Happy 2012, Everyone!

Well it is that time again; time for new resolutions for the New Year! I am really excited for this year and the chance to work with all of our partner agencies! This newsletter will mainly be focused on food safety. Let's start the year right with safe food preparation, cooking, storage and cleaning techniques. Check out our 2012 ServSafe class schedule on the last page and sign up now!

Nicole Miller

Nicole's Nutritional Notes

Why is food safety so important? According to the Center for Disease Control and Prevention, roughly 1 in 6 people (48 million) in the United States get sick every year from eating contaminated food.

Signs and symptoms can range from fever, abdominal pain, vomiting, diarrhea and even death. Follow proper food safety techniques to avoid bacteria, viruses and other toxins contaminating your food.

Food Safety

Following these four steps will ensure that your food will be safe!

- **CLEAN**: wash hands, utensils and surfaces often
- **SEPARATE**: don't cross-contaminate
- **COOK**: cook to the right temperature
- **CHILL**: refrigerate food promptly and properly

To avoid these little guys contaminating your food, make sure you CLEAN, SEPARATE, COOK and CHILL!

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1. Clean

Bacteria can spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. ALWAYS:

- Wash hands with warm water and soap for AT LEAST 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten before peeling.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

2. Separate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat food. Always start with a clean scene – wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

3. Cook

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.

- Use the “Is it done yet?” chart for the correct internal temperature of the meat or dish you are cooking.
- Check out more information at www.isitdoneyet.gov.

"Is it done yet?"
You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

<table>
<thead>
<tr>
<th>Meat Type</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, Pork, Veal, Lamb</td>
<td>145°F</td>
</tr>
<tr>
<td>Chicken (Brined)</td>
<td>160°F</td>
</tr>
<tr>
<td>Ground</td>
<td>160°F</td>
</tr>
<tr>
<td>Fish</td>
<td>145°F</td>
</tr>
<tr>
<td>Egg Dishes</td>
<td>160°F</td>
</tr>
</tbody>
</table>

www.isitdoneyet.gov

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)
4. Chill

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer.
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold, running water and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
  - Always marinate food in the refrigerator.
  - Divide large amounts of leftovers in to shallow containers for quicker cooling in the refrigerator.
  - Use or discard refrigerated food on a regular basis – *when in doubt, throw it out*

For more information, go to www.fightbac.org

For more information, questions, comments or concerns, please contact Nicole at Food Gatherers

734-761-2796

nicole@foodgatherers.org

I welcome any feedback, topics to discuss or any other comments you deem necessary!

Nicole’s Nutritional Notes

Food Gatherers will be teaching 2 different ServSafe Certification classes in 2012. A 4 hour Food Handlers Class will be offered four times throughout the year:

- 1/11/12: 1-5pm
- 4/11/12: 9am-1pm
- 7/11/12: 1-5pm
- 10/3/12: 9am-1pm

Our 16 hour Food Managers Class will be offered twice:

- Feb 7, 13, 21 & 28: 1-5pm
- Aug 8, 15, 22 & 29: 1-5pm

If you are interested in your volunteer support staff receiving food safety education on-site on a smaller scale, please contact me for more information!