

Cooking with Style — Create Safe Recipes!



Welcome from PFSE



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Today

- Safe Recipes
- Food Safety Education Month & Family Meals Month
- 30-Minute Meals Safe Recipe Contest

Objectives

Learn. . .

- How to use the Safe Recipe Style Guide to modify recipes
- New recipes with safety instructions to help consumers practice safe food handling
- Behavioral health messages and downloadable resources to promote safe home meal prep

Housekeeping



To ask a question, please use the question box on the right of the screen.



After the webinar, you will receive a brief survey. Please fill it out.
Help us improve!

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- Follow-up email
- Download at fightbac.org under “Free Resources” tab and “Recorded Webinars”

Win a Prize Today!

- Stay until the end of webinar for prize drawing
- PRIZE — We'll turn your recipe into a safe recipe for you to enter the contest!

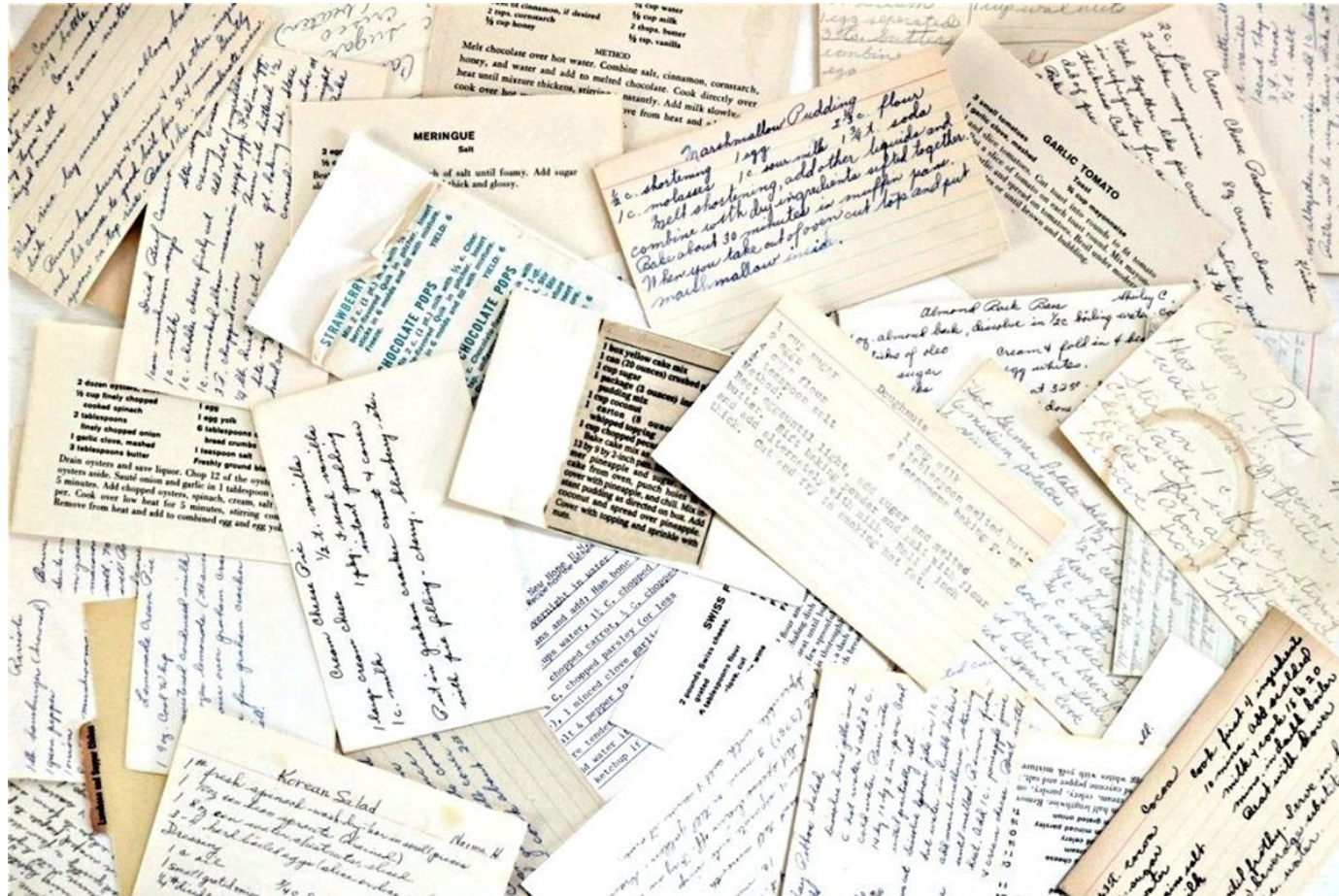


Poll Question #1

If asked, could you explain what a safe recipe is?

