



# Food Safety



Food safety seems to catch our attention when there is a news flash about recalled or contaminated food. According to the CDC, approximately 76 million cases of food-borne disease occur annually in the U.S. resulting in 325,000 hospitalizations and 5,000 deaths each year.



Young children, elderly people, pregnant women and people with weakened immune systems are at particular risk especially because dehydration in these groups can have serious health implications. Often we think we just have a 24 hour stomach bug. It is hard to differentiate between food poisoning and the stomach flu because symptoms such as stomach cramps, nausea, diarrhea, headache, and fever can accompany either condition.

August 2012

## Storing Foods - Eliminating Food Safety Risks

When storing leftovers, use airtight shallow containers for rapid cooling to prevent the growth of bacteria. Hot food placed in a large containers can take up to 24 hours to be cooled to 40°F. This means bacteria is growing in your homemade chili plus the entire refrigerator has heated up too (meaning germs are having a party in the milk, turkey slices, etc).

It is a good idea to label foods with a date and time. To reduce the chance of food poisoning, eat foods within four days of storing it.

Another option is to freeze the leftover, if you do not think you will eat it within the four days.



### Two Hour Rule:

After you've eaten a great meal, place leftovers in the refrigerator within two hours. Leaving cooked food at room temperature for too long is an invitation for bacteria like Salmonella to grow in your food. Re-heating will not destroy the toxins and spores produced by these nasty bacteria.

You can't see germs and sometimes it takes awhile before a bad smell develops.

Rule of thumb, eat leftovers within two to three days. After that, toss it.



With school starting again soon, this information is very important. When packing your child's lunch, be sure to keep cold foods cold by using frozen ice packs and keep hot foods hot by using insulated containers.

Make sure you wash fruits and vegetables before cutting and never use a knife to cut meat and vegetables without washing it with hot water and dish soap.

Make sure you (and your child if she/he is helping) wash your hands thoroughly with soap and hot water before starting to make and pack the lunch.

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us



# August #2012



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



5

Avoid using sweets as a reward.

6

Forcing your child to finish their plate may cause your child to overeat.

7

Fresh or frozen fruits and vegetables are a good source of fiber.

8

Omega 3 fat is good for your heart and brain.

9

During hot weather, don't forget to give your child plenty of water to drink.

10

At restaurants, teach kids to say no to the bread and the chips.

11

Skip the chips at snack time and serve celery with peanut butter.

12

Let your kids decide on how much they want to eat.

13

Try melon slices for breakfast for a change.

14

Play catch is good fun activity and teaches eye to hand coordination.

15

Walk to the nearest parks where they have jungle gyms.

16

Any puzzle that taps your child's language or math skills can leave you sharp and stimulated.

17

To save calories, use applesauce in place of oil (1 to 1 ratio) when baking.

18

A five year old needs about 2 cups of non-fat or 1% milk each day.

19

Cooking foods to proper temperatures, is key to preventing food borne illness.

20

Add slices of lemon or squeeze a little bit of fresh orange juice to add some flavor.

21

When planning an outing, pack up nectarines, sandwiches and water.

22

If your child plays sports, it is important to drink water 20 minutes prior practice.

23

Grill a salmon steak or add a filet to a vegetable shish kabob - it's that easy!

24

High fat words: battered, bottomless, breaded, buttery, cheesy, creamy, crispy and fried.

25

Berries have only 60 calories in one cup and are both excellent sources of fiber.

26

Wean your child off of whole milk to 2% and then to 1% or fat free

27

Set reasonable limits for the start and end of a meal.

28

Healthy oils are fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

29

Avoid foods that have sugar or high fructose sugar as the first ingredient.

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