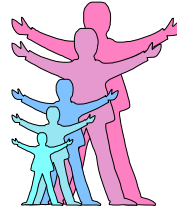


# Helpline



September 2009

## National Food Safety Month®



National Food Safety Month® was created by the National Restaurant Association Education Foundation's (NRAEF) International Food Safety Council, as an awareness initiative that promotes food safety education for consumers and the food service industry.

The theme for this year's campaign is "Home Food Safety - MYTH BUSTERS."

Over the years we have heard advice related to food safety. Some of this advice rings true, while other guidance is plain wrong. To help protect yourself and your family from foodborne illness, the Partnership For Food Safety Education, is debunking these food safety "Myths," during food safety month.



## MYTHBUSTERS

**MYTH:** Food is safe once it's cooked, no matter how long you leave it out.



**FACT:** Food - raw food and cooked food - may not be safe after sitting out at room temperature for more than two hours. Bacteria grow rapidly in the "danger zone" between 40° F and 140° F.

**ADVICE:** Follow the "two hour rule: toss perishable foods left out for more than 2 hours. And if left out in a room or outdoors where the temperature is 90° F or hotter, food should be discarded after just 1 hour.

**MYTH:** Lemon juice and salt will clean and sanitize a cutting board.

**FACT:** Sanitizing is the process of reducing the number of microorganisms that are on a properly cleaned surface to a safe level to reduce risk of foodborne illness. Lemon juice and salt will not do this.

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The most effective way to sanitize a cutting board as well as other kitchen surfaces is with a diluted bleach and water solution.

To clean and sanitize your cutting board first wash it with hot water and soap. Then sanitize it by using a diluted chlorine bleach solution -- just 1 T. unscented liquid bleach (not more) to 1 gallon of water. Let the bleach solution stand on the surface for a few minutes; then rinse and blot dry with clean paper towels. It is important to clean and disinfect - just because a surface looks clean, doesn't mean it is free of disease-causing bacteria!

**ADVICE: CLEAN** -- Wash hands and surfaces often. Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.



**MYTH:** Putting chicken in a colander and rinsing it with water will remove bacteria like salmonella.

**FACT:** Rinsing poultry in a colander will not remove bacteria. In fact, it can spread raw juices around your sink, onto your countertops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe internal temperature, which for poultry is 165° F, as measured with a food thermometer. Save yourself the messiness of rinsing raw poultry. It is not a safety step and can cause cross-contamination!

**ADVICE: SEPARATE** -- Don't cross-contaminate! Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.

**MYTH:** Once a hamburger turns brown in the middle it is cooked to a safe internal temperature.

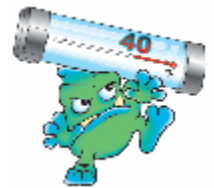
**FACT:** You cannot use visual cues to determine whether food has been cooked to a safe internal temperature. The **ONLY** way to know that food has been

cooked to a safe internal temperature is to use a food thermometer. Ground meat should be cooked to a minimum internal temperature of 160° F, as measured by a food thermometer.

**ADVICE: COOK** -- Cook to proper temperature as measured with a food thermometer. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

**MYTH:** You should not put hot food in the refrigerator.

**FACT:** Hot food can be placed directly in the refrigerator. A large pot of food like soup or stew should be divided into small portions and put in shallow containers for quicker cooling in the refrigerator. If you leave food out to cool and forget about it then toss it! Food is not safe to eat after sitting out at room temperature for more than two hours. Bacteria grow rapidly in the “Danger Zone” between 40° F and 140° F. Always follow the “two hour rule” - refrigerate perishable foods within two hours at a refrigerator temperature of 40° F or below. And if left out in a room or outdoors where the temperature is 90° F or hotter, food should be refrigerated or discarded within just 1 hour.



**ADVICE: CHILL** -- Refrigerate promptly Bacteria spreads faster at temperatures between 40° F and 140° F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

**MYTH:** If you become ill from eating contaminated foods, it is the last food you ate that made you sick.

**FACT:** This is usually not true. Most symptoms do not occur until hours or even days later. For example, when infected with salmonella, the common foodborne illness, an individual will not develop symptoms until 8-72 hours after the contaminated food was eaten.

Source: The Partnership for Food Safety Education

## Cleaning Matters Clean Hands for Better Health

Going global with the benefits of clean hands  
SDA—Cleaning Matters—September/October 2009

If ever there was a time to recognize the importance of the connection between handwashing and good health, the time is now! Each year, influenza kills more than 36,000 people and hospitalizes 200,000 in the United States. Worldwide, the annual epidemics cause about 250,000 to 500,000 deaths. Now, with the new challenge of the H1N1 virus, hand hygiene plays an even more vital role in public health.

The Centers for Disease Control and Prevention (CDC) has stated that influenza illness, including illness associated with the influenza A (H1N1) virus, is ongoing in this country. This virus is not “going away,” as some people seem to think.

