

PUBLIC HEALTH CONNECTION



Safe Food for the Holidays

Safe Holiday Buffets

Buffets are popular as people gather to celebrate the holidays. If you are the host, you will want to do everything you can to keep friends and family healthy and safe. Make food safety a priority.

- Wash hands thoroughly before and after handling food.
- Rinse fruits and vegetables under cool running water using a brush.
- Keep food that will not be cooked separate from raw meat.
- Do not put cooked food on an unwashed plate.
- Keep hot food HOT (140° F). Use slow cookers or warming trays.
- Keep cold food COLD (40°F). Nest dishes in bowls of ice.
- Refrigerate leftovers in shallow pans to cool quickly.
- Use the two hour rule. Discard food that has been at room temperature for more than two hours.
- Reheat hot foods to 165°F.
- Do not prepare food if you are sick.
- Sick friends and family members should stay home to prevent spreading illness to others.

Learn more at:

<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/>

Turkey Tips

- Take turkey home immediately and refrigerate or freeze.
- Thaw turkey in the refrigerator, in cold water, or in the microwave.
- Roast turkey and stuffing at 325°F to at least 165°F throughout.
- Check all parts of the bird and stuffing with a thermometer.

Learn more at:

<https://www.scottcountyiowa.com/health/food/food-safety/turkey-cooking>



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, November 16, 2017*
- *Scott County Health Department will be closed Friday, November 10th in observance of Veterans' Day; and Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving*

Links

- Great American Smokeout: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>



The Great American Smokeout

Why We Still Need it

Tobacco use remains the single largest preventable cause of disease and premature death in the world. Every year, on the third Thursday of November, smokers across the nation take part in the Great American Smokeout. Encourage someone you know and love to use the date to make a plan to quit, or to quit for the day. By quitting for even the day, smokers will be taking an important step toward a healthier life and maybe it will be the beginning of quitting for good.

Getting Help

Quitting tobacco is not easy, but it can be done. To have the best chance of quitting and staying quit, you need to know where to go for help. Quitline Iowa can help. It's free and its easy to enroll by phone or online. Call 1-800-QUIT-NOW (784-8669) or log in at iowa.quitlogix.org. For local support, contact the Community Tobacco Consultant at the Scott County Health Department by emailing Kim.Mills@scottcountyiowa.org or calling 563-326-8618. ext. 8985.

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