

Food and Fitness

West Virginia Bureau of Senior Services

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Overcoming Common Mistakes in Food Safety

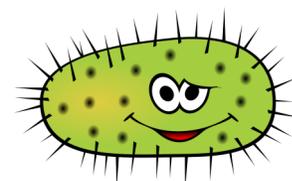
Many people each year get sick from contaminated foods. According to the World Health Organization, 420,000 people die each year as a result of falling ill by contaminated food. Also, about 48 million Americans get food poisoning every year. Foods can be contaminated at many different points of production, distribution, and preparation. Everyone has a role in keeping food safe but what are the common mistakes made when it comes to food safety? Eatright.org has come up with a top 10 *Common Food Safety Mistakes*.



Mistake #1: Tasting food to see if it's still good

Sometimes we can tell by smelling food if it is spoiled or not. However, some foods might not put off such a pungent odor to tell us the food is no longer any good. Plus, the food labels can be confusing with all the terminology of *sell by*, *use by* and *best by* dates that many are not even sure what they mean. But we do know that tasting food to see if its “still good” allows for bacteria to invade while potentially getting a mouth full of yuck. Just a little bit of bad bacteria can cause the foodborne illnesses we are trying to prevent.

Mistake# 2: Putting cooked or ready-to-eat foods back on a plate that held raw meat



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Overcoming Common Mistakes in Food Safety

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Now, I have witnessed this one personally many times especially when grilling. Cooked food or ready-to-eat food should not be placed or touch anything that was contained by a raw meat, poultry, seafood or eggs. If you use tongs or a spatula to move your food, it has been contaminated and needs to be washed. Always wash or use another dish or utensil after touching raw meat. Always use separate plates, cutting boards, and utensils to keep raw meats, poultry, and seafood separate from ready-to-eat foods.



Mistake #3: Thawing food on the counter

I feel that number three has to be the most common mistake of all. Thawing food on the counter provides a breeding ground for bacteria to multiply tremendously. The temperature danger zone is 40-140 degrees Fahrenheit. The temperature danger zone is the temperatures at which harmful foodborne pathogen can grow rapidly. There are three ways to properly thaw foods: placed in the refrigerator, under cold running water, or in the microwave.

Mistake #4: Washing meat or poultry

Washing meat and poultry is a big no-no. Water provides an easy way for bacteria to get all over the sink, counter tops, and other kitchen surfaces.

Mistake #5: Letting food cool before putting in in the fridge

Many people leave their food out until it cools before they put the leftovers away. However, food should not be left at room temperature until it cools off completely. Food should not be left out for more than two hours or one hour if it is over 90 degrees Fahrenheit outside. Number five goes right along with number three and the temperature danger zone for breeding bacteria in perishable foods.

Mistake #6: Eating raw cookie dough (and other foods containing uncooked eggs and flour)

Cookie dough, cake batter, brownie mix or whatever the product, should never be eaten if it contains raw eggs. Eggs may contain a harmful bacteria called Salmonella or other bacteria. Unfortunately, eggs are not the only problem here. Raw flour may contain E.coli which is just as harmful.

(Continues on Page 3)

Overcoming Common Mistakes in Food Safety

(Continued from Page 2)

Mistake #7: Marinating meat or seafood on the counter. Using raw meat marinade on cooked food.

First, when marinating meat or seafood make sure it is placed in the refrigerator while it is marinating to keep it out of the temperature danger zone. Never marinate meat or seafood on the counter. Next, when cooking, sometimes recipes will call for basting (simply means applying moisture to the meat while it is cooking). Never baste meat or seafood with the raw leftover marinade. You can only reuse the marinade if you cook it to a boil just before using.

Mistake #8: Undercooking meat, poultry, seafood, or eggs

A cooking thermometer is the only way to make sure your food is cooked to the proper temperature to kill harmful bacteria. Refer to a list of what foods need to be cooked to what internal temperature. Do not rely on sight, smell, or taste to determine if your food is cooked to the right internal temperature.

Mistake #9: Not washing your hands

Hands are always touching and carrying bacteria. Always wash your hands before handling foods for 20 seconds with soap and warm water. Also, washing your hands in between handling raw and ready-to-eat products.

Mistake #10: Not replacing sponges and dish rags

Lastly, we have the sponges and dish rags. When cleaning our dishes, we need to be careful when using dish rags or sponges because they can be the dirtiest item in our kitchen. These should be sanitized and replaced frequently.

Contaminated foods have a harder impact on those with fragile health status like those who are pregnant, infants, and the elderly. We have all made mistakes when it comes to food safety whether on accident or because we simply did not know any better. We can only control part of the food safety issue within our limitations. Production is one of the important parts when cooking at home that we can have some control over. Properly cooking foods to the right temperatures and avoiding cross contamination can prevent most foodborne disease.

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FIGHT BAC!® LIKE A producepro



As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK

fresh produce for signs of cuts or bruising, where harmful bacteria can breed



- Check that the fresh fruits and vegetables you buy are not bruised or damaged.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.

CLEAN

hands, surfaces and utensils to prevent contamination



- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards and knives, before and after preparing fresh fruits and vegetables.

RINSE

fresh fruits and veggies just before eating



- Just before use, rinse under running water only the fruits and vegetables you plan to eat, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled "ready-to-eat," "washed" or "triple washed" should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

SEPARATE

produce from raw meat, seafood, poultry, eggs and household chemicals



- In your shopping cart and in bags at checkout, separate fresh fruits and vegetables from household chemicals and raw meat, poultry, seafood and eggs.
- In your refrigerator, keep fresh fruits and vegetables separate from raw meat, poultry, seafood and eggs.
- When preparing food, keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs. Do not use the same cutting board or utensils without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

CHILL

cut fresh produce within two hours to prevent bacteria growth



- Keep your refrigerator at or below 40°F.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours of preparing.

