



# Your Connection to Healthy Weight



Helpful, Healthy Information from  
**The Center for Bariatrics and Healthy Weight**

July, 2023

## Picnic Guidelines

It's crucial to prioritize food safety to prevent illnesses, especially during the hot summer days. Approximately one in six Americans fall ill to foodborne pathogens every year. To minimize the risk, here are some common picnic food mistakes:

- **Maintain hygiene:** Wash your hands before cooking, after handling raw meat, and before eating or serving food. If there's no access to running water, use hand sanitizer.
- **Keep things clean:** Prevent contamination of meat and poultry juices. Pack food in clean, tightly sealed containers and wash fruits and vegetables even if you peel them.
- **Avoid cross-contamination:** Use separate plates, tongs, and utensils for raw meats and cooked foods. Keep ready-to-eat items away from utensils that may be contaminated. Boil marinades used with raw meat before applying them to cooked food. Pack your cooler strategically.

By adhering to these guidelines, you can ensure a safe and fun picnic experience for everyone!

## Picnic Safety 101

### Picnic Food Safety Mistakes

1. **Mismanaging the Cooler:** Even with insulation, coolers need assistance. Fill 75% with food and reserve 25% for ice packs. Chill or freeze items beforehand, and separate hot and cold food. Consider using a thermometer to monitor and maintain the cooler below 40°F.
2. **Repurposing Ice:** Don't reuse ice from food cooling for beverages. It may contain bacteria. Pack separate sealed bags of ice for drinks.
3. **Insufficient Cooking Food Temps:** Ensure ground beef (hamburgers) reach 160°F and chicken reaches 165°F internally for safety.
4. **Food Sitting Out:** Keep perishable items below 40°F to prevent bacteria growth. Use an insulated cooler and limit time outside. Don't exceed two hours of sitting time, or one hour in temperatures over 90°F. Monitor all perishable foods, including salads and dairy-based dishes. Utilize timers or alarms as reminders.

[How to Prevent 7 Picnic Food Safety Mistakes \(eatright.org\)](https://eatright.org)

## Upcoming Events

### FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you. View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

### FOOD TALK: BETTER U

Southern Regional has partnered with GA SNAP-ED, UGA and USDA to bring *Food Talk: Better U* to our community. The program offers 4 FREE interactive classes with physical activities, cooking demos, and tastings. Classes will be held in the hospital's Magnolia Café on August 9, 16, 23, and 30 from 5:30 – 7PM. Register at: [srgamarketing2@phsi.us](mailto:srgamarketing2@phsi.us)

## Recipe of the Month

### Sun-Dried Tomato-Olive Hummus

#### Ingredients

- 2 15-ounce cans chickpeas, drained
- ½ cup plain low-fat yogurt
- ¼ cup freshly-squeezed lemon juice
- 2 Tablespoons olive oil
- 2 cloves garlic, chopped
- 1 teaspoon cumin
- ½ cup finely-chopped sun-dried tomatoes (*not oil packed*)
- ¼ cup sliced kalamata olives
- 2 Tablespoons chopped fresh cilantro or Italian (flat) parsley
- 2 Tablespoons pine nuts for garnish (optional)
- 1 teaspoon paprika (optional)

#### Directions

1. In a food processor or blender, combine chickpeas, yogurt, lemon juice, olive oil, garlic and cumin. Process until smooth. Consistency should be smooth but not runny.
2. Stir in tomatoes, olives and cilantro.
3. Refrigerate for 1 hour or longer to blend flavors.

To serve, top with pine nuts and/or paprika, if desired.

#### Nutrition Information

Serves 12 (1/4 cup serving)  
Calories: 100; Calories from fat: 30; Total fat: 3.5g; Saturated fat: 0g; Trans fat: 0g; Cholesterol: 0mg; Sodium 210mg; Total carbohydrate: 13g; Dietary fiber: 3g; Sugars: 2g; Protein 4g



[Sun-Dried Tomato-Olive Hummus Recipe \(eatright.org\)](https://eatright.org)



Southern Regional Medical Center