



# In Good Health Newsletter, July



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**Valerie Smith, MS, ACM JIF Wellness Director**

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- Food Poisoning Signs & Symptoms
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- How to Vacation Without Gaining Weight
- Strawberry Sherbert

## July

Food Safety Tips for Picnics & Barbecues  
Food Poisoning Signs & Symptoms  
How to Vacation Without Weight Gain

### Outdoor Food Safety

- When food safety is ignored at a picnic or barbecue by leaving perishable food out in warm weather, the bacteria flourish and threaten to make everyone sick. Keep unwanted microscopic bullies from crashing your outdoor party by following basic food safety practices. Make sure foods are kept cold or hot, and raw meats are separated from cooked or ready-to-serve foods. Everyone needs to wash their hands and use clean serving utensils.
- You also need to pay attention to how long your dishes sit on the picnic table. Bacteria grow best between 40 and 140 degrees. Most of the food you serve at your picnic will only be safe on the table for two hours and, if the air temperature is over 90 degrees, food becomes unsafe after only one hour. Once leftovers have been on the table that long, don't keep them—throw them away.

**Pasta salads and potato salads are picnic staples.** Contrary to common belief, mayonnaise is not the culprit that causes spoilage. The bacteria prefer the eggs, potatoes, or other ingredients. Make sure your salad is kept cold until it is time to eat. Serve only the amount of salad that will be consumed within one hour, and store the rest in the cooler. If you need more, make sure to use a clean serving dish and spoon; don't reuse the ones that have been sitting on the table.

**Keep cold foods cold until they are served.** If you are at home, you can use the refrigerator. But for a picnic in the park, bring coolers with plenty of ice or freezer packs. Use one cooler for ready-to-serve foods and beverages and another for any uncooked meat.

**VALERIE SMITH MS, WELLNESS DIRECTOR,  
[ACMJIFWELLNESS@GMAIL.COM](mailto:ACMJIFWELLNESS@GMAIL.COM) 609-251-7811**

## Outdoor Food Safety

**Fresh fruits with thick coverings, such as watermelons and apples, will keep for several days at room temperature.** Once they are cut, treat them like other perishable foods. If they are not eaten within one to two hours, discard them.

**Casseroles should be cooked to an internal temperature of 165 degrees and held at 140 degrees Fahrenheit.** Use insulated containers that will maintain that temperature, or keep foods warm in the oven or slow cooker.

**Hot fried chicken should be served and eaten within one or two hours after cooking or purchasing.** Cold fried chicken needs to be kept below 40 degrees until it is served, just like other chilled foods.



**Rare beef can be cooked to 140 degrees.** However, hamburgers should always be cooked to 165 degrees. Ground meat has more surface area than steaks or chops and should always be cooked to a higher temperature. Poultry should be cooked to an internal temperature of 160 degrees. Hot dogs and other pre-cooked meats should be grilled to 165 degrees. Bring a meat thermometer along to test as you cook.

## Outdoor Food Safety

- **All raw meat and poultry should be thawed and kept cold until you are ready to grill.** Meat can be partially cooked beforehand to decrease grilling time. However, it needs to be treated just like raw meat because bacteria will still be present until it is fully cooked. Don't grill frozen meat or poultry as it's hard to cook evenly and safely.
- **Not all foods need special handling for a picnic, barbecue or tailgating party.** Cookies, bread, rolls, and crackers can safely be kept at any temperature—just keep them covered for freshness. Condiments such as ketchup, mayonnaise, and mustard are acidic, so they are really not a problem for a picnic. Keep jar covers on, or use squeeze bottles.
- **Pack clean platters and utensils for serving grilled meats.** Bring a separate box or plastic bag to hold dishes that have held raw meats until you bring them back home for cleaning. Better yet, use disposable trays and plastic containers to transport your raw meats, and throw them away after the barbecue.
- **Bring spray cleaners, soap, and water (or hand sanitizer), paper towels, cloths, and napkins.** Wash tables or use fresh tablecloths. Clean the grill before cooking.
- **If you need to use insecticides to kill mosquitoes, flies, and other unfriendly pests, spray the picnic area before you bring the food, plates, and utensils.** Spray downwind from yourself, and let the spray settle before you unpack.
- **Don't let guests serve themselves with the forks and spoons that they have used for eating.** Keep clean serving utensils for each serving dish.
- **Have guests wash their hands or use hand sanitizers and wipes to reduce the spread of bacteria from person to person.** Hand washing is crucial when you serve foods that are grabbed from a bowl like chips or pretzels.

