



# Move to Healthy Choices Newsletter

November 2010

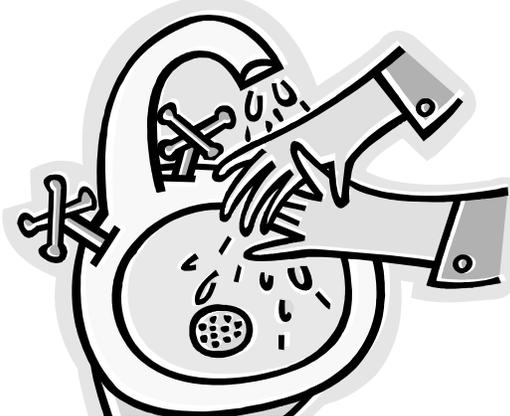
According to the Canadian Partnership for Consumer Food Safety Education every year, between 11 and 13 million Canadians suffer from food borne illnesses. Proper food handling protects against food borne illnesses. Safe food handling practices include knowing how to properly select foods, correct storage practices and cooking foods safely, plus cleaning up afterward. Take steps to ensure the kitchen you are working in and the foods you prepare are safe.

## Food Safety Tips

- Keep hot foods hot (60°C or hotter) and cold foods cold (5°C or colder). Chill leftovers as soon as possible. Put hot food in the refrigerator to cool.
- Cook ground beef to temperature of at least 71°C (160°F). Roast poultry at an oven temperature of at least 150°C (325 °F).
- Rinse all fruits and vegetables thoroughly with water before cooking or eating.
- For more information contact your local health inspector, phone numbers for Manitoba are listed on the Manitoba Health website [Manitoba Health - Health Protection](#). You can also find food safety information in the 'Making the Move to Healthy Choices' toolkit.

## How to Wash Your Hands

1. Wet hands under warm running water.
2. Add soap, lather and scrub hands for 20 seconds (scrub palms, in between fingers, backs of hands and under nails).
3. Rinse well under warm running water.
4. Dry hands with a paper towel.
5. Turn off taps with the paper towel.
6. Discard towel in the garbage.



## Encourage staff and volunteers serving or preparing food to take a Food Safe Course.

*Food Safe 1* is a must for owners, managers, supervisors, chefs, cooks, and other personnel responsible for purchasing, handling, preparing, and serving food. Food Safe is a nationally-recognized seminar that addresses the relationship between microbiology and food-borne illness, safe food handling, personal hygiene habits, effective cleaning and sanitizing of equipment and utensils, and measures to ensure a clean, safe food service operation. Participants who pass the examination receive a nationally-recognized certificate which is valid for five years.

The *Food Safety Connection On-Line Course* is designed especially for catering groups and people who prepare food for community events, this seminar offers several important tips on preparing food safely. [Food Safety Connection On-line Course](#) Available through - Manitoba Agriculture Food and Rural Initiatives

## Minute Minestrone ... an easy soup for busy people.

Makes 4-6 servings. Serve with crusty rolls.

- 2 Tbsp. vegetable or olive oil
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 1/2 pound ham sausage, cut in 1 inch pieces
- 2 cups chicken stalk or water
- 2 cups chopped cabbage
- 1 can red (19 oz.) kidney beans, drained
- 4 tomatoes, chopped or 1- 14 oz. can
- 1 carrot, diced
- 1/2 tsp. dried basil
- 1/4 tsp. pepper
- 1.5 cups elbow macaroni or other small pasta



1. In a large saucepan, heat oil and sauté onion and garlic until tender.
2. Add sausage and cook, stirring gently, until lightly browned.
3. Add stock, cabbage, kidney beans, tomatoes, carrot and seasonings; bring to a boil. Reduce heat and cook until vegetables are tender, about 10-20 min.
4. Meanwhile, cook macaroni in boiling salted water. Drain and stir into soup; taste and adjust seasonings.

### Questions? Contact us or your local recreation director.

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