

Balanced Senior Nutrition Press



The **Inside Scoop** on *Safe Holiday* **Cooking**

Earn 1 CEU!

***A step-by-step
guide to Thanksgiving
Food Safety***



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Introduction

The Four Core Objectives

The following is a fictionalized account of a home's change to person-directed dining and is designed to take you through the process from start to finish. The characters are composites based on real people and situations. Any resemblance to real persons living or dead is purely coincidental. As volunteers at Pioneer Village, Dotty Golightly and her friend Mary Hurway are putting up Thanksgiving decorations to give the continuing care community a festive facelift. Sitting nearby, Max the dining manager is working on the menu.

DOTTY: Mary, I can't wait to sink my teeth into some delicious finely-chopped turkey with mashed potatoes with gravy. Yummy!



MARY: So, did you and your family used to put out a spread for the holidays?

DOTTY: Oh, yeah, I loved making holiday dinners and have a lot of fond family memories like the time my cousin Ernie dropped a frozen turkey on his foot week a before Thanksgiving.

MARY: And why is that a fond memory pray tell?

DOTTY: You don't know my cousin Ernie.

MARY: Sounds like I don't want to. You know, I see a lot of hustle and bustle around here. The kitchen must be getting ready for the holiday dinner. With all the different foods we expect at mealtime and with families bringing in family favorites, I wonder if they need to do anything special to keep it all sorted and safe.



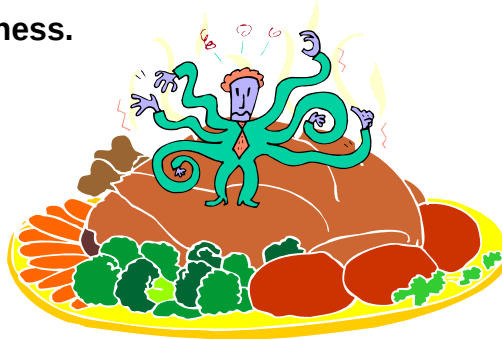
DOTTY: I don't know. Let's ask Max. He's right over there.



MARY: Hey, Max, as the dining manager, you have to be concerned with food safety especially during the holidays, right?

MAX: Absolutely. I was just reading that Centers for Disease Control report 5,000 deaths annually related to foodborne illness. There are lots of good reasons that we need to make Thanksgiving meal as safe as possible. To explain why, allow me to speak in bullets for a moment.

- ✓ More foods are being prepared at different times and temperatures, *which means more food holding at the proper holding times and temperatures.*
- ✓ Cooks are preparing foods they might not usually serve, spending a lot more time in the kitchen. *This means more food handling.*
- ✓ Kitchens are preparing larger quantities than usual.
- ✓ Kitchens are storing leftovers more than usual.
- ✓ People bring food into the home, which needs to be stored safely.
- ✓ Last but not least, since age and illness weaken the immune system, residents are more susceptible to foodborne illness.



MARY: If I was the dining manager, how would I go about getting the kitchen ready for making the holiday dinners?

MAX: To get a kitchen ready, you first need to understand the four core objectives of safe food handling:

- ♦ **CLEAN:** Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives and countertops.
- ♦ **SEPARATE:** Cross contamination is how bacteria spreads.
- ♦ **COOK:** Improper heating of food means bacteria can survive.
- ♦ **CHILL:** Bacteria spreads fastest at temperatures between 40F and 140F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

MAX: Now lets take a look at the first core objective: Clean.

CHAPTER 1: CLEAN



Chapter 1

Clean

MAX: Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To start with a clean environment, consider the following:

- ✓ 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. Then sanitize the counters and the cutting board with 1 tablespoon unscented bleach to 1 gallon of water. Wash hands and surfaces often.
- ✓ Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water, even if the skins and rinds are not going to be eaten. All fruits and vegetables must be rinsed unless marked “ready to eat” or “prewashed.”



