It’s That Time Again: Grilling Season!

With the warmer weather and longer days, summer is a great time for enjoying the outdoors and partaking in outdoor activities. Grilling outdoors is a popular method of cooking for many during the summer months, and it is important to remember safe cleaning, prepping, and cooking methods.

Keep the following food safety tips in mind when you grill out this summer:

**Be sure to clean:** Before you start grilling, be sure to wash the grill down with hot soapy water. Wash your hands before, during, and after food preparation. Think about packing moist towelettes and hand sanitizer in your cooler for when you are away from home and soap and water are not available.

**Remember to separate:** Separate all raw meats from ready to eat foods and vegetables when preparing and cooking. Use separate cutting boards and utensils. Do not re-use marinade unless it is boiled first.

**Keep temperatures in mind:** Use a food thermometer to check the temperatures of your foods. Using a food thermometer is the only way to ensure a safe internal temperature of foods.

<table>
<thead>
<tr>
<th>Food</th>
<th>Minimum Internal Temperature</th>
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<tbody>
<tr>
<td>Poultry</td>
<td>165°</td>
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<tr>
<td>Ground Turkey and Chicken</td>
<td>165°</td>
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<tr>
<td>Ground Beef, Pork and Lamb</td>
<td>160°</td>
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<tr>
<td>Steak</td>
<td>145°</td>
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<tr>
<td>Pork</td>
<td>145°</td>
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<tr>
<td>Fish</td>
<td>145°</td>
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<tr>
<td>Veggies and Fruits</td>
<td>Grill until tender and slightly browned</td>
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</tbody>
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Grilled Peaches with Frozen Yogurt

Ingredients:
- 2 tablespoons light brown sugar
- 1/2 teaspoon cinnamon
- 4 fresh peaches
- grapeseed oil (or vegetable oil)
- vanilla frozen yogurt

Directions:
In a small bowl, combine brown sugar and cinnamon.
Cut peaches along the seam all the way around and twist halves off and remove the pit.
Brush cut sides with grapeseed oil or vegetable oil.
Cook, cut side down, on a hot grill until fruit has grill marks, 3 to 4 minutes.
Brush tops with oil, turn over, and move to indirect heat.
Sprinkle cut sides with cinnamon and brown sugar mixture.
Cover grill and cook until sugar is melted and fruit is tender, about 10 minutes.
Serve with vanilla frozen yogurt or plain Greek yogurt.

Try Grilling Fruit
Grilled fruit is a perfect dessert for those hot summer days when you get out the grill for cooking.
Warming the fruits brings out the sweetness of the fruit, and it goes great with frozen yogurt or plain Greek yogurt!

Upcoming Summer Programs:

Gluten Free Dining Series

June 20th  Sides and Snacks
July 18th  Breads and Desserts

Time:  12 - 1 PM or 6 - 7 PM
Location:  114 Gifford Bldg. on CSU Campus
Cost:  $20.00 per class, $10.00 for CSU Students and Employees
A Voice above the Crowd: Career of Alumna Influences Diabetes Education and Research

By Katie Boeder, College of Applied Human Sciences

“I left my heart here, when I left home in 1975,” explains Joyce Green Pastors, a 1975 graduate of food science and nutrition. “Part of me is always here in Fort Collins.”

A native of Fort Collins, Joyce entered Colorado State University as an eager freshman or “townie” as she calls it. “My father also attended CSU, back in the 1950’s when it was known as Colorado A and M, and we lived six blocks from campus.”

She soon found her niche on campus after pledging to the highly academic Alpha Chi Omega Sorority; joining the University’s a capella choir, which she sang in all four years; and deciding to switch her major from music and fashion merchandising to food science and nutrition. “I took a nutrition class and really liked it,” says Joyce. “I realized I enjoyed science!”

She credits her advisor for helping her understand that it was okay to not know exactly what she wanted to be, and instead try new classes that were fulfilling. It was the same advisor who, in 1975 with no available internships in Colorado, convinced her to head east, when the rest of her 53 classmates were looking west.

She landed a paid internship at the University of Arkansas, which led her to a master’s degree program in human nutrition at the University of Missouri. “I found my passion for working in the field of diabetes when I was in graduate school,” comments Joyce. Her first years out of graduate school were spent at the Mayo Clinic in Rochester, Minnesota, as a diabetes dietitian. While the position came with a large amount of patient interaction, she soon realized that her real desire was to provide professional education in nutrition and diabetes and conduct research in obesity management and lifestyle change.

In the process, her career became one of great distinction and one that has directly influenced the practice of many diabetes health care professionals and improved the lifestyles of many persons with diabetes.

On Oct. 18, Joyce celebrated her 29th year at the University of Virginia, in what’s now the Virginia Center for Diabetes Professional Education in the Department of Internal Medicine. She is one of three faculty in the Division of Endocrinology, who travels statewide training healthcare professionals on how to best care for and manage their patients with diabetes or those at risk for diabetes. Their specialty also links their work to obesity education and prevention.

Her resume is decorated with a number of impressive accolades including leading a 1998 coalition that introduced a Bill into Virginia State Congress to fight for proper reimbursement of diabetes education and supplies. On the coalition and testifying with her on the Senate floor was Miss America of 1998, Nicole Johnson, an advocate of diabetes having been diagnosed with Type 1 diabetes. The Bill passed unanimously 40-0. “I learned quite a bit about the legislative process and have become more involved in political issues and legislative committees since then,” explains Joyce.

Nationally, she served as Chairman of the American Dietetic Association Diabetes Care and Education Practice Group in 1987-88. On a statewide basis, she was responsible for helping to colonize and chair the first Diabetes Educator Chapter in Virginia in 1988. She also assisted in forming a statewide organization called the Virginia Diabetes Council, serving a Chairman in 2000. Joyce is currently serving as a co-chairman of the local Community Action on Obesity Task Force.

Among her notable accomplishments comes another set of achievements that are harder to list. Joyce graduated during a time when many women were joining the professional workforce on a full-time basis. While many of her peers were struggling to fit themselves into molds and expectations, Joyce wanted to prove herself in a different way. She notes the negative stereotypes of dietitians working in traditional hospital and food service roles. “I had a vision to make a change and make a difference for myself and for others in my profession,” explains Joyce.

“It has been challenging … but also fun and rewarding,” she adds.

Joyce has recently announced that she will retire after a 30-year-long career at the end of 2012. But, the fun is not ending. Her heart has been telling her since 1975 to come back to Fort Collins, and that’s exactly what she intends to do. Joyce and her husband plan on spending at least part of the year in Fort Collins, so they can enjoy a community they love and to be closer to Joyce’s mother, who still resides here.