



September is National Food Safety Education Month

September is National Food Safety Education Month, making it a great time to freshen up on food safety and educate others on how to prevent foodborne illness, also known as food poisoning. Food poisoning occurs when disease-causing bacteria or pathogens contaminate food that is ready-to-eat. Some common illnesses that are caused by germs include Salmonella, E. coli, staphylococcus aureus (Staph), and norovirus.

Consuming contaminated food will usually cause sickness within one to three days. However, there are instances where sickness can occur within 20 minutes or up to six weeks later. Symptoms of food poisoning may include vomiting, diarrhea, abdominal pain and other flu-like symptoms.

Every year, an estimated one in six Americans get sick from foodborne illnesses with 128,000 of them being hospitalized. Although most will make a full recovery, there are some who can develop life-long health problems. Additionally, there are populations who are more susceptible to foodborne illnesses, such as pregnant women, children, and people with weakened immune systems. **To keep your loved ones safe from food poisoning, follow these four practices:**

- **Clean** – Make sure to wash your hands and surfaces often, as germs that cause food poisoning can survive in many places and spread throughout the kitchen. Wash utensils

and cutting boards after preparing each food item. Run fruits and vegetables under running water before use.

- **Separate** – Do not cross contaminate. Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat foods if they are not kept separate. Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
- **Cook** – Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria. A table on **safe minimum internal temperatures** is provided below.
- **Chill** – Refrigerate perishable food within two hours. Never leave perishable food out for more than two hours as bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40°F and 140°F. Thaw frozen food safely in the refrigerator, cold water, or in the microwave.

SAFE MINIMUM INTERNAL TEMPERATURES <small>as measured with a food thermometer</small>	
Food Type	Internal Temperature
Beef, Pork, Veal, and Lamb (chops, roasts, steaks)	145°F with a 3-minute rest time
Ground Meat	160°F
Ham, uncooked (fresh or smoked)	145°F with a 3-minute rest time
Ham, fully cooked (to reheat)	140°F
Poultry (ground, parts, whole, and stuffing)	165°F
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
Fin Fish	145°F or flesh is opaque & separates easily with fork
Shrimp, Lobster, and Crabs	Flesh pearly & opaque
Clams, Oysters, and Mussels	Shells open during cooking
Scallops	Flesh is milky white or opaque and firm
Leftovers and Casseroles	165°F

August 2017



The Healthy Fontana team is here to support you and provide resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the **Healthy Fontana website** or call (909) 350-6542.

Sources:

- <https://www.fda.gov/food/consumers/food-safety-education-month>
- <https://www.cdc.gov/foodsafety/education-month.html>

Featured Fall Recipe: Apple Oatmeal

A 1/2 cup of sliced apples is a source of fiber.

Makes: 36 tastes at 1/4 cup each

Ingredients:

- 3 large apples, cores removed
- 3 cups quick cooking oats
- 1/2 tablespoon ground cinnamon
- 3/8 teaspoon salt
- 5 1/4 cups 100% apple juice
- small cups and spoons

To Make:

1. Wash hands with soap & water.
2. Chop apples into bite-sized chunks.
3. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover with a lid or plastic wrap. Leave a little opening to allow steam to escape.
4. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
5. Stir and let cool before serving.



Source: Harvest of the Month

Upcoming Events**

**** Times/Locations Subject to Change ****
Events may also be cancelled due to inclement weather

Visit Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, September 8, 15, 22*, 29** (*September 1st cancelled due to excessive heat*) | **Fontana Farmers' Market** | Southridge Park/Don Day Parking Lot, 2pm-7pm
- **Sundays, September 11, 18, 25** (*September 4th cancelled due to excessive heat*) | **Fontana Farmers' Market** | Fontana Park Aquatic Center Parking Lot, 12pm-5pm
- **Saturday, September 10** | **Fontana Walks!** | **Central City Park**, 7am-8am
- **Saturday, September 10** | **FREE Garden Workshop** | **Central City Park Community Garden**, 8am-9am
- **Saturday, September 17** | **Hispanic Heritage Month Celebration** | **Miller Park Amphitheater**, 5pm-9pm
- **Thursday, September 22** | **Fontana Walks!** | **Southridge Park**, 6pm-7pm



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Connect with Healthy Fontana

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