



Get With It

Kitchen Caution and Safety Tips for you and your family.

Being safe in the kitchen is more than preventing burns or house fires. It is important to prevent foodborne illnesses from affecting your family as well. Did you know that each year an estimated 76 million people in the United States are affected by food borne illnesses (CDC, 2002)?

There are many things in your home that can cause you and your family to become ill. Some of these things (germs) can not be seen or visible but they are there! Therefore, it is important to know how to prevent your kitchen and food from becoming invaded by these germs (or kitchen containments).

Common kitchen containments include:

- (E. Coli) Escherichia coli (O157:H7)
- Salmonella
- Botulism
- Campylobacter jejuni
- Staphylococcus arrerus (Staph)

Kitchen containments can consist of different types of bacteria or viruses. Although bacteria are all around us, most are good bacteria. However, there are some kitchen containments that can make people very sick. Symptoms can be as mild as a stomachache, while other symptoms can cause vomiting and diarrhea. Some food borne infections could lead to death. That is why it is important to practice kitchen safety every time you prepare a meal.

When preparing foods for yourself and your family keep in mind the **4 C's** of Kitchen Safety...

- **C**lean all kitchen surfaces with hot soapy water. Wash knives, utensils, dishes, cutting board and countertops. Also wash your hands with warm, soapy water before touching foods and after touching raw meats. Remember to wash your hands for 20 seconds!
- **C**ontain raw meats and seafood that are already cooked or those will not be cooked. Keep these foods away from fresh fruits and vegetables.. Don't cross contaminate! Keep Separate.
- **C**ook foods to proper internal temperature. Use a food thermometer to cook foods safely. Cook roasts and steaks to at least 140°F, cook ground meat to at least 160°F, cook whole chicken or turkey to 180°F.
- **C**hill food right away. Do not let cooked food to sit out at room temperature for more than 2 hours. If food is sitting in a room or outdoors where the temperature is 90°F or higher then it should be thrown out after 1 hour. Thaw out frozen foods in the refrigerator, not at room temperature (not on kitchen counter).

Keep refrigerator at 40°F. Store leftovers in small shallow containers. Shallow containers allow quick cooling in the refrigerator.

*source: USDA

-written by Erika Haire, MPH, CHES



Keep Your Kitchen Safe
from Germs....

Volume 2, Issue 6

June 2009

ANNOUNCEMENTS:

- THERE ARE NO FITNESS CLASSES HELD DURING THE SUMMER AT LENOIR CITY ELEMENTARY SCHOOL.
- JOIN US FOR A FREE COOKING CLASS USING FRUITS. THIS EVENT WILL BE HELD ON TUESDAY, JUNE 30TH FROM 3:00-4:30PM AT CENTRAL UNITED METHODIST CHURCH IN LENOIR CITY.
- FREE FITNESS HIKE AT THE FORT LOUDOUN HISTORIC SITE WITH GWI INSTRUCTOR SCOTT MCREYNOLDS ON SATURDAY, JUNE 13TH AT 10:00AM. CALL OUR OFFICE FOR MORE INFO ABOUT THIS EVENT AT 1-877-420-3991.
- "FITNESS, WALK & SALAD TOSS" AT THE MERCELLA CENTER IN SWEETWATER ON SATURDAY, JUNE 20TH FROM 4-6PM. FOR MORE INFO CONTACT GWI AT 1-877-420-3991 OR PAT AT THE MERCELLA CENTER.



Get With It

116 College Street (GWI Studio)
Madisonville TN 37354
Phone: 423-420-3991
Toll Free: 1-877-420-3991
Website: getwithitwomen.org

If you have a comment about the newsletter or would like to share a recipe, email your suggestions and comments to our Newsletter Coordinator, Erika Haire, at erikah@getwithitwomen.org.

So...What are You Waiting For? Get With It!

June is Home Safety Month!

Get With It recognizes the importance of making your home safe not only in the kitchen but throughout your entire home.

Join the "Hands on Home Safety" campaign* to create a safer home environment for you and your family.

Did you know that the five leading causes of home injury are: falls, poisoning, fires and burns, choking/suffocation and drowning?

For more tips on how to make your home safer visit the Home Safety Council at www.homesafetycouncil.org/homesafetymonth.

*Home Safety Month is sponsored by the Home Safety Council.

JUNE'S RECIPE

Each month the CDC lists one fruit and one vegetable of the month. The vegetable of the month for June is OKRA. History: Okra was originally introduced in the Southern Region of the United States. Okra is commonly associated with Southern, Creole, and Cajun foods. It grows well in the Southern part of the United States where there is little frost during the winter months. Okra is available all year around with a peak season during summer months. Okra is available either fresh or frozen. Okra pods grow quickly and are mature when they exceed 3 inches in length. Okra is a good source of Vitamin C, low in calories, and it is a fat-free food. There are 6 different types of Okra. For more information visit fruitsandveggiesmatter.gov.

OKRA and GREEN BEANS

Ingredients

1 pound okra, uncut	1 Tbsp olive oil
1 medium onion, diced	1 lb fresh green beans
1 cup water	½ tsp ground pepper
½ teaspoon salt	1 6-ounce can tomato paste
2 large garlic cloves, crushed then chopped	

Directions:

1. Wash okra pods, trim stems, do not remove caps. Rinse well and drain. Wash beans and cut into 3 inch lengths.
2. Combine water, tomato paste, olive oil, onion, garlic, salt and pepper in a sauce pan and mix well. Heat, stirring frequently until mixture comes to a boil.
3. Add okra and beans and additional water if necessary to almost cover vegetables. Reduce heat to low, cover and simmer for 20-30 minutes until vegetables are crisp tender.*
4. Serve warm or cold. This recipe makes 6 servings.

*This dish can also be oven-baked. Instead of adding mixture into a sauce pan and simmering on the stove top, put mixture into a baking dish and cover with aluminum foil and bake for 30 minutes at 350 °F.

(The above recipe adapted from CDC: fruits and veggies matter and The University of Illinois Extension)

