

# JULY WELLNESS



## JULY AWARENESS TOPIC: HEALTHY COOKING

Grilling and cooking are at the center of many summer gatherings.  
Read below for tips on food safety and healthy summer cooking.

---

Fresh, delicious, nutritious foods can be right in your backyard. ~ Or at least as close as the nearest farmer's market! You can find one close to you by using the USDA Farmers Market Search. The food items available at these markets offer healthy options; as well as the opportunity to support local farmers and the economy. To learn more about the nutritional value of farmers markets, and how to locate them, click on this link offered through the Harvard Pilgrim website. It includes a short video of a registered dietitian talking with shoppers and farmers, and the top 10 reasons to shop in a local farmer's market:

### [Farmers Markets](#)

---

Are you looking for a light, easy dessert this summer? This simple recipe of healthy ingredients is less than 200 calories and has the refreshing look and taste of summer. Click here to get the recipe, which is offered through the BCBS *a healthy me* website:

### [A Fruity Way to End the Meal](#)

---

Taking time to wash your hands and properly prepare food can prevent food poisoning. Tips from the U.S. Centers for Disease Control and Prevention include washing your hands for at least 20 seconds and remembering to wash the backs of your hands, wrists, between your fingers and under your fingernails. For additional tips on washing you hands, and for tips on preparing food properly and how to handle food that has mold on it, click here:

### [Food Safety: Preparing](#)

---

How and when you store food in your refrigerator has an impact on food safety. Some recommendations for keeping food fresh and safe include: keeping the temperature in your refrigerator at 40°F or below, allowing food to circulate by not over packing the refrigerator with food, and refrigerating food within 1 hour if the temperature outdoors is 90°F or above. For additional information and a list of recommended refrigeration times of food products, visit Tufts's website by clicking here: [Tufts Health Plan Website](#) Click on Health & Wellness. Then click on "library of high-quality content" under Health Library A-Z. In the search engine type:

[Food Safety: Storing](#) to reach the link to the article.

---