DIRTY DOZEN FRUITS AND VEGETABLES

Apple	Grapes
Celery	Cherry Tomato
Sweet Bell Pepper	Cucumber
Hot Pepper	Imported Nectarine
Peach	Potato
Spinach	Strawberry

THE CLEAN 15

Asparagus	Mango
Avocado	Mushroom
Cabbage	Onion
Cantaloupe	Papaya
Sweet Corn	Pineapple
Eggplant	Frozen Sweet Peas
Grapefruit	Sweet Potato
Kiwi	

How to wash your hands properly



- ✓ Clean cutting boards and utensils.
- ✓ Clean surfaces like countertops.
- ✓ Clean the spoon that sits out at room temperature and is used periodically to stir foods

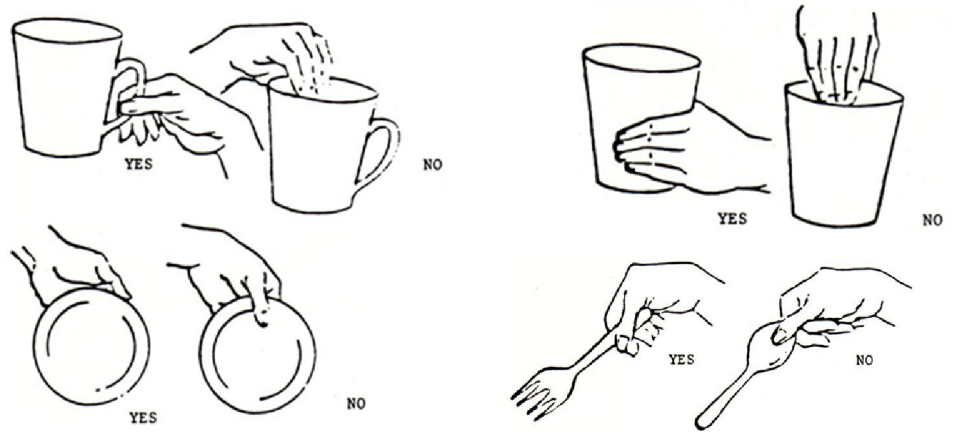
DOTTY: Hold on! We always ate Thanksgiving dinner at 2pm so I usually started preparing dinner at 8am and never finished until 1 or 2pm. So, how often should I have cleaned and sanitized everything?

MAX: Every 2 hours, if the cutting boards and utensils are sitting out at room temp.

MARY: So what are you doing all this wiping with?

DOTTY: Cloths and sponges I imagine.

Do not touch the food contact surfaces of plates, bowls, utensils, and glasses



MAX: Yes. And you have to keep those clean as well. To do that, every day you put your sponges in the dishwasher with the drying cycle or stick your damp sponges in the microwave for one minute to kill the germs. Then store them in a dry location, replace them frequently and if they start to smell, throw them away. Don't use sponges on countertops. Use a paper towel or a disinfectant wipe. Same thing if you have a spill from the raw turkey juices, don't use sponges or dishcloths, use paper towels or disinfectant wipes so you can throw them away.

- ✓ Clean sponges and dishcloths daily in dishwasher with a drying cycle, or microwave a damp sponge for one minute
- ✓ Replace sponges and dish clothes frequently. Discard if the sponge starts to smell.
- ✓ Store sponges and cloths in a dry location
- ✓ Don't use sponges on countertops
- ✓ Don't wipe up spills from the turkey. Use a paper towel or disinfectant wipe.

MAX: So as you can see, keeping things clean is a continuing process throughout preparation, cooking, serving and cleanup.

DOTTY: I can see that. So now what are we going to learn?

MAX: We're going to separate good advice from the bad about separating foods.

DID CHEW KNOW?

When it comes to the use of sponges and wash cloths, the number of people in your community determines whether you can use sponges and wash cloths to clean.

Tier 1: Up to five residents. Yes to sponges and washcloths.

Tier 2: 6 to 10 residents. Yes to sponges and washcloths.

Tier 3: 11 or more residents. You cannot use sponges and wash clothes.

64E-12.004 Food Service: Tiers and Catering.