1. Absolutely! I'm a BAC Fighting rock star.
2. Maybe, but I'd like to know more.
3. I'm here because I need to know.

The Journey to Safer Recipes



Research Behind the Guide

Journal of Food Protection



[J Food Prot.](#) 2016 Aug;79(8):1436-9. doi: 10.4315/0362-028X.JFP-15-468.

Recipe Modification Improves Food Safety Practices during Cooking of Poultry.

[Maughan C](#)¹, [Godwin S](#)², [Chambers D](#)¹, [Chambers E IV](#)³.

Author information

Abstract

Many consumers do not practice proper food safety behaviors when preparing food in the home. Several approaches have been taken to improve food safety behaviors among consumers, but there still is a deficit in actual practice of these behaviors. The objective of this study was to assess whether the introduction of food safety instructions in recipes for chicken breasts and ground turkey patties would improve consumers' food safety behaviors during preparation. In total, 155 consumers in two locations (Manhattan, KS, and Nashville, TN) were asked to prepare a baked chicken breast and a ground turkey patty following recipes that either did or did not contain food safety instructions. They were observed to track hand washing and thermometer use. Participants who received recipes with food safety instructions (n = 73) demonstrated significantly improved food safety preparation behaviors compared with those who did not have food safety instructions in the recipe (n = 82). In addition, the majority of consumers stated that they thought the recipes with instructions were easy to use and that they would be likely to use similar recipes at home. This study demonstrates that recipes could be a good source of food safety information for consumers and that they have the potential to improve behaviors to reduce foodborne illness.

PMID: 27497133 DOI: [10.4315/0362-028X.JFP-15-468](#)

[Indexed for MEDLINE]



Why Safe Recipe Style Guide?

- Create a new standard for how all food recipes should be written to include food safety instructions
- Educate recipe developers and publishers on the value of adopting the new standard

Observed Behavior Change

THE MUST-HAVE INGREDIENT FOR SAFE RECIPES = INSTRUCTIONS

When recipes contain food safety instructions, people follow them.¹

HANDWASHING BEFORE COOKING

Observed Consumer Behavior



90%
of people wash hands using
recipes WITH safety instructions.



59%
of people wash hands using recipes
WITHOUT safety instructions.



THE MUST-HAVE INGREDIENT FOR SAFE RECIPES = INSTRUCTIONS

When recipes contain food safety instructions, people follow them.¹

THERMOMETER USE

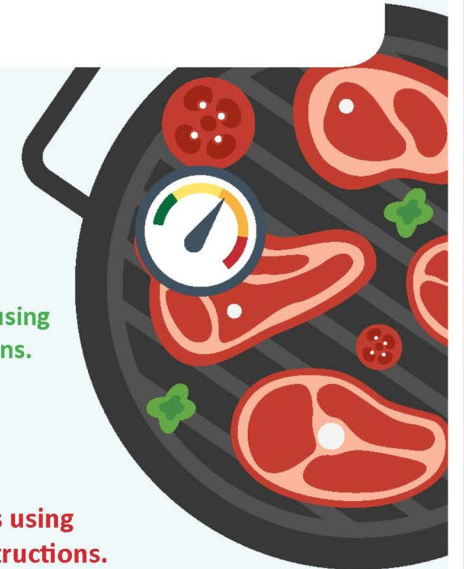
Observed Consumer Behavior



86%
of people use thermometers using
recipes WITH safety instructions.



20%
of people use thermometers using
recipes WITHOUT safety instructions.



Food Safety Can Be Easy!



www.fightbac.org | storyofyourdinner.org | saferecipeguide.org

The Guide & Temp Chart



Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.

saferecipeguide.org



TEMPERATURE

Cook until internal temperature reaches XX (fill in the blank and include chart with specific foods) on food thermometer.



HAND WASHING

Wash hands with soap and water. (Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs)



CROSS CONTAMINATION

Wash (insert cutting board, counter, utensil, serving plate) after touching raw meats, poultry, seafood or eggs)

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.



