

Season's Greetings!!

It's holiday time again! Time for decking the halls with boughs of holly and roasting chestnuts over an open fire. This season of goodwill and giving thanks is also a festive celebration of food. With so many delightful foods to choose from, it's important to keep holiday treats safe.

Food and fun are packed into holiday celebrations for many people this time of year. How many times after a holiday gathering, however, have you felt a little "out-of-sorts" and blamed it on eating too much?

While over indulging can cause an upset stomach, so can eating food that was improperly handled. Join in the festivities and ensure a safe holiday feasting season for you, your family and your friends by following these helpful food safety tips brought to you by the Island County Health Department's Food Program.

Remember To Sanitize Your Kitchen and Cutting Boards!!

Foods, including safely cooked and ready-to-eat foods, can become cross-contaminated with bacteria or viruses. Bacteria and viruses can become transferred from raw products, meat juices, peoples' hands or other contaminated products.

Avoid spreading harmful bacteria in your kitchen by:

Keeping raw meat separate from ready-to-eat foods;
Washing hands, counters and utensils with hot soapy water after they touch raw meat;
Never place cooked or ready-to-eat foods on an unsanitized surface; and
Remember to sanitize with a bleach solution of 1 tsp. bleach to 1 gallon of water or with a commercial sanitizer product.



Refrigerate That Pumpkin Pie!!

A pumpkin pie is a form of custard, and, like custard, must be kept in the refrigerator. Foods which contain eggs, milk, and a high moisture content, like custard and pumpkin pie, must be kept refrigerated at or below 40 degrees F. Bacteria love to grow in these types of foods.

*Remember The Temperature DANGER ZONE!!
Keep Foods Away from 40 degrees F - 140 degrees F*

**COOL FOOD IN
SHALLOW
UNCOVERED
PANS**

And Remember!!!

Wash Your Hands

Wash Your Hands

Wash Your Hands!!

If you have any questions, please contact the
Island County
Health Department
Food Program at
(360)240-5564
(from South Whidbey
321-5111 ext 5564;
from Camano Island
629-4522 ext 5564)
or stop by our office at
1791 NE 1st Ave.
Oak Harbor, WA