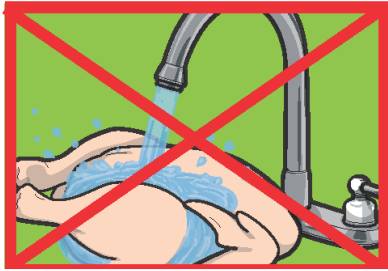




Coastline October Nutrition Newsletter

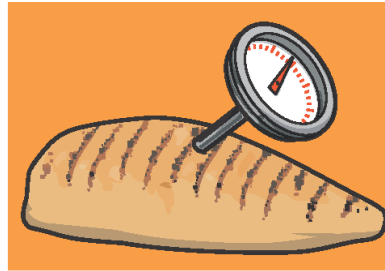
From the desk of Jamie Buccheri, Registered Dietitian

Be Salmonella Free With These *Quick Tips!*



DON'T RINSE RAW CHICKEN

This spreads germs around the kitchen and is not a food safety step.



COOK CHICKEN TO 165°F

Always use a food thermometer.



WASH YOUR HANDS

Before all meal preparations.



ALWAYS USE SOAP

For effective hand washing.

Salmonella is a type of food borne illness that can be found in many types of foods such as raw or undercooked eggs, poultry, and meats, raw or unpasteurized milk and other dairy products, as well as raw produce. To prevent contracting the illness be sure to cook potentially hazardous foods to an internal temperature of 165 degrees F, buy and consume only pasteurized milk and dairy products, and rinse all fresh, raw fruits and vegetables thoroughly before eating.

Symptoms of Salmonellosis include *abdominal cramping and tenderness, fever, and diarrhea.*

Be sure to wash your hands frequently while preparing food and to wash work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.

For more information go to www.fightbac.org