

HomeTimes

Your Independent Senior Living Resource for Aging in Place

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Preventing Food Poisoning

What is Food Poisoning

Foodborne illness (sometimes called food poisoning, foodborne disease, or foodborne infection) is common, costly – and preventable. CDC estimates that 1 in 6 Americans get sick from eating contaminated food every year. You can get food poisoning after swallowing food that has been contaminated with a variety of germs (bacteria, viruses, parasites) or toxic substances (chemical toxins or natural toxins such as those in some mushrooms and molds).

- Some foods are contaminated before they reach a kitchen.
- Others are contaminated by food handlers.

Protect Yourself From Food Poisoning

Clean: Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate

Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods—unless you keep them separate.

- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.

Cook: To the right temperature

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.

- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Check this chart for a detailed list of foods and temperatures.
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| <input type="checkbox"/> | 145°F for whole cuts of beef, pork, veal, and lamb (allow the meat to rest for 3 minutes before eating) |
| <input type="checkbox"/> | 160°F for ground meats, such as beef and pork |
| <input type="checkbox"/> | 165°F for all poultry, including ground chicken and turkey |
| <input type="checkbox"/> | 165°F for leftovers and casseroles |
| <input type="checkbox"/> | 145°F for fresh ham (raw) |
| <input type="checkbox"/> | 145°F for fin fish or cook until flesh is opaque |

Chill: Refrigerate promptly

Keep your refrigerator below 40°F and know when to throw food out.

- Refrigerate perishable food within 2 hours. (If outdoor temperature is above 90°F, refrigerate within 1 hour.)
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.



People 65 and Older and Those with Weakened Immune Systems have a Higher Risk

Anyone can get food poisoning, but certain groups of people are more likely to get sick and to have a more serious illness. Their bodies' ability to fight germs and sickness is not as effective for a variety of reasons.

Older adults have a higher risk because as people age, their immune systems and organs don't recognize and get rid of harmful germs as well as they once did. Nearly half of people aged 65 and older who have a lab-confirmed foodborne illness from Salmonella, Campylobacter, Listeria or E. coli are hospitalized.

People with weakened immune systems due to diabetes, liver or kidney disease, alcoholism, and HIV/AIDS; or receiving chemotherapy or radiation therapy cannot fight germs and sickness as effectively. For example, people on dialysis are 50 times more likely to get a Listeria infection. †

6 Best Foods to Donate to Food Banks

(BPT) - Donating to local food banks is one way to ensure that everyone in your community feels the warmth this winter. With this mission in mind, Dole Packaged Foods launched its "Let Sunshine In, Drive Hunger Out" hunger relief campaign, in partnership with Kroger and American Idol winner Phillip Phillips. You can participate by adding a few much-needed supplies to your shopping cart and contributing to your local food bank.



Here are six most needed food categories to donate to your community food bank:

- 1. Fruits and vegetables.** The most needed item in food banks is fruit. Additionally, both fruit and vegetables contain essential vitamins and fiber everyone needs. Choose non-perishable items in unbreakable containers. Pop-top or easy-to-open packaging is a plus, as not everyone has can openers. In addition to its well-known choices like canned pineapple chunks, Dole offers jarred fruit such as sliced peaches and mandarin oranges in easy-to-open plastic jars. Dole Fruit Bowls or Organics come in small packages great for kids' lunches.
- 2. Baby food.** Canned infant formula and boxed baby cereals are essential for families with infants. Choose products that are not in breakable glass containers, as most food banks cannot accept them.
- 3. Beans and peas.** Canned or dried beans and peas have a long shelf life, and they are very versatile for a wide range of recipes. They're also packed with vital nutrition, containing lots of protein, fiber, vitamins and minerals, and are rich in antioxidants.
- 4. Protein.** Canned meat or chicken can be used in many different kinds of recipes, and canned fish such as tuna or salmon is extremely nutritious, containing calcium, vitamin D and omega 3 fatty acids. Additionally, products like peanut butter and nuts such as almonds are easy to store and are a good source of fiber and protein.
- 5. Soups and stews.** Choose varieties with less sodium for the best nutritional value, and opt for cans that are easy to open. Many options today contain organic ingredients and a wide variety of flavors for easy-to-fix meals any family can use, whether served alone or in combination with pasta or rice.
- 6. Seasonings.** This may not immediately come to mind, so food banks can always use more. Cooking delicious meals relies on ingredients like oil, vinegar, spices and dried herbs. Olive and canola oils are healthy and often come in plastic containers. Pick up a few extra flavorings that you might typically use for cooking a tasty meal, including salt, pepper, oregano, basil, thyme, cinnamon or garlic powder.