PRODUCE

Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145°F With a three-minute "rest time" after removal from the heat source
Beef, pork, veal and lamb (ground)	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F Cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F
Shrimp, lobster, crabs	Flesh pearly and opaque
Scallops	Milky white, opaque and firm
Clams, oysters and mussels	Shells open during cooking

Source: United States Department of Agriculture

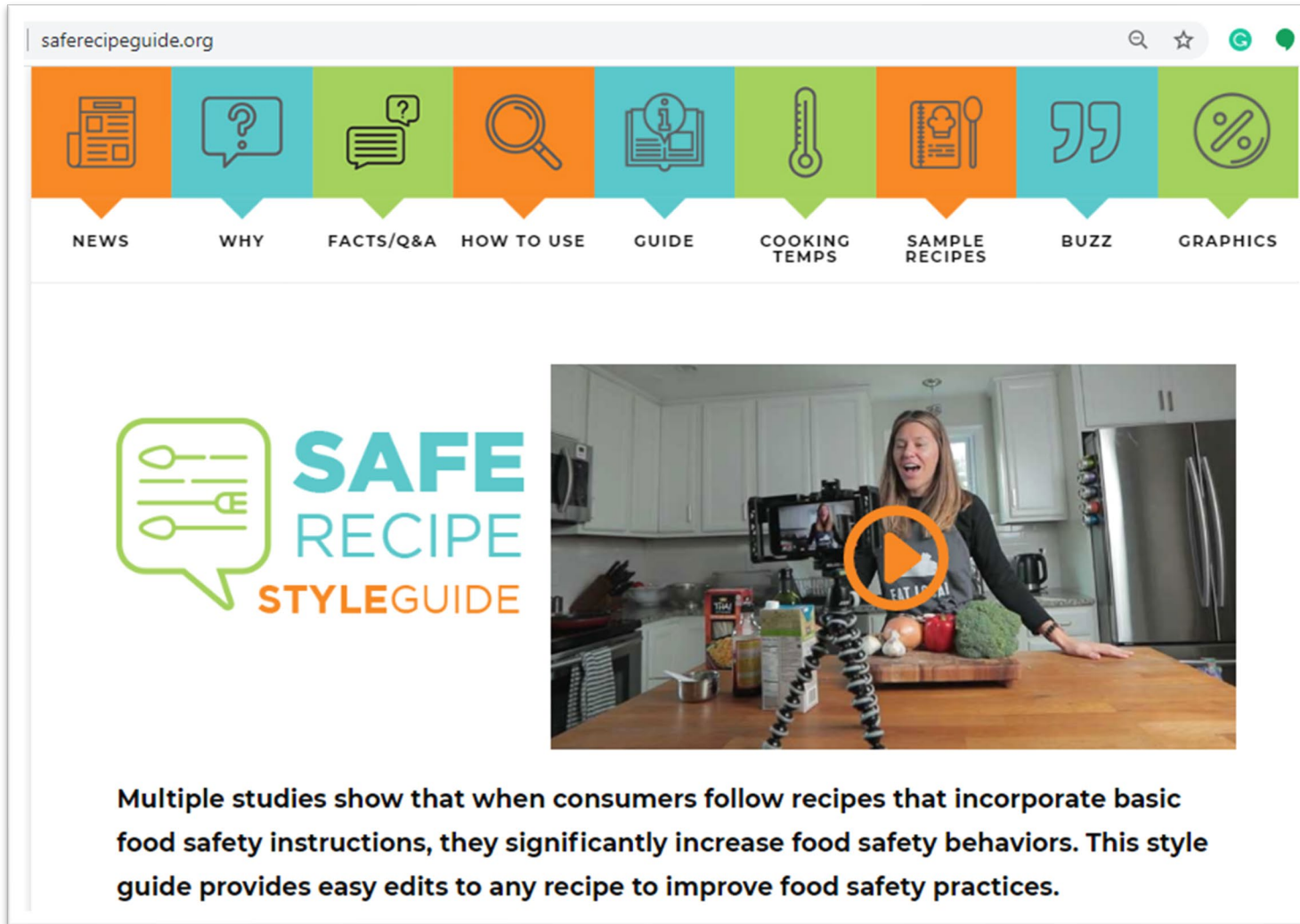
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SAFE RECIPE STYLEGUIDE

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. This style guide provides easy edits to any recipe to improve food safety practices.