CHAPTER 2: SEPARATE



Chapter 2

Separate

MAX: Cross-contamination is how bacteria can be spread. When handling raw turkey, keep it and its 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 turkey and eggs from fresh fruits and vegetables in your grocery shopping cart, grocery bags and in your refrigerator.
- ✓ Clean out refrigerator prior to Turkey Day to make room.
- ✓ Use one cutting board for fresh produce and a separate one for raw turkey.
- ✓ Never place cooked turkey on a plate that previously held raw turkey.



- ✓ Don't let cooked casseroles and dinner rolls (ready-to-eat) come into contact with raw turkey and its juices.

BEEFY TIPS

Keep an eye on the bag boy or girl as they place items in your grocery bags. Are they putting raw foods with ready-to-eat foods? If so that is one way foods could become contaminated while still in the store.

CHAPTER 3: COOK



Chapter 3

Cook

MAX: 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. The best way to destroy bacteria is:

- ✓ Use a food thermometer which measures the internal temperature of cooked turkey to make sure it is cooked to a safe internal temperature.

MARY: So cook turkey to 180°F degrees, right?

MAX: Nope. 165°F is the right internal temperature of a cooked turkey.

POTTY: Hold on! I was always told to cook poultry to an internal temperature of 180°

MAX: That's used to be the conventional wisdom, but now it's lowered to 165°



UNSTUFFED	
4 to 8 pound (breast)	1½ to 3¼ hours
8 to 10 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

STUFFED	
4 to 8 pound (breast)	Not usually applicable
6 to 8 pounds (breast)	2½ to 3½ hours
8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5 ¼ hours

- ✓ Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- ✓ 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.
- ✓ Heat leftovers thoroughly to 165°F.

DOTTY: So, Max, while you're waiting for your husband to mash the potatoes, what temperature do you hold a turkey, not cook a turkey?

MAX: Keep the oven at 140° F because you don't want the turkey cooling to the danger temperature of below 140° F.

MARY: What if you're going to reheat a bird?

MAX: If you're reheating the turkey, set the temperature to 165°F.

- ✓ Use of thermometers, you won't overcook it or undercook it

BEEFY TIP

Cook bread stuffing to 165°, IF it is cooked inside the turkey. Otherwise, it may be cooked at 145° F in a casserole dish.

CHAPTER 4: CHILL



Chapter 4

Chill

MAX: Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff 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 the turkey as soon as you get home from the store.
- ✓ Never let raw turkey, cooked casseroles or cut tomatoes and green leafy 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 the turkey at room temperature. It must be kept at a safe temperature during thawing. The best method to thaw the bird is in the refrigerator. For a turkey, this takes one day for every 4-5 pounds. So plan ahead, and get that 20 pound turkey out of the freezer 3-4 days ahead of time. Thawing a turkey on the counter or in the sink is not a good idea because the outside thaws first and the meat is exposed to room temperatures well past 6 hours and that is an open invitation to trouble.

MAX: So here's how to chill leftovers and refrigerate food promptly. If perishable food or leftovers have been left out at room temperature for over two hours, unless there shelf-stable items like cookies, crackers, bread and whole fruit, you need to throw them away.

MARY: What about the turkey?

MAX: The same thing goes for the turkey if the internal temperature dips to 70° within two hours.

- ✓ Divide leftovers into shallow containers or cut them into smaller pieces.
- ✓ Inside temp of turkey must be at 70° F within 2 hours of dropping below 140°F.
- ✓ Divide leftovers into shallow containers or smaller pieces for quicker cooling

MAX: Eat or freeze leftovers within 3-4 days. Gravy is a different story. You should eat or freeze gravy within 2 days.

DOTTY: What about dessert, especially pies? My Gran used to always make fresh pies while her sister my Aunt Zelda used to always buy store-bought. So, which pies do you refrigerate and which pies don't you refrigerate?

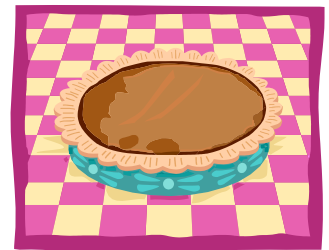
MAX: Be sure to refrigerate pies containing eggs (pumpkin, custard and cream pies) for 2 to 3 days. That goes for lemon meringue and all types of chiffon pies as well. Commercially produced pumpkin pies have preservatives and other ingredients added to make them shelf-stable. Once you cut into those kinds of store-bought pies, they should be refrigerated.

