

November 2019

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



Staying Healthy Thru The Holidays

The holidays are meant to be spent making memories with friends and family. No one has time to be sick. However, the holidays are a prime time for germs to spread and illnesses to arise. Follow these tips to do your part to prevent any illnesses.

It is important to remember to wash your hands often with soap and warm water. Remember to rub hands together with a lathered soap for a minimum of 20 seconds. Rinse soap off and dry hands with a clean paper towel. Use the paper towel to turn off faucet. Washing hands is important after using the restroom, before preparing food, before eating food and any time you feel like you have come in contact with contaminated surfaces.

It is important to make sure all surfaces are cleaned regularly with sanitizing solutions. This is definitely important in the kitchen. It is also important to remember to clean and sanitize the frequently touched surfaces (door knobs, grocery cart handles, remotes, appliances, etc...). This will help cut down on the transfer of bacteria.

Be sure to rinse fresh produce thoroughly. This is important to do before cutting, peeling, preparing, and eating the food items.

Many of the grocery stores are encouraging customers to use reusable grocery bags. It is important to label a reusable bag designated for raw meats. It is important to keep raw meats (chicken, seafood, beef, etc...) separated from ready-to-eat foods. It is also important to frequently wash the reusable bags (especially the one designated for raw meats) to avoid any cross-contaminated between products. It is also important to store foods properly in the refrigerator. All ready to eat/fresh produce should be placed on the higher shelves instead of the bottom.

The bottom shelves should be designated for raw meat items (to avoid any leaked liquids contaminating ready to eat foods).

While preparing food, it is important to use a food thermometer to ensure the food item is completely cooked. It is also important to re-check the food item prior to the start of the meal to ensure that the food item is still within proper temperature. It is important to put food away within 4 hours of cooking (whether it is saved for leftovers or discarded). Foods should be properly chilled to 40 degrees Fahrenheit or maintained at least at 140 degrees Fahrenheit. Foods should not be within the temperature danger zone (40-140 degrees Fahrenheit) for more than 2 hours.

Remember to clean out the refrigerator on a weekly basis to ensure all food is safe to eat.

Don't forget to stay physically active. Walk around stores to get extra steps in before setting down can help burn extra calories. Go outside if the weather permits with friends and family.



Food Safe Internal Temperatures

Food Item	Temperature
Beef, Pork, Veal, and Lamb (roast, steaks, and chops)	145°F
Beef, Pork, Veal and Lamb (ground)	160°F
Chicken/Turkey (Poultry) (whole, parts or ground)	165°F
Eggs and Egg Dishes	160°F Scrambled eggs should not be runny, The yolk and white should be firm.
Leftovers	165°F
Finfish	145°F
Shrimp, Lobster, and Crabs	Fresh pearly and opaque
Scallops	Milky white, opaque and firm
Clams, Oysters and Mussels	Shells open during cooking

November Reminders:

- November 4th-Check your Blood Pressure Day
- November 5th- General Election
- November 11th- Veterans Day
- November 14th-World Diabetes Day
- November 28th- Thanksgiving
- National Caregivers Appreciation Month



References:

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