

## FOOD FOR THOUGHT

### Winter 2018 (Dec/Jan/Feb)

#### Food safety is important for people with weak immune systems

People can have weak immune systems for many reasons. Cancer treatments, HIV infection, organ transplants and some genetic disorders can be causes. As a result, these people cannot fight infection as well as healthy people can. Foods that are safe for healthy people to eat may cause illness in people with weak immune systems. There may be times when your health care provider asks you to avoid certain foods that are more likely to have harmful bacteria such as E. coli, Salmonella and Listeria. Also, improving the way you handle, store and prepare food can help prevent infections.

#### Prevention is best

- Cook raw meat (poultry, beef, pork) until well done.
- Wash raw vegetables well before you peel, slice, or eat.
- Keep raw meat away from vegetables, cooked foods and ready-to-eat foods.
- Do not eat or drink anything made from unpasteurized milk.
- Wash hands, cooking tools and cutting boards after touching uncooked foods.
- Leftovers from meals should be heated well before eating.
- Keep hot foods hot and cold foods cold.
- Avoid foods that are moldy, smell or look strange, or are outdated.
- Defrost foods in the refrigerator or by microwaving, not on a counter top.
- Use defrosted foods right away. Food safety is important for people with weak immune systems

Prevention is best

#### High-Risk Foods

- Deli meats and hot dogs (OK to eat if they are cooked until steaming hot)
- Soft cheese such as queso blanco, queso fresco, queso de hoja, queso de crema, asadero, Feta, brie, Camembert
- Cheeses with molds such as blue cheese, gorgonzola and Roquefort
- Cheeses made with chili pepper or other uncooked vegetables
- Unpasteurized milk or foods made with unpasteurized milk
- Smoked fish such as salmon, trout, whitefish, cod, tuna, or mackerel. They might be called nova-style, lox, kippered, smoked, or jerked. (OK to eat if cooked until steaming hot)
- Fresh pâté or meat spreads (OK to eat if they are from a can)
- Fruits or vegetables sliced at the store. They may not have been washed carefully.
- Raw fish (such as sushi) and raw or undercooked shellfish (such as oysters and clams)
- Raw eggs (throw away any eggs with cracked shells)
- Raw vegetable sprouts
- Raw or non-heat treated honey
- Unroasted nuts and roasted nuts in the shell
- Cold brewed tea made with warm or cold water
- Salad bars at restaurants, delis or supermarkets
- Fresh salad dressings (in the refrigerated case) that contain aged cheese or raw eggs
- Fresh salsas (in the refrigerated case)
- Unpasteurized commercial fruit or fruit juices or ciders
- Unpasteurized beer
- Raw brewer's yeast
- All miso products, tempeh, and maté tea
- Uncooked tofu

#### This information has been brought to you by:

New Jersey Department of Health and Senior Services  
Communicable Disease Service Trenton, NJ  
Phone: (609) 588-7500  
[www.nj.gov/health/cd](http://www.nj.gov/health/cd)

# Healthy Guests: Happy Holidays

## Safety Tips for Brilliant Buffets and Perfect Party Platters



### Keep Cold Foods Cold!

Foods on a buffet can be kept cold by placing food dishes in larger bowls of ice. For party trays purchased at the supermarket, remove lid and fill lid with ice. Put the tray on top.

### Rather than serve food from one larger platter, arrange food on several small platters.

Refrigerate platters of food until it is time to serve, and rotate food platters within two hours.

### Follow the two hour rule!

Chill leftovers within two hours. Keep the refrigerator at 40 °F or below and use a refrigerator thermometer to check the temperature.



### Knock BAC! out cold!

Refrigerate or freeze meat, poultry, eggs and other perishable items as soon as you get them home from the store.



### Keep Hot Foods Hot!

Hot foods on a buffet can be kept hot with chafing dishes, crock pots, and warming trays and should be at 140 °F or warmer.

### Eat leftovers within 3-4 days.

Reheat solid leftovers to 165 °F, as measured by a food thermometer. Reheat liquid leftovers to a rolling boil.

### CLEAN

Wash hands and surfaces often.

### SEPARATE

Don't cross-contaminate!

### COOK

Cook to proper temperatures.

### CHILL

Refrigerate promptly!

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program.

[www.fightbac.org](http://www.fightbac.org)



# Stop Germs! Stay Healthy! Wash Your Hands

## WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



For more details on handwashing, visit CDC's Handwashing Website at [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



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Centers for Disease Control and Prevention

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United States  
Department of  
Agriculture

# “Is it *done* yet?”

You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

145°F

145°F

160°F

160°F

165°F

with a 3-minute rest time



Beef, Pork, Veal & Lamb  
Steaks, Roasts & Chops



Fish



Beef, Pork, Veal & Lamb  
Ground



Egg Dishes



Turkey, Chicken & Duck  
Whole, Pieces & Ground

[www.FoodSafety.gov](http://www.FoodSafety.gov)

USDA Meat & Poultry Hotline  
1-888-MPHotline (1-888-674-6854)

Food Safety and Inspection Service



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