

## Family Living Focus

by  
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### Planning For Food Safety

When family and friends gather together, food is usually part of the celebration. Planning for large celebrations should include planning for food safety so that foodborne illness is not an invited guest.

Foodborne illness is illness that is transmitted to people by food and can result in flu-like symptoms such as nausea, vomiting, and diarrhea.

Keeping large quantities of food safe requires some extra planning. Harmful microorganisms that cause foodborne illness cannot be seen, smelled, or tasted so prevention is the key. Keep in mind the following strategies:

- Planning ahead for food safety means being sure that you have enough refrigerator space to refrigerate foods prepared ahead and catered foods that will be held until serving time. Coolers filled with ice can provide additional cooling space on the day of the event.

- Microorganisms found on our skin, in infected cuts and pimples, and in noses and throats are spread by improper food handling. Prevention includes washing hands and utensils before preparing and handling foods, after handling raw uncooked foods, and any time they might be contaminated. Good handwashing means washing hands

for 20 seconds using warm water and soap, and drying with a disposable paper towel. Avoid the shared hand towel that can actually spread bacteria.

- Use a food thermometer to be sure that foods have been thoroughly cooked to safe temperatures. Consult a temperature chart for safe cooking temperatures for specific foods.

- When preparing food ahead, divide the food into shallow containers to store in the refrigerator or freezer until serving. This speeds cooling. Reheat hot foods to 165°F.

- Bacteria that get into food multiply to unsafe numbers very quickly at room temperature. Do not let food sit out at room temperature for more than two hours and no more than one hour on very warm days.

- Instead of putting out one large platter or bowl, divide large amounts of food into smaller serving dishes and replenish food periodically. Do not add fresh food to food that has been sitting out for awhile.

- Keep hot food hot. Use chafing dishes, crock pots, warming trays, and other heating equipment to keep food at holding temperatures of at least 140°F.

- Keep cold food cold. Nest serving bowl in a larger bowl filled with ice to hold cold food at 40°F or less.

- Remember that ice is food when added to cold beverages. Store cold drinks in ice with the top of the can or bottle sticking out of the ice. Since hands go in and out of the storage container, have a second supply of ice to be used for adding to beverage glasses.

- After the party, throw away food that has been at room temperature for more than two hours or one hour in hot weather.



Carissa Ebersole was crowned Bedford County's new dairy princess and her sister, Vanessa, is the dairy maid.

## Ebersoles Claim Dairy Royalty Titles

LINDA WILLIAMS  
*Bedford Co. Correspondent*  
BEDFORD (Bedford Co.) — Carissa Ebersole was crowned the Bedford County Dairy Princess at a special ceremony held at the Arena Restaurant on Sunday, May 18.

Her sister, Vanessa, was crowned dairy maid. They are the daughters of Randall and Christine Ebersole of 1393 Hickory Bottom Road, Martinsburg.

With a deep history of musical talent and agricultural success, both Carissa and Vanessa are ac-

tive in school activities and also have their own cows.

Carissa has her own Holsteins while Vanessa inherited her mother's Jerseys.

They will participate in the Morrison's Cove Dairy Show scheduled for the last week in July.

Carissa is a member of the FFA, band, chorus, accompanist, and is also active in volleyball.

Vanessa is in band, chorus, vice president of the student council, a cheerleader and plays softball.

Both attend Northern Bedford County High School where Carissa is a junior and Vanessa is in eighth grade.

The sisters are active in the youth group of the Faith Assembly of God at Roaring Spring.

The Ebersoles farm more than 700 acres and milk 180 head of Holsteins.

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