

# Food Do's & Don'ts!

## Food Safety:

**If you are serving food consider food allergies and food safety.**

- **Avoid cross-contamination!**
  - **Raw or undercooked meats can spread harmful bacteria to foods that are ready-to-eat, like salads and bread.**
  - **Change your gloves and wash your hands after touching raw meat.**
  - **When working with raw meat and ready-to-eat foods, do not use the same cutting boards, tongs, and surfaces.**
  
- **Keep cold foods cold, and hot foods hot!**
  - **Anywhere in between 40°F and 140°F is the “temperature danger zone”.**
  - **Foods left out in the danger zone for more than 2 hours should be thrown out. So keep cold below 40°F and hot above 140°F!**
  
- **Cook foods until they are safe!**
  - **That means cooking meat until its temperature is high enough to kill harmful bacteria.**
  - **For poultry or combination dishes, cook until a meat thermometer reads 165°F.**
  - **For beef, pork, lamb, or veal, 145°F or above is a safe temperature.**

# Healthy Snack Guide

**Remember you need energy to play all day! Be sure to fuel up with healthy options! “Go!” foods you can eat anytime (and should!), remember portion control for “Slow” foods, and try to avoid “Whoa” foods as much as possible.**

## Go!

- **Celery Sticks w/ Peanut Butter**
- **Fresh Cherry Tomatoes**
- **Veggie Chips w/ Fresh Salsa**
- **Fresh Cherries**
- **Mixed Nuts**
- **Fresh Grapes**
- **Fresh Fruit Popsicles**
- **Celery, Carrots, & Pita Bread w/ Hummus**
- **Apples Slices w/ Peanut Butter**
- **Veggie Chips w/ Guacamole**
- **Yogurt w/ Granola**
- **Olives**
- **Baked Apple Chips**
- **Watermelon Slices**
- **Sweet Potato Fries**



## Slow!

- **Cheese sticks**
- **Fruit juice**
- **Ice cream**
- **Pretzels**
- **Muffins**
- **Pasta**

## Whoa!

- **Fast Food**
- **Sugary Desserts (donuts, candy, fruit gummies, etc.)**
- **Processed Foods (nacho cheese, hot dogs, hamburgers, chips, etc.)**
- **Sugary Drinks (soda, sweetened water, Gatorade, etc.)**