteria, but it can be on food and multiply rapidly in moist, warm conditions. If consumed, harmful bacteria can cause foodborne illness.

Be Egg-stra Cautious!

Around the holidays, people eat a variety of foods, some of which may contain uncooked or lightly-cooked eggs. But even grade A eggs with clean, uncracked shells can be contaminated with *Salmonella* Enteritidis bacteria. That's why it's important to cook eggs thoroughly to kill any bacteria that may be present.

Kevin Kiwi



Hi! I'm Kevin Kiwi. I love telling kids about kiwifruit. Do you know that kiwifruit are named after a bird in New Zealand? Most people think kiwifruit grow in warm locations, but the kiwi vine actually needs cold weather for a period of time to be able to produce fruit. There is a lot more fun information about kiwis and me on the [Healthy Adventures CD-ROM](#).

Do you know how to tell if a kiwi is ripe? A kiwi is ripe when it feels slightly soft. Just two kiwis count as one serving. Hey! Did you know that you can eat the fuzzy skin on kiwis? Now that's an incredibly edible fact! Oh, yeah, I should also tell you that kiwifruit is not only great tasting, but it's also high in [Vitamin C](#) and a good source of [fiber](#). Eat a couple of kiwifruit today!

Domino's Pizza

Domino's Pizza will be providing pizza to Queen Creek Unified School District for the School Lunch Program starting in December. The pizza that Domino's will be providing is specially made for schools and is made with light mozzarella cheese and reduced fat pepperoni. Look for it on the menu!

Kiwi Muffins

- 2 cups flour
- 1 Tbs. baking powder
- 1 tsp salt
- 1/3 cup sugar
- 1 tsp cinnamon
- 1 egg
- 1 cup milk
- 1/4 cup oil
- 2/3 cup ripe peeled chopped kiwi fruit

Combine wet ingredients. Combine dry ingredients. Combine both mixtures together, don't over blend. Stir in kiwi fruit. Fill muffin cups 1/2 to 2/3 full. Bake in a preheated 400F until tested done, about 20 to 25 minutes. About 12 standard muffins

Just Fruit Recipes is located at www.justfruitrecipes.com