VALERIE SMITH MS, WELLNESS DIRECTOR,  
[ACMJIFWELLNESS@GMAIL.COM](mailto:ACMJIFWELLNESS@GMAIL.COM) 609-251-7811

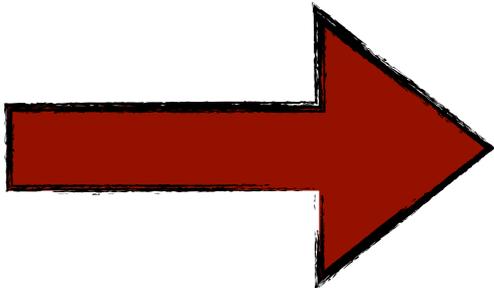
[verywell.com](http://verywell.com)

## Food Poisoning Signs & Symptoms

Even healthy foods can make you sick if they're tainted with germs. Foodborne illnesses are fairly common - in fact, every year, one of every six Americans gets sick from eating or drinking something that's contaminated. Foodborne illness is often referred to as food poisoning, but most of the time it's caused by bacteria, viruses, or parasites. Actual toxins or poisons are not as common. The usual bacterial suspects are:

- E. coli
- Staphylococcus aureus
- Salmonella
- Botulinum
- Campylobacter
- Cholera
- Listeria
- Shigella

The signs and symptoms of bacterial foodborne illness include digestive system complaints and usually start within a few hours after you eat contaminated food. But it may take as long as a few days for the symptoms to start, which can make it difficult pinpoint which food made you sick. Here's what you might be feeling if you've eaten something that's tainted:



- **abdominal cramps**
- **diarrhea**
- **fever**
- **nausea**
- **vomiting**
- **headache**
- **weakness**
- **the abdomen is tender to touch**
- **dehydration**

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**[ACMJIFWELLNESS@GMAIL.COM](mailto:ACMJIFWELLNESS@GMAIL.COM) 609-251-7811**



Do I need  
to go to the hospital?

**It's a good idea to see a doctor if you have these symptoms, but many people just stay home and wait it out.** Infants and young children, pregnant women, seniors, and individuals with weakened immune systems need medical attention for food poisoning. Anyone else should seek care if the food poisoning signs don't improve in a day or two.

**It's also a good idea to see a doctor so your illness can be reported to local public health departments that keep track of foodborne illnesses.** If you were contaminated by foods sold by local restaurants or grocery stores, state health departments and the Centers for Disease Prevention and Control can issue warnings and recalls on contaminated foods.

How can I  
prevent food poisoning?

The best way to prevent foodborne illness is to avoid contaminated foods, which isn't always easy -- especially when you eat in a restaurant. But there are some things you can do to reduce your risk of foodborne illness at home.



Reduce Your Risk of Foodborne Illness

- Wash your hands before cooking, before serving, and before eating meals.
- Keep raw meat, eggs, and poultry away from any other foods that are ready to be served
- Use clean knives, utensils, and cutting boards, and don't cross contaminate raw meats and poultry with fruits and vegetables
- Wash fresh fruits, vegetables, and bagged greens
- Keep perishable foods at 40 degrees Fahrenheit or less
- Beef, veal, and lamb should be cooked to an internal temperature of 145 degrees.
- Pork and ground beef, veal and lamb should be cooked to 160 degrees
- Poultry needs to be cooked to 165 degrees
- Leftovers should be heated to 165 degrees before it's served.
  
- The number of cases of food poisoning goes up during the summer months when the bacteria grow faster in the warmer temperatures. Since summer is a great time for picnics and barbecues, be sure to follow food safety rules for transporting and storing foods outdoors.
- **When Food Poisoning Is Really Due to Poison** Food poisoning is usually caused by bacteria, but ingesting poisonous foods -- such as certain mushrooms or shellfish, or eating seafood harvested from contaminated water -- can cause similar symptoms. **These forms of food poisoning are an emergency, and you need treatment immediately.**

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# How to Vacation Without Gaining Weight

Vacations are good for your body and soul, but if you associate travel with nonstop eating, it's time to adjust your thinking. You can go on vacation without gaining weight.

