

Positive Pulse Wellness Newsletter



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"Promote and protect the wellness of our community through education, programs, and services".

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Special points of interest:

* November 2015 Monthly Challenge Options: Tell at least 3 people why you are thankful for them, at least 3 times a week, for the month of November 2015; Complete the Turkey "Tone It Up" challenge for the month of November 2015.

It's Turkey Time: Safely Prepare Your Holiday Meal!

Holidays are times we share the kitchen with family and friends. Make it a goal this year to also share good food safety practices. CDC is a partner with the United States Department of Agriculture (USDA), Food Safety and Inspection Service (FSIS), which is responsible for the safety of meat and poultry. Here are simple tips that all cooks in the kitchen can follow this holiday season for cooking a delicious *and* safely prepared turkey.

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to the adequate temperature.

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature

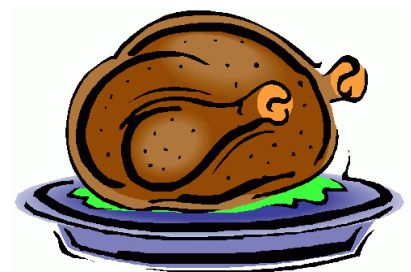
range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone." There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven.

Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods.

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F.

Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.



Autumn Health and Safety Tips

Let's make Autumn a safe time of year! Here are some tips from the *CDC*. One way to do this is to test and replace batteries.

Check or replace carbon monoxide batteries twice a year: when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.

You can prevent carbon monoxide exposure:

Do have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do install a battery-operated or battery back-up *CO* detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.

Do seek prompt medical attention if you suspect *CO* poisoning and are feeling dizzy, light-headed, or nauseous.

Don't use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

Don't run a car or truck inside a garage at-

tached to your house, even if you leave the door open.

Don't burn anything in a stove or fireplace that isn't vented.

Don't heat your house with a gas oven.



Brandi's "Clean Eating" Recipe of the Month

[Lemon-Dill Green Beans Recipe via Eating Well.com:](#)

Ingredients:

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice

1 teaspoon whole-grain mustard

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

Preparation:

- Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.

- Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.



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