



# Kinship Link

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## Pro Kinship for Kids

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## Four Simple Steps to Food Safety

Foodborne bacteria could make you and those you care about sick. In fact, even though you can't see it, smell it, or feel it, bacteria and the millions of them may have already invaded the food you eat. Foodborne illness can strike anyone. Some people are at higher risk for developing foodborne illness. These include pregnant women, young children, older adults, and people with health conditions. The four simple steps to food safety are **CLEAN, SEPARATE, COOK, AND CHILL!**

**Clean:** Wash hands and surfaces often.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling foods, and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and countertops with hot soapy water after preparing each food

item, and before you go on to the next food.

- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

**Separate:** Don't cross-contaminate.

- Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods with their juices away from ready-to-eat foods.
- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.

- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

**Cook:** Cook to proper temperatures. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause illness.

- Use a food thermometer to measure the internal temperature of cooked foods.
- Color is not a reliable indicator of doneness.
- When cooking in a microwave oven, cover foods, stir, and rotate for even cooking. Food is done when it reaches the safe internal temperature.
- Bring sauces, soups, and gravy to a boil when reheating. Use a thermometer to make sure leftovers are reheated to the

## Four Simple Steps to Food Safety continued

proper temperature.

For some meats these days there is now a rest time that helps to ensure they reach that safe internal temperature, but do not get over cooked to dry out the meats. After you remove meat from the grill, oven, or other heat source, allow it to rest for the specified time. During the rest time its temperature remains constant or continues to rise, which destroys harmful germs!

Play it safe and keep your temperatures in mind!

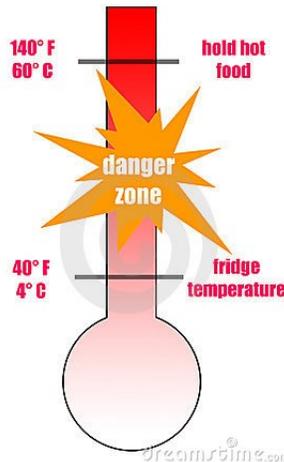
**Beef, Lamb, Pork, Veal**  
**145 degrees F with a 3 minute rest time**

**Ground Beef or Pork**  
**160 degrees F**

**Ground Poultry**  
**165 degrees F**

**Turkey or Chicken**  
**165 degrees F**

**Stuffing, Casseroles, leftovers**  
**165 degrees F**



**Chill:** Refrigerate promptly. Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Keeping a constant refrigerator temperature of 40 degrees or lower is one of the best ways to reduce foodborne illness. The freezer should be at 0 degrees or lower.

- Refrigerate or freeze meat, poultry, eggs, and other perishable foods as soon as you get home from the store.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits and vegetables sit at room temperature more than 2 hours before putting them in the refrigerator or freezer.
- Never defrost at room temperature. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

## Wash Before You Bite the Recipe for Safe Fruits and Veggies

Tomatoes still warm from the sun, peppers bursting with flavor, and corn straight off the cob, nothing says “wholesomeness” like fresh produce. But, is it really as safe as you think? You need to remember that dangerous microorganisms can be everywhere - even on our fruits and vegetables. Whether they’re grown in another country or your own backyard, our fruits and vegetables can have germs. The foods can become contaminated by the soil they are grown in or water used for irrigation or rinsing. The recipe to remember is:

**Prep the Kitchen** - Before preparing fruits and vegetables, wash your hands and clean your cutting board and utensils with hot,

soapy water. Did you know? Twenty percent of consumers don’t wash their hands and kitchen surfaces before preparing food. Clean hands and surfaces are your first step in safe food handling.

**The Fresher the Better** - Avoid buying produce with wilted, moldy, or slimy parts. Only buy what you need and can use within a few days.

**Add Water** - Clean, clean, clean. To remove any lingering dirt, thoroughly wash fresh produce under running water. This includes fruits with rinds or skin.

**Scrub Thoroughly** - Use a vegetable brush to scrub fruits and vegetables that have firm surfaces,

such as potatoes, carrots, etc.

**Cut Accordingly** - Cut away any damaged or bruised areas on produce. Bacteria can thrive in these places. Don’t cross-contaminate, use clean knives, plates, and bowls for fruits and vegetables -- none that have been used for meat, poultry, or seafood without thoroughly cleaning.

**Refrigerate** - Keep cut-up fresh fruits and vegetables cool by refrigerating immediately.

With this recipe you will have a safe, delicious, wholesome meal of fruits and vegetables.

