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The NEBLINE is published monthly (except December).
Mailed to nearly 11,000 households in Lancaster County
and can be read online at <http://lancaster.unl.edu/nebline>.

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Would Your Kitchen Pass a Food Safety Inspection? (Part 2 of 2)

Alice Henneman, MS, RDN
Extension Educator

DIRECTIONS: Choose the answers that most closely apply to YOUR everyday practices in your kitchen. Then compare your answers with the desired practices according to government guidelines for consumers.

5. How do you thaw meat, poultry and seafood products?

- a) On the kitchen counter
- b) In the refrigerator
- c) In the microwave

6. When using a cutting board: If you're cutting raw meat or poultry, what do you do before cutting fresh produce or bread before the same meal?

- a) Use a separate cutting board
- b) Wipe the cutting board with a damp cloth or sponge
- c) Wash the cutting board with hot, soapy water, rinse with clear water and air dry or pat dry with clean paper towels

7. Which of these describes your handwashing when working with food?

- a) I wash my hands before preparing food
- b) I wash my hands before, during and after preparing food
- c) I don't wash my hands during food preparation

8. When cooking raw poultry and meat, what do you do?

- a) Wash poultry and meat under running water before cooking them
- b) Give poultry and meat a quick dunk in a sink or large pan filled with cold water before cooking them
- c) Cook poultry and meat without washing them

9. Before eating melons, what is the first thing you do?

- a) Cut melons open and examine how they look
- b) Wash melons thoroughly under running water before cutting into them
- c) Wash melons with soap and water before cutting into them

Answers to Food Safety Inspection Questions

5. b) In the refrigerator or c) In the microwave: Thawing meat, poultry and seafood in the refrigerator is the safest way as foods remain at a safe, constant temperature of 40°F or lower.

Place the food on a plate or pan that can catch any juices that may leak. Normally, smaller amounts of most foods will be ready to use the next day. A large frozen item, like a turkey may require at least 24 hours for every 5 pounds of weight to thaw.

Foods can be thawed in the microwave, according to the directions in your owner's manual. Cook them immediately as bacteria begin to grow as the food is warmed.

Cold water thawing is faster than refrigerator thawing but requires more attention. Place the food in a leak-proof package or bag and submerge in cold tap water; change the water every 30 minutes. A one pound package may thaw in an hour or less; 3- to 4-pound packages may take 2 to 3 hours; and a turkey may take about 30 minutes per pound. As with microwaved food, cook immediately after thawing.

6. a) Use a separate cutting board or c) Wash the cutting board with hot, soapy water, rinse with clear water and air dry or pat dry with clean paper towels:

the U.S. Department of Agriculture suggests consumers consider using one cutting board for fresh produce and bread and another for raw meat, poultry and seafood to help assure food safety. Nonporous acrylic, plastic, glass and solid wood boards can be washed in a dishwasher unless the manufacturer recommends otherwise. Replace cutting boards if they become excessively worn or develop hard-to-clean grooves.

7. b) I wash my hands before, during and after preparing food:

Here's how to do it according to *Foodsafety.gov*: Wet your hands with warm or cold running water and apply soap. According to the U.S. Food and Drug Administration, you should use plain soap and water — skip the antibacterial soap.

Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails. Bacteria can hide out here too!

Continue rubbing hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.

Rinse your hands well under running water.

When possible, use a paper towel or your elbow to turn off the faucet.

8. c) Cook poultry and meat without washing them: Washing raw meat and poultry can help bacteria spread. Their juices can splash onto and contaminate your sink and countertops.

9. b) Wash melons thoroughly under running water before cutting into them:

Wash fruits and vegetables such as melons and oranges even if you plan to remove their peel. Bacteria can spread from the outside to the inside when they are cut or peeled. Suggestions for washing any type of produce include:

Rinse produce thoroughly under running water. Washing fruits and vegetables with soap, detergent, bleach or commercial produce washes is not recommended.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean paper towel or cloth towel to further reduce bacteria that may be present on the surface.

References and for further information:

- *Check Your Steps*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics
- *Clean: Wash Hands and Surfaces Often*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/clean/index.html
- *Cutting Boards and Food Safety*, retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/cutting-boards-and-food-safety/ct_index
- *Separate: Don't Cross-Contaminate*, retrieved 4/30/2017 at www.foodsafety.gov/keep/basics/separate/index.html
- *The Big Thaw - Safe Defrosting Methods - for Consumers*, retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/the-big-thaw-safe-defrosting-methods-for-consumers/CT_Index
- *USDA's Five Tips for a Food Safe Thanksgiving*, retrieved 4/30/2017 at www.usda.gov/media/press-releases/2017/11/21/usdas-five-tips-food-safe-thanksgiving
- *Washing food: Does It Promote Food Safety?* retrieved 4/30/2017 at www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/washing-food-does-it-promote-food-safety/washing-food

FREE PROGRAM: "QUICK & HEALTHY NO-RECIPE MEALS"
Thursday, Aug. 17, 6:30-8:30 p.m.

**Bryan East Campus, Plaza Conference Center,
1500 S. 48th St., Lincoln**

Pre-registration is required by calling 402-481-8886

Learn how to use a few simple tips and techniques with a variety of ingredients to fix healthy meals in a hurry.

Presented by Alice Henneman, Extension Educator, RDN

Here's one of the techniques for making a delicious smoothie anytime. All you need to remember is 1/2 cup each of 3 ingredients with the liquid added first. Place 1/2 cup milk first into a blender; follow with about 1/2 cup (any flavor) yogurt. Add a heaping 1/2 cup of frozen berries, cherries or sliced peaches. Blend until smooth; add more milk if you want a thinner smoothie or more frozen fruit for a thicker smoothie.



No-recipe-needed Smoothie