

# Healthier Communities Today

The Quay County Maternal Child and Community Health Council -- Number Two

These ideas are from your Quay County Cooperative Extension Service.

## Easter is On Its Way!

Hunting colored Easter eggs is a fun tradition for many families on Easter. However, this tradition could be subjecting our families to food-borne illnesses if we do not properly handle the eggs. Every time the eggs are handled we are providing an opportunity for the eggs to come into contact with harmful bacteria. Be sure to practice these food safety tips this Easter:

1. Wash your hand thoroughly before handling the eggs at every step including: cooking, cooling, dying, and hiding. If you won't be coloring the eggs right after cooking them, store them in their cartons in the refrigerator.
2. Don't color or hide cracked eggs.
3. When coloring the eggs, use water warmer than the eggs and refrigerate them in their cartons right after coloring. If you want to eat the colored eggs later, be sure to use food coloring or specially made food-grade egg dyes.
4. When hiding eggs, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
5. Refrigerate the eggs again after they have been hidden and found.
6. Do not eat cracked eggs or eggs that have been out of refrigeration for more than 2 hours.
7. If you plan to use hard-cooked eggs as a centerpiece or other decoration and they will be out of refrigeration for many hours or several days, cook extra eggs for eating and discard the eggs that have been left out as decoration.

## Home-made Easter Egg Colors

1 cup boiling water  
10 drops (or until desired shade is reached) of food color  
2 TBSP vinegar  
Hard-boiled eggs  
Glass cups or bowls  
Large TBSP for dipping eggs

Pour boiling water into glasses, enough to completely cover hard-boiled eggs. Add vinegar and desired food coloring. Dip boiled eggs into mixture until desired shade is reached.

## Spring Break is Nearly Here!

Spring break is here and our kids are excited about a much needed break, at least it is in their eyes. Many families have planned nice trips, but a lot of us are staying at home. Take some time during this break to do something special with your kids. Even if you have to work, they won't have homework at night so you can do something then. Here are a few suggestions from the Family Life Month Calendar developed by the Extension Service at Ohio State University:

Build and Fly kites  
Go for a nature walk  
Go on a picnic even if it is indoors  
Have a family sing-along  
Have a family video night.  
Make a cake and share it with a neighbor  
Make a family banner  
Make a family wish list for vacations  
Make and send cards to special people  
Plan a sleep-over for your child  
Play a game together as a family  
Pull out the family picture albums  
Talk together as a family  
Write a funny story

For more information about the MCCH Council,  
contact Alida Brown at 461-4218.

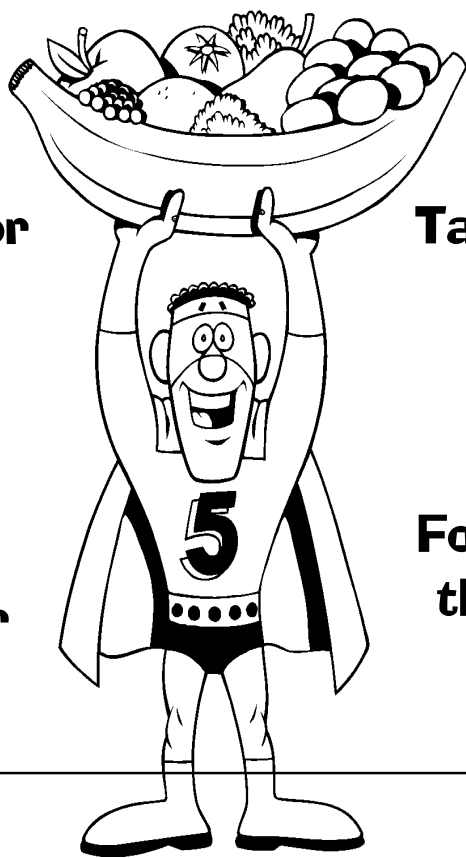
This newsletter is produced with funds from the New Mexico Department of Health.

QUAY COUNTY  
MATERNAL CHILD & COMMUNITY  
HEALTH COUNCIL

# **Come to a 5 a Day Nutrition Extravaganza!**

**FREE**

**Captain 5-a-Day  
Audiocassettes for  
fun with your  
children!**



**Tasty food samples  
and recipes!**

**Fun food ideas for  
your family!**

**Food shopping tips  
that will save you  
money!**

**\$10 cash given to each family at the meeting!**

**Logan**

**Tuesday, April 1, 2003  
6:00 - 7:30 pm  
at the Logan Preschool**

**Tucumcari**

**Saturday, April 26, 2003  
10:00 - 12:00 am  
at the Del Norte Community Center**

**San Jon**

**Wednesday, April 9, 2003  
4:00 - 5:30 pm  
at the San Jon Preschool**

**For more information, contact the Quay MCCH Council at 461-9926.**