

## Be Food Safe This Summer!

Now that the weather is becoming warmer, gardens are planted, kids are out of school, and the nights are getting longer – in Ohio, this means cookouts on the grill! Always remember to practice food safety to prevent food poisoning. There are only four basic steps to food safety, which are outlined below -

### 1. Clean

- Wash your hands with soap and warm water BEFORE and AFTER handling raw food. This is the best way to reduce spread of germs and to prevent food poisoning.
- Wash utensils, cutting boards, and countertops.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Soap, detergent, or commercial produce washes are not recommended.

### 2. Separate

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat foods.
- Put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent juices from dripping on other foods.
- Sauce that is used to marinate raw meat should not be used on cooked foods, unless it is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has been washed in hot, soapy water.

### 3. Cook

- **ALWAYS** use a food thermometer to ensure the food is done –color and texture are unreliable. The thermometer should be placed in the thickest part of the food, away from bone, fat, or gristle.

### 4. Chill

- Keep your refrigerator at 40 ° F or below and the freezer at 0° F or below.
- **NEVER** thaw food on the counter or at room temperature! Frozen foods can be thawed in the refrigerator (preferred method), in the microwave, or in cold running water.

Resources: [www.foodsafety.gov](http://www.foodsafety.gov) and [www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

### Safe Minimum Internal Temperature

|   |  |
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| Beef, pork, veal, and lamb (roast, steaks, and chops) | 145° F with a 3-minute “rest time” after removal from heat source                        |
| Ground Meats  | 160° F   |
| Poultry (whole, parts, or ground)                     | 165° F   |
| Eggs and egg dishes                                   | 160° F Cook eggs until both yolk and white are firm. Scrambled eggs should not be runny. |
| Leftovers   | 165° F   |
| Fin Fish  | 145° F   |

#### HELP OTHERS ENJOY SUMMER

This month’s newsletter will help you eat safely this summer - and always. Your gift will give others the reassurance that they will continue to receive our healthy home-delivered meals each day throughout the summer and beyond. Your gift of \$9.00 pays for three meals for someone who cannot pay. However, every gift helps. It’s simple. Just place your check in the envelope you received.

Thank you!

*Phil Marcín*

Vice President of Development

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

#### GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.