



Are you scared by all of the recent food recalls?

How you handle your food matters! Bacteria grow very quickly with enough warmth, moisture and nutrients.

Putting food in the fridge or freezer stops most bacteria from growing (exceptions: Listeria typically found in soft cheeses, lunch meats and hot dogs and Yersinia enterocolitica typically found in undercooked pork and unpasteurized milk).

Rules for Leftovers!!

2 hours—refrigerate or freeze leftovers within 2 hours of cooking or throw them away!

2 inches – store food at a shallow depth about 2 inches- to speed chilling

4 days – use leftovers in the refrigerator within 4 days-reheat solids to 165F and liquids to a rolling boil-toss what you don't finish!

Other food safety tips:

-Keep refrigerator temp at 40F or below

-**Wash your hands for 20 seconds** (sing Happy Birthday song!) with warm water AND soap before and after preparing food

-Wash fruits and vegetables under running water just before eating, cutting or cooking (exception: triple-washed bagged lettuce needs no further washing)

-Remove the outer leaves of heads of leafy vegetables like cabbage and lettuce

-Don't eat raw sprouts (alfalfa, bean, radish)

-Cooking a food at 160F will kill any E.coli O157:H7

-Drink only pasteurized milk, juice or cider

The majority of food-borne infections aren't related to broad outbreaks but to more-isolated exposure in homes, restaurants and other venues. That's why it's important to continue washing and drying fresh produce, keeping that egg salad out of the sun and in the fridge, using a separate knife and cutting board to handle raw meat, and cooking meat and eggs thoroughly.

Source: CDC, USDA, FDA, CSPI

For more info on handling fresh produce safely: www.cfsan.fda.gov/~dms/prodsafe.html

Chef Everett Phillips prepared Grilled Chicken, mango and Jicama Salad with tequila-Lime Vinaigrette for "Healthy Eats at the MU". If you missed it, we hope to have a video of the demo up soon. Attached is the recipe.

Looking for some other healthy spring recipes??

<http://newsletters.eatingwell.com/members/ViewMailing.aspx?MailingID=118940>

<http://newsletters.eatingwell.com/members/ViewMailing.aspx?MailingID=119030>

Upcoming Wellness events:

Tomorrow! April 8 Blood Pressure and Postural Screening in Design Building 11 AM to noon (1st floor atrium area)

Tomorrow! April 8 The Heart Reach Mobile lab from Iowa Health-Des Moines, a 37 foot Winnebago, will be on campus from 7:30 AM to 1:30 PM offering comprehensive screening for heart disease and stroke. They will be parked north of the Communications building. If you are interested in setting up an appointment (required) for a screening, please call **1-866-935-5432**. If you have questions, please check the above attachments with further details.

Wellness Workshop – Summer Survival Guide – April 29 at noon in Curtiss Room 8

National Employee Health and Fitness Day- May 20

Health Awareness Event at Memorial Union Great Hall 11:30 AM to 1 PM

Summer Cooking classes on campus:

June 22-26 Gluten Free Cooking and Baking

http://www.cepd.iastate.edu/index.php?option=com_june

July 20-24 Pasta Pasta

http://www.cepd.iastate.edu/index.php?option=com_july

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