



Public Health
Prevent. Promote. Protect.

Food Safety

November is here and that means that the start of the holiday cooking season may soon be invading your kitchen. With all of the wonderful holiday recipes to try, don't fall prey to some of the common food safety mistakes that could leave you and your family at risk for food borne illnesses. Follow the Centers for Disease Control and Prevention's four easy steps for food handling for safe cooking not only during the holiday season, but all year round.



Clean

- Wash your hands with soap and water before, during, and after preparing any food.
- Wash all counters, cutting boards, and utensils with warm soap water between preparing different foods.
- Wash all fruits and vegetables under running water even if you plan to peel them.
- Do NOT wash raw meats as it can actually spread the hazardous bacteria around your kitchen.



Separate

When shopping at the grocery store, keep the produce separate from the raw meats in the shopping cart, as well as in the grocery bags. As soon as you get home, immediately refrigerate or freeze all foods that need to be kept cool. When storing items, it is best

to keep raw meats on the bottom shelves in sealed plastic bags or containers so that the juices do not drip or leak onto other foods. When it is time to prepare the food, it is again important to keep the fresh produce separate from meat products at all times. Use separate cutting boards for fresh produce and raw meats, and separate dishes and utensils for raw meats and those that are cooked.



Chill

Did you know that the danger zone for food is between 41 °F and 135 °F? Dangerous bacteria can begin to grow within 2 hours on perishable food items (even shorter in warm weather), so it is very important to refrigerate food as soon as possible. Food should be stored in a refrigerator with a temperature between 32 °F and 41 °F and the freezer at 0 °F to provide the safest cold environment.

Perhaps you are one of the guilty ones who has smelled or tasted a food to see if it is still good. The truth is you cannot tell if a food has harmful bacteria growing on it by just looking, smelling, or even tasting it. All perishable food does not last forever, even if it is in the refrigerator or freezer.

For more information about food safety visit www.foodsafety.gov or www.cdc.gov/foodsafety

Here are some food storage guidelines to remember:

- Raw hamburger: 1-2 days or 3-4 months in freezer
- Fresh beef or pork: 3-5 days or 4-12 months in freezer
- Fresh poultry: 1-2 days or 9-12 months in freezer
- Cooked meat or poultry: 3-4 days or 2-6 months in freezer
- Soups and stews: 3-4 days or 2-3 months in freezer



Cook

It is important to prepare food so that it is cooked completely through to the appropriate temperature and out of the danger zone for bacteria. You cannot just touch and look at food to tell if it is done. The only sure way to tell if food is done is to use a food thermometer and take a reading at the thickest part of the food. The following temperatures are recommended:

- Poultry—165 °F
- Roast & steaks—145 °F
- Ground beef—155 °F
- Pork—145 °F
- Leftovers & casseroles—165 °F

Once foods are fully cooked, it is still important to keep foods above 135 °F and out of the danger zone by using a crockpot, roaster, warming tray, stove top or oven.



Great American Smokeout

Each year the Great American Smokeout joins smokers across the country together who pledge to be smoke-free for a day as a way to kick the habit or make plans to quit for good. This year, join others on **November 21, 2013**, and take the first step towards improving your health by putting out those cigarettes at least for a day, if not for a lifetime. Each year 70% of smokers want to stop, while only 52% of them actually attempt to quit. There are many short and long term benefits to quitting smoking, such as within 20 minutes after your last cigarette your blood pressure returns to normal, and up to 10 years after your risk of dying from lung cancer is cut in half.

Quitting is not easy, but will have a dramatic impact on your health and quality of life. Here are a few tips to help you quit:

- Develop a support system.
- Get rid of all temptations.
- Learn coping mechanisms such as deep breathing.
- Use medication if necessary.

For more information and tips on quitting visit www.tobaccofreeqc.org or www.cancer.org

For smoking cessation assistance call:

Quitline Iowa: 1-800-784-8669

Genesis Pulmonary Rehab: 563-421-1769

Trinity My Nurse: 309-779-2000





MARK YOUR CALENDAR!

- *Scott County Health Department will be closed Monday, November 11, 2013 in observance of Veteran's Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00PM Thursday, November 21, 2013.*
- *Scott County Health Department will be closed Thursday, November 28, 2013 and Friday, November 29, 2013 in observance of Thanksgiving.*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

SCOTT COUNTY HEALTH DEPARTMENT

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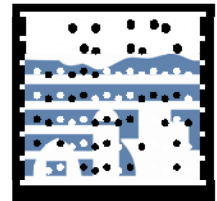
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