

# Other Items

## Store Foods Safely In The Refrigerator And Freezer

Refrigerators and freezers play an extremely important role in the safety of your food. When used correctly, they slow the growth of bacteria on foods you intend to eat at a later time or date. Below you will find some guidelines on how to safely store foods in your refrigerator and freezer.

- It is important that you check the temperature of your refrigerator and freezer daily. Refrigerators should be between 32° F and 40° F, while freezers should be 0° F or below. You can do this by using an appliance thermometer similar to the one pictured to the side.

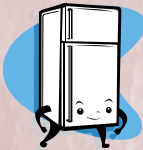


### Tips For Keeping Your Refrigerator And Freezer Cold



- Don't pack the refrigerator too full. Cold air must be able to circulate to keep food cold.
- Keep the refrigerator and freezer doors closed as much as possible. Know what you want to get out before you open the door.
- Be sure the door seals are tight.

- Where and how you store food in the refrigerator is also important.
  - Raw meat, poultry, and seafood should be stored on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.
  - Place cooked foods, fruits, vegetables, and ready-to-eat foods on separate shelves or bins, away from raw meats, poultry, or seafood.
  - Do not store perishable foods or eggs on the door of the refrigerator. That is the warmest place in the refrigerator.



**Let's work together to  
keep your food safe.**

- Lastly, in order to store your food safely in the refrigerator, you must keep your refrigerator clean.
  - Wipe up spills immediately. It is also a good idea to clean the outside of your leftover containers before placing them inside your refrigerator.
  - You should clean your refrigerator thoroughly once a week. Take everything out and place it in coolers with ice packs. Clean refrigerator surfaces with warm soapy water. Rinse with clean water. Allow to air dry or dry with paper towels. Wipe off containers before putting them back in the refrigerator. This is also a good time to throw out old leftovers or outdated food items.

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## Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature. After you remove meat from a grill, oven, or other heat source, allow it to rest for the specified amount of time.

Category	Food	Temperature (°F)	Rest Time
<b>Ground Meat &amp; Meat Mixtures</b>	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
<b>Fresh Beef, Veal, Lamb</b>	Steaks, roasts, chops	145	3 min
<b>Poultry</b>	Chicken & Turkey, whole or parts	165	None
	Stuffing (cooked alone or in bird)	165	None
<b>Pork and Ham</b>	Fresh pork including ham	145	3 min
	Precooked ham (to reheat)	140	None
<b>Eggs &amp; Egg Dishes</b>	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
<b>Leftovers &amp; Casseroles</b>	Leftovers	165	None
	Casseroles	165	None
<b>Seafood</b>	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None

## Storage Times for Refrigerated Foods

Category	Food	Refrigerator (40 °F or below)
<b>Salads</b>	<b>Egg, chicken, ham, tuna &amp; macaroni salads</b>	3 to 5 days
<b>Hot dogs</b>	<b>Opened package</b>	1 week
	<b>Unopened package</b>	2 weeks
<b>Luncheon meat</b>	<b>Opened package or deli sliced</b>	3 to 5 days
	<b>Unopened package</b>	2 weeks
<b>Bacon &amp; Sausage</b>	<b>Bacon</b>	7 days
	<b>Sausage, raw</b>	1 to 2 days
<b>Ground Meats</b>	<b>Beef, turkey, veal, pork, lamb, &amp; mixtures</b>	1 to 2 days
<b>Fresh Meats</b>	<b>Steaks, chops and roasts</b>	3 to 5 days
<b>Fresh Poultry</b>	<b>Chicken or turkey, whole or pieces</b>	1 to 2 days
<b>Leftovers</b>	<b>All leftovers</b>	3 to 4 days



## *Using Your Microwave Oven Safety*

Microwave ovens play such an important role in the American meal time that over 90% of all homes have at least one. When used correctly they can make your kitchen duties easy, but when used incorrectly they can cause a lot of problems, including foodborne illness.

- When cooking foods in the microwave, be sure to:
  - Arrange food evenly on the dish and cover with a lid or plastic wrap. Be sure to loosen the lid or wrap to allow steam to escape.
  - Stir and rotate food halfway through the cooking process.
  - Always use a cooking thermometer to be sure the food has reached the recommended safe internal temperature.



