

CLERMONT WIC

WINTER NEWSLETTER

5 STEPS TO FOOD SAFETY

How long can I leave this out? Is this safe to eat? Food safety can bring up so many questions! Remembering these 5 steps can make food safety easy!

- 1. Cook-** Foods need to be cooked to a certain temperature to kill bacteria and make the food safe for us to eat. Depending on what you are heating, the safe temperature to heat food to ranges from 145°-165° F. If you are unsure of what temperature to heat your food items to, play it safe and heat to 165° F!
- 2. Separate-** Keep unsafe food items, such as uncooked meats, away from other food items in your shopping cart or refrigerator. It is also best to have separate cutting boards for meat, poultry, or fish and fruits & vegetables. Be sure to also keep your uncooked food away from your cooked food items by using separate plates!
- 3. Store-** The temperatures at which bacteria can grow in food the quickest, called the "danger zone", is 40°- 140°F. It is important to keep your cold foods below that range and your hot foods above that range in order to prevent bacteria from growing in your foods and making you sick.
- 4. Clean-** Remember hot, soapy water! Wash your hands thoroughly with it. Wash cutting boards and utensils with it. Do not use the same knife to cut vegetables as you do to cut meats, poultry, or fish. If you want to use the same knife, wash it with hot, soapy water! Rinse produce under running water and use a vegetable brush.
- 5. Avoid Risky Foods-** Avoid foods that could be more likely to make you sick. Examples are raw meat, poultry, fish or eggs, unpasteurized milk, or unwashed fruits and vegetables.



OVEN BAKED FRENCH FRIES

FROM: FOOD NETWORK MAGAZINE

Time: 45 minutes

Serves: 4 people

- 3 Russet Potatoes cut into ¼ inch thick matchstick shaped pieces
- Salt
- Pepper
- 2 Tablespoons Vegetable Oil
- Cooking Spray

1. Preheat the oven to 450 degrees.

2. In a large bowl, toss the potatoes with the vegetable oil and ½ teaspoon of salt.

3. Coat your baking sheet with cooking spray and spread the potatoes in a single layer.

4. Bake for about 35 minutes or until golden and crisp.

5. Remove the fries with a spatula and season with a pinch of salt and pepper.



**Clermont County
Public Health**
Prevent. Promote. Protect.

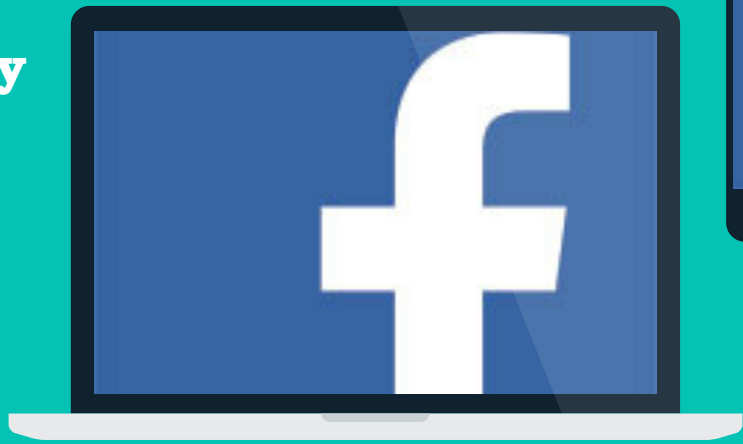


FIND US ON FACEBOOK!



**Clermont County
Public Health**
Prevent. Promote. Protect.

www.ccphohio.org
2400 Clermont Center Drive,
Suite 200
Batavia, Ohio 45103
(p) 513-732-7329



5 TIPS TO KEEP MOVING THIS WINTER

It can be a huge challenge staying active in the winter time. Eating your favorite holiday foods can add on some extra calories, making physical activity even more important. These 5 tips can help both you and your children stay active during the winter months.

1. Use that Commercial Break!- It can be easy to lay around on the couch all evening watching your favorite shows, but when there is a commercial break make this a time to move your body! Do a different exercise at each break. Walk around the house for the first break, and then do 10 push-ups for the next. You can start small and build up to more exercises for each break. Even taking the time to stand up and stretch during commercial breaks can really help your body.

2. Park far away- Park in the back of the parking lot and walk the distance of the parking lot. Take that challenge a step further and take the stairs instead of the elevator. Those extra steps add up to keep your body moving.

3. Library Card- The Clermont County library has a section online where you can access digital downloads. Grab your library card to access an additional library of online videos to stream for free! The online library has instructional videos that include exercise videos! Want to try out yoga? They have yoga videos! There are also videos for Pilates, weight loss, 30 minute exercises, etc.

How do I find the exercise videos?
Go to www.Clermontlibrary.org, click on eLibrary, then click downloads. Under the eMusic & eVideo section click Ohio Digital Library. This will bring up a new tab for the Ohio Digital Library. Under the collections tab go to videos and click "available now". Filter the subject to "Instructional".

4. Dance- Turn on your favorite holiday music, or any music of your choice, and get moving! Teach your kids some new dance moves, jump around, wiggle, act like an animal, copycat dance, march around, be creative! You can also find music in the Clermont County eLibrary!

5. Be Creative!- You can make up your own games! Create your own obstacle course out of things around your house! Have each family member complete the obstacle course then try to beat each other's times!

This institution is an equal opportunity provider.