

WIC HIGHLIGHTS

November 2024

Food Safety First

As the holiday season approaches, the excitement of gatherings usually brings delicious foods to the table. But don't let foodborne illness dampen the festivities. When it comes to food safety, follow these four steps: **Clean, Separate, Cook** and **Chill**.



Clean

Wash hands with hot soapy water for at least 20 seconds (sing Happy Birthday to yourself) before, during and after preparing food and before eating. Wash countertops, utensils and cutting boards after preparing each food item.

Separate

Store raw meat, chicken, seafood and eggs on the bottom shelf away from ready-to-eat foods in the refrigerator.

Cook

Use a food thermometer to check foods are cooked to a safe internal temperature.

Scan the QR code to find safe cooking temperatures for various foods.



fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart

Chill

Keep your refrigerator temperature at 40 degrees Fahrenheit or below and your freezer at 0 degrees Fahrenheit or below. Perishable foods (meat, seafood, dairy, cut fruit, cooked leftovers) should be refrigerated within 2 hours.

CLINTON COUNTY WIC PROGRAM

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This institution is an equal opportunity provider.

Apple Crisp



Ingredients

- 2 lbs. of apples (5 cups cored & diced)*
- 1 tsp. cinnamon, divided
- 1 tsp. juice of a lemon*
- 1 Tbsp. cornstarch
- 1/2 cup old fashioned oatmeal*
- 1/2 cup whole wheat flour
- 1 Tbsp. sugar
- 1 Tbsp. brown sugar
- 1/2 cup butter, melted
- 1 tsp. vanilla extract

****WIC approved ingredients***

Instructions

1. Preheat oven to 375 degrees. Peel, core and dice apples.
2. In a large mixing bowl, mix together apples, cornstarch, lemon juice and 1/2 tsp. cinnamon. Pour mixture into a 8x8 baking dish.
3. For the topping: Combine butter, sugars, vanilla extract, 1/2 tsp. cinnamon, flour and oats in a mixing bowl. Sprinkle mixture on top of the apples and bake for 40 minutes. Serve warm.