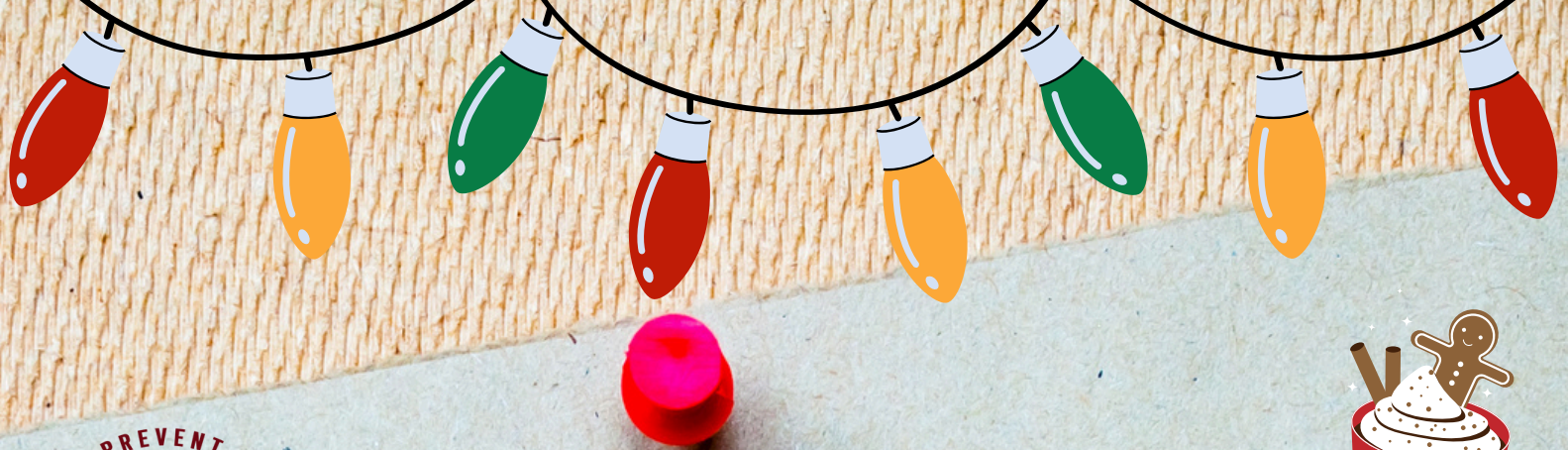




Food for Thought



SCAN ME

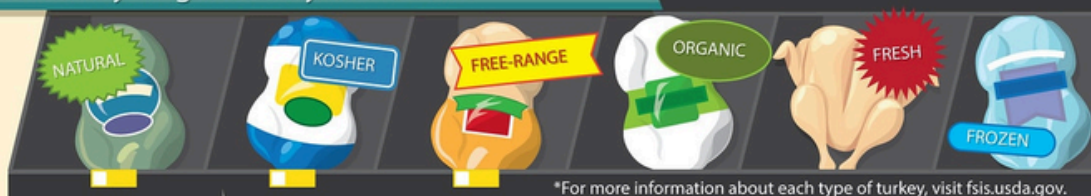




LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!



Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteaKaren.gov for questions in Spanish.



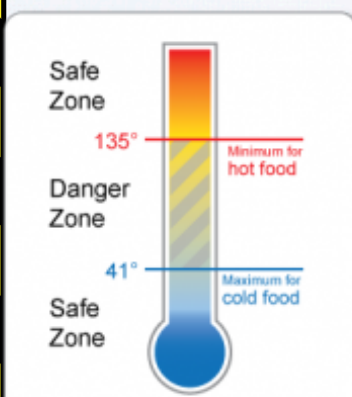


PREVENT FOOD POISONING DURING THE HOLIDAYS



Wash your hands. Be sure to wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.

