**From farm to plate, make food safe.**

**FOOD SAFETY for CHILDREN UNDER 5**

**Why are children under 5 at risk?**

- Their immune systems are still developing.
- Children under 5 are more likely to develop food borne illnesses compared to older children.
- Food poisoning can cause vomiting and diarrhea, leading to dehydration quickly in infants and children, as their bodies are tiny.

**High Risk Foods**

- Raw or undercooked meats, fish, poultry, and eggs.
- Unpasteurized milk and juice.

**Proper Cooking Temperatures**

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Poultry (chicken, turkey, duck)</td>
<td>165 °F</td>
</tr>
<tr>
<td>Eggs and Ground Meats</td>
<td>160 °F</td>
</tr>
<tr>
<td>Fish &amp; Shellfish</td>
<td>145 °F</td>
</tr>
<tr>
<td>Beef, Pork, Lamb, Ham</td>
<td>145 °F</td>
</tr>
<tr>
<td>Leftovers and Casseroles</td>
<td>165 °F</td>
</tr>
</tbody>
</table>

**Storage Guidelines for Infant Foods**

<table>
<thead>
<tr>
<th>Solid Type</th>
<th>Refrigerator</th>
<th>Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strained fruits and vegetables</td>
<td>2 to 3 days</td>
<td>6 to 8 months</td>
</tr>
<tr>
<td>Strained meats and eggs</td>
<td>1 day</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Meat/vegetable combinations</td>
<td>1 to 2 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Homemade baby foods</td>
<td>1 to 2 days</td>
<td>1 to 2 months</td>
</tr>
</tbody>
</table>

**Remember To:**

- Wash your hand and surfaces frequently.
- Keep raw meats away from ready-to-eat-foods.
- Cook foods to the proper temperature.
- Place leftovers in the refrigerator within 2 hours of being cooked.

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This institution is an equal opportunity provider.
Turkey Rice Soup

Ingredients:
2 teaspoons olive oil
1 cup onions, chopped***
1 cup white mushrooms
1 clove garlic***, minced or 1/4 teaspoon garlic powder
1 can (15 ounces) diced tomatoes***
3 cans (14.5 ounces) low sodium chicken broth
1 can (10.75 ounces) reduced sodium cream of chicken soup
1 cup instant brown rice, uncooked***
2 cups chopped broccoli***
2 cups cooked skinless turkey, chopped
1/2 teaspoon ground black pepper
- can substitute with different vegetables or add any extra vegetables
***WIC foods

Directions:
1. Heat oil in large saucepan over medium heat.
2. Add onions, mushrooms, and garlic.
3. Cook, stirring often, until onion is tender (about 5 minutes).
4. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender (15-20 minutes).
5. Stir in the broccoli and turkey. Return to boil.
6. Reduce heat and simmer (partially covered) until broccoli is tender and turkey is heated through (about 5 minutes).
7. Remove from heat and stir in pepper.

Staying Active as Temperatures Drop

Indoor Activities
- Family Dance Party
- Take a trip to the mall to walk
- Try active games like twister
- Use tape to make a hopscotch pattern
- Go bowling
- Visit indoor bounce houses
- Hula hoop

Outdoor Activities
- Take a walk to see holiday decorations
- Build a snowman or fort
- Go sledding
- Have a snowball toss
- Make snow angels
- Try winter sports like skiing or snowboarding

Events

North Country Children’s Consignment Sale:
- Oct. 5th, 9am-3pm at the Plattsburgh Crete Center
- Clothing (newborn to size 14), toys, books, etc.
- $1 entrance fee for adults.

Trick-or-Trot: October 10/26 at 10:00am
- Located at the Cadyville Rec. Park
- Halloween themed fun run (All ages)

***Check out local Orchards and Farms for fun family outdoor activities, including apple and pumpkin picking, corn mazes, and free hay and wagon rides***