



Kinship Link

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Food Safety Basics

Pro Kinship for Kids

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Clean

- Wash your hands with warm soapy water for at least 20 seconds before and after handling food, using the bathroom, or handling pets. Dry hands with a paper towel.
- Always wash, scrub, and rinse fruits and vegetables under running water before eating them.
- Store leftover food and unused canned goods in clean, sealed containers in the refrigerator. Leftovers should be eaten within 2 days.
- Clean canned good lids before opening.

Chill and Cook

Meat, poultry, fish, dairy foods, and fresh fruits and vegetables are favorite places for harmful bacteria to grow. These foods must be kept cold enough or made hot enough to keep bacteria from growing and to keep foods safe.

160 - 212 degrees is hot enough to kill most harmful bacteria
140 - 160 degrees is hot enough to prevent most

harmful bacteria from growing
40 - 140 degrees is the temperature danger zone where most harmful bacteria grow best at these temperatures
32 - 40 degrees is refrigerator temperature where many harmful bacteria still grow, but they grow at a slower rate
-20 - 0 degrees is freezer temperature where many harmful bacteria live, but they do not grow

Chill

- ♦ Never thaw or marinate food on the counter top at room temperature. Thaw foods in the refrigerator, in cold water, or in the microwave.
- ♦ Do not thaw frozen TV dinners or casseroles before heating.
- ♦ Divide large amounts of food into shallow containers for quicker cooling in the refrigerator.

Cook

Use a food thermometer to measure the internal temperature of cooked foods. Color of a food is not a reliable indicator of safety or thorough

cooking.

Leftovers need to be heated to 165 degrees
Turkey, Chicken, and Duck need to be heated to 165 degrees
Ground Beef, Pork, Veal, and Lamb need to be heated to 160 degrees
Egg Dishes (cook until yolk and white are firm) at a 160 degrees
Fish needs to be heated to 145 degrees
Beef, Pork, Veal, and Lamb steaks, roasts, and chops (allow 3 minute rest time) need to be at 145 degrees

Separate

- * Cross-contamination happens when bacteria is spread from one food to another. This often happens when handling raw meat, poultry, seafood, and eggs. Prevent cross-contamination by keeping these foods (and their juices) away from ready-to-eat foods.
- * Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs without washing it first with hot soapy

Food Safety Basics continued

water.

- * Use separate cutting boards for raw foods and ready-to-eat foods, like fresh fruits and vegetables.

Safe Shopping

- ◇ Read food labels to make sure food is not past its “sell by” or “use by” date.
- ◇ Put raw packaged meat, poultry, and seafood into a plastic bag before placing it in your cart to prevent cross-contamination.

- ◇ Buy only pasteurized milk, cheese, dairy products, and juices.
- ◇ Do not purchase fruits and vegetables that are bruised, cut, or damaged.
- ◇ Select canned goods that are free of dents, rust, cracks, or bulging lids. Always clean the lid before opening the can.

Egg safety

- ◆ Purchase eggs in the shell from the refrigerated section of the

store.

- ◆ Store eggs in the original carton in the main part of the refrigerator (not in the door).
- ◆ For recipes that call for raw or undercooked eggs such as salad dressings or ice cream, use pasteurized eggs. These eggs have been heat treated to destroy harmful Salmonella bacteria that can make you sick.



What is Lactose Intolerance?

Lactose Intolerance is an inability to digest lactose, a type of sugar found in milk. Many people do not produce enough of the digestive enzyme lactase, which breaks down lactose. When lactose is not digested, it can cause stomach pain, bloating, gas, and diarrhea.

What foods should people with lactose intolerance avoid?

Milk, Cheese, Yogurt, Butter, Ice Cream, Foods with milk-derived ingredients like whey and casein. Certain foods, such as yogurt, buttermilk, and hard cheeses like Cheddar or Parmesan contain lower amounts of lactose, and may be tolerated in small amounts. Taking a lactose supplement before eating allows some people to eat dairy foods.

How can I find out if I'm lactose intolerant?

If you think you may be lactose intolerant you could stop eating any dairy foods for two weeks and see if your symptoms go away. If you go back to eating dairy and your

symptoms return, you are probably lactose intolerant. A doctor can also perform a test of the hydrogen gas your body produces after eating dairy to make a diagnosis.

Who is most likely to be lactose intolerant?

Native Americans and people of Asian, African, or Hispanic background are lactose intolerant because their ancestors did not eat dairy foods. Some people become more intolerant as they grow older and their bodies produce less lactase. People with other digestive problems, like celiac disease, Crohn's disease, or irritable bowel syndrome (IBS) may be more likely to be lactose intolerant.

Is this the same as a dairy allergy?

Dairy allergy and lactose intolerance are not the same thing. A dairy allergy exists when the body thinks of any dairy food as an invader and produces antibodies to fight it. Right after drinking or eating a dairy food, a dairy allergy can cause hives, wheezing, or

vomiting. It could take up to several hours though to develop symptoms that might include diarrhea, stomach cramps, coughing or wheezing, runny nose, watery eyes, an itchy skin rash especially around the mouth, and colic in babies.

What about calcium?

Milk is a good source of calcium, a mineral important for strong bones. If you can't drink milk or eat dairy, there are many other sources of calcium:

- * Lactose-free milk
- * Canned sardines and salmon with bones
- * Spinach, collards, turnip greens, and kale
- * Almonds
- * Tofu
- * Cooked dried beans and baked beans
- * Fortified ready-to-eat cereals
- * Fortified almond milk and soy milk