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New Safe Recipe Lesson for Middle School

Safe Recipe
LESSON PLAN  For Teachers



Cargill **COSTCO WHOLESALE**  **THE story OF YOUR dinner**
Partnership for Food Safety Education

Safe Recipe
LESSON & GUIDE  For Students



Cargill **COSTCO WHOLESALE**  **THE story OF YOUR dinner**
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Teacher's Guide

Includes:

- Lesson plan, activity guide and objectives
- Aligned National Health & Science Education Standards
- Safe Recipe Style Guide
- Safe Minimum Internal Temp Chart
- Five sample recipes



Student's Guide

Includes:

- Activity guide
- Safe Recipe Style Guide
- Safe Minimum Internal Temperatures Chart
- Basic versions of five recipes (without safety steps)



Five Recipes & Interactive Quiz

Basic Recipe #1: Vegetarian Lasagna

Creating Safe Recipes Activity

Ingredients (makes 8 to 10 servings)

- 2 packs of frozen meatless ground crumbles
- 8 ounces lasagna noodles, uncooked
- 2 jars of pasta sauce (24 oz.)
- 1 medium onion
- 1 medium green, red, or yellow pepper
- 1 or 2 packs of shredded cheese
- 2 Tbsp of extra virgin olive oil
- 1 Tbsp basil
- 1 Tbsp oregano
- 1 Tbsp garlic powder
- 1 Tbsp Jamaican Jerk seasoning (optional)



Basic Recipe #3: Turkey Burgers

Creating Safe Recipes Activity

Ingredients (makes 4 burgers)

- 1 pound 93% lean ground turkey
- 1 Tbsp plain dry breadcrumbs
- ½ tsp salt
- ¼ tsp coarse ground black pepper
- ¼ tsp (heaping) garlic powder
- ¼ tsp (heaping) onion powder

1/2 cup mayonnaise
1/2 cup Worcestershire sauce
1/2 cup vegetable oil
1/2 cup tomato sauce
1/2 cup sliced onions
1/2 cup sliced lettuce



Basic Recipe #5: Pesto Salmon & Veggies

Creating Safe Recipes Activity

Ingredients (makes 4 servings)

- 1 pound salmon, skin and bones removed
- 1 pound zucchini or summer squash
- ½ pound cherry tomatoes
- 1 cup spinach leaves
- 1 cup fresh basil leaves
- ½ cup pine nuts
- ¾ cup grated Parmesan cheese
- 3 Tbsp olive oil
- 2 cloves minced garlic



Did You Create a Safe Recipe?



Put your food safety skills to the test!

TAKE QUIZ

Where to Find the Lesson?

- Available as a special handout today!
- Download at fightbac.org/featured and the [Fight BAC Curricula & Programs](#) page

Sneak Peak!

Safe Recipe Course for Students

Did you know there could be harmful germs in your food?

Germs are invisible, they're everywhere, and some can make you very sick. Germs can be in your food, on your hands, or even on kitchen utensils, cutting boards and counter tops. Luckily, there are steps you can take when you're preparing food that lower your risk of getting sick from food poisoning.

There's even a guide that can help! The [Safe Recipe Style Guide](#) helps you turn basic recipes into safe recipes. The guide walks you through adding safety steps to a recipe that lower the risk of harmful germs and keep you safe from food poisoning.

You might know some of these steps already! Take the quiz on the next page and test your food safety knowledge!

[Next Page](#)



Interactive Safe Recipe Activity for Students

Safe Recipe Course for Students

Enter your answer in the field below. Then click on the answer box to the right to check your response.

Why is temperature important in cooking? *

Submit

▶ [Answer:](#)

When should you wash your hands during food preparation? *

Submit

▲ [Answer:](#)

Wash your hands with soap and water before you begin any food preparation or cooking. You should also wash your hands any time you touch raw meat, poultry, seafood, or

Build a Safe Recipe



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David Fikes



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Stay STRONG with Family Meals

- Sensitive to current circumstances, we have modified our messaging for this year and created new resources
- COVID-19 Messaging Change
 - Health and well-being focus
 - Stay STRONG with Family Meals

2020 Family Meals Messaging

STAY STRONG With Family Meals



KEY MESSAGE #1
Family meals have always been one of the best healthy practices.

