



# Cassara Consulting

"Your Neighborhood Nutritionists"

Dietitian - Nutritionist - Education - Counseling - Insurance Accepted



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Don't forget to check out  
[www.cassaraconsulting.com](http://www.cassaraconsulting.com) for our recipe and  
healthy tip of the week!

## Newsletter Winter 2019

### Winter Workouts

Once the weather turns cold, snow and ice can make jogging and bike riding difficult – and even unsafe! Don't let the cold winter months be an excuse to cut back on your exercise routine. Consider these calorie-burning indoor activities:

- Take the stairs instead of the elevator or escalator.

- Walk around your building's hallways at lunch.
- Watch and follow an exercise DVD at home.
- Walk your local mall – did you know that most malls open up 1-2 hours before the stores do?

Adapted from eatright.org.



"I THOUGHT CARROTS WERE SUPPOSE TO BE GOOD FOR THE EYES?"

## NEW PRODUCTS We Love!

One of my favorite things about grocery shopping is discovering new products that can become a part of a healthy lifestyle. Some new items in my shopping cart include: Rhythm SuperFoods organic carrot sticks, Dave's Killer Bread English muffins and Bada Bean roasted bean crisps.

Rhythm Superfoods is a brand that makes whole-foods dried snacks. I have been a fan of their kale chips for years and recently tried their carrot sticks - another great, crunchy snack alternative. High in fiber and potassium!

Dave's Killer Bread, one of my favorite bread companies recently released their line of English muffins. Made with the

same wholesome ingredients of their breads, the whole grain English muffins are a good source of fiber.

You may be familiar with the previous Enlightened roasted broad bean crisps - well now they have a brand new name, packaging and flavors - Newly transformed into Bada Bean Bada Boom! They recently released 5 new flavors, my favorite being their Sweet Onion & Mustard! A great on-the-go snack by itself or in a homemade trail mix.



### What's in Season?

- Brussels Spouts
- Clementines
- Collard Greens
- Dates
- Grapefruit
- Kale
- Kiwi
- Leeks
- Mandarin Oranges
- Oranges
- Passion Fruit
- Pear
- Pomegranate
- Sweet Potatoes
- Tangerines
- Turnips
- Winter Squash

# 10 Food Safety Tips for the Slow Cooker

Reviewed by Taylor Wolfram, MS, RDN, LDN.  
Published February 2017 on Eatright.org

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with a slow cooker. It is perfect for making overnight oatmeal, a game-day dip or even a winter stew. This is a dream come true for any multitasker, but if you neglect food safety rules, this dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

1. **Start with a clean space.** Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands.
2. **Keep perishable foods refrigerated as long as possible.** Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
3. **Prepare meat and vegetables separately.** If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
4. **Always defrost meat or poultry before putting it in the slow cooker.** Defrosting will ensure your food cooks all the way through to the safe



- internal temperature. Defrost in the refrigerator, never at room temperature.
5. **Pay attention to temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Start your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time — for example, if you are leaving for work. Just make sure your food reaches the proper internal temperature (see number 9).
6. **Make sure your foods fit.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
7. **Cut up your meat.** Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding them to the slow cooker.
8. **Keep the lid on.** It is important to retain the heat when making a slow cooker meal, so avoid taking off the lid. Only remove the lid to stir or check for doneness.
9. **Use a food thermometer.** The only way to know for sure that your food is safe to eat is with a food thermometer. Consult the [Is My Food Safe?](#) app or an internal temperature guide to determine the proper internal temperature.
10. **Store leftovers in shallow containers and refrigerate within two hours.** One of the best parts of your slow cooker meal is the leftovers. But you must make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.