

May 2012

Happy Spring ... Happy Memorial Day!

Summer is right around the corner – and this issue of CFSAN’s **News for Educators** features at-a-glance seasonal information to share with consumers, including food safety when picnicking, packing healthy lunches, and a focus on sunscreen. Remember to check the list of upcoming meetings, events and other important news from FDA’s Center for Food Safety and Applied Nutrition!

Help us share this newsletter. Invite your colleagues to [sign up for future issues!](#)

Food Safety

Food Safety at Picnics and Barbecues

Break out the cooler – picnic season is underway! Whether heading to the park, the lake or your own backyard, here are some important tips for consumers to keep in mind:

- **Clean produce first.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler -- including those with skins and rinds that will not be eaten, such as watermelon or citrus.
- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. The inside of the cooler should be at **40°F or below** to prevent bacterial growth. Use a thermometer to be sure!
- **Organize cooler contents.** Pack beverages in one cooler and perishable foods in another, so picnickers can open the beverage cooler as needed without exposing perishable foods to warm outdoor air temperatures.
- **Keep coolers closed.** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don’t cross-contaminate.** Keep raw meat, poultry, and seafood securely wrapped until it’s time to grill them to prevent their juices from contaminating prepared/cooked foods or foods that will be eaten raw.



Online Resource:

Learn more about safe picnics – including safe grilling and serving hot and cold foods in the great outdoors – with FDA’s tips for [Handling Food Safely When Eating Outdoors](#).

Nutrition

Picnic Lunches Can Be Fun and Healthful

The Nutrition Facts Label is found on all packaged foods and beverages. When packing a picnic or brown-bag lunch, consumers can use it to make smart and healthful choices. Encourage them to try these easy tips – and turn them into a fun at-home family challenge to see who can discover the most healthful choices!

- **Try to pack a 600-calorie lunch.** Be sure to include beverages, breads, sandwich ingredients, packaged salads and snacks in the tally. Always check serving size on containers, as one package may contain more than one serving.
- **Be inventive with sandwich ingredients.** Try different items like low-fat whole grain tortillas or pitas instead of bread, and spreads like mustard or hummus instead of mayonnaise.
- **Measure out single-servings.** Portion snacks into plastic bags or containers. This makes it much easier to track what you’re eating than if you place a multi-portion snack package in the middle of the picnic table!
- **Choose nutrients wisely.** When shopping for supplies, look for snacks and picnic foods that are lower in sodium and total fat.



Online Resource:

Consumers can talk to their kids about nutrition using a [handy family printable](#) that’s chock-full of ideas for using the Nutrition Facts Label every day: at home, in the supermarket, in the cafeteria, and at fast food restaurants.

Cosmetics

The “Scoop” on Sunscreen: Read the Product Label

As summer approaches, consumers are likely spending more and more time outside. Proper use of sunscreen is critical to help protect against skin damage caused by excessive sun exposure – including skin cancer and early signs of aging. Remind consumers to use sunscreen regularly and as directed, and to follow these precautions:

- **Use sunscreens with broad spectrum SPF values of 15 or higher.**
- **Limit time in the sun,** especially between the hours of 10 a.m. and 2 p.m., when the sun’s rays are most intense.
- **Wear clothing to cover skin** exposed to the sun; for example, long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- **Reapply sunscreen at least every 2 hours,** and more often if you’re sweating or jumping in and out of the water.



Online Resource:

Learn more about sunscreen labeling! Check out the downloadable fact sheet [FDA Sheds Light on Sunscreens](#).

For More Information

- Find nutrition education tools for a variety of audiences on the [Nutrition Facts Label Programs & Materials](#) page.
- Visit the [FDA Resource Library](#) for downloadable topical handouts and fact sheets.
- Invite a friend or colleague to [sign up for future issues](#) of **News for Educators!**

Upcoming Events

American Association of Family and Consumer Sciences Teachers
June 25–26, 2012
Indianapolis, IN

Institute of Food Technologists Conference
June 25–28, 2012
Las Vegas, NV

National Environmental Health Annual Conference
June 28–30, 2012
San Diego, CA

Family Career and Community Leaders of America
July 9–11, 2012
Orlando, FL

National Association for County and City Health Officials (NACCHO)
July 11–13, 2012
Los Angeles, CA

Society for Nutrition Education Annual Conference
July 14–17, 2012
Washington, DC

International Association for Food Protection
July 22–25, 2012
Providence, RI

American Association of Diabetes Education Annual Meeting
August 1–4, 2012
Indianapolis, IN

National Science Teachers Association Regional Conference
October 18–20, 2012
Louisville, KY

National Association of Biology Teachers Conference
October 31–November 3, 2012
Dallas, TX

National Science Teachers Association Regional Conference
November 1–3, 2012
Atlanta, GA

Association of Middle Level Education Conference
November 8–10, 2012
Portland, OR

National Science Teachers Association Regional Conference
December 6–8, 2012
Phoenix, AZ