

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

111 Greenbrook Road
Green Brook, NJ 08812
Kevin G. Sumner, Health Officer/Director

732-968-5151 x 1
732-968-5331 (fax)
mbrhc@middlebrookhealth.org (e-mail)

November 2023 Newsletter

Holiday Food Safety



As we prepare to gather with friends and family for the holiday season, one essential ingredient often overlooked in our holiday recipes is food safety. Food safety practices prevent food poisoning or foodborne illness. According to the CDC, about 1 in 6 people in the United States suffer from foodborne illnesses every year. Food poisoning or foodborne illness can affect anyone, but those most at risk for severe illness include adults ages 65 and older, children younger than 5 years old, people who are immunocompromised, and people who are pregnant.

To prevent foodborne illness in times of celebration, remember these four basic steps when preparing food - **Clean, Cook, Separate and Chill**:

1. **CLEAN** - wash hands and disinfect surfaces often.
 - a. **Hand Hygiene** - Remember to wash your hands with soap and water thoroughly and frequently.
 - b. **Food preparation surfaces** - When cleaning food preparation surfaces, use a product that removes dirt and disinfects bacteria from surfaces.
2. **SEPARATE** - Separate raw meat and poultry from ready-to-eat food.
 - a. **Cross-Contamination Prevention** - Keep raw meat, poultry, and seafood and its juices away from other foods in the refrigerator. Use separate cutting boards and utensils for raw meat and other ingredients. Wash your hands frequently and thoroughly, especially after handling raw meat or poultry.
3. **COOK** - Cook food to the right temperature.
 - a. **Thawing and Marinating** - If you have a frozen turkey, allow enough time to thaw in the refrigerator. A good rule of thumb is to allow 24 hours of thawing time for every 4-5 pounds of turkey. If you are marinating meat, poultry, or seafood, marinate them in the fridge - NOT on the kitchen counter.
 - b. **Internal temperatures for cooking raw fish, meat, or poultry** - While cooking, use a calibrated food thermometer to check the temperatures of fish, meat, or poultry. Here are safe cooking temperatures (thermometer should read for 15 seconds):

- i. Fish, Meat, or Pork – 145 °F
 - ii. Ground Meat – 155 °F
 - iii. Poultry – 165 °F
 - c. **Buffet Safety** - Keep hot foods hot and cold foods chilled. Hot, prepared foods should be kept at 140° F or higher. Cold, prepared foods should be kept at 40° F or lower.
- 4. **CHILL** - Keep raw meat and poultry refrigerated, and chill cooked leftovers within 2 hours.
 - a. **Leftover storage** - Refrigerate leftovers within two hours of cooking. Consume or freeze leftovers within 3-4 days.

For more information, visit: fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/steps-keep-food-safe

National Diabetes Month

November is National Diabetes Month! More than 1 in 3 adults in the United States have prediabetes – and many do not know it. This month, we raise awareness about diabetes and encourage people to take charge of their health! There are different types of diabetes: Type 1, Type 2, Gestational, and Prediabetes. Type 1 diabetes is thought to be caused by an autoimmune reaction that stops your body from making insulin. Type 2 develops over time and is when your body does not use insulin well and cannot keep blood sugar at normal levels. Gestational Diabetes develops in people who are pregnant and may increase their risk for type 2 diabetes later in life. With prediabetes, blood sugar levels are higher than usual, but not high enough to be considered type 2 diabetes. Talk with your healthcare provider about getting your blood sugar tested and read about diabetes risk factors at cdc.gov/diabetes/basics/risk-factors.



This year, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is focused on taking action to prevent diabetes-related health problems. If you or someone you love has a diabetes diagnosis, explore NIDDK's [tips to manage diabetes here](#).

Diabetes can cause health problems such as kidney disease, nerve damage, and blindness. Type 2 diabetes is preventable. A few ways to prevent type 2 diabetes include being physically active, incorporating healthy foods into your diet, and avoiding tobacco use. Visit health.gov/myhealthfinder/health-conditions/diabetes for more information on ways to prevent diabetes.

For more information, visit: www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month

Great American Smoke Out



November 16th marks the Great American Smoke Out, an annual campaign that encourages and provides resources for people who smoke to take an important step toward a lifestyle change. Tobacco use is the leading preventable cause of disease and death in the United States. Quitting smoking improves health both immediately and over time. Within minutes of smoking your last cigarette, your body begins to recover. Read more about the benefits of quitting smoking [here](#).

Although quitting smoking is a process, the American Cancer Society shares resources to help you every step of the way! Visit their webpage [How to Quit Using Tobacco](#). For support in quitting and referrals to local resources, call the CDC free Quitline at **1-800-QUIT-NOW (1-800-784-8669)** or download the [quitSTART app](#) to help guide you throughout your journey.

Join the Great American Smoke Out and start your smoke-free life on the third Thursday in November!

For more information, visit: cdc.gov/tobacco/features/great-american-smokeout/ and cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html

Rabies Clinics

There are only two more chances to get your pet(s) vaccinated this fall! The Middle-Brook Regional Health Commission offers rabies clinics in the fall to assure availability of **free** rabies vaccines for our cat and dog owners.

Here is the Schedule:



Scan for Web Flyer

- **November 18, 2023**
9:00 am to 10:30 am
Finderne Fire House
672 E. Main St., Bridgewater, 08807
- **December 2, 2023**
9:00 am to 10:00 am
Watchung Fire House
57 Mountain Blvd., Watchung, 07069

No registration is needed. Pets must be at least 6 months of age. All cats must be held in a carrier and all dogs must be leashed. Please call the Health Commission at **732-968-5151** with any questions.

To learn more about rabies, visit: <https://www.cdc.gov/rabies/animals/index.html>



The Middle-Brook Regional Health Commission wishes you and yours a safe, healthy, and happy Thanksgiving!

Follow the Middle-Brook Regional Health Commission on Social Media!

