



## Delivering on Student Well-Being

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## The Dietitian's Desk

Welcome to "The Dietitian's Desk!" This monthly newsletter is committed to providing insightful nutritional information and facts that promote a healthy lifestyle inside and outside of Sodexo's outstanding school nutrition program.

If you have any questions or comments, feel free to contact us at:

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Resources:  
[Eatright.org](http://Eatright.org)  
[Foodandnutrition.org](http://Foodandnutrition.org)

## Food Storage Safety Tips for the Cupboard

When stored properly, some foods can remain safe and keep their quality for an extended period of time. Store foods in the right container, at the right temperature and for the right length of time. Proper food storage will reduce your risk of food poisoning and also help your money go further since your food won't spoil as quickly.

Here are some tips on proper food storage in the cupboard:

- Keep your cupboards and pantry clean, dry, dark and cool — preferably away from any heat-producing appliances. A cool temperature range, between 50°F to 70°F, helps keep foods at their best longer. When foods are stored at warmer temperatures (above 100°F) it tends to lower the quality of many foods, especially canned goods.
- Organize your cupboards by placing older containers in front to use first. Canned foods have a long shelf life and, if stored properly, many unopened canned foods stay safe to use past their quality date on the can. For highly acidic foods, such as tomatoes and fruit, they may keep for as long as 12 to 18 months and less acidic foods, such as canned meats and vegetables, may last for two to four years.
- Be alert for food spoilage and discard cans that are cracked, bulging, leaking or that spurt liquid when opened.
- Most unopened dried fruits and vegetables can be stored in the pantry for 6 months to a year. After opening, use within one to three months or transfer to the fridge for a longer shelf life. For more information on how long foods last, check the FoodKeeper App.
- After opening packages of dry foods, such as rice and pasta, store them in dry, airtight containers. This will help keep out insects and rodents and help prevent food from absorbing odors and moisture.
- Store foods away from kitchen chemicals and household trash.

*Reviewed by Sarah Klemm, RDN, CD, LDN  
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### Pantry Pilfer!

When Covid-19 first made its appearance on the news, many of us filled our pantries with goods that would last through the end of the world. But what do we do now that our grocery stores have returned to a somewhat normal function? Here is one idea to use up your cans or bags of dried beans...

*Source: Lazy Delicious Vol 9 Iss 2  
Food & Nutrition Magazine*

### Black Bean Lettuce Wraps:

Drain and rinse a can of black beans. In a skillet on the stove, mix beans with 1 cup salsa and add a sprinkle of chili powder and cumin. Once hot, wrap bean filling in romaine lettuce leaves and add toppings such as diced avocado, cilantro, black olives, shredded cheese, cooked quinoa or cauliflower rice.