KEY MESSAGE #2
Family meals keep us connected.

KEY MESSAGE #3
Family meals are the foundation for a healthy nation.

Join the
FAMILY MEALS
Movement
FMI Foundation



Additional Resources



HOME COOKING
IN AMERICA 2020



SPECIAL REPORT BASED ON
U.S. GROCERY SHOPPER TRENDS 2020

COVID-19 Family Meals Resource Page

Join the Movement!

SHARE WITH FRIENDS
#FAMILYMEALSMOVEMENT

About Meals Matter Partners COVID-19 Tips Spotlight Get Social



COVID-19 Family Meal Tips

Making family meals happen can be tough under the best of circumstances, but COVID-19 has added a whole new layer of challenges to family meals. The pressures confronting each family may differ, but here are some of the latest and greatest resources to help you and your family make your time around the dinner table count!

We know that family meals feed our mind, body, and soul. And never before have our minds, bodies and souls needed more nurturing. No entity recognizes this more than the food retail industry.

FAMILY MEALS MAKE FAMILIES STRONGER

The most comprehensive study to date proves that family dynamics improve with the frequency of family meals.



See the Research | #FamilyMealsMovement

ARTICLE IN PRESS

Systematic Review

Family Meal Frequency, Diet, and Family Functioning: A Systematic Review With Meta-analyses

Shannon M. Robson, PhD, MPH, RD¹; Mary Beth McCullough, PhD²;
Samantha Rex, MS³; Marcus R. Munafo, PhD¹; Gemma Taylor, PhD⁴

ABSTRACT

Objective: To examine the direction and magnitude of the relation between family meal frequency and dietary and family functioning outcomes in children (aged 2–18 years).

Design: Systematic literature review with meta-analysis.

Methods: Independent electronic searches, 1 for each outcome of interest, were conducted across 5 databases: PubMed, Cumulative Index to Nursing and Allied Health Literature, Web of Science, Scopus, and PsycINFO. Studies were included if they were peer-reviewed and published in English in the US through December 2018.

Main Outcome Measures: Diet and family functioning.

Results: Dietary outcomes showed some evidence of a positive association between family meal frequency and fruits, vegetables, fruits and vegetables, sugar-sweetened beverages, and the Healthy Eating Index. There was less clear evidence of this relation in snacks, fast food, and deserts. A positive association was found between family meal frequency or dinner family meal frequency and family functioning outcomes. All studies included had cross-sectional and longitudinal study designs.

Conclusions and Implications: There is some evidence to show a positive relation between family meal frequency and dietary outcomes. There is stronger evidence for the relation with family functioning outcomes. Most articles included in the systematic reviews were excluded from meta-analysis owing to inadequate data and high methodological diversity across exposure and outcome variables.

Key Words: family meal frequency, diet outcomes, family functioning, dinner family meal, eating behavior (*J Nutr Educ Behav* 2019;0001–12.)

Accepted December 15, 2019.

INTRODUCTION

Family meals have been identified as a key factor in the home environment to promote positive health behaviors in children and adolescents. Family meals have been positively associated with healthy eating behaviors,^{1,2} improved dietary quality,³ psychosocial outcomes,^{4–6} and reduced engagement in high-risk behaviors.^{7–9} Because of these relations, family meals are hypothesized to play a protective role for children and are often recommended for

health promotion.^{10–12} The Expert Committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity¹³ specifically encouraged family meals in which the parent and child eat together, as a target behavior for obesity prevention.

Because of the presence of food at family meals, outcomes naturally have often focused on dietary intake or nutrition-related outcomes. Results of a systematic review examining the

influence of family meals on dietary intake in adolescents suggested that family meals may improve dietary intake and quality, but cautioned about the complexity of today's families (such as family structures, living arrangements, and employment demands) and the need to include mediating and confounding factors.¹⁴ The first study to use meta-analytic methods to examine the association between family meal frequency (≥3 meals/wk to <3 meals/wk) and nutrition health outcomes found that there was a 20% reduction of odds of eating unhealthy foods and 24% increased odds of eating healthy foods in children and adolescents when families shared ≥3 meals/wk.¹ The definitions used to define a family meal varied across studies. Besides the study by Hammons and Fiese¹ that reported unhealthy and healthy eating, a meta-analysis has not been conducted to understand the association between family meal fre-

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Conflicts of Interest Disclosure: The authors have not stated any conflicts of interest.

