



# The Cedar Culinary

News that's good enough to eat!

*The Cedar Culinary* is a monthly newsletter published by Cedar County Health Dept.

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The articles on the following pages were provided by [foodsafety.gov](http://foodsafety.gov) and [michigan.gov](http://michigan.gov). For more information about these stories and more please visit their websites.

## Cookie Dough Dilemma

One of the treats of the holiday season is "testing" cookie dough before it is baked. But, eating dough that contains raw eggs could turn a fun time into a miserable experience. Raw eggs sometimes contain *Salmonella enteritidis*, a bacteria that can make people very sick. The best way to avoid getting sick is to refrain from eating cookie dough or by making the dough with pasteurized eggs.

*Salmonella enteritidis* has been around a long time but is now seen in the environment in greater numbers. If it ends up on the shell or inside the egg, this doesn't mean the bacteria came from a farm. In fact, kitchen counters, utensils, even towels and dishrags, can also harbor the dangerous bacteria. The best measure against contamination is to cook food thoroughly and keep surfaces and utensils clean.

The U.S. Department of Agriculture (USDA) recommends people do not eat raw or undercooked egg yolks, egg whites or any products containing them. This includes homemade eggnog, mayonnaise and ice cream.

**Take Extra Care w/ Homemade Eggnog**  
Laying hens are suspected of transmitting bacteria directly into the interior of eggs before the shells are formed. Eggnog mixtures made from raw eggs should be cooked to 160° F or until it thickens enough to coat a spoon, then refrigerated at once. Pasteurized eggs are used in commercial eggnog so no cooking is neces-

sary. Homemade eggnog using egg substitutes is also safe since these frozen commercial products have been pasteurized.

**Holiday Recipes Require Special Care**  
The high temperatures required to cook cakes, cookies and candy containing raw eggs are sufficient to kill bacteria. However, the raw eggs in cookie dough may present a hazard, especially to children, the elderly and those with certain health problems, so uncooked cookie dough is not safe to eat. Using egg substitutes and margarine for Hollandaise sauce eliminates the hazard posed by raw eggs and offers the added benefit of no cholesterol. For chocolate mousse, melt the chocolate with the liquid called for in the recipe, add the eggs and heat gently to 160° F.

### Conclusion

Ready-made products, including the popular slice-and-bake cookie dough and "cookie dough" ice cream, are made with pasteurized eggs, which is an option for the home cook. Pasteurized eggs or egg substitutes can be found at grocery stores in refrigerated, frozen or dried form. These products are eggs that have been removed from their shells and commercially heated to destroy bacteria but are not cooked.





# Ensure Your Baby New Year Has Safe Food & Formula

Infants and young children are particularly vulnerable to foodborne illness because their immune systems are not developed enough to fight off infections. That's why extra care should be taken when handling and preparing their food and formula.

The most important action that you can take to prevent foodborne illness in your babies and children is to wash your hands. Your hands can pick up harmful bacteria from pets, raw foods, soil, and diapers. Always wash your hands before and after handling food, after using the bathroom, changing diapers or handling pets.

## Other ways to keep your baby's food safe:

**Check the packaging of commercial baby food before serving.** The following may indicate that the food is contaminated or at risk of bacterial contamination:

**For jars:** Make sure that the safety button on the lid is down. Discard any jars that don't "pop" when opened or that have chipped glass or rusty lids.

**For plastic pouches:** Discard any packages that are swelling or leaking.

**Don't "double dip" with baby food:** Never put baby food in the refrigerator if the baby doesn't finish it. Your best bet: Don't feed your baby directly from the jar of baby food. Instead, put a small serving of food on a clean dish and refrigerate the remaining food in the jar. If the baby needs more food, use a clean spoon to serve another portion. Throw away any food in the dish that's not eaten.

**Don't share spoons:** Don't put the baby's spoon in your mouth or anyone else's mouth – or vice versa. If you want to demonstrate eating for your baby, get a separate serving dish and spoon for yourself.

