

FOOD FOR THOUGHT
Fall 2014 (Sept./Oct./Nov.)

****Attention****

Englewood Store Owners & Employees

Did you know that selling tobacco products in Englewood to persons **under the age of 21** may be prosecuted in accordance with the law? To avoid illegal sales, routinely follow the “LOOK, SEE, AND CHECK ID” procedure below, whenever selling tobacco products.

LOOK

Look directly at each and every person attempting to purchase a tobacco product over-the counter.

SEE

See what the person looks like in detail. Do not guess someone's age.
If you believe that the person might be under 21 years of age, request ID!

CHECK ID

Check the birth date on the ID and make an accurate determination of the person's age. If doubt exists about the age or ID, or if the person refuses to show ID, refuse the sale.

**THANK YOU FOR NOT SELLING TOBACCO
PRODUCTS TO PERSONS UNDER THE AGE OF 21**

Turkey Basics: Safely Thaw, Prepare, Stuff, and Cook

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to the proper temperature.



Safe Thawing

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where food borne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again if it is in the "danger zone."

There are three safe ways to thaw food: in the refrigerator; in cold, running water; and in a microwave oven.

Safe Preparation

Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods.

Safe Stuffing

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe, minimum, internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in food borne illness. (*Clostridium perfringens*)

Safe Cooking

Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

Lastly, ***refrigerate leftovers at 40°F or below as soon as possible and within two hours of preparation*** to prevent food poisoning.

Food Allergies

A food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. Food allergies are a common and serious health problem. Any food can trigger an allergic reaction, though some foods cause the vast majority of negative reactions. Eight foods account for 90 percent of all food allergies: milk, shellfish, fish, soy, wheat, peanuts, tree nuts (like walnuts and cashews), and eggs. Latex, from gloves worn by food service staff, may come into contact with food. For those with a latex allergy, this may cause an allergic reaction when the food is eaten. Those with a latex allergy should ask that food preparers not wear latex gloves when preparing their meals.

- Approximately 327,000 persons in New Jersey suffer from food allergies, including nearly 100,000 children.
- Food allergy is the leading cause of anaphylaxis (a sudden, severe, potentially fatal, systemic allergic reaction), accounting for an estimated 30,000 emergency department visits, 2,000 hospitalizations, and 200 deaths nationwide each year.
- Currently the only way to treat food allergies is avoiding the foods that trigger reactions, so consumers should take precautionary steps, especially when eating out.

The following tips are useful for food establishment staff:

- **Take customer requests seriously**
 - Listen Carefully
 - Tell the chef about the food allergy
 - Report back to the customers how you can meet their needs
- **Check for Allergen Every Time**
 - Check recipes and food labels – Food products may change
 - Beware of allergens hiding in foods like sauces, soups, dressings, and oil
- **Stop Cross Contamination**
 - Keep orders allergen-free from start to finish
 - Start fresh – clean hands, gloves, workspace, utensils, pans and dishes
 - Double check orders before serving – serve only if allergen free



A Tip for All Seasons

Did you know that an effective hand washing routine is not only simple, but the most important duty in any food preparation routine? A good, thorough lathering, scrubbing, and rinsing for at least 20 seconds will eliminate the contamination of food through handling. Hand washing sinks and restrooms should be fully stocked with soap, paper towels and hot water at all times and kept clear and convenient for access. Ensure all hand wash stations are used for hand washing purposes **ONLY**. Food Service Managers should lead by example, setting the standard by washing their hands once entering the kitchen. This encourages good food safety behavior which makes sense, but will also lead to making “**Cents**” in the long run.

Hands should be washed after the following actions:

- Anytime when entering the kitchen
- Before handling or preparing foods
- Before placement of gloves
- After handling money
- After touching parts of the body (face, hair, nose, etc.)
- After using the restroom
- Smoking
- Eating

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