

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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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. Michelle Patton, Director of Environmental Health Services for the Central Michigan District Health Department suggests following 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. Hot food should be kept at temperatures of 140° F or higher. A meat thermometer should be used to check the doneness of food. Reheating temperatures need to reach 165° and be held at 140°.

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.

Catrina's Corner

Well, the holidays are right around the corner. For many this means spending lots of time with family and friends, and germs. Yes, I said it germs. Often our loved ones are the first to share all those nasty bugs with us. So, here are some tips to help stop the spread of those holiday ruining germs.

1. Get your seasonal flu and HINI vaccines. Call you doctor or local health department for a list of clinic dates.
2. Wash, wash, wash your hands. Good hand washing, or use of hand sanitizer, will prevent germs from spreading. Also be sure to avoid touching your eyes, nose, and mouth which are easy access spots for germs.
3. Stay away from people who are not feeling well. Don't worry, they'll understand.
4. Follow food safety guidelines to avoid "food poisoning."
5. Take care of yourself. Exercise, eat healthy, stay hydrated, avoid alcohol and tobacco, and rest.

Hope you all have a happy and healthy Thanksgiving!



Our office will be closed
November 26-27th in
observance of the
Thanksgiving holiday.



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - Increasing Your Weight the Healthy Way

As we all know, increasing our weight is not always hard to do. Especially as the holidays begin to approach and as some of our holiday favorites make their way to our tables. Although gaining weight can be easy for some, it can be very difficult for others. Adding to that difficulty is making sure the diet remains high in nutritional value. It is never a good idea to binge out on unhealthy foods.

When an individual needs to increase their weight it becomes essential that the weight gained is useful to the body. If you are someone who feels they need to increase their weight, but are having difficulty doing so, there are many ways to supplement your diet to add those extra calories. By supplementing your current eating plan, you can not only put on weight, but continue to provide your body with the essential vitamins and minerals it needs.

Ideas for Increasing Your Weight the Healthy Way:
Add nutritional supplements to

your diet – these provide a wonderful source of calories, protein, and micronutrients your body needs

Try high-calorie, high-protein recipes – like this month's recipe! Most of the other recipes you have been provided at clinic also fall into this category

Sweeten foods with sugar, jam, and honey

Add margarine, cream, butter, cheese sauce, olive oil, or salad to foods as you are able.

Choose higher-calorie vegetables to add to your diet. These would include potatoes, peas, and corn

Eat fruit canned in heavy syrup

Top salads off with olives, nuts, avocado, and cheese.

Choose foods high in protein – these include meat, fish, milk, eggs, cheese, poultry, nuts, soy products, and beans

Add powdered milk to casseroles, soups and milk-based products – this adds extra calories and protein without much difference noted in the taste of your foods

Eat smaller, more frequent meals (4-5) throughout the day

Drink your beverages in between meals instead of with meals – this allows you to eat more at any given meal

These tips are only for individuals who are in need of gaining weight and for those having difficulty doing so.

If you do not meet either of these criteria, please do not follow these recommendations. Instead, talk with your nutrition professional who can help you develop a healthy eating plan right for you.



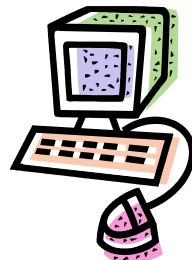
Support Group

- Nov. 16, 2009** Topic to be Announced
- Dec. 14, 2009** Holiday Party
*location change
- Jan. 18, 2010** Topic to be Announced
- Feb. 22, 2010** Topic to be Announced
*date change

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.aidsinfo.nih.gov



Questions? Comments? Concerns?

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