



Topic of the Month – **Food Safety**

Tips for Safe Food Preparation

- Keep everything clean:
 - Wash hands with warm water and soap for 20 seconds before and after handling any food
 - Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water
 - Rinse fruits and vegetables thoroughly under cool running water



- Keep everything separate:
 - Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won't be cooked
 - Do not put cooked meat or other food that is ready to eat on an unwashed plate
- Cook the food properly:
 - Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature
 - Don't eat uncooked cookie dough, which may contain raw eggs



- Refrigerate foods quickly:
 - Set your refrigerator at or below 40°F and the freezer at 0°F
 - Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave
 - Don't taste food that looks or smells questionable



<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm092815.htm>

Why is Food Safety Important?

Food safety is a topic not thought about by most people, but it is very important. Proper food preparation can help protect us against foodborne illnesses from bacteria such as E. coli, Salmonella, Campylobacter, and Listeria (which can cause diarrhea, fever, abdominal cramps, nausea, vomiting, and dehydration). If food safety is not taken seriously, food poisoning could occur.



http://kidshealth.org/parent/firstaid_safe/home/food_safety.html

Report a Problem with Food

Separate government agencies are responsible for protecting different segments of the food supply.

For Help with Meat, Poultry and Processed Egg Products:

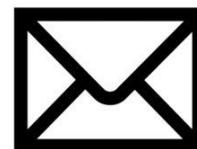
Call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or report the complaint online

For Help with Restaurant Food Problems:

Call the Health Department in your city, county or state

For Help with Non-Meat Food Products (Cereals, Fish, Produce, Fruit Juice, Pastas, Cheeses, etc):

For complaints about food products which do not contain meat or poultry, call or write to the Food and Drug Administration (FDA). The FDA's Center for Food Safety and Applied Nutrition can be reached at 1-888-723-3366



<http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/report-a-problem-with-food>

"Food Goal" This Month

When you eat meat at restaurants, be sure to ask if it is **well-done**

"Health Quiz" of the Month

- It's safe to thaw frozen food:
 - In the refrigerator
 - Outside the refrigerator at room temperature
 - Outside the refrigerator, but only if the food is immersed in cold water that is changed every 30 minutes.
 - A. and C.
- True or false? Seniors -- and anyone of any age with a weakened immune system -- should not eat refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna or mackerel.
- True or false? There's no need to wash fruits or vegetables if you're going to peel them.
- If your power goes out, you should discard perishable foods (such as meat, poultry, fish, eggs and leftovers) stored in a refrigerator that's been above 40 degrees for more than:
 - Two hours
 - Eight hours
 - 24 hours

Answers: D, True, False, A.

http://www.johnshopkinshealthalerts.com/alerts/nutrition_weight_control/More-on-Safe-Food-Handling_7004-1.html?s=ENH_140903_001&st=email

"Move" of the Month

Yoga

As the weather gets colder, it is important to still get exercise. Yoga is a great way to do this for both males and females. There are many benefits to performing yoga including improved flexibility, increased strength, better posture, decreased stress, and lowered blood pressure. If you do not want to do yoga alone, think about joining a class or performing it with friends or family.

<http://www.yogajournal.com/article/health/count-yoga-38-ways-yoga-keeps-fit/>



Upcoming October 2014

✓ Next newsletter will focus on **Medication**

Fun Facts

Proper Cooking Temperatures

- Turkey, Chicken, Duck: 165° F
- Beef, Veal, Lamb, Steaks & Roasts: 145° F
- Ground Beef, Veal, Lamb: 160° F
- Fish & Seafood: 145° F
- Fish should be cooked until it is opaque and flakes easily with a fork.
- Pork: 160° F
- Egg Dishes: 160° F
- Cook eggs until the yolk and white are firm.
- Don't use recipes in which eggs remain raw or only partially cooked

http://healthvermont.gov/enviro/food_lodge/food_safety.aspx

Increased Risk

Certain people have an increased risk for foodborne illness. These "at risk" people include:

- Pregnant women and newborns
- Older adults
- People with weakened immune systems and chronic illness including diabetes, kidney disease, AIDS and some cancer patients

<http://homefoodsafety.org/food-poisoning/food-safety-facts>



http://www.foodsafety-certification.com/images/Fight_Bacteria_chart.jpg