

Prepare food safely

LANCASTER — Has anyone in your family ever gotten sick or "had problems" from something you prepared for a meal? Food-related illnesses are largely a result of carelessness or lack of knowledge about proper food preparation and storage, says Gerald D. Kuhn, professor of food science Extension at Penn State. The preparer must take precautions to insure safety. Here's some advice from Kuhn:

— Potential health problems are related to the handling of raw meat, especially poultry. Take

care not to handle raw meat in conjunction with other foods, because this could cross-contaminate them. Also, make sure that unprotected cuts on hands and fingers do not come in contact with raw meat. The cut could become a source of staphylococcal contamination in meat.

— In spite of popular belief and frequent energy saving tips, leftovers including cooked meat should not be left out to cool before storing in the refrigerator. Food left at room temperature for a long

time provides a great environment for bacterial growth. Cool hot foods quickly by setting the container in ice water before refrigerating.

— Leftover meat and stuffing should be stored separately. When stored together, stuffing may become contaminated by bacteria growing on the surface of the meat. Besides stuffing, other foods that support the growth of dangerous bacteria include puddings; custard pies; salads made of meat, eggs, or vegetables; cheese pies or quiches; meat pies; pizzas and lasagna.

— A food preparer should also know that refrigeration does not stop the growth of bacteria in foods and that freezing does not kill

them. Refrigerator temperatures of 40°F or lower will slow the growth of bacteria, but not stop it. Temperatures above 40°F will aid the growth of bacteria.

— Canned foods that have rust on the can, are bulging, or don't appear to be normal are good candidates for unsafe food. If a can is opened, do not taste the food to see if it is safe to eat. Test it by checking its appearance and smell.

Golden Guernsey Club elects officers

LANCASTER — The Golden Guernsey 4-H Club met at the home of Peter Witmer, recently, to elect the following officers:

Joe Rohrer, president; John Rohrer, vice president; Mary Witmer, secretary; Mary Lou Rohrer, treasurer; Janice Garber and Judy Rohrer, game leaders.

The next meeting will be held on April 12 at the home of Joe Rohrer.

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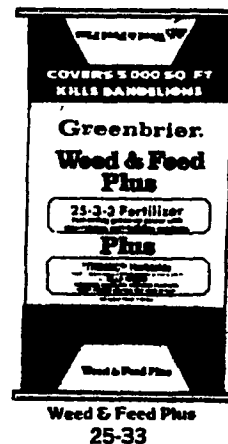
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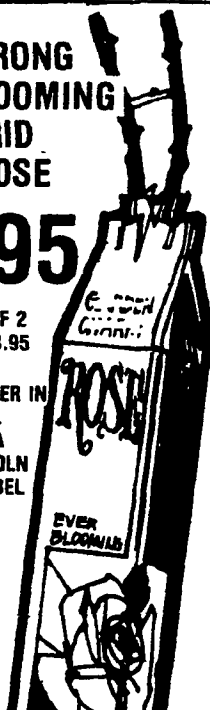
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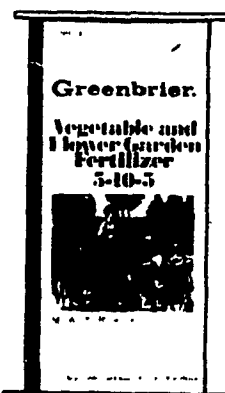


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