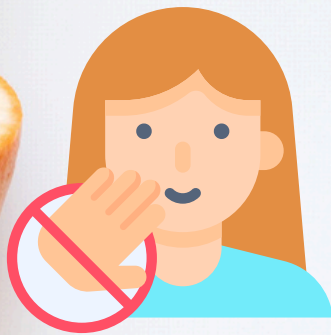
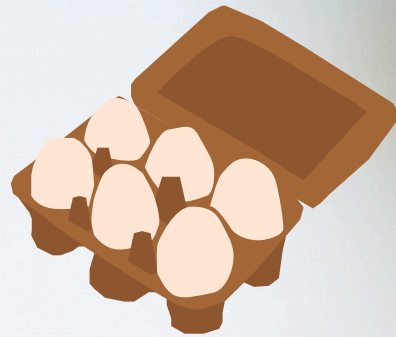
Cook food thoroughly. Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks and fresh ham should rest for 3 minutes after removing from the oven or grill.



Keep food out of the "**danger zone**" Exit disclaimer. Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours.

The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

Use pasteurized eggs for dishes containing raw eggs. Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.



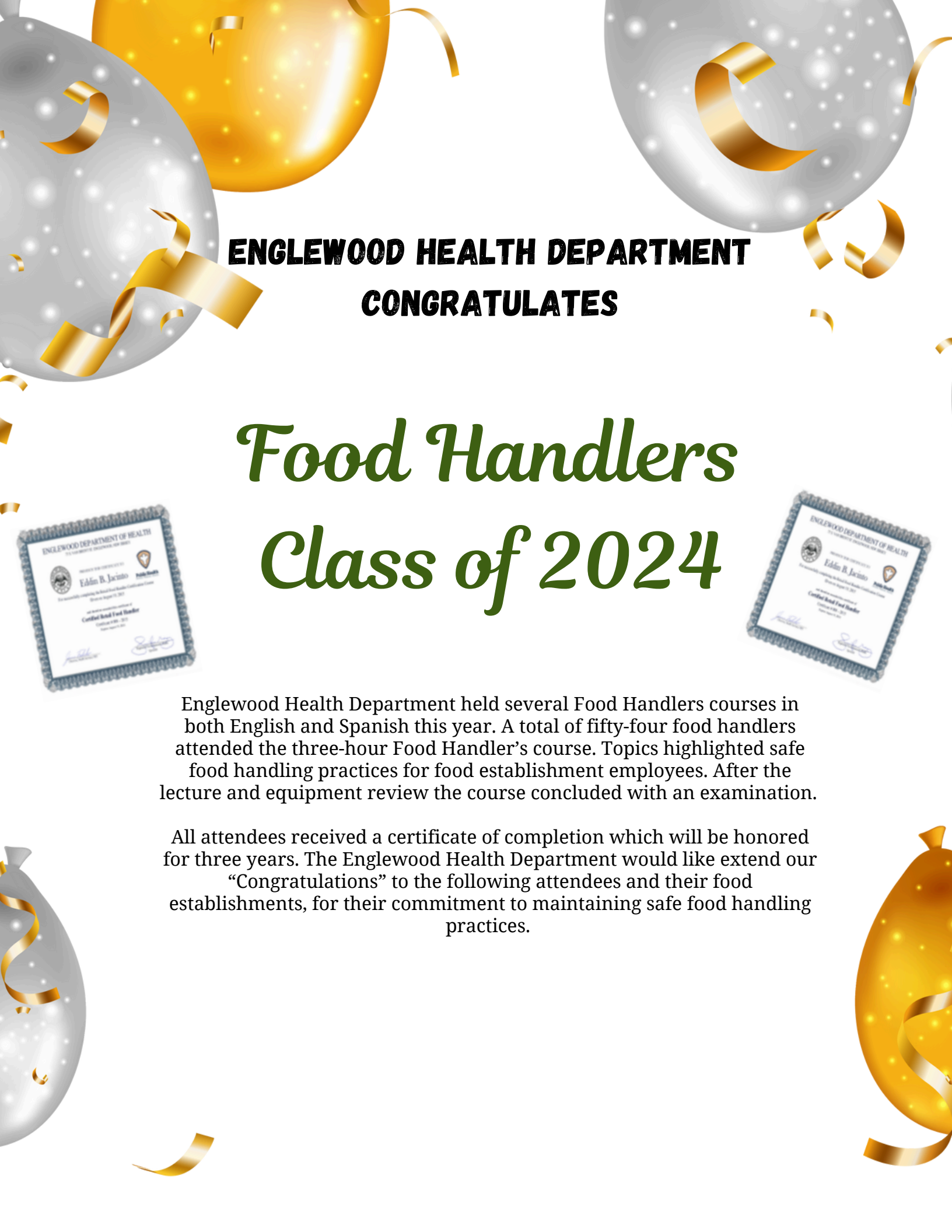
Do not eat dough or batter. Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants.

