



# The Sacred Heart Beat

## *Spring has Sprung!*

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Now that spring has arrived and summer is not far behind, it's time to get outside and enjoy the warm, sunny weather! So get out the sunscreen, grab your helmet and get active with your friends and family.

After a day of family fun, start the barbeque and enjoy a healthy meal with family and friends. In this issue of the Sacred Heart Beat, check out the tasty summer salad recipe. Along with eating outdoors, there are a

few extra food safety tips you need to consider during the hot weather months. Take a look below to ensure your keeping your family and friends safe.

Take the time during these warm weather months to enjoy the outdoors with fun, family activities and celebrate healthy eating by enjoying the fresh fruit and vegetables that are grown locally.

Enjoy!

## *Food Safety Tips*

- Thaw frozen foods in the fridge or microwave. *Never* defrost food on the kitchen countertop or outside.
- Marinate foods in the refrigerator, and never reuse any marinade that has touched raw meat or poultry (it's a good idea to make separate batches for marinating and then basting food!).
- Use a meat thermometer when grilling, to ensure hamburgers are cooked to 160°F, chicken is cooked to 170°F and hotdogs are reheated to 160°F. Never partially grill meat or chicken for further cooking at a later time.
- Don't leave cooked food outside in hot weather (90°F or higher) for more than 1 hour. Throw away any perishable food that has been unrefrigerated for more than 1 hour.
- Refrigerate all foods immediately *below 40 degrees Fahrenheit* (°F). Keep your cooler stocked with ice packs or plenty of ice to last during parties. Buy and use a food thermometer to make sure the cooler stays cold. Transport the cooler in your air-conditioned car, not in the hot trunk.

## Stay Safe! Be Safe!

Bicycle safety tips to keep your child safe:

1. Always wear a helmet. It's the LAW! Cyclists under 18 years old must wear a helmet. If you're on a skateboard or in line skates, don't forget your helmet and other protective clothing like knee pads, elbow pads and wrist guards.
2. Wear bright colours or clothing with reflective trim or fabric. At night it's hard for cars to see you, so attach a light to the front and back of your bike.
3. Follow all STOP signs and traffic lights. Do not ride through an intersection.
4. Go Solo. Riding two or more on a bike or skateboard can be unsafe.
5. Make sure your bike is the proper size for you.



Adapted from: [www.safekidscanada.com](http://www.safekidscanada.com)



## TV Magic —

### Pull an exercise out of a hat!

On those rainy days when you're indoors, get out the Wii or turn your favourite show into a work-

- Each player writes down an exercise, like jumping jacks, sit-ups or push-ups on a piece of paper.
- Fold the papers and put them in a hat.
- While watching TV, each person picks an activity out of the hat.
- During the TV ads, each player does his or her exercise until the ads are over.
- When everyone is done, fold the papers and put them back into the hat.
- Start over with the next ad!

Did you know that many kids in Canada spend more time watching TV every year than they spend in school?



## Easy Greek Tomato and Cucumber Salad

- 1 large cucumber, chopped
  - 2 tomatoes, chopped
  - 1/2 cup chopped green peppers
  - 1/2 cup thinly sliced red onions
  - 1/2 cup Kraft Feta cheese with Oregano, Sun Dried Tomatoes and cracked peppercorns
  - 1/4 cup Kraft Signature Greek with Feta and Oregano Dressing
  - 1/2 tsp. lemon zest
- Combine all ingredients



### Tip:

Make ahead. Make this salad up to 24 hours ahead of time to let the flavours blend together. Refrigerate until ready to serve.

Recipe from: [kraftcanada.com](http://kraftcanada.com)