

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

September 2018



It's Food Safety Awareness Month: Food Safety Myths!

Myth #1: Food poisoning isn't that big of a deal. I just have to tough it out for a day or two and then it's over.

Fact: Many people don't know it, but some foodborne illnesses can actually lead to long-term health conditions, and 3,000 Americans a year die from foodborne illness. Get the facts on long-term effects of food poisoning.

Myth #2: It's OK to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.

Fact: Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods. Instead, thaw foods the right way.

Myth #3: When cleaning my kitchen, the more bleach I use, the better. More bleach kills more bacteria, so it's safer for my family.

Fact: There is actually no advantage to using more bleach than needed. To clean kitchen surfaces effectively, use just one teaspoon of liquid, unscented bleach to one quart of water.

Myth #4: I don't need to wash fruits or vegetables if I'm going to peel them.

Fact: Because it's easy to transfer bacteria from the peel or rind you're cutting to the inside of your fruits and veggies, it's important to wash all produce, even if you plan to peel it.

Myth #5: To get rid of any bacteria on my meat, poultry, or seafood, I should rinse off the juices with water first.

Fact: Actually, rinsing meat, poultry, or seafood with water can increase your chance of food poisoning by splashing juices (and any bacteria they might contain) onto your sink and counters. The best way to cook meat, poultry, or seafood safely is to make sure you cook it to the right temperature.

Myth #6: The only reason to let food sit after it's been microwaved is to make sure you don't burn yourself on food that's too hot.

Fact: In fact, letting microwaved food sit for a few minutes ("standing time") helps your food cook more completely by allowing colder areas of food time to absorb heat from hotter areas of food.

Myth #7: Leftovers are safe to eat until they smell bad.

Fact: The kinds of bacteria that cause food poisoning do not affect the look, smell, or taste of food. To be safe, use our Safe Storage Times chart to make sure you know the right time to throw food out.

Myth #8: Once food has been cooked, all the bacteria have been killed, so I don't need to worry once it's "done."

Fact: Actually, the possibility of bacterial growth actually increases after cooking, because the drop in temperature allows bacteria to thrive. This is why keeping cooked food warmed to the right temperature is critical for food safety.

Myth #9: Marinades are acidic, which kills bacteria—so it's OK to marinate foods on the counter.

Fact: Even in the presence of acidic marinade, bacteria can grow very rapidly at room temperatures. To marinate foods safely, it's important to marinate them in the refrigerator.

Myth #10: If I really want my produce to be safe, I should wash fruits and veggies with soap or detergent before I use them.



Source:

<https://www.foodsafety.gov/keep/basics/myths/index.html>

RECIPE OF THE MONTH

Pistachio Granola

Source:

<https://foodplanner.healthiergeneration.org/recipes/granola-goodness/>



Crunchy goodness!

Makes: 8 servings

Ingredients:

- 2 c. rolled oats
- ½-1 c. shelled pistachios (to preference)
- ½ tsp. ground cinnamon
- 2 Tbs. honey or agave
- 1 Tbs. vegetable oil
- 2 tsp. vanilla extract
- ¼ tsp. almond extract (optional)
- ½ c. dried blueberries (optional)

Directions:

1. Preheat oven to 325 degrees.
2. Line a large baking sheet with parchment paper.
3. In a large bowl, combine oats, pistachios and cinnamon.
4. In a small bowl, combine cinnamon, honey, oil vanilla extract and almond extract (if using).
5. Pour over the oat mixture and stir until evenly coated.
6. Spread the mixture onto baking sheet and bake for 25 minutes or until golden brown, stirring every 5-10 minutes.
7. Remove from oven and let cool completely.
8. Store in an airtight container for up to three weeks.

Safe Minimum Cooking Temperatures



Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	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
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None

Source:

<https://www.foodsafety.gov/keep/charts/mintemp.html>



Reasons to Exercise... besides losing weight!

You know that exercise is good for you — but it's good for a lot more than just losing weight or building muscle. Here are some other benefits.

You'll Improve Your Memory

Do you feel like you think a bit more clearly after a good workout? Not only is your brain getting more energy and oxygen, but many studies have also shown that exercise can boost your memory and help you learn better. Of course, an intense workout right before a big exam could leave you more tired than smart—but the two are still undoubtedly linked.

You'll Have Better Posture

Good posture is important, and one of the best ways to fix your posture is to exercise the muscles holding you back. Check out some of the most common posture problems people have, and which muscles you should work out to help fix them. Regularly exercising your abs, back, and other muscles can go a long way into fixing your posture, both sitting and standing.

You'll Boost Your Confidence

Exercise can help you feel more accomplished and social (if you work out at a gym). Even if you don't see immediate results in your body, that effort will make you feel better—and a bit of confidence can go a long way.

You'll De-Stress

We all have stress in our lives. Stress can wreak havoc with your mind, but studies have shown that exercise is a great way to combat it. Not only are those endorphins natural stress-fighters, but getting yourself into that exercise groove helps get your mind off other things.

You'll Sleep Better

If you ever have trouble falling asleep at night, the National Sleep Foundation says at regular exercise can help you sleep better. The best time to work out is in the morning or the afternoon, rather than before bed—if you exercise too closely to bedtime, it can actually have the opposite effect! Luckily, there are other good ways to fill up that pre-bed relaxation time.

You'll Have More Energy

It may seem counter-intuitive—after all, working out can drain your energy quite a bit—but regular exercise can actually make you feel more energized throughout the day. In fact, one study found that exercising in the middle of the day could leave you feeling more energetic and productive for the rest of the afternoon. You should still try to get in some walking throughout the day, but a midday workout could be a great pick-me-up.

You'll Get Sick Less Often

Nobody likes getting sick, and exercise can help. A recent study found that people who exercised regularly were half as likely to get a cold as people who didn't—which is odds I'd gladly take. Taking a good steam afterward can help, too.

You'll Live Longer

It's no secret that healthy living will keep you alive longer, but you might be surprised at how much. One study found that exercise improves life expectancy as much as quitting smoking. It really is true that sitting all day is killing you—and just a bit of regular exercise can stave off the reaper for a while.

You'll Just Be Happier

All this put together equals a much happier you. It's not just those "runner's high" endorphins—regular exercise can actually improve your life in oh-so-many ways. All you need to do is make it a habit—the University of Bristol found that people's mood significantly improved on days they exercised, so find a way to fit a quick workout into your daily routine and you'll be well on your way.

Adapted from: Whitson Gordon Lifestacker

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