KEEP FOODS SEPARATED

Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

Safely thaw your turkey. Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.





**ENGLEWOOD HEALTH DEPARTMENT
CONGRATULATES**

Food Handlers Class of 2024



Englewood Health Department held several Food Handlers courses in both English and Spanish this year. A total of fifty-four food handlers attended the three-hour Food Handler's course. Topics highlighted safe food handling practices for food establishment employees. After the lecture and equipment review the course concluded with an examination.

All attendees received a certificate of completion which will be honored for three years. The Englewood Health Department would like extend our "Congratulations" to the following attendees and their food establishments, for their commitment to maintaining safe food handling practices.

Graduates

EBENEZER BAPTIST CHURCH

ANNIE WALKER

EL GUANAKO

MARIA ELVIRA CARRANZA HERNANDEZ
HILDA LORENA LOPEZ
DARLING SUCHITE
MARIA ARGENTINA VELASCO PENA

EL NOPALITO

SARA ANASTACIO
ANA BAUTISTA

ENGLEWOOD HEALTH DEPARTMENT

DORIS GARCIA
LAURA PABON

KENNEDY FRIED CHICKEN

ABDUL WAHAB KHAN

LA CHATARRERIA

NELSON ICU
CRISTIAN LOPEZ
JONNI LOPEZ SOTO
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HECTOR REDONDO
XAVIER ZAKA

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BAYRON AJTUN TZOY
LESLEY DIAZ HENAO
KAREN ESPINOSA
GLITZA GONZALEZ
DARI GUERRA
CLAUDIA HINCAPIE
MARCELA OSORIO
TATIANA RESTREPO-SANCHEZ
MICHELLE RODRIGUEZ
PAULA SALAZAR GALLON
VICTOR TEJADA JACINTO

LAS TRES ESQUINAS

ANDRES RIVERA

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PATRICK CURTIN
NATALY GOMEZ

POMPTONIAN FOOD SERVICE

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GERMAN PEREIRA

THE GOOD NEIGHBOR JUICE BAR

VERONICA ALCANTARA
MAYDA BASULTO

TIPICOS MORAZAN

GRICELDA PAR

ADDITIONAL GRADUATES

LOVELY ALI
JOSUE MOLLINEDO DIAZ



Food Establishment Owners/Managers are you interested in having your food handlers achieve food handler certification?

Please contact the Health Department to arrange for a class to be held at either the Health Department or at your food establishment. If you register eight food handlers or more, a free skill demonstration can be provided. Contact Priscilla Lewis, Senior Registered Environmental Health Specialist or Susy Rodriguez, LHOC at 201-568-3450 Ext 510 or 520.

WE ARE HERE TO ASSIST YOU!





PREVENIR LA INTOXICACIÓN ALIMENTARIA DURANTE LAS FESTIVIDADES



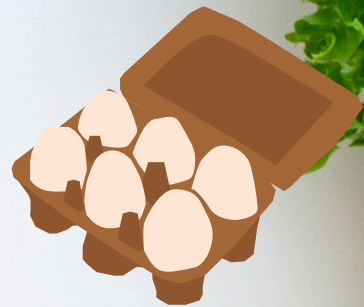
Lávese las manos. Asegúrese de lavarse las manos con agua y jabón antes y después de preparar la comida, después de tocar carne cruda, huevos crudos o verduras sin lavar, y antes de comer o beber.

