



September 2018

Enjoy good (and safe) eats on the trail or at the campsite

Heading out this fall for an afternoon hike to take in the changing leaves? Setting up camp for the night (or several)? Whether it's one of these or both, make sure you've got the right supplies – especially food and water. And while it may not be hot out anymore, you still have to take steps to ensure your food and water are safe. Here are some tips for your outdoor adventures.

- Plan ahead. Think about the length of your trip and how much food and drink you'll realistically need.
- If bringing perishable food, pack it securely in plastic wrap or containers. Keep everything chilled (under 40° F). You can freeze juice boxes and/or bottled water, which will keep your food cold while thawing for later use. Frozen gel packs work well, too.
- If possible, pack foods in a cooler. If you're car camping, keep the cooler in the car, not the hot trunk. Use plenty of ice packs.
- Never leave perishable food unrefrigerated for more than two hours, or only one hour if outdoor temps are 90° F or above.
- If you'll be cooking raw meat, be sure it's cooked to a safe internal temperature. That's 160° F for ground meat, 165° F for hot dogs and poultry, and at least 145° F for things like chops and steaks.
- Keep raw foods and cooked foods separate to avoid cross-contamination.
- Bring antibacterial wipes, biodegradable soap, and/or moist towelettes. Wash your hands often, especially before eating.

QuickTakes



Fall Fun — Buh-bye, summertime, it's always hard to see you go.

But then again, the close of summer does bring about a certain sense of excitement. School's back in session, jackets and sweaters come out of hiding, there's a nip in the air, and stews and soups replace salads and lemonade. Fall definitely has its charms!

Some people might equate the end of summer with the end of outdoor activity. They think it's time to hunker down and hibernate—to substitute board games and TV for hiking and biking. And that's a shame, because autumn is a perfect time to get outside for a run or whatever outdoor activity you enjoy most. After all, temperatures in September and October are often still plenty comfortable, if not downright balmy. Even in the northernmost states, the weather can be mild and lovely into November. The air is nice and fresh, and the changing leaves can be breathtakingly stunning.

It's all about dressing for the weather—layers are best when the temperatures go down. And when it's dark in the morning and starts getting dark in the late afternoon, be sure you have reflective clothing, a flashlight, and/or bike lights to help keep you visible and safe.

Of course, being active in cool crisp weather is bound to make you work up an appetite—especially if you've hit the hiking trail or you've decided to do some camping before the snow flies. So in this newsletter, we've packed up some helpful tips on keeping food fresh and safe when you're away from your kitchen and out enjoying this fabulous time of year.

- If you won't have access to clean drinking water, pack purification tablets or a portable water filter. Boiling water for at least a minute is another option.
- Stay well hydrated, even if it's not hot out. Drink at least four cups of water before setting out — that way you won't have to carry as much water with you. After that, drink about two cups of water for every hour you're hiking or otherwise active.
- Get creative with seasonal foods. Apples, pears, sweet potatoes and squash, for example, are at their delicious peak in the fall. Check online or in cookbooks for recipes.

Great foods to pack

Not sure what to pack when venturing out? Think lightweight, nutritious, and filling. Things like nuts, dried fruit, and energy and granola bars (or just plain granola) all pack a punch. Jerky and pouches of tuna are great protein sources. If you'll be cooking, oatmeal, pasta and grains like quinoa, rice or couscous, and dried soups are perfect (just make sure you use clean water). And don't forget the makings for s'mores, if you've got room.

Leave it like you found it

Don't spoil the natural beauty you're enjoying by leaving litter behind. Even leaving food scraps isn't a great idea, because wild animals shouldn't eat human food. Bring along something to stash your garbage in, and then dispose of it properly once you've left the trail or campground.

Watch the weather report and plan accordingly. Keep safety top of mind. Then sling on that backpack and head out to enjoy the season, the beauty of nature and the satisfaction that comes from being active.

Sources:

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Roasted Zucchini Makes 4 servings

Here's a quick, easy and flavorful dish that will make the most of your summer squash or zucchini. Serve a generous portion for dinner and save leftovers for lunch or a snack.

INGREDIENTS

- 3 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- 1/4 tablespoon chopped fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon freshly ground black pepper
- 1 pound zucchini or yellow summer squash, sliced 1/2 inch thick
- 1/4 teaspoon Kosher salt, if desired

DIRECTIONS

1. Preheat oven to 425° F.
2. In a small saucepan, cook garlic in hot oil over medium heat for 30 seconds. Stir in rosemary and pepper.
3. Place zucchini in a 13x9x2 baking pan; add oil mixture. Toss to coat. Roast uncovered in the preheated oven for about 20 minutes or until crisp-tender, stirring once. Before serving, sprinkle Kosher salt over zucchini, if desired.



NUTRITIONAL INFORMATION

54 Calories
 2 g Protein
 4 g Fat
 1 g Saturated fat
 5 g Carbohydrates
 0 g Cholesterol
 1 g Dietary fiber
 155 mg Sodium