



Tips for Food Safety in the Time of COVID-19

Everyone is working hard right now to keep ourselves, our family, and our communities healthy. Two important practices we can all do to protect against COVID-19 is to maintain physical distancing of 6 feet while on essential trips, such as getting food, and frequent hand washing. Here are helpful food safety tips for when you get home.

Wash hands often

- with soap and water for at least 20 seconds
- as soon as you get home
- after putting groceries away
- before and after preparing food
- before eating or serving others

Clean food preparation surfaces

- wash with warm water and soap to remove germs, dirt, and food debris
- rinse away debris and soapy water with warm water
- disinfect these now clean surfaces with a dilute bleach solution or household cleaner, use as directed, by spraying or wiping on surface and letting air dry.

Bleach disinfectant for kitchens 1 teaspoon bleach per quart (4 cups) of water

Store foods properly

- keep your refrigerator at 40°F or below and your freezer at 0°F or below
- refrigerate leftovers within 2 hours of preparing
- store raw meat on the lower shelf of your refrigerator (in a pan or on a plate to prevent it from dripping) and keep fruits and vegetables separate

3-Can Chili

From eatfresh.org



Ingredients

1 (15 oz.) can beans (pinto, kidney, red or black) or 2 cups cooked beans *un-drained*
1 (15 oz.) can low-sodium corn or 2 cups frozen corn *drained*
1 (15 oz.) can crushed, low-sodium tomatoes *un-drained*
Chili powder *to taste*

Directions

1. Place the beans, corn, and tomatoes in a pan. Add chili powder to taste.
2. Continue to stir over medium heat until heated thoroughly.
3. Refrigerate leftovers.

Chef tips: Try adding cooked meat, chopped cooked onions, and/or green peppers.





Keep fruits and vegetables a part of your diet

- with fresh, frozen, or canned all being healthy options
- focus on adding fruits and vegetables to all meals
- wash fresh fruits and vegetables under running water before eating, cutting, or cooking. Do not use soap
- use a separate cutting board, or wash the board between uses, when also preparing raw meats

Cook, or reheat, foods to a safe internal temperature

- 145°F for whole cuts of beef, pork, veal, and lamb
- 160°F for ground meats, such as beef and pork
- 165°F for poultry, including ground chicken and turkey
- 165°F for leftovers and casseroles
- 145°F for fresh ham (raw) and seafood

For more information and more tips on food safety during COVID-19, visit the UW-Madison Division of Extension Safe & Healthy Food for Your Family webpage at <https://fyi.extension.wisc.edu/safefood/>. For more information specific to COVID-19 resources from the Division of Extension, visit the webpage at <https://fyi.extension.wisc.edu/covid19/>.

Peanut Butter and Banana Pockets

From *cookingmatters.org*

Ingredients

- 3 ripe bananas
- 3 Tablespoons peanut butter
- 1 ½ teaspoon honey ¼ teaspoon ground cinnamon
- 4 tortillas (try whole wheat)
- Non-stick cooking spray



Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown

Nutrition Facts	
Serving Size 1 folded quesadilla	
Servings Per Recipe 4	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 47g	17%
Dietary Fiber 3g	11%
Sugars 14g	
Protein 8g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.