

PAYNE COUNTY HEALTH NEWS

Financial

SUMMER IS COMING!

Nominate your Health Champion!



The Champions of Health awards recognize efforts by organizations and individuals improving the landscape of public health in Oklahoma. Nominations are accepted in five categories: Children's Health, Senior Health, Uninsured, Community Health and Corporate Health. All Champions of Health winners will be recognized at a gala on Tuesday, Sept. 29, at the Cox Business Center in Tulsa. This year, we welcome Johnny Bench, Oklahoma native and Major League Baseball Hall of Famer, as the keynote speaker. Non-profit winners in select categories will receive a \$5,000 contribution to their organization or program, and will be considered for the highest honor, the Dr.

Rodney L. Huey Memorial Champion of Oklahoma Health award. The recipient of this highest honor will receive \$15,000. The Champions of Health awards program is presented by the Office of the Governor - Native American Liaison, the Oklahoma Association of Optometric Physicians, the Oklahoma Dental Association, the Oklahoma Department of Mental Health and Substance Abuse Services, the Oklahoma Foundation for Medical Quality, the Oklahoma Health Care Authority, the Oklahoma Hospital Association, the Oklahoma Osteopathic Association, the Oklahoma Primary Care Association, the Oklahoma State Department of Health and the Oklahoma State Medical Association in partnership with Blue Cross and Blue Shield of Oklahoma.

Nominations can be submitted via mail or online at championsofhealth.org through **May 28**. For additional information about Champions of Health, visit our website at championsofhealth.org. We appreciate your help in spreading the word!

Thanks,
 Melinda Snowden
 (Our HealthCare Authority
 Representative)



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Food Safety Advice (part 1)

Clean: Wash Hands and Surfaces Often



Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom or changing diapers.
- Wash your hands after playing with pets or visiting petting zoos.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Keep books, backpacks, or shopping bags off the kitchen table or counters where food is prepared or served.

Separate: Don't Cross Contaminate

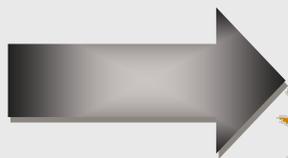


Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene — wash hands with warm water and soap. Wash cutting boards, dishes, countertops, and utensils with hot soapy water.

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

For more information, visit the USDA Food Safety and Inspection Service (FSIS)

5K



SPOTLIGHT



June 7, 2015
Stillwater, OK

WWW.THESCORCHERRUN.COM

More information under the
"Healthy Business" tab on the
Payne County Health Dep website:
payne.health.ok.gov

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RECIPE ROUND UP

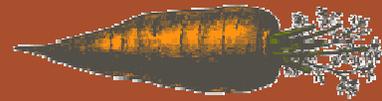
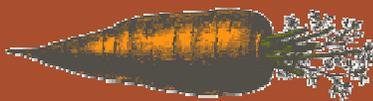
Cheesy Asparagus Steak Pizza

Ingredients:

12" pizza dough 1/2 c heavy cream 2 cloves garlic, chopped
1 c fresh grated parmesan cheese 3/4 c mushrooms, quartered
1/2 lb. asparagus, chopped 1/2" pieces 4 oz. steak cut 1/2" pieces
1 c shredded mozzarella cheese 1/2 cup crumbled blue cheese
Parsley Extra virgin olive oil Kosher salt cracked black pepper

Instructions:

1. Preheat Oven to 350° F.
2. In a small sauce pan, quickly sauté the garlic and add cream.
3. When cream boils, slowly add in parmesan cheese a small amount at a time while whisking continuously.
4. Remove from heat and let cool.
5. Toss the mushrooms in oil, salt & pepper, and spread out on a cookie sheet to roast for 15-20 in the oven.
6. Place chopped asparagus in a pot of salted, boiling water for 2 min.
7. Immediately transfer asparagus to an ice bath to stop cooking.
8. Toss the steak pieces in oil, salt & pepper and sear in a large sauté pan, short of being cooked all the way though.
9. Spread the dough on a cookie sheet.
10. Smear a thin layer of the cream sauce on to the dough, followed the mozzarella, the sautéed mushrooms, asparagus, and the seared steak.
11. Sprinkle blue cheese over the entire pie & place in the oven (still at 350° F) for 12-15 minutes or to your desired doneness.
12. Remove from oven, cut into preferred number of slices & garnish with parsley



Food Safety Advice (part 2)

Cook: Cook to Proper Temperatures



Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.

- Cook beef roasts and steaks to a safe minimum internal temperature of 145°F. Cook pork to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F throughout the bird, as measured with a food thermometer.
- Cook all ground meat to 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Casseroles and other dishes containing eggs should be cooked to 160°F.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.
- Use microwave-safe cookware and plastic wrap when cooking foods in a microwave oven.

Chill: Refrigerate Promptly!



Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs, & other perishables as soon as you get home from the store.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Use or discard refrigerated food on a regular basis.

For more information, visit the USDA Food Safety and Inspection Service (FSIS)