- **Choose a vacation that supports a healthy lifestyle.** Expand your horizons when it comes to travel destinations! These days, there are wellness resorts, yoga retreats, and [other active vacations](#). Join a bike tour through unique landscapes, visit a center with spa treatments, fresh meals, and unique fitness classes—plus some R&R by the pool, of course.
- **Prioritize Your Splurges.** You certainly don't have to stick to a strict diet when you're traveling for fun. Vacationing is all about enjoyment, and eating in new places can be a blast! Just pick and choose your indulgences. If you're in a place like Italy, go for a specialty, like gelato. Don't waste your calories on a bag of chips that you could eat at home. If [you're dining out](#), ask yourself which you want more: a decadent appetizer or an indulgent dessert. Choose one, and enjoy. Really relish the experience, but don't overdo it.
- **Plan Ahead** Before you arrive at your travel destination, research the local restaurants and find the best options for you. Really read the menus: the descriptions as well as the names of the dishes. This way, when you sit down for dinner, you won't be sent into a tailspin, wondering what you're going to order! Try to avoid massive all-you-can-eat buffets. But if you find yourself at one, [be prepared](#).
- **BYO Snacks** [Successful dieters always have a snack stash on hand](#). Healthy nibbles will stave off hunger in between meals. If you snack, when you show up at your next meal, you won't feel famished and risk making impulse decisions. There are so many portable options: jerky, 100-calorie packs of nuts, snack bars, and seaweed chips, to name a few. Hungry for more? Pack a few [road-trip bites](#), perfect for plane travel!
- **Incorporate Physical Activity into Your Vacation** There are ways to burn calories that don't even feel like exercise, so that you can [stay in shape even while you're on vacation](#). If you're exploring a city, forgo the cab and go by foot. It's easier to take in the sites when you're walking as opposed to driving. Another fun option? Rent bikes! Many cities offer city bikes that you can pick up at one location and drop off elsewhere in the city. If you're on a beach vacation, consider water sports. Snorkel, row a boat, hop on a paddleboard, or join in a friendly game of water volleyball. More of a traditionalist? Pack your workout gear, and check out the fitness center in your hotel.
- **Travel With Like Minded Friends** Find a travel buddy who thinks like you do, and you're more likely to stick to your goals. Hold each other accountable and [motivate one another](#) to stay active and healthy on your vacation. That three-legged race on the beach is calling your name!
- **Drink Smart** If you plan to booze it up a bit, be smart about what you sip. Moderation is key. Overdoing it with cocktails is a surefire way to derail any good intentions you may have had. (Too many drinks, and you won't be able to resist the midnight chocolate parade on the cruise!). Beer drinkers: Choose the light options; about 100 calories per serving. Wine is also a good pick, with around 125 calories per glass. When it comes to mixed drinks, the choice is clear: as in clear liquors like vodka or tequila, mixed with calorie-free sodas or club soda. A great combo? Club soda + a shot of flavored vodka + a splash of fruit juice. Avoid blended beverages, which are typically loaded with sugar.
- **Get to Steppin** Depending on what floor you're on, opt to take the stairs instead of the elevator. If you're really high up, just take a few flights by foot. Bring your step tracker and try to hit your daily target. There are [all sorts of ways to incorporate walking into your daily life](#), and when you're on vacation, getting those steps in is 10 times more fun!



## Strawberry Sherbet

Buttermilk gives this sherbet tanginess and complements the fresh sweet strawberries. If you prefer a sweeter result, add a touch more sugar.

### Ingredients

- 2 cups chopped fresh or frozen (not thawed) strawberries ( about 10 ounces), divided
- 1/2 cup of sugar
- 2 1/2 cups of nonfat or low fat buttermilk
- 1/2 cup of half and half
- 2 teaspoons of lemon juice
- 1 teaspoon of vanilla extract
- pinch of salt

### Nutrition Information

**Serving size:** ½ cup

**Per serving:** 111 calories; 2 g fat(1 g sat); 1 g fiber; 21 g carbohydrates; 4 g protein; 11 mcg folate; 7 mg cholesterol; 19 g sugars; 13 g added sugars; 58 IU vitamin A; 25 mg vitamin C; 37 mg calcium; 0 mg iron; 94 mg sodium; 105 mg potassium

**Carbohydrate Servings:** 1½

**Exchanges:** ½ fruit, 1 other carbohydrate, ½ low-fat milk

### Preparation

1. Combine 1 cup berries and sugar in a small bowl and let sit, stirring occasionally until the sugar has begun to dissolve, about 10 minutes. Transfer the berry mixture to a food processor or blender and process until smooth.
2. Meanwhile, combine buttermilk, half-and-half, lemon juice, vanilla and salt in a medium bowl. Press the strawberry mixture through a fine-mesh sieve into the bowl. Stir, cover and chill for at least 2 hours or up to 1 day.
3. Whisk the sherbet mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. During the last 5 minutes of freezing, add the remaining 1 cup chopped berries. If necessary, place the sherbet in the freezer to firm up before serving. (If the sherbet becomes very hard in the freezer, soften it in the refrigerator for about 30 minutes before scooping.)

**Make Ahead Tip:** Prepare through Step 2 up to 1 day ahead. Freeze sherbet in an airtight container for up to 4 days.