

## Painting Benefits York Farmland



Painting of York Expo Center Animal Barns Benefits Farm and Natural Lands Trust. William Falkler has donated an original painting of the animal barns at the York Expo Center that will be raffled to benefit the Farm and Natural Lands Trust of York County. The painting will bring back memories for many York Countians who showed their cow, sheep, or pigs during the York Fair. Walking through the animal barns was also an annual ritual for many non-farm families during the fair. The animal barns were recently torn down to make room for the Expo Center's new Exhibition Hall. Raffle tickets will be available at the Trust's annual dinner to be conducted on May 1 at the Valencia Ballroom or by calling the Trust office. Raffle tickets are \$5 each or 5 for \$20. Prints of the painting will also be sold with a portion of the proceeds benefiting the Trust.

The Farm and Natural Lands Trust of York County has preserved almost 5,000 acres of farm and natural lands in York County. Funds raised from the raffle will be used to preserve more lands in York County. For more information regarding the painting, contact the Trust office at (717) 843-4411.

## National Chicken Council Launches Website With Industry Information

WASHINGTON, D.C. — The National Chicken Council launched a website devoted to information about the broiler chicken production and processing industry as a service to members of the industry, analysts, journalists, students, and members of the public. The Web address is [www.nationalchickencouncil.com](http://www.nationalchickencouncil.com)

The new site will offer a broad range of industry information and will serve as a complement to our consumer-oriented site, [www.eatchicken.com](http://www.eatchicken.com)," said Richard L. Lobb, NCC's director of communications.

## Family Living Focus

by  
**Lynn James**  
Extension Agent  
Snyder, Union and  
Northumberland Counties



### Spring Cleaning For Safe Food

It's that time of year again—the robins are back, the weather is warming, and many of you are getting the urge to do spring-cleaning.

As an extension agent covering food and nutrition topics, I often get questions about how long to keep food in the pantry, refrigerator, and freezer. This is a major food safety issue, since many of us are at high-risk for food-borne illness: seniors, infants and young children, pregnant women, and many with chronic diseases, such as cancer, diabetes, and lung disease.

You must label and date your food to really know how long it has been around. For safe storage, refrigerator temperatures need to read below 40 degrees F; ideally 34-38 degrees F. Freezer temperatures ideally should read below 0 degrees F. Place thermometers away from freezers if you have a combination refrigerator/freezer and near the door.

The temperature range bacteria grow and multiply the best is 41-140 degrees F, also known as the "Temperature Danger Zone." They will still grow under refrigeration temperatures, although slower.

One tricky bacteria, *Listeria monocytogenes*, grows well under refrigeration. Some soft cheeses and deli meats have been identified as foods that may contain *Listeria*. USDA cautions pregnant women and others at high risk for food-borne illness to heat these foods to 165 degrees F or avoid. Their long expiration dates give *Listeria*, if present, time to grow and multiply.

Also, if you see mold on a food, throw the whole product out. The FDA makes an exception for hard cheeses—you can cut one inch around the visible

mold and use the rest. However, the mold you see is the "tip of the iceberg", with more mold running throughout the product, often difficult to see. Molds can cause illness from toxins that some produce, or in some people, allergic reactions.

If you feel nausea, have vomiting, or diarrhea, more often than

not it is from food-borne illness, and not the flu. They have the same symptoms, but there is a definite flu season. Food-borne illness can happen at any time, and often the symptoms don't show up until days or weeks after you have eaten the contaminated food (this makes it very hard to pin down).

The Centers for Disease Control estimates every year 5,000 Americans die from food-borne illness (food poisoning), 325,000 are hospitalized, and 76 million are made sick. Don't you be one of them.

Food doesn't have to smell bad, taste bad, or look bad to be contaminated with bacteria or viruses that make us sick.

The following are good guidelines to follow to help keep your food safe at home (Source: *Cooking For Groups- A Volunteer's Guide to Food Safety*, USDA, March 2001).

### Refrigerator and Freezer Safe Storage Guides For Safe Food

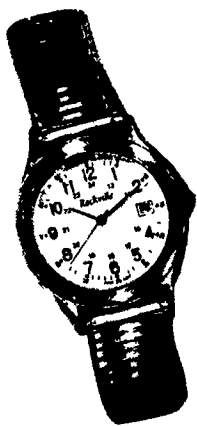
- Leftovers - (casseroles, stuffing, pizza, cooked meats & poultry), 3-4 days, 2-3 months
- Fresh shell eggs (keeps best in egg carton, unwashed), 4-5 weeks, don't freeze
- Hard cooked eggs (refrigerate those colored eggs if you want to eat), 1 week, don't freeze
- Mayonnaise (commercially prepared), 2 months, don't freeze
- Deli salads (meat, fish, egg, potato, macaroni), 3-5 days, don't freeze
- Luncheon meats-opened, 3-5 days, 1-2 months
- Hot dogs-opened, 1 week, 1-2 months
- Luncheon meats & hot dogs - unopened sealed packaged, 2 weeks, 1-2 months
- Bacon, 1 week, 1 month
- Raw ground or sliced meat, sausage, poultry (any form), 1-2 days
- Sausage, 1-2 months
- Ground or slice hamburger, 3-4 months
- Whole poultry, 1 year
- Sliced poultry, 9 months
- Steaks, chops, roasts (raw), 3-5 days, 4-6 months
- Fish (raw), 1-2 days, 3-6 months
- Cooked fish, 3-4 days, 4-6 months
- Gravy, 1-2 days, 6 months
- Milk (check use-by dates), 1 week, 3 months
- Butter, 1-3 months, 4-5 months
- Hard cheeses-opened, 3-4 weeks, 6 months
- Soft cheeses (such as Brie, ricotta), 1 week, don't freeze

### Pantry Food Storage Guide

- Canned Goods, Low Acid (meats, gravy), unopened stored in refrigerator, 2-5 years, opened 3-4 days
- Canned Goods, High Acid (juices, fruit, pickles, vinegar-based) unopened stored in refrigerator, 12-18 months, opened 5-7 days
- Breads, (throw out all if moldy), cereals check use-by dates

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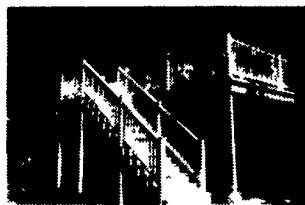
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