

# Wellness Weekly

## Summer Food Safety Tips!

Planning a BBQ or Picnic this summer? These food safety tips will help keep you and your family safe from harmful bacteria that can cause food borne illnesses.



**At the store:** buy cold food at the end of your shopping. Make sure to keep raw meats separate from other products.

**Storing raw meat:** Store raw meat in the refrigerator immediately after you return from the grocery store. Freeze meat that would not be used within one to two days.

- Marinate in the refrigerator and not on the counter!
- Always remember to keep food out of the temperature danger zone of 4°C to 60°C. Bacteria can grow in this temperature range. After only two hours in this range, your food can become dangerous.

### Cross-contamination:

- Make sure to keep raw meat away from other foods, including vegetables such as lettuce and tomatoes.
- Wash your hands carefully with soap and warm water for at least 20 seconds before and after handling raw meat.
- Clean all your cooking equipment, utensils, and work surfaces, and then sanitize them with a mild bleach solution.

### Cook thoroughly and use a digital food thermometer:

- Bacteria such as E.Coli, Salmonella and Listeria can only be killed by heat. Raw food must be cooked properly to a safe internal temperature to avoid food borne illnesses.
- Remember to keep hot food hot until served.

For more information please visit: <http://www.hc-sc.gc.ca/fn-an/securit/kitchen-cuisine/barbecue-eng.php>

## Fruited Chicken Salad

### Salad

- 4 skinless, boneless chicken breast halves
- 3 cups 1-inch chunks ripe cantaloupe
- 1 medium English (seedless) cucumber, quartered lengthwise and cut into 1/4-inch pieces (2 cups)



### Tarragon Dressing

- 1/4 cup plain low fat yogurt
- 1/4 cup reduced-fat mayonnaise
- 2 teaspoons chopped fresh tarragon, or 3/4 teaspoon dried leaves, crumbled
- 1/4 teaspoon salt

### Instructions

- Preheat grill to medium-high heat. Sprinkle chicken with salt and pepper. Grill about 5 to 6 minutes on each side, or until no longer pink in the center. Let cool, then cut into strips.
- Make the dressing: In a large serving bowl, whisk the yogurt, mayonnaise, tarragon, and salt until well blended.
- Add the melon, cucumber, and chicken. Toss gently to mix and coat. Serve at room temperature.

## IT'S COMING...

### Healthy Workplace Month

Planning has already begun for McMaster's Annual Healthy Workplace Month in October. The theme for this year's Healthy Workplace month is "**Healthy Mind, Healthy Body, Healthy Work...A positive Workplace Works!**" Stay tuned for more updates!

### Summer 2010 (July-August) Recreation Activities for Employees. Register now!

The Department of Athletics and Recreation offers several excellent summer programs, conveniently timed over lunch or after work, right here in the David Braley Athletic Centre. No membership required. Register now for classes starting the week of July 5. For more information visit <http://www-athrec.mcmaster.ca/instructional/index.htm>

THE WELLNESS WEEKLY IS WRITTEN BY **KRYSTA CLARK**, HEALTHY WORKPLACE PROGRAM COORDINATOR

NOTE: THE CONTENTS OF THE WELLNESS WEEKLY ARE INTENDED FOR GENERAL INFORMATIONAL PURPOSES AND ARE NOT A SUBSTITUTE FOR PROPER MEDICAL ADVICE. PLEASE CONSULT YOUR FAMILY PHYSICIAN OR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE REGIME—ESPECIALLY IF YOU ARE: PREGNANT, NURSING OR HAVE CHRONIC HEALTH CONCERNS. DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN AND SEEK IMMEDIATE MEDICAL TREATMENT.