### **Using Your Cooking Thermometer On Microwave Foods**



- Use the Safe Minimum Cooking Temperatures provided in the other items section, when checking the internal temperature.
- Be sure to allow microwaved foods to rest as directed before checking the internal temperature. The food is still cooking even after the timer rings.
- Due to uneven cooking; meat, poultry, and seafood may need to be measured in several different places with the cooking thermometer.
- Stir other food dishes before measuring their internal temperature.





- When using a microwave oven to defrost or partially cook food, it is important to transfer the food immediately to the other heat source and continue cooking the food.



Your microwave oven has already started to cook the defrosted food. If you do not finish cooking it right away your food will be in the danger-zone.

- Heat ready-to-eat foods such as hotdogs, luncheon meats, fully cooked ham, and leftovers until steaming hot.
- Only use cookware that is specially manufactured for use in microwave ovens. Cookware that is safe to use should be labeled.
  - Do not use the following items in your microwave oven.
    - Plastic storage containers intended for one time use. These include margarine tubs and take-out containers (unless labeled as microwave-safe)
    - Plastic storage bags, brown paper bags, or plastic grocery bags.
    - Aluminum foil

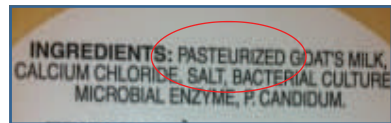
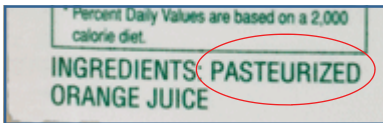




## Food Safety Practices For Your Local Farmers Market

Local farmers markets are growing in popularity and are a great place to buy locally-grown fresh produce as well as other fresh food items. Listed below you will find some guidelines to follow to help ensure the foods are safe.

- Wash all fresh fruits and vegetables, including organic and locally grown, before consuming. Follow the washing instructions found on the salads divider in your *Tasty And Safe Cookbook*.
- Do not buy any juices or dairy products (raw milk or cheeses) that have not been pasteurized. Always read the label or ask the merchant to determine if the product has been pasteurized.



- Make sure all eggs are properly refrigerated at the market. The FDA requires that all untreated shelled eggs must be stored and displayed at or below 40°F.
- Before buying eggs, open the carton to make sure all the eggs are clean and the shells are not cracked.



When you get home, store the eggs in their original carton on the shelf of your refrigerator, not on the door.





- When purchasing raw meat, poultry, or seafood at the market, make sure it is properly stored in an enclosed refrigerated case or closed coolers.



- Keep your raw meat, poultry, and seafood separate from other purchases, so their juices do not come into contact with your other items.



### Grocery Tote Bag Safety



Grocery tote bags are a convenient and environmentally friendly way to transport farmers market purchases home, but if not taken care of correctly they can cause a foodborne illness. Listed below you will find some tips for keeping reusable tote bags safe from germs and bacteria.

- Wash the tote bag frequently in a washing machine or by hand in hot soapy water.
- Place raw meats, poultry, and seafood into separate plastic bags before placing into your tote bag. This will prevent their juices from leaking onto the tote bag.
- Have at least two separate tote bags, one for raw meat, poultry, and seafood, and one for other food purchases.
- Store tote bags in a clean dry location. Avoid leaving tote bags in the trunk of your car.





## *The Anatomy of C-LES*

Your host through this cookbook has been C-LES, an imaginary germ that has been created from five bacteria sometimes found in food. These include *Campylobacter*, *Clostridium botulinum*, *Listeria*, *Escherichia coli*, *Salmonella*, and *Staphylococcus*. The above mentioned bacteria are guilty of causing a large number of foodborne illness. Below you will find some important information about each of the bacteria that make up C-LES.



