



December 2011



Wellness and Safety News

Monthly Newsletter for the Employee

KEEP *LISTERIA* OUT OF YOUR KITCHEN

Source: <http://www.sheknows.com/living/articles/840801/5-no-fail-tips-for-finding-a-work-life-balance>

If you eat food contaminated with bacteria called *Listeria*, you could get so sick that you have to be hospitalized. And for certain vulnerable people, the illness could be fatal.



Unlike most bacteria, *Listeria* germs can grow and spread in the refrigerator. So if you unknowingly refrigerate *Listeria*-contaminated food, the germs could contaminate your refrigerator and spread to other foods there and increase the likelihood that you and your family will become sick.

Those most at risk for listeriosis—the illness caused by *Listeria monocytogenes* include pregnant women, older adults and people with compromised immune systems and certain chronic medical conditions (such as HIV/AIDS, cancer, diabetes, kidney disease, and transplant patients). In pregnant women, listeriosis can cause miscarriage, stillbirth, and serious illness or death in newborn babies.

Recently, a multi-state outbreak of listeriosis tied to contaminated cantaloupes has caused illnesses and deaths. *Listeria* has also been linked to a variety of ready-to-eat foods, including unpasteurized milk and dairy products, Mexican-style or soft cheeses made with unpasteurized milk, processed deli meats, hot dogs, smoked seafood and store prepared deli-salads.

To further protect yourself and your family from *Listeria*, follow these steps:

Keep Refrigerated Foods Cold

Chilling food properly is an important way of reducing risk of *Listeria* infection. Although *Listeria* can grow at refrigeration temperatures, it grows more slowly at refrigerator temperatures of 40 degrees F or less.

- Keep your refrigerator at 40 degrees F or lower and the freezer at 0 degrees F or lower.



- Wrap or cover foods with a sheet of plastic wrap or foil or put foods in plastic bags or clean covered containers before you place them in the refrigerator. Make certain foods do not leak juices onto other foods.
- Place an appliance thermometer, such as a refrigerator thermometer, in the refrigerator, and check the temperature periodically. Adjust the refrigerator temperature control, if necessary, to keep foods as cold as possible without causing them to freeze. Place a second thermometer in the freezer to check the temperature there.
- Use precooked and ready-to-eat foods as soon as you can. The longer they are stored in the refrigerator, the more chance *Listeria* has to grow.

"If you have leftovers in your refrigerator, it's best to throw them out after three days, just to be sure," says Zink. "It's better to be safe than sorry."

Clean Refrigerator Regularly

Listeria can contaminate other food through spills in the refrigerator.



- Clean up all spills in your refrigerator right away especially juices from hot dog and lunch meat packages, raw meat, and raw poultry. Consider using paper towels to avoid transferring germs from a cloth towel.
- Clean the inside walls and shelves of your refrigerator with warm water and liquid soap, then rinse. As an added measure of caution, you can sanitize your refrigerator

monthly using the same procedures described below for kitchen surfaces.

Clean Hands and Kitchen Surfaces Often
Listeria can spread from one surface to another.



- Thoroughly wash food preparation surfaces with warm, soapy water. As an added precaution you should sanitize clean surfaces by using any of the kitchen surface sanitizer products available from grocery stores, being careful to follow label directions.

You can make your own sanitizer by combining 1 teaspoon of unscented bleach to one 1 quart of water, flooding the surface and letting it stand for 10 minutes. Then rinse with clean water. Let surfaces air dry or pat them dry with fresh paper towels. Bleach solutions get less effective with time, so discard unused portions daily.

- A cutting board should be washed with warm, soapy water after each use. Nonporous acrylic, plastic, or glass boards can be washed in a dishwasher.
- Dish cloths, towels and cloth grocery bags should be washed often in the hot cycle of your washing machine.
- It's also important, to wash hands with warm water and soap for at least 20 seconds before and after handling food.

"FDA is aware of cases of foodborne illness caused by bacteria that can live in the kitchen and spread to foods."



The World's Easiest Diet



Knees Up

- Interlace fingers around your bent knees.
- Gently stretch your knees toward your chest, keeping hips on the floor.
- Hold the stretch. Breathe into your lower back.
- Relax your body, and rest in the pose.
- Release, then do it again.



Sometimes the most powerful stretches are the easiest!



Facts About AIDS

Started on 1st December 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. World AIDS Day is important for reminding people that HIV has not gone away, and that there are many things still to be done.

According to UNAIDS estimates, there are now 33.3 million people living with HIV, including 2.5 million children. During 2009 some 2.6 million people became newly infected with the virus and an estimated 1.8 million people died from AIDS.

The vast majority of people with HIV and AIDS live in lower and middle-income countries. But HIV today is a threat to men, women and children on all continents around the world.

Become Involved in World AIDS Day® 2011

World AIDS Day is celebrated on December 1 each year around the world. It has become one of the most recognized international health days and a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services.

To find out ways to get involved, visit <http://www.worldaidscampaign.org/world-aids-day/>



December 1 is
WORLD AIDS



A Couple of Montage Family Recipes...

Basic Crepes

Danone's favorite!

- 3 eggs
- 1 cup sifted all purpose flour
- 1/2 tsp. salt
- 1/4 c. sugar
- 1/2 c. milk
- 2 tbsp. butter, melted

Beat eggs, slightly, add flour/salt, sugar milk and cooled melted butter. Heat up small size frying pan, then lightly coat pan with a little butter. Add a little batter, brown on one side and carefully flip over to the other side to brown. Add your favorite goodies. You can add strawberry jam or even a little sugar with cinnamon and then roll up thin and tight. Mom would stack them high with lots of variety inside to make it fun to see what different jams would taste like. We each had our own favorite~



Plum-Teri Turkey

Do you have many mouths to feed, try this recipe!

- 1.2 cup Kikkoman Teriyaki Baste and Glaze
- 1/4 cup plum jam
- 1 tablespoon dry sherry
- 1 teaspoon cider vinegar (or balsamic)
- 1 clove garlic, pressed
- 1 & 1/2lb. turkey half breast, boned.

Combine teriyaki baste and glaze, plum jam, sherry, vinegar and garlic. Brush both sides of the turkey breast with mixture and place, skin side up, in a shallow foil-lined baking pan. Cover pan with foil. Bake at 450 degrees for 20 minutes. Reduce oven temperature to 325 degrees. Discard foil and turn turkey over; brush with glaze mixture. Return to oven and bake 40 minutes, brushing with glaze mixture after 20 minutes. Turn turkey over and brush again with glaze mixture. Bake 40 minutes longer, or until juices run clear when pierced with fork, brushing with remaining glaze mixture after 20 minutes. Makes 4-6 servings.



HAPPY HOLIDAYS



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