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The Importance of Family Meals: A Systematic Review



Safe Recipe Contest Video



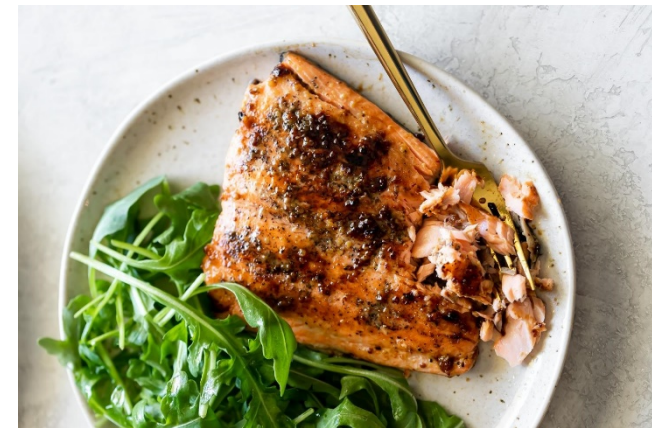
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Need a Little Inspiration?

- Don't overthink it.
- Use an easy weeknight meal.
- Submit your family's favorite!

You've got this!

Type your go-to easy dish in the chat!



Important Contest Notes

- A main dish prepared in 30 minutes or less
- Enter by August 17
- fightbac.org/recipecontest



Attend the webinar on September 9 for winners' announcement!

New SOYD Recipe Video! English & Spanish*



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Safe Recipes Available for Download

Southern Green Beans with New Potatoes and Bacon

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 4-5 slices hickory smoked bacon
- 1 teaspoon butter
- 2 cloves garlic, minced
- 2 shallots, chopped
- 1 pound new potatoes, boiled until tender
- 1 family size frozen French cut green beans, defrosted and drained
- Sea salt and ground black pepper to taste
- 1 teaspoon dried parsley
- 1 teaspoon dried rosemary

Directions

1. Wash hands with soap and water.
2. Scrub potatoes, garlic and shallots with a clean vegetable brush under running water.
3. Fill a large cooking pot with water, at least 2 inches above the potatoes, and drop in the potatoes. Add 1 tablespoon of salt and allow the potatoes to boil on high heat. Boil until the potatoes are tender, about 25 minutes. Using a colander, drain the potatoes, and rinse with cold water. Set aside.
4. Slice bacon into bite size pieces. Heat the skillet. When hot, add sliced bacon. Wash the cutting board with hot, soapy water. Wash hands with soap and water.
5. Cook bacon until crispy. Place the cooked bacon on a paper towel to drain. Remove the skillet from the heat and spoon out half of the leftover bacon grease. Allow the grease to cool and discard.
6. Turn down the heat to medium-low. Add 1 teaspoon of butter to the skillet. When the butter is melted, add minced garlic and chopped shallots. Sauté for 20-30 seconds.
7. Add tender new potatoes, and turn a few times so the skin of the potatoes is coated with the oil.
8. Gently stir the green beans together with the potatoes in the skillet. Season with sea salt and ground black pepper, dried parsley and rosemary. Crumble the cooked bacon on top of the mixture. Continue heating and stir occasionally until the internal temperature reaches 165 °F on food thermometer and the dish is steaming. Serve immediately.

Get more recipes at www.fightbac.org/saferecipes

Partnership for Food Safety Education

Wash hands with soap and water.

Wash hands with soap and water after handling uncooked bacon.

Use a food thermometer.

Slow Cooker Spinach Artichoke Dip

Makes 10-12 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 1 (10.5 oz.) box frozen chopped spinach, thawed
- 1 box frozen artichoke hearts, drained and chopped
- 1 tablespoon minced garlic
- 1 small onion, diced
- 1 cup 2% plain Greek yogurt
- 8 ounces Neufchâtel cream cheese, diced
- 1 cup mozzarella cheese
- 1 cup feta cheese
- Salt and pepper to taste

Directions

1. Wash hands with soap and water.
2. Thaw all frozen ingredients in the refrigerator set at 40°F before or thaw in the microwave. Do not thaw on the counter at room temperature. Do not use frozen ingredients in a slow cooker.
3. Gently rub garlic under cold running water. Scrub onion with a clean vegetable brush under running water.
4. Coat slow cooker with cooking spray.
5. Add all ingredients to a slow cooker and stir to combine.
6. Cook dip on low temperature until internal temperature reaches 165°F on a food thermometer.
7. Sprinkle with parmesan chips, bread or croutons.