When this virus first surfaced, it was referred to as “swine flu.” However, last April, after a number of countries banned pork imports or slaughtered their pigs, the World Health Organization (WHO) began referring to it as influenza A (H1N1) virus. On June 11, 2009, the WHO raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of this virus. A Phase 6 designation indicates that a global pandemic is underway.

Routine hygiene practices, such as washing your hands, are everyday actions people can take to stay healthy. To learn more and keep up-to-date with credible information, visit the CDC website at <http://www.cdc.gov/h1n1flu/>.

### Proper Handwashing Procedures

To do the job properly, you need three things: soap, warm running water, and enough time (20 seconds – or about how long it takes to sing “Happy Birthday” two times).



1. Wet hands with warm, running water. Then apply soap.
2. Rub hands together vigorously to make lather and scrub all surfaces. Continue for 20 seconds.
3. Rinse well under warm, running water.
4. Dry hands thoroughly using paper towels or an air dryer. If possible, use paper towels to turn off the faucet.

“When soap and water aren’t available, there are other alternatives,” says Nancy Bock, Vice President of Education at The Soap and Detergent Association. “Hand sanitizers and handwipes are easy, convenient and portable.”



### Why Belong to 4-H ?

- Club membership fosters a sense of belonging. 4-H club participants encourage and support each other. Members feel they belong to a specific club within the county as well as the state and the nation. 4-H is the largest worldwide youth organization with 8 million members. Club membership is valuable on college and employment resumes.
- The club volunteer is actively involved as an advisor, guide coach and mentor.
- 4-H clubs provide an opportunity to value and practice service to others within the community. The opportunity for learning and mastery of skills is important for success in life. A 4-H project study will capture the member’s interest and knowledge of a particular subject. They are encouraged to share what they have learned by giving a talk on the subject and making exhibits for the county fair.

For more information on 4-H visit [www.miamidadefas.ufl.edu](http://www.miamidadefas.ufl.edu) or call Kathie Roberts, 305-888-5010, ext 107

### Join us for our 4-H 100 year celebration



Saturday, October 3, 2009  
1:00- 5:00 PM

Miami International Mall,  
1455 NW 107 Ave,  
Next to Dillards

Come for entertainment,  
fashion show, fun, face  
painting, and more.

2. Emphasize the consequences of spending: If she uses \$50 of hard-earned babysitting money on new shoes this month, she may not be able to get the perfect prom dress next month.
3. Teach your teen to control impulses and delay gratification; encourage them to think it over and come back later.

Maintain veto power. Even if your teen uses their own money, you can set the limits. Any purchase that does not meet your values is a no-go.

The 4-H “On My Own” finance program was conducted for 48 teens this summer. This program provides young people with a hands-on and real life simulation of day-to-day and long term financial experiences and decisions they will face in adult life. Upon completion, Denard Thomas, age 15, stated, “this program is teaching me about life and now I see what my Mom has to pay in bills”.

For more information on this program contact Kathie Roberts, 305-888-5010, ext 107

### Baby Boomers Leading Obesity Explosion



That ticking sound you hear is the medical-care time bomb of obese baby boomers heading for the Medicare rolls. The latest annual rankings by the Trust for America's Health spotlight the growing (in more ways than one) trend of obesity among the “baby boom” generation: In every state, obesity—defined as a BMI of 30 or above—is more common among the oldest boomers, ages 55 to 64, than among current seniors. Overall, adult obesity rates rose in 23 states and failed to decline anywhere.



### Combat Materialism



Parents spent an average of \$1,085 on school clothes and shoes for their teen in the fall of 2008. Cute clothes and cool gear are often the price of admission to kids’ social groups, no matter the economic climate. Studies show that materialism peaks during the middle school years, when self esteem is low, and decreases by the end of high school, when self esteem rebounds. You can try to remind your teen that friends most worth having are ones who accept him as he is. Boost their self-esteem by pointing out his talents and listening to his ideas.

Help your teen appreciate what she has by finding ways for her to help people in need. The idea of paying for an expensive cell phone may seem ridiculous after seeing the difference that money could make in the life of a homeless person.

### Try these Rules for Responsible Shopping:

1. Discuss the difference between needs (basic jeans) and wants (designer jeans) and then limit the amount you give your teen for essentials. If they want a higher priced item, let them pay the difference.

Mississippi retained its dubious distinction as the fattest state for the fifth straight year, with 32.5% obese, but neighboring Alabama is closing in with 31.2%. West Virginia (31.1%) ranked right behind, followed by Tennessee (30.2%). Colorado remained the leanest state, with a US-low 18.9% of adults obese, followed by Massachusetts at 21.2%.

In a similar report released a week later by the US Centers for Disease Control and Prevention (CDC), the proportion of obese Americans rose from 25.6% in 2007 to 26.1% in 2008. The CDC bases its report on a survey of 400,000 US adults. Lifestyle changes of lower calorie and healthy food intake, as well as regular physical activity; are steps to reduce the obesity explosion.