DOTTY: Like opening a jar of something then having to put it in the fridge.

MAX: Right. Now, pecan pies should be refrigerated for a maximum of 2 hours of being removed from the oven. Fruit pies keep at room temperature for two days. Then you can store them, loosely covered, in the refrigerator for up to two days longer. Unless, you live in a warm place like Florida then you should always store fruit pies in the refrigerator.

DOTTY: Boy, all that talk about food and pies sure has made me hungry. I can't wait until Thanksgiving so we can dig in.

MAX: Now it's time for a Self-Assessment to see what you learned about holiday food safety.



DID CHEW KNOW

Listeria is a bacteria that continues to slowly grow at temperatures below 40° Fahrenheit! Colder is better.

Continuing Professional Education

Instructions

This program provides 1 continuing professional education hour for assisted living facility administrators.

Carefully read the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter.

Read the ten (10) questions thoroughly. For multiple choice questions select the *one best answer* from the choices given.

Compare your answers to the answer key provided at the end of this program. If you have answered 80% or more of the questions correctly congratulations. You have successfully completed this course and are eligible to sign and date the certificate included in the program. If you scored less than 80%, re-read the program and re-take the self-assessment questionnaire.

A certificate of completion is provided for your portfolio; please sign, date and place in your records after successfully completing the self-testing portion of this continuing professional education program. You do not need to submit this form to Balanced Senior Nutrition or to the Commission on Dietetic Registration (CDR).

Learning Objectives

After completion of this CPE program, participants will be able to:

1. Understand the reasons why food safety is important in health care communities
2. State the four (4) core objectives of food safety
3. List the proper time and temperatures for cooking, holding and storing turkey



What did you learn about Food Safety During the Holidays?

1. Why is food safety important especially around the holidays?
 - a. The people being served are usually older, which means because of aging and or illness, their immune system weakens, making them more susceptible to foodborne illness.
 - b. Cooks are preparing special foods they might not usually serve.
 - c. More foods are being prepared at different times and temperatures.
 - d. All of the above.
2. Which of these is not related to the Core Objectives for getting ready for holiday dinner?
 - a. Bacteria can spread so keep clean hands, working area, equipment and food.
 - b. Separate raw and ready to eat foods, keep cutting boards separate and use different plates when transferring from raw to cooked foods.
 - c. Bacteria can be killed so cook proper temp.
 - d. Bacteria grow at room temperature, so chill quickly.
 - e. Thaw poultry in the sink with cool water.
3. Which of the following vegetables is not one of the Dirty Dozen?
 - a. Strawberry
 - b. Green Pepper
 - c. Mango
 - d. Spinach
 - e. Grapes
4. Turkeys should be rinsed before cooking or freezing. *True or False.*

5. Department of Health, Food Hygiene rules (64E-12.004) separate food service requirements into three tiers according to how many residents are served : which of the following assisted living communities *cannot* use sponges and cloths?
- a. Tier 1: Up to five residents.
 - b. Tier 2: 6 to 10 residents.
 - c. Tier 3: 11 or more residents.
 - d. None of the above.
 - e. All of the above.
6. A bagger at the grocery store can contaminate your food by mixing fruits and vegetables. *True or False.*
7. To what temperature does the inside of a turkey have to be cooked?
- a. 160° F.
 - b. 180° F.
 - c. 175° F.
 - d. 165° F.
 - e. 185° F.
8. Some bacteria actually grow in the refrigerator. *True or False.*
9. A thermometer is one of the most efficient tools for reducing the risk of foodborne illness. *True or False.*
10. Which of the following pies need to be refrigerated?
- a. Fruit pies.
 - b. Pies containing eggs (pumpkin, pecan, custard and cream pies).
Lemon meringue and all types of chiffon pies refrigerate up to
 - c. Commercially produced pumpkin pie.
 - d. Commercially produced pecan pies.