**Never leave any open containers of liquid or pureed baby food out at room temperature for more than two hours:** Harmful bacteria grows rapidly in food at room temperature.

**Store opened baby food in the refrigerator for no more than three days.**



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## Infant Formula

If you're the parent or caretaker of an infant, you've probably heard that breast milk is the best source of nutrition for infants. In situations in which it's not possible to breastfeed an infant, you may choose to use a commercially prepared infant formula.

Raw milk is never appropriate for infants – or anyone else. It should not be consumed by anyone at any time for any purpose. Raw milk can harbor dangerous microorganisms, such as *Salmonella*, *E. coli*, and *Listeria*, that can pose serious health risks.

**How does the government regulate infant formula?** The FDA does not approve infant formulas before they can be marketed. All formulas marketed in the United States, however, must meet Federal nutrient requirements. The FDA also monitors infant formula, which means that it inspects facilities that manufacture formula and analyzes samples.



## What can I do to make sure that my formula is safe?

**Prepare safe water for mixing:** Bring tap water to a rolling boil and boil it for one minute. If you use bottled water, follow this same process unless the label indicates that it is sterile. Then, cool the water quickly to body temperature before mixing the formula.

**Use clean bottles and nipples:** You may want to sterilize bottles and nipples before first use. After that, it's safe to wash them by hand or in a dishwasher.

**Don't make more formula than you will need:** Formula can become contaminated during preparation, and bacteria can multiply quickly if formula is improperly stored. Your best bet: prepare formula in smaller quantities on an as-needed basis to greatly reduce the possibility of contamination. And always follow the label instructions for mixing formula.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Christmas Past in West Branch	4 Christmas Past in West Branch DQ Closes for winter
5 Turkey & Ham Dinner @ Clarence Methodist Church	6	7	8	9 Epiphany Open House	10 Soup Supper at Clarence Legion Hall	11 Tipton Tour of Lights & Soup Supper in Tipton/Santa Claus @ Fire Station
12 Tour of Lights & Soup Supper in Stanwood	13	14	15 Old Clarence Casey's Closes	16 New Clarence Casey's Opens	17	18 Christmas Pit Beef pickup @ Fairgrounds
19	20	21	22	23	24 Christmas Eve Courthouse Closed	25 Christmas Day
26	27	28	29	30	31 New Year's Eve Courthouse Closed	<p><b>Notes:</b></p> <p>Sybil's General Store in Massillon due to close this month.</p> <p>New Lowden bar to open 2nd or 3rd week this month.</p>

# Diabetic Recipes: Winter Fruit Salad

Serves 18

## **Ingredients:**

8 red apples, cored and diced  
 8 green pears, cored and diced  
 4 cups fresh strawberries, stems removed, sliced  
 2 cups fresh orange juice  
 1 cup fresh lemon juice  
 1/4 cup orange-flavored liqueur (optional)  
 Sugar substitute, to taste (optional)  
 4 bananas, sliced

## **Directions:**

1. Place all of the fruit (except bananas), juices and liqueur (if using) in a large attractive bowl. Add sugar substitute, if using. Gently mix.
2. Cover bowl and refrigerate 4 to 8 hours but no longer.
3. Just before serving, stir in banana slices.





Start

# Seasons Greetings From the Kids Corner!



End



After 4 days throw out any leftover food, for it may not be safe to eat anymore.

Drink lots of water before eating your big holiday meal. The water will make you feel full and keep you from eating too much.

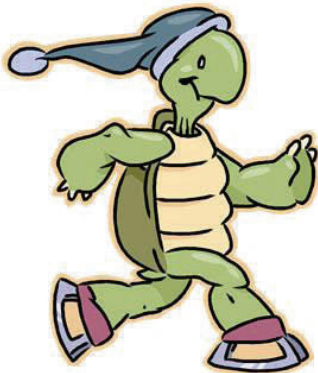
Help clean off the table and put leftovers in the fridge as soon as possible after eating.



Always wash your hands before sitting down at the table.



If you need to cough or sneeze, always use your napkin to cover your mouth and nose.



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