**I promise.  
I am not that bad of a guy!**

### *Campylobacter*

**Signs and Symptoms** - Diarrhea, cramps, fever, and vomiting; diarrhea may be bloody.

**Duration of Illness** - 2 to 10 days

**Associated Foods** - Raw and undercooked poultry, unpasteurized milk, contaminated water.

### *Clostridium botulinum*

**Signs and Symptoms** - Vomiting, diarrhea, blurred vision, double vision, difficulty swallowing, and muscle weakness.

**Duration of Illness** - Variable (from days to months)

**Associated Foods** - Home canned foods with a low acid content, improperly canned commercial foods, home-canned or fermented fish, herb-infused oils, baked potatoes in aluminum foil, cheese sauce, bottled garlic, foods held warm for extended periods of time (eg. in a warm oven).





### *Listeria monocytogenes*

**Signs and Symptoms** - Fever, muscle aches, and nausea or diarrhea. Older adults or people with weakened immune symptoms may have bacteremia (bacteria in blood) or meningitis.

**Duration of Illness** - Variable (from days to months)

**Associated Foods** - Fresh soft cheeses, unpasteurized or inadequately pasteurized milk, deli meats, hot dogs.

### *Escherichia coli*

**Signs and Symptoms** - Severe diarrhea that is often bloody, abdominal pain, and vomiting. Usually little or no fever is present.

**Duration of illness** - 5 to 10 days

**Associated Foods** - Undercooked beef, unpasteurized milk and juice, raw fruits and vegetables (eg. sprouts), salami, salad dressing, and contaminated water.

### *Salmonella*

**Signs and Symptoms** - Diarrhea, fever, abdominal cramps, vomiting.

**Duration of Illness** - 4 to 7 days

**Associated Foods** - Contaminated eggs, poultry, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables (eg. sprouts and melons).

### *Staphylococcus*

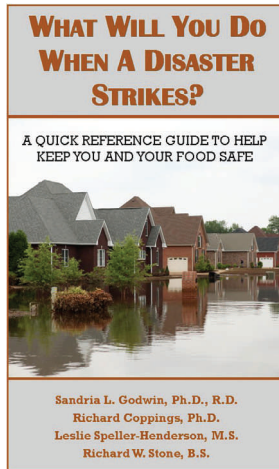
**Signs and Symptoms** - Sudden onset of severe nausea and vomiting, and abdominal cramps. Diarrhea and fever may be present.

**Duration of Illness** - 24 to 48 hours

**Associated Foods** - Unrefrigerated or improperly refrigerated meats, potato and egg salads, and cream pastries.



The following pages contain important information taken from the “What Will You Do When A Disaster Strikes?” reference guide.



For more information on this topic along with other food safety topics, please visit our web site at [www.fightc-les.org](http://www.fightc-les.org)



## PREPARING AN EMERGENCY FOOD KIT

Every family should have an **emergency food kit**. An **emergency food kit** contains enough water and food for each household member for at least 3 days and is kept in a waterproof case or carrying bag. Store the kit in a cool, dry place that is easy to access or in your emergency shelter (if you have one).

### What You Should Include

#### Water for Three Days

- At least one gallon of clean water per person per day for drinking and hygiene.

**Hint:** Clean and sterilize all containers before filling.

#### Food for Three Days

- **Dried Foods**
  - Fruit, Crackers, Ready-to-eat Cereals, Powdered Milk, Beef Jerky
- **Canned Foods**
  - Meats and Fish, such as Tuna and Chicken
  - Vienna Sausages, Beans, Fruit, Fruit Juices, Vegetables, Soups
- **High Energy Foods**
  - Peanut Butter, Jelly, Nuts, Trail Mix, Granola Bars, Protein Bars, Breakfast Bars, Cookies
  - Baby Formula and Baby Food, if needed



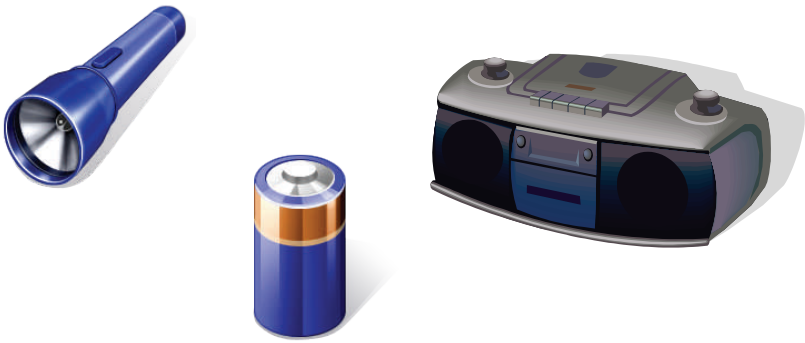
**Hint:** Even if you are breast feeding, stress may keep you from producing milk.

