

FITTING ALL THE PIECES

Central Michigan District Health Department
HIV/AIDS Case Management Program

November 2008

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HOLIDAY TIPS TO PREVENT FOOD BORNE ILLNESSES

The holidays are coming and there is no better way to celebrate than with family, friends, and food. Unfortunately, without proper education and precautions, a family feast may no longer be fun. Follow these four basic food safety tips, to reduce the risk of common food borne illnesses.

Clean: Make sure to wash your hands frequently with warm, soapy water. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.

Separate: To prevent the spread of bacteria, do not use the same utensil for different dishes. Prevent cross contamination of foods by using different cutting boards; one for raw meat, and one for fruits and vegetables.

Cook: It is very important to make sure that you have cooked your food long enough and at the proper temperature.

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Catrina's Corner

Well, I guess winter's officially here with the first snow out of the way. Thanksgiving is just around the corner...this is my favorite time of year....good food and good friends. Speaking of these two things, November's support group will be a cooking demonstration by our awesome dietician, Kati, and with the increased attendance of last month, I think it will meet both these criteria. There is a location change for this group. This one time only we will meet in the kitchen that is next door to our clinic space. Please call if you are unsure where to come.

With the holiday season approaching, cooking on a budget as well as trying to eat healthy can prove to be difficult. This newsletter is full of some really great ideas to tackle both of these issues. And don't forget that Kati is available at each clinic, so feel free to use her expertise. She always looks forward to helping everyone out.



Also, please be aware that our office will be closed on Thanksgiving day as well as the day after. We will also be closed for two weeks in December for the Christmas holidays. For this reason, it is so very important to contact me as soon as possible with any potentially urgent matters so that I will have enough time to make any arrangements necessary for you.

Clinic Dates

November 14, 2008
9:00am-4:00pm

December 19, 2008
9:00am-4:00pm

January 23, 2008
9:00am-4:00pm

Clinic is located on the
2nd floor of the county
building in Harrison.

Look for the Family
Planning clinic sign

Office Closures

November 27th - 28th

December 22nd - January 2

Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

Continued from page 1... **HOLIDAY TIPS TO PREVENT FOOD BORNE ILLNESSES**

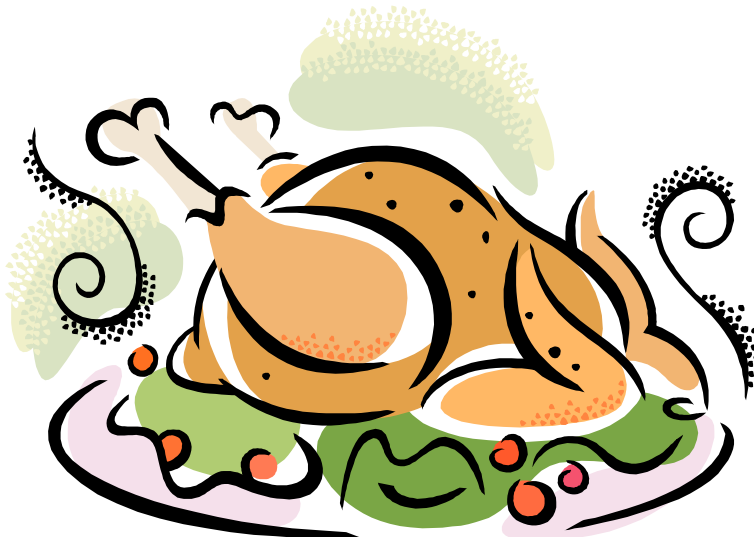
Hot food should be kept at temperatures of 140° F or higher. A meat thermometer should be used to check the doneness of food. Use this chart to determine when your food is safe to eat. Reheating temperatures need to reach 165° and be held at 140°.

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|--|-------|
| Beef, Veal, and Lamb Steaks or Roasts | 145°F |
| Fish | 145°F |
| Pork | 160°F |
| Ground Beef, Veal and Lamb | 160°F |
| Egg Dishes | 160°F |
| Whole, Pieces and Ground Turkey, Duck, and Chicken | 165°F |

Chill: Refrigerators should be set at 38- 40° F and the freezer should be set at 0° F. Make sure to keep your cold food at a temperature of 41° F or lower and refrigerate meats immediately after they have been cooked.

To avoid risk of food borne illnesses, the Food and Drug Administration (FDA), encourages consumers to pay attention to the handling and preparation of food. A good guideline to go by with food temperatures is to keep your hot food hot and cold food cold. Food temperatures other than 140° F or higher **for hot food** and 41° F or lower **for cold food** constitute a danger zone in which bacteria can multiply and therefore make family members sick. Ms. Patton says remembering the simple steps of clean, separate, cook, and chill, can make your holiday season much safer and happier.

For additional information of food borne illnesses, you can contact the FDA's Food Information Line toll free at 1-888-SAFEFOOD or go online to www.isitdoneyet.gov .



KATI'S TIPS

Eating well is never easy, especially when on a budget; however, this does not mean that meeting your nutritional goals is impossible. In fact, with a little ingenuity and planning you might find that eating well is easier than you thought.

Why is it important to eat well no matter your budget? By consuming a well balanced diet your body is better able to function and fight off infection. You will also be able to better manage some of the side effects associated with the medications you take. This means an improved quality of life for you and for those that eat with you.

To obtain a well balanced diet and an improved quality of life, you do not need to spend a lot of money. In fact, you can accomplish these goals economically by trying a few of these suggestions:

Buying generic or store brands whenever possible.

Using coupons. These can be found in local newspapers, online, and at the supermarket.

Buying less expensive fruits like apples and bananas or fruits in season.

Buying fruits in bulk if you are able to freeze or can them.

Purchasing items that are more nutritionally dense so you can get more "bang for your buck". For example, buy products that list whole grain as the first ingredient or are high in fiber.

Purchasing canned fish instead of fresh fish. These canned items still have as much nutritional value as their fresh counterparts, but cost less.

Buying lower cost items such as rice, pasta, beans, and soups and using them as a way to "bulk up" a meal in order to make more expensive items such as meat and vegetables last longer.

Buying canned or frozen vegetables instead of fresh ones. If buying canned, make sure to buy the "No Added Salt" variety.

Planning your meals around the items in your cupboard that will spoil first to avoid wasting of food.

Diluting fruit juices with water to make them go farther and cut down on sugar content.

Keeping a lot of condiments around to add flavor to foods. These include spices, herbs, marinades, vinegars, tomatoes, and soy sauces.

Using leftover bread for bread crumbs or stuffing.



Preparing as much food in advance as possible to prevent spoilage and wasting food.

Sticking to a grocery list and avoiding impulse buys.

Going grocery shopping on a full stomach. This will also help you to avoid impulsive purchases that can sometimes be influenced by hunger.

Support Group

November 17, 2008 Eating Well on a Budget
There will be a one-time change of location for this support group. Please call for directions.

December 15, 2008 Christmas Party

January 19, 2008 To Be Announced

February 16, 2008 To Be Announced

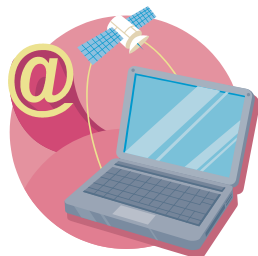
Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com

www.cmdhd.org

www.isitdoneyet.gov



Contact Information