

PUBLIC HEALTH CONNECTION



Food Safety

Should you wash your meat and poultry?

A common step in the process of cooking meat and poultry is to wash it to ensure the product is “clean” to “wash the germs off.” This is a myth and this practice could lead to food-borne illness caused by cross contamination. Cleaning meat was appropriate and often times necessary during the era when slaughtering and butchering were done in the home, but in modern times meat and poultry are cleaned during processing, thus further washing is not necessary. According to the USDA, it is not recommended to wash or soak any meat or poultry products before cooking because bacteria on the surface of the product or in the juices can be easily spread to foods, cooking utensils, and surfaces throughout the kitchen. The only way to kill bacteria found in raw meats is to cook the meat or poultry to the proper internal temperature, which can be measured by a probe thermometer.

Proper cooking temperatures for meat and poultry

- Cook all raw beef, pork, lamb and veal (steaks, roasts and chops) to a minimum internal temperature of 145°F. For safety and quality, allow meat to rest for at least three minutes before carving or consuming.
- Ground meats are safe to eat at 155°F. For burgers, insert the food thermometer in the side of patties until it reaches the center for an accurate reading.
- Poultry products, including whole, parts or ground chicken or turkey, are safe to eat at 165°F.
- Cook fish and seafood to 145°F or until the flesh is opaque and flaky.

Helpful tips

You can decrease your risk of cross contamination by preparing ready to eat foods (uncooked vegetables, salads, etc.) or foods that do not need to be cooked to the as high of temperatures (side dishes) before handling raw meat and poultry.

Thoroughly clean and sanitize any surface that has potentially touched or has been contaminated by raw meat or poultry. Clean first to remove any dirt, debris, and some bacteria from utensils and surfaces by using hot soapy water and either air drying or drying with single use paper towels. If using kitchen towels, ensure they are not used for other ready to eat items and are washed using the hot cycle of the machine. Then sanitize the areas and utensils using bleach or disinfectant sprays. Ensure any commercial products are safe for food contact surfaces. Dishwashers are also an effective way to sanitize utensils such as knives and cutting boards, so long as they are dishwasher safe.



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

- *The SCHD will be closed on Monday, September 6, 2021 in observation of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, September 16, 2021.*

Links

- [Food Safety](#)
- [SCHD Maternal Health Program](#)

What is a Doula?

A doula is “a trained professional who provides continuous physical, emotional, and informational support to a mother before, during, and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible”. —Dona International

Doula Project

The Iowa Department of Public Health, in collaboration with local Title V agencies, community based doulas, the Iowa Black Doula Collective, and committed partners at the University of Iowa seek to: Reduce disparities in maternal health outcomes for African American/Black birthing people in Iowa, and improve infant and maternal health outcomes as a result of breastfeeding for African American/Black infants in Iowa, through the implementation of a culturally congruent, community based doula program. Scott County Health Department is one of four pilot agencies for the Doula Project. Doula Project participants will be mutually enrolled as a Maternal Health client. The Doula Project will support diversifying the perinatal workforce through increasing the number of African American/Black identifying doulas by providing opportunities for certification and supported mentorships for newly trained doulas to become certified doulas. Doulas will also receive additional training to become Certified Lactation Counselors or Specialists.

Objectives

From October 1, 2021 through September 30, 2022, the Doula Project in Scott County plans to serve five African American/Black pregnant people. Objectives include:

- Increase breastfeeding initiation rates by 2 percent
- Increase first trimester prenatal care rates by 2 percent



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