



Message from the CEO

Carol Carew

It is unbelievable that the holidays are upon us. And with them, come an abundance of varied foods that show up at every turn. Are they always safe to eat? Remember an important rule for food safety: keep hot foods hot and cold foods cold. For safety tips, read Preventing Foodborne Illness.

National Handwashing Awareness Week is December 4-10. Keeping your hands clean is one of the best ways to prevent illness and the spreading of germs to others. Visit www.cdc.gov/features/handwashing for more information.

We're excited to have new, free classes starting in January: tobacco cessation, and the National Diabetes Prevention Program, which includes developing lifestyle habits to reach a healthy weight and incorporating adequate physical activity into your life. Call our center, ext. 260, to reach Jessica Richards, our health educator, for more information.

From all of us at BRHC, have the happiest of holidays.

Carol

Healthy Organization/Resource of the Month By Jessica Richards, BRHC Health Educator

The Healthy Resource of the Month is the Beth C. Wright Cancer Resource Center. If you, or a loved one, has been diagnosed with cancer, you probably have many questions.

The Beth C. Wright Cancer Resource Center is a free local resource that serves Hancock and Washington counties. It helps guide people through the process after a cancer diagnosis by providing critical education and necessary tools that you, your family, and/or caregivers need.

The facility and the team are warm and welcoming. You can speak with them at the center or by telephone. They will even meet you closer to your home.

They serve people through every stage of their cancer journey, hold various programs and classes to support social, mental and physical health, and offer connections to other programs or care that may be needed.



Jessica Richards and
Michael Reisman,
Executive Director.

Visit BethWrightCancerCenter.org, or call 664-0339.

Meet Our Team



Dr. Stanley
Whittemore



Marcia Buza,
Medical Assistant



Mary Hurd,
Scheduler

And Venetia Hunt, RN, Care Coordinator, not pictured.

Preventing Foodborne Illness

When it comes to preventing foodborne illness, there are four simple steps that you can practice every day. These steps are easy – and they'll help protect you and those around you from harmful foodborne bacteria.

Clean: Clean your hands and cooking surfaces often. Germs that cause foodborne illness can be spread throughout the kitchen and get onto hands from cutting boards, utensils, counter tops, and food. Help stop the spread of these germs! Here's how:

- Clean your hands with warm water and soap for at least 20 seconds before and after handling food. If soap and water are not available, use an alcohol-based wipe or hand gel.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you prepare the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often using the hot cycle of your washing machine. If using a sponge to clean up, microwave it each evening for 30 seconds or place it in the dishwasher.
- Rinse all fresh fruits and vegetables under running tap water. This includes those with skins and rinds that are not eaten. For firm-skin fruits and vegetables, rub with your hands or scrub with a clean vegetable brush while rinsing.

Continued back page

**Walk-in Care hours: Saturdays, 8 a.m. to 3 p.m.
Open to everyone, not just our patients.**



Martha's Menu

Martha Cole, MS, RDN, LD

Turkey Vegetable Soup

Courtesy of USDA
What's Cooking

Ingredients

- ½ cup White Wine (or Turkey Stock)
- ¼ Onion, diced small
- 2 medium Carrots, diced small
- ¼ Leek, sliced in thin strips
- 1 Bay Leaf
- 1/8 tsp. Thyme
- 4 cups Turkey Stock, fat removed
- 1 small Baking Potato, diced small
- 1 small Turnip, diced small
- 8 ounces cooked Turkey Meat, diced
- ½ cup Frozen Peas
- 2 Tbsp. Parsley, chopped

Directions

1. Dice onion, celery, carrots, potato, turnip, and turkey meat into small pieces. Slice leek into thin strips.
2. Heat wine or stock in large soup pot. Add onion, celery, carrots, and leeks. Sauté until tender. Add bay leaf and thyme.
3. Add turkey stock (can substitute chicken stock). Bring to a boil, then reduce to a simmer.
4. Add potatoes and turnips. Simmer 45 minutes until potatoes are soft.
5. Add turkey meat and peas. Simmer for 10 more minutes and serve.
6. Garnish with chopped parsley.

Separate: Don't cross-contaminate one food with another. Cross-contamination occurs when bacteria spread from a food to a surface, from a surface to another food, or from one food to another. You're helping to prevent cross-contamination when you:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator.

Be sure to use the plastic bags available in the meat and produce sections of the super-market.

Cooking temperatures are listed at www.fightbac.org/heatitup.cfm and USDA's special Web site at www.isitdoneyet.gov

- Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.
- Don't allow juices from meat, seafood, poultry, or eggs to drip on other foods in the refrigerator. Use containers to keep these foods from touching other foods.
- Never re-use marinades that were used on raw food, unless you bring them to a boil first.

Cook: Cook foods to proper temperatures.

Foods are safely cooked when they are heated for a long-enough time and at a high-enough temperature to kill the harmful bacteria that cause foodborne illness. The target temperature is different for different foods. The only way to know for sure that meat is cooked to a safe temperature is to use a food thermometer. Make sure it reaches the temperature recommended for each specific food.

Chill: Refrigerate foods promptly. Cold temperatures slow the growth of harmful bacteria. So, refrigerate foods quickly. Do not over-stuff the refrigerator, as cold air must circulate to help keep food safe.

Keeping a constant refrigerator temperature of 40° F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40° F or below.

The freezer temperature should be 0° F or below. Plan when you shop: Buy perishable foods such as dairy products, fresh meat and hot cooked foods at the end of your shopping trip.

Refrigerate foods as soon as possible to extend their storage life. Don't leave perishable foods out for more than two hours. If preparing picnic foods, be sure to include an ice pack to keep cold foods cold. Store leftovers properly.

USDA Recommended Safe Minimum Internal Temperatures						
						
Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground Beef 160 °F	Egg Dishes 160 °F	Chicken Breasts 165 °F	Whole Poultry 165 °F