Answer Key for Self-Assessment

1. **D. All of the above.**
2. **E. Thaw poultry in the sink with cool water is something you should not do.**
3. **C. Mango**
4. **False. Turkeys should not be rinsed before cooking or freezing.**
5. **C. Tier 3: 11 or more residents.**
6. **False. A bagger at the grocery store can contaminate your food by putting raw food with ready-to-eat food.**
7. **D. 165° F.**
8. **True . Some bacteria like Listeria and Bachelors' bacteria actually grow in the refrigerator.**
9. **True. A thermometer is one of the most efficient ways of reducing the risk of foodborne illness because it helps you keep foods at the optimum cold temperature at 40° F or below.**
10. **B. Pies containing eggs (pumpkin, pecan, custard and cream pies). Lemon meringue and all types of chiffon pies.**

Certificate of Achievement

This is to certify on this date:

Has completed the course

Safe Holiday Cooking

Understand the reasons why food safety is important in health care communities

State the four (4) core objectives of food safety

List the proper time and temperatures for cooking, holding and storing turkey

Meets required training by Florida Statute 58A-5.0191(6)

CEU: 1 Credit Hour

Diane Hall

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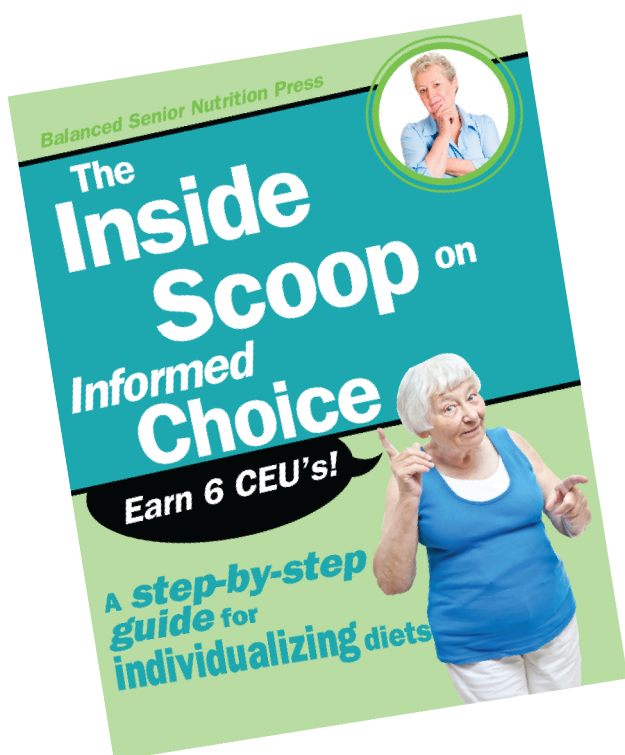
POTTY: Boy, all that talk about food and pies sure has made me hungry. I can't wait until Thanksgiving so we can dig in.

MARY: Turkey, mashed potatoes and gravy, you can't beat that.

MAX: All the folks in the kitchen and I are looking forward to making your holiday dinner safe and delicious. I hope this information helped you to do so, too. Now here's a word about The Inside Scoop on Informed Choice.

INTRODUCING a How to Guide of a Different Sort — IT'S FUN TO READ!

Told through the eyes of the fictionalized residents and staff of a continuing care community



Individualizing Care Plans Revealed as Valuable Tools

- ✓ Why informed consent is critical when someone makes a risky decision related to meals
- ✓ Boost appetites and battle weight loss by making the change to real food first
- ✓ Use our dining assessments and surveys to pinpoint problems, while applying Quality Assurance and Performance Improvement (QAPI) processes
- ✓ Learn the critical role the Medical Director plays in making new Dining Standards happen
- ✓ Create self-directed care plans, step-by-step, using the comprehensive forms in this guide-book
- ✓ And many more useful tips and information

Sign up for our newsletter to receive news about our release date.



References:

[FIGHT BAC!](#), Partnership for Food Safety Education

[Holiday Food Safety](#), FDA

[Do's and Don'ts of Kitchen Sponge Safety](#)



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