

# News



- **Diabetes in Motion** – Remember to finish the 2018 Diabetes in Motion requirements before the end of the year. Complete four of the five requirements to earn a free pair of Nike shoes. For questions about the program, contact the NHBFP Health and Human Services Department at 269.729.4422.
- **Matter of Balance** – Don't miss the next Matter of Balance program being offered Mondays in Grand Haven. Classes will be from 5 to 8 p.m. in the Grand Haven Community Center, September 10 through November 12. To register, contact Health Educator Brianne Parrish at 616.514.3652 or brianne.parrish@nhbp.org!
- **Diabetes PATH** – Make sure to register for the next Diabetes PATH class! Classes will be held Tuesdays from 10 a.m. to noon at the Grand Rapids Health Facility, September 11 through October 23. To register, contact Health Educator Brianne Parrish at 616.514.3652 or brianne.parrish@nhbp.org!



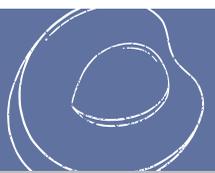
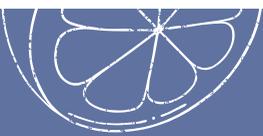
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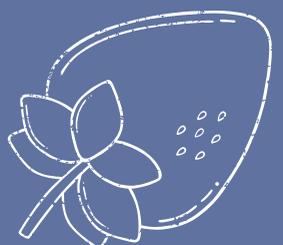
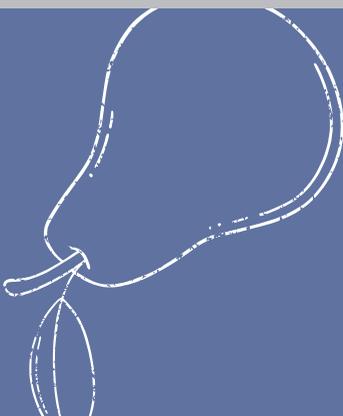
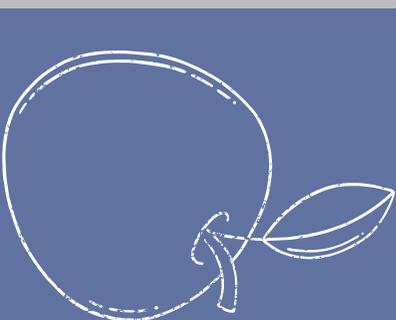
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# Mno-Bmadzewen



## Recipe: Wild Rice with Hazelnuts & Blueberries

### Ingredients:

- 2 cups Wild Rice
- 5 cups water
- 2 onions, diced
- 1 cup hazelnuts, diced
- 1 cup dried blueberries



### Instructions:

1. Wash Wild Rice and combine with water and onions in a large kettle.
2. Bring to a boil, cover and simmer for approximately 20 minutes or until water is absorbed. Add hazelnuts and blueberries.
3. Steam covered for an additional eight minutes, stirring occasionally. Serve hot.

## FOOD SAFETY

Everyone knows that eating nutritious food is important in maintaining health. Food can be viewed as fuel and medicine for our bodies. However, how we prepare and handle the food is equally important to our health. Bacteria can't be seen, smelled or tasted, therefore proper food handling, cooking and storage are all necessary to prevent foodborne illnesses.

The following steps are easy and effective tips to handle food safely:

#### Clean:

Wash your hands frequently. Be sure to also wash the surfaces that food is placed on, as well. Kitchen knives, cutting boards, countertops and stovetops should be sanitized often.

#### Separate:

Don't cross contaminate food while cooking. For example, it is best to cut chicken with a different knife than you would use for vegetables. Raw chicken can contain salmonella which can easily spread to vegetables.

#### Cook:

Use a meat thermometer to ensure foods are cooked to the correct internal temperature.

Here is a breakdown of common foods and temperatures to cook them at:

- 135 degrees F: Fruits, vegetables, rice, pasta and beans
- 145 degrees F for 4 minutes: Beef, lamb, pork and veal
- 145 degrees F for 15 seconds: Seafood and steaks or chops of beef, lamb, pork or veal
- 155 degrees F for 15 seconds: Ground, minced or brined beef and pork, and ground, chopped or minced seafood
- 165 degrees F for 15 seconds: Poultry or stuffed meat, seafood and pasta

#### Chill:

Refrigerate food promptly after cooking. It is best to put perishable foods in the refrigerator within two hours of cooking.