

Slow Cooking: It's Easy If You Do It Smart

Nutrition Education
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Did you know?

If the power goes out during the slow cooking process, you need to take food safety precautions:

- If you are home, immediately finish cooking on a gas stove or outdoor grill.
- If you are NOT home, throw away the food as you will not know how long it has been in the food safety temperature danger zone.

Slow cookers are a convenient way to prepare nutritious meals throughout the year. During the fall and winter season, a slow cooker can bring you a warm, delicious, nutritious meal. When the weather starts to warm up, the slow cooker can reduce the amount of heat in the kitchen. Below you will find a few benefits and smart safety tips for slow cooking.

Benefits

- You can **cook a variety of meals** such as casseroles and stews
- Placing all the ingredients in the slow cooker **reduces the preparation time**
- Slow cookers **use less electricity** than an oven

Smart Tips

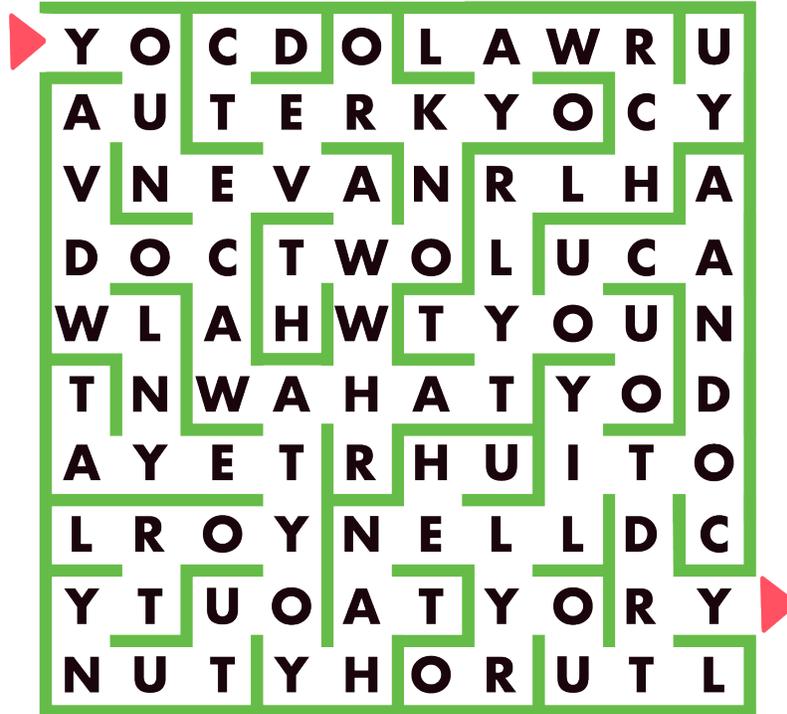
- Make sure you read the instructions that came with the slow cooker. Slow cookers come in different sizes so the instructions may differ
- Thaw your meat completely in the refrigerator before cooking it in the slow cooker
- Make sure your slow cooker and work area are clean
- Wash your hands before and during the preparation of your meal
- If you cut your vegetables and meat ahead of time, store them separately in the refrigerator
- If possible cook the meal on HIGH for the first hour and then turn the dial on LOW
- First place the vegetables, then meat, and the liquid (water, broth or BBQ sauce) in the slow cooker
- Keep the lid in place, removing the lid will slow down the cooking time
- Reheat leftovers on the stove or in the microwave and NOT the slow cooker



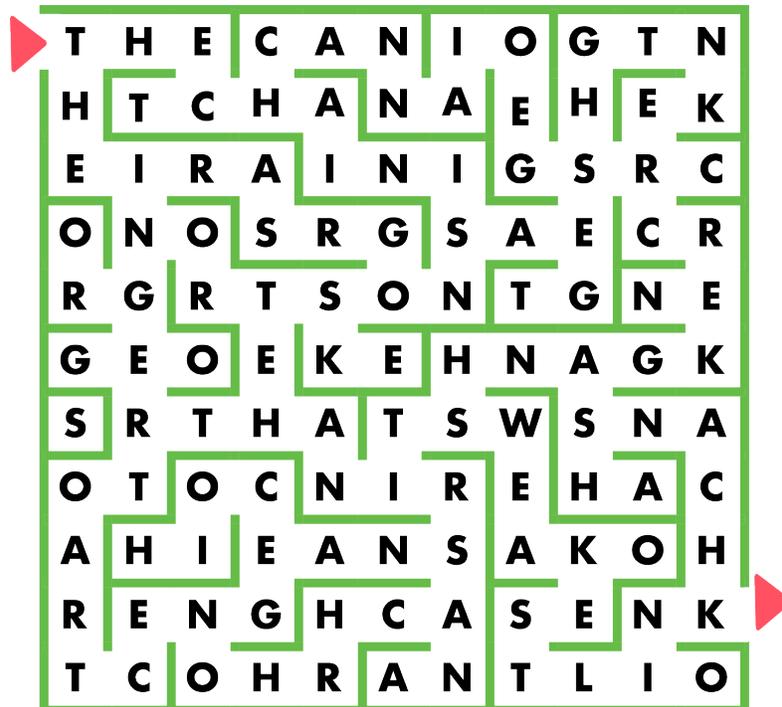
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A-MAZE-ING PROVERBS

Correctly complete the mazes below to reveal a wise proverb!



You never know what you can do till you try.



The chain is no stronger than its weakest link.