

# HEALTHY ON THE JOB

## The importance of safe food preparation



With so many new cooks in the kitchen these days it is important not to lose sight of the rules for safely preparing a meal. So many of us have been cooking for years and may have some short cuts to share but safety should not be one of them. Following proper guidelines is extremely important to prevent foodborne illness. Often times it is difficult to determine if you have a “stomach flu” or have gotten sick from something you ate. Getting ill from your food is potentially dangerous and can lead to extreme health issues. Food handlers need to be sure to always wash their hands, utensils and work surfaces. Food must be cooked to proper temperatures. Food should not be left out longer than 2 hours and must be kept at proper temperatures. Leftovers also need to be stored and reheated properly. Any food handler should take extra care when preparing food if they are sick themselves or have a cut or abrasion on their hands.

Being sure to prepare safe and nutritious food is the best way to keep ourselves and our family healthy!

### What do those dates mean?

There are so many dates on packages it is so hard to keep track of what they mean. Many people think that if there is a date it must be an “expiration” date for that item. However, that is not always the case. You may come across a “Best if Used By/Before” date. This will indicate when a product has the best flavor or/ quality. If you find a “Sell-By” date that will tell you how long to the store can keep the item on display for sale for inventory control. “Use-By” dates are the last date that is recommended for using the product while at peak quality. There are also “Freeze-By” dates which will indicate when a product should be frozen to maintain peak quality. However, if you do come across a true “Expiration” date then be sure to use the product by that date and discard any remaining after that date.

## MINDFULNESS SERIES

### USEFUL RESOURCES



Rutgers Cooperative Extension  
[njaes.rutgers.edu](http://njaes.rutgers.edu)



Get Moving - Get Healthy NJ  
[gmghnj.rutgers.edu](http://gmghnj.rutgers.edu)



Get Moving - Get Healthy NJ Workforce  
[gmghnj.rutgers.edu/workforce](http://gmghnj.rutgers.edu/workforce)



Family & Community Health Sciences Department  
[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)



## Healthy Recipe

### Pork Loin with Sweet Potatoes

#### Ingredients

1 lb. Pork Loin (unseasoned)

2-3 sweet potatoes, scrubbed and cut into 2" pieces

1 onion, sliced thick

1 package Lipton Onion Soup Mix

¼ cup olive oil

Sprinkle of salt & pepper



#### Preparation Steps

1. Preheat the oven to 425 degrees.
2. Remove Pork Loin from packaging & place in the center of a 13" x 9" baking pan.
3. In small measuring cup stir together the Olive Oil & Onion Soup Mix. Place potatoes & onions in a large bowl & stir in the onion soup blended with oil.
4. Pour the potato onion mixture over the pork, and then slide the potatoes & onions to the sides of the pork loin. Bake in the oven for 20 – 25 minutes.

#### **\*\*Disclaimer\*\***

Always consult a qualified medical professional before changing, starting, or stopping any part of your healthcare plan, including nutrition, physical activity, or exercise. Be sure to follow all workplace safety rules, procedures and policies, and check with supervision before conducting any exercises or recommendations contained in this newsletter while at work. Rutgers Cooperative Extension does not assume any liability for injuries or health concerns arising from participation in activities mentioned or outlined in this newsletter.

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#### Keep in Mind!

- Grocery shop last- never leave food in a hot car
- Store deliveries immediately
- Always check your packaging dates
- Don't buy food in poor condition
- Cook to proper temperatures
- Date all leftovers & freeze any that won't be eaten in a few days
- Don't know if its bad...  
You can always smell, taste or see bacteria. Moldy food should be discarded  
When in doubt.....throw it out



## More Resources....

[choosemyplate.gov](http://choosemyplate.gov)

[njaes.rutgers.edu/health](http://njaes.rutgers.edu/health)

[getmovinggethealthynj.rutgers.edu](http://getmovinggethealthynj.rutgers.edu)

Family & Community Health Sciences  
Healthy Recipes

[vimeo.com/getmovinggethealthynj/videos](http://vimeo.com/getmovinggethealthynj/videos)

Explore our healthy recipe videos!

[EatingWell.com](http://EatingWell.com) has lots of healthy recipes.

Mayo Clinic Healthy Recipes  
[mayoclinic.org/healthy-lifestyle/recipes](http://mayoclinic.org/healthy-lifestyle/recipes)



### Safe Minimum Internal Temperature Chart

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four guidelines to keep food safe:

- **Clean**—Wash hands and surfaces often.
- **Separate**—Separate raw meat from other foods.
- **Cook**—Cook to the right temperature.
- **Chill**—Refrigerate food promptly.

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
<b>Beef, Pork, Veal &amp; Lamb</b> Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
<b>Ground meats</b>	160 °F (71.1 °C)
<b>Ham, fresh or smoked (uncooked)</b>	145 °F (62.8 °C) and allow to rest for at least 3 min.
<b>Fully Cooked Ham (to reheat)</b>	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C); all others to 165 °F (73.9 °C).

Product	Minimum Internal Temperature
<b>All Poultry</b> (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
<b>Eggs</b>	160 °F (71.1 °C)
<b>Fish &amp; Shellfish</b>	145 °F (62.8 °C)
<b>Leftovers</b>	165 °F (73.9 °C)
<b>Casseroles</b>	165 °F (73.9 °C)

## Additional Resource Links

[Smart Food Choice: Safe Food for Families](#)

[Help! My Refrigerator or Freezer Stopped Working. Is My Food Safe?](#)

[Home Storage of Foods: Refrigerator and Freezer Storage](#)

[Home Storage of Foods: Shelf Storage](#)

[Grilling With Care](#)

[Food Safety for Consumers](#)

[Food Safety.gov](#)

[Fightback.org](#)

[Cdc.gov](#)

[USDA Food Safety and Inspection Service](#)

[FDA.gov](#)

[Choose My Plate](#)

