

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services
Summer Eating – the Safe Way!

Summer time means warmer weather and more outdoor activities such as barbecues, camping, and picnics. But the warm weather can also make it challenging to keep food safe. Foodborne illness, also called food poisoning, is caused by germs in food. It can cause nausea, vomiting, diarrhea, stomach pain and fever. To prevent food poisoning and keep you and your family safe this summer remember to **clean, separate, cook** and **chill**.

Clean

Wash all produce under running water. Don't use soap, don't soak in the sink.

Wash hands and surfaces often.

Germs that can make you sick can be found throughout the kitchen on your hands, cutting boards, utensils, countertops and food.

- **Hands** – Wash your hands for at least 20 seconds with warm water and soap before and after handling food. Be sure to wash your hands after using the bathroom, changing diapers, or touching pets.
- **Surfaces** – Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.



Separate:

Don't mix raw food with cooked food.

Germs from one food can be passed to another food if foods are not handled safely.

- Keep raw eggs, meat, poultry, fish, or their juices away from cooked foods or other foods that will be eaten raw such as fruits and vegetables.
- Put cooked food on a clean plate; not back on the one that had raw food on it.
- Use one cutting board for raw meat, fish, and poultry and a separate cutting board for vegetables and fruit.
- Place raw meat, poultry and fish in a pan on the bottom shelf of the fridge to prevent juices from dripping into other foods.

Cook

Cook foods to the right temperature

Cooking food to a high enough internal temperature will kill the germs that can make you sick.

- Use a clean food thermometer to check the internal temperature of foods.
- Try to serve food immediately after cooking it. Always keep hot foods above 60°C.



Food	Temperature (use a thermometer)	
Beef, veal and lamb: steaks and roasts	63°C (145°F)	Medium-rare
	71°C (160°F)	Medium
	77°C (170°F)	Well done
Ground meat (eg. burgers, sausages, meatloaf)	71°C (160°F)	Beef, veal, lamb, pork
	74°C (165°F)	Poultry
Pork: chops, ribs, roasts, ham	71°C (160°F)	
Poultry: duck, chicken, turkey	71°C (160°F)	Pieces
	74°C (165°F)	Whole
Wild game (eg. deer, bison, elk, moose, rabbit)	74°C (165°F)	
Egg dishes	74°C (165°F)	
Fish (eg. trout, halibut, salmon)	70°C (158°F)	
Others: hot dogs, seafood (shrimp, lobster, crab)	74°C (165°F)	

Chill

Chill foods quickly after cooking

The cold temperature in your fridge will help slow the growth of germs in your food.

- Put raw foods, leftovers, and prepared foods in the fridge or freezer within 2 hours. If they have been left out longer than 2 hours, throw it away.

Upcoming Nutrition Classes

Brooks:

Grocery Store Tours: Learn how to make sense of food labels and make healthy choices. June 14 or Oct 17, 6:00 – 7:30 p.m. Location provided upon registration. Register: 403-501-3315 or visit ahsbrooksnutrition.eventbrite.com

Alberta Healthy Living Program Classes: Weight Management Ongoing. Register: 403-793-6659

Medicine Hat:

Nutrition and Healthy Eating During Pregnancy: June 11, Aug 20, or Sept 17, 6-8 p.m. Register: 403-502-8215. Not just for first-time moms; find out what's new!

Infant Nutrition: Information on feeding babies 0-12 months. June 11 or July 24, 10:30 a.m. - noon at Community Health Services, 2948 Dunmore Rd SE. Your baby is welcome! Register: 403-502-1411 or at ahsmedhatnutrition.eventbrite.com

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-529-8969.

Lethbridge:

***Baby Steps Infant Nutrition** (*These classes have a small fee for the series*): Ongoing. Register 403-388-6668.

Alberta Healthy Living Program Classes: Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-388-6654.

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

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