Get more recipes at www.fightbac.org/saferecipes

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Broccoli Supreme Stuffed Potatoes

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 2 baking potatoes, large
- 1/2 cup frozen chopped broccoli
- 1/2 cup part-skim ricotta cheese spread
- 1 teaspoon Dijon style or prepared mustard
- 1 cup diced cooked ham, turkey or chicken

Directions

1. Wash hands with soap and water.
2. Scrub the potatoes with a clean vegetable brush under running water.
3. Pierce potatoes with a fork and microwave on high 7-8 minutes.
4. Prepare broccoli according to package directions. Drain the cooked broccoli. In a microwave safe bowl, combine broccoli, cheese, mustard and cooked meat. Microwave 1-2 minutes until cheese is melted. Stir to mix.
5. Cut potatoes in half lengthwise and lightly scrub with a fork. Place 1/2 of the broccoli mixture on each potato half. Bake.

Get more recipes at www.fightbac.org/saferecipes

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Stovetop Creamed Corn

Makes 6-8 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 1/4 cup unsalted butter
- 3/4 cup frozen corn
- 1/2 cup evaporated milk
- 1 teaspoon salt
- 1 tablespoon granulated sugar
- 1/2 teaspoon dried chives, plus additional for garnish
- 8 ounces shredded cheddar cheese
- 1/2 cup heavy cream
- Coated pepper, for topping

Directions

1. Place 1 cup of corn mixture in a high-power blender. Blend for 30 seconds until smooth.
2. Pour the pureed corn back into the pot, mix well and top with additional salt if needed and/or cooked black pepper.
3. Garnish with additional dried chives if desired and serve immediately.
4. Turn down the heat to medium-low and add in the shredded cheddar cheese. Continue stirring until the cream cheese has melted into the corn (about 5 minutes).
5. Begin stirring in the heavy cream and reduce the heat to low. Stir for 5 minutes and then top the butter with.

Get more recipes at www.fightbac.org/saferecipes

Partnership for Food Safety Education

Pumpkin Chocolate Chip Cookies

Makes 24 cookies

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

- 1/2 cup butter, softened
- 1/4 cup white sugar
- 1/2 cup packed brown sugar
- 1 egg, pumpkin puree (not pumpkin pie filling)
- 1 egg yolk
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1 tsp. hot water
- 1/2 tsp. salt
- 1 1/2 cups all-purpose flour
- 1/2 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- 1 c. semi-sweet chocolate chips

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Line 2 cookie sheets with parchment paper or aluminum foil, if desired.
3. In a large bowl, cream butter and sugars until light and fluffy. Beat in egg yolks, pumpkin puree and vanilla.
4. In a small bowl, whisk together baking soda and HOT water. Pour into butter/pumpkin mixture and begin to combine. Add flour, salt, and spices mixing until just combined. Stir in chocolate chips.
5. Show in an airtight container for up to 1 week.
6. Scoop 1/2 balls onto lined cookie sheet 2" apart from one another. Sprinkle with additional chocolate chips, if desired.
7. Bake cookies for 9-11 minutes or until edges begin to turn golden. Remove from oven and allow to cool on cookie sheet for 5 minutes before removing with a spatula and placing on a wire rack to cool completely.

Get more recipes at www.fightbac.org/saferecipes

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Poll Question #2

Are you planning to enter the Safe Recipe Contest?

1. I'm already entered & excited to hear the winners!
2. Yes! I have my recipe picked out.
3. Maybe. I've been inspired today.
4. No. I'm still eating my quarantine snacks.

E-mail Sign-up

Be the first to get new resources
and all the latest information!

fightbac.org/sign-up





Questions?

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- YouTube – [youtube.com/BACFighter](https://www.youtube.com/BACFighter)



Prize Drawing

We have a
Winner!

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Reminder: Contest Deadline August 17

- Visit fightbac.org/recipecontest
- Save the Date: September 9 winners' event!



Continuing Education Units

****FINAL REMINDER****

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1. Download certificate from sidebar now
2. Follow-up email
3. Download at fightbac.org under “Free Resources” tab and “Recorded Webinars”

Thank You!



David Fikes

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