Cocine bien la comida. La carne, las aves, los mariscos y los huevos pueden ser portadores de gérmenes que causan intoxicación alimentaria. Utilice un termómetro de alimentos para asegurarse de que estos alimentos se hayan cocinado a la temperatura interna mínima segura. Los asados, las chuletas, los filetes y el jamón fresco deben reposar durante 3 minutos después de sacarlos del horno o de la parrilla.



Mantenga los alimentos fuera de la "zona de peligro" Descargo de responsabilidad de salida. Las bacterias pueden crecer rápidamente a temperatura ambiente. Después de cocinar la comida, mantenga la comida caliente y la comida fría fría. Refrigere o congele cualquier alimento perecedero en un plazo de 2 horas. La temperatura en su refrigerador debe ajustarse a o por debajo de 40 °F y el congelador a o por debajo de 0 °F.

Use huevos pasteurizados para platos que contengan huevos crudos. La salmonela y otros gérmenes dañinos pueden vivir tanto en el exterior como en el interior de los huevos de aspecto normal. Muchos de los favoritos de las fiestas contienen huevos crudos, incluyendo ponche de huevo, tiramisú, salsa holandesa y aderezo César. Siempre use huevos pasteurizados cuando haga estos y otros alimentos hechos con huevos crudos.



No coma masa cruda. La masa hechas con harina o huevos pueden contener gérmenes dañinos, como E. coli y Salmonella. No pruebe ni coma masa no pasteurizada o masa de ningún tipo, incluidas las de galletas, pasteles, tartas, galletas, panqueques, tortillas, pizza o manualidades. No deje que los niños prueben la masa cruda o jueguen con la masa en casa o en los restaurantes.

MANTENGA LOS ALIMENTOS SEPARADOS

Mantenga la carne, las aves, los mariscos y los huevos separados de todos los demás alimentos en el supermercado y en el refrigerador. Evite que los jugos de la carne, las aves de corral y los mariscos goteen o se filtren sobre otros alimentos manteniéndolos en recipientes o bolsas de plástico selladas. Guarde los huevos en su caja original en el compartimento principal del refrigerador.

Descongele su pavo de forma segura. Descongelar el pavo en el refrigerador, en un fregadero de agua fría que se cambie cada 30 minutos, o en el microondas. Evite descongelar alimentos en el mostrador. Un pavo debe descongelarse a una temperatura segura para evitar que los gérmenes dañinos crezcan rápidamente.



**EL DEPARTAMENTO DE SALUD DE
ENGLEWOOD FELICITA**

La Clase de Manipuladores de Alimentos del 2024



El Departamento de Salud de Englewood llevó a cabo varios cursos para manipuladores de alimentos tanto en inglés como en español este año. Un total de cincuenta y cuatro manipuladores de alimentos asistieron al curso de manipulador de alimentos de tres horas de duración. Los temas destacaron prácticas seguras de manipulación de alimentos para los empleados de establecimientos de alimentos. Después de la conferencia y la revisión del equipo, el curso concluyó con un examen.

Todos los asistentes recibieron un certificado de finalización que será otorgado durante tres años. El Departamento de Salud de Englewood desea extender nuestras “Felicitaciones” a los siguientes asistentes y sus establecimientos de alimentos, por su compromiso de mantener prácticas seguras de manipulación de alimentos.

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Propietarios/Administradores de Establecimientos de Alimentos, ¿están interesados en que sus manipuladores de alimentos obtengan la certificación de manipulador de alimentos?

Por favor, póngase en contacto con el Departamento de Salud para organizar una clase que se llevará a cabo en el Departamento de Salud o en su establecimiento de alimentos. Si registra ocho manipuladores de alimentos o más, se puede proporcionar una demostración de habilidades gratuita en su establecimiento. Póngase en contacto con Priscilla Lewis, Sr. Especialista en Salud Ambiental Registrada o Susy Rodríguez, LHOC Al 201-568-3450 Ext 510 o 520.

**¡ESTAMOS AQUÍ
PARA
AYUDARTE!**