### Sleep Shortfall Raises Hypertension Risk

If you're concerned about high blood pressure, make sure you get a good night's

sleep. A new study, among the first of its kind to objectively measure sleep duration, reports that for every one-hour reduction in sleep, the risk of hypertension increased 37%. Shorter sleep times were similarly linked with higher blood pressure levels and adverse changes in blood pressure. Previous studies have suggested that not getting enough sleep may be bad for your blood pressure, but these mostly relied on self-reported data. The new study, led by Kristen L. Knutson, PhD, of the University of Chicago, monitored participants using actigraphy, in which a device on the wrist measures motion; since movement is reduced during sleep compared with wakefulness, the activity level indicates sleep duration. Sleep was measured twice for three consecutive days each time.

Knutson and colleagues followed a subset of 535 participants, average age 40 at baseline, in an ongoing study of coronary disease. Given that most people need seven to eight hours of sleep nightly, the study group fell far short of adequate shut-eye: 43% aver-

aged fewer than six hours of sleep per night, while only 1% averaged eight or more hours.

Over five years of follow-up, shorter sleep duration was significantly associated with increased risk of hypertension. Less sleep was also linked to adverse changes in both systolic and diastolic blood-pressure readings.

Even after adjusting for factors such as snoring, the connection between sleep duration and hypertension risk remained strong. "Poor quality sleepers had higher blood pressure risks regardless of whether or not they snored," according to Knutson. Women who snored, however, were even more at risk of high blood pressure, through it's unclear why. Knutson suggested that since snoring is less common in women, it may be more strongly associated with sleep apnea, a known risk factor for hypertension.

Beside snoring more, men in the study got less sleep than white women, who were at lower risk of hypertension: African-American men were especially sleep-deprived. Writing in *Archives of Internal Medicine*, Knutson and colleagues noted. "These two observations suggested the intriguing possibility that the well-documented higher blood pressure in African-Americans and men might be partly related to sleep duration."

Deaths attributable to hypertension among African-Americans are almost twice as common as among whites. Overall, about one-third of Americans suffer from high blood pressure, through many aren't aware of their condition.

"Because of the major adverse health consequences of high blood pressure, the identification of a new and potentially modifiable risk factor has clinical implications," Knutson and colleagues concluded.

"Intervention studies are needed to determine whether optimizing sleep duration and quality can reduce the risk of increased blood pressure."

## Your Risk for Hypertension

Some factors putting you at risk for high blood pressure - race, heredity, age - you can't control. But your diet and lifestyle can make a difference in these risk factors:

- Obesity
- High sodium intake
- Drinking too much alcohol
- Lack of physical activity



Although stress is often mentioned as a risk factor, stress levels are hard to measure, and responses to stress vary by individual.

## Low-Fat Dairy Linked to Lower Risk of Hypertension

Milk, widely promoted to “do a body good,” may really do some good when it comes to preventing high blood pressure. Dutch researchers analyzing data on 2,245 healthy participants in the Rotterdam Study, over age 55, found that both total dairy and low-fat dairy intake were associated with a reduced risk of hypertension. After two years of follow-up, 664 subjects were diagnosed with high blood pressure. The one-quarter of participants with the highest dairy consumption of all types was 24% less likely to



develop hypertension than the group consuming the least dairy. For low-fat dairy products, the difference in risk was 31%. Milk and milk products specially were associated with lower hypertension risk, while no benefit was seen from cheese or high-fat dairy. After six years, the difference in risk between the highest and lowest intake of both total dairy and low-fat dairy was about 20%.



Source: Tufts University Health & Nutrition Letter

## Sauteed Fall Salad

Try this warm salad when you want a pick me up that contains soluble fiber, minerals and phytochemicals to keep your heart healthy. Include pasta or brown rice and you have a meal by itself.



- 4 cups ready-to-serve fresh spinach
- 1 tsp olive oil
- 1 tsp minced garlic
- 1 cup sliced onion
- 2 cups chopped cauliflower
- 2 cups diced tomatoes
- 2 cups cooked small red beans, drained and rinsed
- 2 Tbsp red wine vinegar
- 1 Tbsp water
- 1 Tbsp fresh minced basil
- fresh cracked black pepper

Nutrition Information	
Calories	168
Total Fat	2g
Saturated Fat	0.6g
Trans Fat	0g
Cholesterol	0mg
Sodium	135mg
Carbohydrates	30g
Dietary Fiber	12g
Sugars	0g
Protein	10g
Vitamin A	6811iu (136%)
Vitamin C	62mg (103%)
Calcium	38mg (3%)
Iron	1mg (5%)

Place spinach in a large salad bowl and set aside. Place olive oil in nonstick skillet and heat over medium-high heat. Add the garlic and onion and saute until golden, about 2 minutes. Add the cauliflower and saute for 2 minutes. Add the rest of the ingredients and stir until heated through, about 2 or 3 minutes. Pour the heated beans and veggies over the spinach and serve. This salad also goes well over pasta or brown rice.

If you don't have fresh basil, use 1 tsp dried basil and 1 tsp dried oregano and add them at the beginning of the recipe.

### Servings:

Serves 4. 2 cups serving.

Total Preparation & Cooking Time: 20 min.  
(10 Prep, 10 Cook)