## Other Items You May Want To Include In Your Emergency Food Kit

- Prescription Drugs
- Copies of Important Family Documents
- Medical Supplies, such as a First Aid Kit and Instruction Booklet

**Hint:** Put the items listed above in a waterproof bag

- Flashlight or Battery Operated Lamps
- Waterproof Matches
- Paper Plates and Plastic Utensils
- Moist Towelettes and Hand Sanitizer
- Portable Radio
- Manual or Battery Operated Can Opener
- Extra Batteries



### REMEMBER!

- Check the expiration dates on food every 6 months.
- Replace foods that are old.
- Include some comfort items if you have room.



## FOOD RECALLS AND FOOD TAMPERING

Food recalls are announced on TV and radio, in newspapers, and on the Internet at [www.foodsafety.gov](http://www.foodsafety.gov)

### If You Have A Food Product That Has Been Recalled:

- **Return the product** to the store or place of purchase, or
- **Throw the product away.** Do not eat the recalled product.

### Signs Of Food Tampering

- **Broken seals** on or around the package.
- **Safety button** on the jar lid has been popped.
- **Unusual stains** on the product—discoloration, mold, or liquid on products are signs that the product is not safe.
- **Product has an unusual smell or odor.**
- **Damage to the package** - To see if there is damage, compare the container to other containers on the shelf.



### If A Food Product Has Been Tampered With Contact:

- **Local Health Department:** contact information can be found in the phone book or on the Internet.
- **Food and Drug Administration Hotline at:**  
**1-301-443-1240** for Seafood, Fruit, Vegetables, Eggs, and other Non-meat Items.
- **US Department of Agriculture Hotline at:**  
**1-800-535-4555** for Meat and Poultry.

### Signs of a Foodborne Illness include:

Stomach Cramps, Fever, Nausea, Vomiting, Chills, Diarrhea, and a Headache.



## *Healthy Substitutions For Fats And Oils*

### Ingredient

### Substitution

---

1/2 cup oil  
for baking

1/2 cup applesauce

OR

1/4 cup applesauce + 1/4 cup buttermilk

---

1/2 cup oil  
for marinades or  
salad dressings

1/2 cup low fat or non fat chicken broth

OR

1/2 cup unsweetened pineapple juice

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1/2 cup  
margarine,  
shortening, or  
butter for baking

1/2 cup reduced calorie margarine

OR

1/2 cup applesauce

OR

1/4 cup applesauce + 1/4 cup buttermilk

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1/2 cup  
margarine  
or butter for icing

1/2 cup marshmallow crème

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2 tablespoons oil  
for sautéing

2 tablespoons low fat or non fat broth

OR

2 tablespoons unsweetened pineapple juice

OR

2 tablespoons dry wine

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1 tablespoon  
mayonnaise

1 tablespoon fat free plain yogurt

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## *Weights and Measures*

dash = less than  $\frac{1}{8}$  teaspoon

3 teaspoons = 1 tablespoon

2 tablespoons =  $\frac{1}{8}$  cup

4 tablespoons =  $\frac{1}{4}$  cup

5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

10  $\frac{2}{3}$  tablespoons =  $\frac{2}{3}$  cup

12 tablespoons =  $\frac{3}{4}$  cup

16 tablespoons = 1 cup

1 kilogram = 2.2 pounds

28.3 grams = 1 ounce

16 ounces = 1 pound

1 cup = 8 fluid ounces

1 cup =  $\frac{1}{2}$  pint

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck

4 pecks = 1 bushel

1 liter = 2.1 pints