As part of Dole's commitment to hunger relief, Chef Jamie Gwen created delicious recipes made mostly from ingredients commonly donated to food banks. Here's one that's easy to make as well and full of nutrition:

Spicy Mandarin Orange 4 Bean Salad
1 can (15 ounces) kidney beans, drained and rinsed

1 can (15 ounces) pinto beans, drained and rinsed

1 can (15 ounces) garbanzo beans, drained and rinsed

1 can (15 ounces) green beans, drained and rinsed

2 cans (11 or 15 ounces each) Dole Mandarin Oranges, drained

1/2 cup celery, thinly sliced

1 to 2 small jalapeno peppers, minced

1/4 cup red wine vinegar

1/3 cup olive oil

1 teaspoon sugar

Salt and freshly ground pepper

Stir together kidney beans, pinto beans, garbanzo beans, green beans, mandarin oranges, celery and jalapenos in large bowl. Whisk together vinegar, oil and sugar until sugar is dissolved, in small bowl. Season with salt and black pepper to taste. Pour dressing over bean mixture; toss to evenly coat. Refrigerate at least 1 to 2 hours before serving.

To further inspire people to Let Sunshine In, Drive Hunger Out, Dole is participating in this year's Rose Parade for its ninth year in a row. Dole's "Rhythm of Paradise" float pays homage to Dole's Hawaiian heritage while also honoring the company's commitment to hunger relief and the local California community.

Join Dole Packaged Foods and give back to your local community.





CHINESE PORK DUMPLINGS

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| 1/2 cup soy sauce | 1 egg, beaten |
| 1 tablespoon seasoned rice vinegar | 2 tablespoons finely chopped Chinese chives |
| 1 tablespoon finely chopped Chinese chives | 2 tablespoons soy sauce |
| 1 tablespoon sesame seeds | 1 1/2 tablespoons sesame oil |
| 1 teaspoon chile-garlic sauce (such as Sriracha(R)) | 1 tablespoon minced fresh ginger |
| 1 pound ground pork | 50 dumpling wrappers |
| 3 cloves garlic, minced | 1 cup vegetable oil for frying |
| | 1 quart water, or more as needed |

Instructions

Combine 1/2 cup soy sauce, rice vinegar, 1 tablespoon chives, sesame seeds, and chile sauce in a small bowl. Set aside.

Mix pork, garlic, egg, 2 tablespoons chives, soy sauce, sesame oil, and ginger in a large bowl until thoroughly combined. Place a dumpling wrapper on a lightly floured work surface and spoon about 1 tablespoon of the filling in the middle. Wet the edge with a little water and crimp together forming small pleats to seal the dumpling. Repeat with remaining dumpling wrappers and filling.

Heat 1 to 2 tablespoons vegetable oil in a large skillet over medium-high heat. Place 8 to 10 dumplings in the pan and cook until browned, about 2 minutes per side. Pour in 1 cup of water, cover and cook until the dumplings are tender and the pork is cooked through, about 5 minutes. Repeat for remaining dumplings. Serve with soy sauce mixture for dipping.

Serving Size: 5 servings Calories: 540

www.allrecipes.com/recipe/228052



Fried Rice Restaurant Style

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| 2 cups enriched white rice | 2 tablespoons vegetable oil |
| 4 cups water | 2 eggs |
| 2/3 cup chopped baby carrots | soy sauce to taste |
| 1/2 cup frozen green peas | sesame oil, to taste (optional) |

Instructions

Preheat oven to 325 degrees F (165 degrees C).

In a saucepan, combine rice and water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.

In a small saucepan, boil carrots in water about 3 to 5 minutes. Drop peas into boiling water, and drain.

Heat wok over high heat. Pour in oil, then stir in carrots and peas; cook about 30 seconds. Crack in eggs, stirring quickly to scramble eggs with vegetables. Stir in cooked rice. Shake in soy sauce, and toss rice to coat. Drizzle with sesame oil, and toss again.

Nutritional Information

Serving Size: 8 servings Calories: 261

www.allrecipes.com/recipe/79543

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