THROW AWAY

bruised, damaged or potentially cross-contaminated produce



- Throw away any fresh fruit and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetables that have touched raw meat, poultry, seafood or eggs.
- If in doubt, throw it out!

Chicken Tortilla Soup

Ingredients

- ◆ 2 boneless, skinless chicken breast cut into cubes
- ◆ 1/2 tsp olive oil
- ◆ 1/2 tsp minced garlic
- ◆ 1/4 tsp ground cumin
- ◆ 2(14.5 ounce) cans chicken broth
- ◆ 1 cup frozen corn kernels
- ◆ 1 cup chopped onion
- ◆ 1/2 tsp chili powder
- ◆ 1 tbsp lemon juice
- ◆ 1 cup chunky salsa
- ◆ 8 ounce corn tortilla chips
- ◆ 1/2 shredded Monterey cheese (optional)
- ◆ Additional toppings can be sour cream or green onions



Directions

1. In a large pot over medium heat, cook and stir chicken cubes in the oil for 5 minutes. Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice, and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.
2. Break up some tortilla chips into individual bowls and pour soup over chips. Top with the Monterey Jack cheese and a little sour cream.

Recipe Received From: <http://allrecipes.com/recipe/15840/chicken-tortilla-soup-v/?internalSource=recipe%20hub&referringContentType=search%20results&clickId=cardslot%2044>

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

Challenging Sudoku by KrazyDad, Volume 16, Book 30

Sudoku #1

			9		2			5
					6		7	3
							1	
	6					5		1
4			2	5	3			6
7		8					4	
	7							
2	8		4					
1			6		8			

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

Hints and Answers on Page 9

The only narcotic regulated by the SEC instead of the FDA.

Krazydad
free puzzles and mazes

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September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>National Cherry</i>	2 <i>International</i>
3 <i>Skyscraper Day</i>	4 <i>Labor Day</i>	5 <i>Cheese Pizza Day</i>	6 <i>Read a Book Day</i>	7 <i>National Salami Day</i>	8 <i>International Lit-</i>	9 <i>Teddy Bear Day</i>
10 <i>Grandparent's</i>	11 <i>No News is Good</i>	12 <i>Chocolate Milk</i>	13 <i>National Peanut</i>	14 <i>National Cream-Filled</i>	15 <i>Make a Hat Day</i>	16 <i>American Legion Day</i>
17 <i>Wife Appreciation</i>	18 <i>National Cheeseburger</i>	19 <i>International Talk Like a</i>	20 <i>National Punch Day</i>	21 <i>World Gratitude</i>	22 <i>Hobbit Day</i>	23 <i>Checkers Day</i>
24 <i>National Cherries</i>	25 <i>National Comic</i>	26 <i>Johnny Appleseed</i>	27 <i>Crush a Can Day</i>	28 <i>Ask a Student Ques-</i>	29 <i>Confucius Day</i>	30 <i>National Mud Pack</i>

Monthly Observations

- *Baby Safety Month*
- *Chicken Month*
- *Better Breakfast Month*
- *Classical Music Month*
- *Fat Hat Month*
- *Honey Month*
- *International Square Dancing Month*
- *Little League Month*
- *National Blueberry Popsicle Month*
- *National Courtesy Month*
- *National Piano Month*
- *Self Improvement Month*

Laughter is a Brain Booster



By Becky Smith, WVU Extension Agent, Harrison County

Health Motivator Talking Points

Did you know . . . ?

Research suggests that humor has many benefits, especially for our brains.

- It can improve short-term memory in older adults. The stress hormone cortisol is not our friend for preserving memories. Cortisol levels go down when people are exposed to humor and laughter.
- Our memory works better when we have less stress. Laughter can reduce stress, give us a better perspective and help us be more creative.
- Dr. Lee Berk, with Allied Health says, “The act of laughter increases endorphins, sending dopamine to the brain to provide a sense of pleasure and reward. That, in turn, makes the immune system work better and changes brain wave activity towards what’s called a ‘gamma frequency,’ amping up memory and recall.”
- Laughter stimulates dopamine, a neurotransmitter vital for long-term memory.
- Humor can improve our retention of knowledge. Humor triggers our sense of wonder, which is where learning begins.

So let’s keep practicing laughter for our own good health.

Quick Club Activity: The Good Wishes Laughing Game

Everyone stand in a circle. Throw a beach ball or other light object to someone in the circle. Say a good wish to that person and end with everyone saying with a smile “Ha-ha-ha. Hee-hee-hee. Ho-ho-ho.” Then go to the next person. Alternative: Stand up from your chair. Go around the room and each person say a good wish to the person on their right. End with both saying with a smile “Ha-ha-ha. Hee-hee-hee. Ho-ho-ho.”

Learn More!

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Brain Exercise Answers

Hints

Sudoku #1

13	22	29		27		14	12	
38	53	39	40	54		41		
42	55	43	56	44	45	46		23
8		7	47	48	49		9	
	24	25				10	11	
	6		1	4	2	5		3
33		34	50	30	51	35	52	18
		31		28	36	32	37	16
	19	20		26		15	21	17

Answers

Sudoku #1

8	1	7	9	3	2	4	6	5
5	4	9	8	1	6	2	7	3
6	2	3	5	4	7	8	1	9
3	6	2	7	8	4	5	9	1
4	9	1	2	5	3	7	8	6
7	5	8	1	6	9	3	4	2
9	7	4	3	2	1	6	5	8
2	8	6	4	9	5	1	3	7
1	3	5	6	7	8	9	2	4

