

*From the desk of Ellen Zegarelli, Dietetic Intern*

Since May is National Hamburger Month, and it is the beginning of grilling season, be sure to practice safe grilling habits.

- Avoid **cross contamination** by bringing out raw foods on one plate, and putting the cooked foods on a clean plate.
- Pay attention to **time/temperature abuse** by keeping foods under 40 degrees or over 140 degrees—this keeps the food at safe temperatures that discourage growth of harmful bacteria.
- Be sure to **cook** all foods **thoroughly** so that any potentially harmful bacteria is killed.
- Put **leftovers** in the **refrigerator** as soon as possible! It is fun to sit outside and eat grilled foods with family and friends, but be sure to put any leftovers away before they can have a chance to go bad.
- Keep cold foods cold and hot food hot, and try to keep them **separated** to assist in temperature control.
- Be sure to **clean** your grill regularly.
- **Vegetables** can be sliced and placed on aluminum foil on the grill for an easy, delicious way to roast. This prevents them from falling through the cracks and picking up potential germs.
- Get **creative** with your burgers! Add diced vegetables and spices to your burger patties for flavor throughout, crumbled cheese works well to vary the texture of your burger.

#### THE MONTH OF MAY – IT'S OUTDOOR TIME

The focus of this month's newsletter is the importance of practicing safe grilling habits. At Mobile Meals, we encourage good eating habits to ensure a healthy lifestyle. Our surveys indicate we make an impact on the lives of the children and adults we serve each day since 78% of our clients are able to continue living in their own homes. A gift from your heart will help ease the financial burdens of some of the most fragile and vulnerable people in our communities and send the comforting message that people truly care. Your gift of \$3.00 pays for one meal for someone who cannot pay. Whatever you can give will help. It's simple. Just place your gift in the envelope you received.

Thank you!

*Phil Marcin*

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

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