



**Warm Wishes to You and Yours This Memorial Day,  
ISOFIT NATION!**

Today we honor the men and women who sacrificed their lives in the name of our country. Their sacrifice will never be forgotten.



This week's delicious menu offerings are now available at [isofitmeals.com](http://isofitmeals.com). Please place your order by noon on **Friday, May 31st**, to take advantage of our delicious and nutritious meals.

**Your Monday Motivation for the Week of May 27th**

Stop eating when you are 3/4 full instead of stuffed.

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## Promo of the Week: **EARLY BIRD DISCOUNT**

Place your order before Wednesday at 5:00 p.m. ET and use one of the coupon codes below to earn spectacular savings.

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9  
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\*Offers exclude Chef's Selections.



## Memorial Day Food Safety Tips

Due to a variety of factors, including warmer temperatures, food-borne illness increases in summer. To help Americans stay healthy and safe, the USDA offers the following food safety recommendations.

### Bringing food to a picnic or cookout

- \* Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- \* Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables, and perishable dairy products.
- \* A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- \* Avoid repeatedly opening the cooler so that your food stays colder longer.

### Cooking on the grill:

- \* Use separate cutting boards and utensils for raw meat and ready-to-eat items such as vegetables or bread.
- \* Keep perishable food cold until it is ready to cook.
- \* Use a food thermometer to make sure meat and poultry are thoroughly cooked to their safe minimum internal temperatures:
  - \* Beef, pork, lamb and veal (steaks, roasts, and chops): 145 degrees F with a 3-minute rest time
  - \* Ground meats: 160 degrees F
  - \* Whole poultry, poultry breasts and ground poultry: 165 degrees F
- \* Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

### Serving food outdoors:

- \* Perishable food should not sit out for more than two hours. In hot weather (above 90 degrees F), food should NEVER sit out for more than one hour.
- \* Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 degrees F or

warmer.

\* Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where it could overcook.

# HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

## 1 in 6

Approximate number of Americans stricken with food poisoning each year

## 128,000

Estimated annual hospitalizations from foodborne illnesses

### Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

## Basic Tips

### CLEAN

**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

### SEPARATE

**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

### COOK

**USE A FOOD THERMOMETER.**  
**Burgers: 160°F**

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

### CHILL

**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

## What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

### BARBECUE

Cook all meat and poultry to recommended internal temperatures.

- Burgers: 160°F.**
- Chicken and Turkey: 165°F.**
- Sausage: 160°F.**
- Steaks: 145°F** with a 3-minute rest time.

### FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean utensils on separate cutting boards.

### DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC | USDA | Ad Council | For more summer food safety tips, go to **FoodSafety.gov**



## Ice Pack Reminder

If you are using our new ISOFIT Cooler Bags, please remember to put your ice packs in your bags when placing them outside your door.

This allows our drivers to replace your ice packs with newly frozen packs and return the old ice packs to our facility for use in future deliveries.

If you have any questions, please give contact us at [Support@ISOFITmeals.com](mailto:Support@ISOFITmeals.com).

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**"Our nation owes a debt to its fallen heroes that we can never fully repay."**

– Barack Obama



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