

PLANO HEALTH  
QUARTERLY ONLINE NEWSLETTER  
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Helpful  
web links

[www.fda.gov](http://www.fda.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.plano.gov](http://www.plano.gov)

[www.fsis.usda.gov](http://www.fsis.usda.gov)



Autumn is here. . .

We have managed to complete the final, hot days of summer and begin Autumn with milder morning temperatures and pleasantly cool evenings. With school back in session, Halloween, Thanksgiving, and other events in the immediate future, this online issue will provide information to help keep our food safe and illness at bay.

Daylight Savings begins Sunday, November 2, 2008

September is National Food Safety Month

Each year, in conjunction with national efforts, the City of Plano Health Department recognizes September as National Food Safety month. During the month of September, Health Specialists participate in additional events that aid in the promotion of food safety. Coordinated presentations to food workers, informative displays at grocery stores and weekly emails, are just a few ways employed to encourage safe food handling practices. Coinciding with National Food Safety Month, outstanding food establishments are presented with the Food Safety and Excellence Award. These food establishments have earned the grade "A" during all routine inspections; the establishments have not received any valid complaints or critical violations regarding such concerns as temperature controls, food handling, personal hygiene, or rodent/insect issues, for example. The award is given in 6 categories and the winners this year are:

**CAFÉ VIENNA**

1037 E. 15th St. (Full Service Public dining)

**SODEXHO/FRITO LAY**

7701 Legacy Dr. (Full Service Corporate Dining)

**COSTCO #664**

3800 N. Central Expressway (Grocery Store)

**DAY SPRING ASSISTED LIVING**

6400 Cheyenne (Nursing/Assisted Living)

**PRESBYTERIAN PLANO CENTER**

6020 W. Parker (Hospitals)

**WENDY'S OLD FASHION HAMBURGERS**

603 E. 15th St. (Fast Food)

**CHICK FILA**

6121 W. Park (food court Shops at Willowbend) (Fast Food)



## After school snacks



School is back in session. Summer time has come to a close and the textbooks must now open. Many students return home seeking a snack before diving into their new found tasks of acquiring knowledge. Here are a few reminders regarding preparing safe after school snacks.

1. Wash hands before handling food items. Hands should be washed with warm water and soap for at least 20 seconds.
2. Ensure that all food contact surfaces are clean before placing food onto the equipment (plates, counter tops, cutting boards, etc.)
3. If cooking, use separate utensils for handling raw items and cooked items.
4. Use food equipment and appliances in accordance with user manuals.
5. Remember to put food away, don't allow refrigerated items to linger on counter tops. Maintain temperature control as much as possible.
6. After eating and cleaning up the kitchen, wash hands and begin homework.

## TIPS ABOUT HALLOWEEN TREATS



-Children shouldn't snack while out trick-or-treating. Wait until they get home and treats are inspected.

-Only eat things that are commercially wrapped.

-Inspect commercially wrapped treats for signs of tampering,

-For younger kids, check for choking hazards such as gum, peanuts, hard candies or small toys.

**Halloween is October 31<sup>st</sup>**

## Holiday Meal Preparations

It's that time of year again, the holiday season is beginning. Thanksgiving will probably be a large gathering of friends and family with tons of food and fun. Let's help ensure that food borne illness does not stay behind after the festivities are gone. When cooking for large groups much of the meal may be prepared in mass quantities and some even days before the get-together. Keep the following tips in mind when preparing for large groups.

1. With lots of hands in the kitchen, try to designate a task for each person to help avoid cross contamination.
2. Wash hands frequently, especially when changing tasks, from raw to ready-to-eat or pre-cooked items.
3. Ensure proper cool down by storing cooked items in small, shallow pans.
4. Don't forget proper cooking temperatures  
Poultry-165°F, Pork-150°F,  
Rare Roast Beef 130°F, Ground Beef 155°F.
5. Reheat to at least 165°F.
6. Don't allow eggs and dairy to sit out all day while preparing the meal, maintain 40°F or below.
7. Keep raw foods separate from fresh vegetables and cooked food items.
8. Use product thermometers for internal temperature checks of cooked items.

**Thanksgiving is November 27, 2008**