

# The Cedar Culinary

News that's good enough to eat!

VOLUME 1, ISSUE 9

SEPTEMBER 2010

*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). For more information about these stories and more please visit their website.

## What is a Foodborne Disease?

Foodborne disease is caused by consuming contaminated foods or beverages. Nausea, vomiting, abdominal cramps and diarrhea are common symptoms in many foodborne diseases.

**What are the most common foodborne diseases?** The most commonly recognized foodborne infections are those caused by the bacteria *Campylobacter*, *Salmonella*, and *E. coli*; and by a group of viruses called the Norwalk and Norwalk-like viruses.

**What happens in the body after the microbes that produce illness are swallowed?** After they are swallowed, there is a delay, called the incubation period, before the symptoms of illness begin. This delay may range from hours to days.

**How are foodborne diseases diagnosed?** Bacteria such as *Campylobacter*, *Salmonella*, *E. coli* are found by culturing stool samples in the laboratory and identifying the bacteria that grow. Parasites can be identified by examining stools under the microscope. Viruses are usually identified by testing stool samples for genetic markers that indicate a specific virus is present.

**How are foodborne diseases treated?** There are many different kinds of foodborne diseases and they may require different treatments. Illnesses that are primarily diarrhea or vomiting can lead to dehydration if the person loses more body fluids and salts (electrolytes) than they take in. Replacing the lost fluids and electrolytes and keeping up with fluid intake are important. If diarrhea is severe, an oral rehydration solution such as Pedialyte\*, should be drunk to replace the fluid losses and prevent dehydration. Sports drinks such

as Gatorade\* do not replace the losses correctly and should not be used. If diarrhea and cramps occur, without bloody stools or fever, taking an anti-diarrheal medication may provide symptomatic relief, but these medications should be avoided if there is high fever or blood in the stools because they may make the illness worse.

**When should I consult my doctor about a diarrheal illness?** A health care provider should be consulted for a diarrheal illness if it is accompanied by high fever (temperature over 101.5 F, measured orally); blood in the stools or prolonged vomiting that prevents keeping liquids down (which can lead to dehydration); signs of dehydration, including a decrease in urination, a dry mouth and throat and feeling dizzy when standing up, or if you have diarrheal illness that lasts more than 3 days.

**What are foodborne disease outbreaks and why do they occur?** An outbreak of foodborne illness occurs when a group of people consume the same contaminated food and two or more of them come down with the same illness. It may be a group that ate a meal together somewhere, or it may be a group of people who do not know each other at all, but who all happened to buy and eat the same contaminated food.

**What can consumers do to help?**

**REPORT:** Report suspected foodborne illnesses to your local health department. The local public health department is an important part of the food safety system. Often calls from concerned citizens are how outbreaks are first detected.



A big part of summer for many people is attending fairs and festivals. There are always fun things to see and experience, including art work, music, games and rides. One of the biggest draws to these events is the many different types of foods and drinks available.

Because foodborne illnesses increase during the summer months, it is even more important to follow food safety steps. One reason for the increase of foodborne illnesses in the summertime is that people are cooking and eating outside at places such as fairs and festivals more often. Sometimes, the usual safety controls that a kitchen provides, may not be available when cooking and dining at these events.

### **What should a consumer consider before buying food from a vendor?**

- Does the vendor have a clean workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site?
- Has the vendor been inspected? Check with the local health department to see if the vendors are licensed and if a food inspection has been completed.

### **Are there healthy food alternatives to consider at fairs and festivals?**

When purchasing food from a vendor, look for

healthy options first. If they are not available, consider bringing your own food to save money and calories.

If you bring food to a fair or festival from home, be sure to keep food handling and storage times in mind. Don't let food sit out for more than two hours. Be sure to put perishable items in a cooler or insulated bag.

### **What steps can you take to protect you and your family?**

- Find out where hand washing stations are located.
- Always wash your hands right after petting animals, touching the animal enclosure and exiting animal areas even if you did not touch an animal.
- Always wash hands after using the restroom, after playing a game or going on a ride, before eating and drinking, before preparing food or drinks, after changing diapers, and after removing soiled clothes or shoes.
- Bring hand sanitizers or disposable wipes in case there aren't any places to wash your hands.

### **Report Illness:**

Anytime you suspect you may have contracted a foodborne illness, report it to your local health department, even if it is after you have recovered.





# Diabetic Recipes: Tequila-Marinated Hot Chicken Wings

Makes 42 to 44 pieces

## Ingredients:

3 pounds chicken wings

1/2 cup tequila

1/2 cup chopped fresh cilantro

1/4 cup fresh orange juice

1/4 cup fresh lime juice

2 tablespoons olive oil

1/2 tablespoon cracked fresh pepper

3 large cloves garlic, minced

1 to 2 teaspoons Tabasco sauce, or to taste

1 teaspoon grated orange zest

1 teaspoon grated lime zest

2 long strips orange zest, curled into spirals for garnish

2 fresh limes, cut into wedges for garnish

Fresh cilantro sprigs for garnish

## Directions:

1. Rinse chicken wings and pat dry with paper towels. Lay in a single layer in a large glass baking dish.
2. In a bowl, combine remaining ingredients except orange zest spirals, lime wedges and cilantro sprigs for garnish. Pour mixture over the chicken wings. Cover and refrigerate overnight, turning chicken wings several times.
3. Preheat oven to 350°F
4. Remove chicken wings from marinade and arrange in a large shallow roasting pan. Bake chicken wings for 30 minutes.
5. Meanwhile, pour marinade into a saucepan, place on the stove and bring to a full boil; reduce by half, stirring occasionally, about 6 minutes. Set aside.
6. Remove the wings from the oven and preheat the broiler.
7. Brush the wings with the reduced marinade and broil, 4 to 6 inches from source of heat, until wings are crisp and brown, turning wings 2 or 3 times and brushing with marinade. (Wings may be made ahead to this point and wrapped in aluminum foil. Reheat in a 300°F oven, opening the foil packet to uncover the wings.)
8. To serve, arrange the wings on a heated serving platter. Garnish with spirals of orange zest, lime wedges and cilantro sprigs. Serve warm.

## Carolina Barbecue Sauce

### Ingredients:

4 cups white wine vinegar

1 1/2 cups ketchup

2/3 cup sugar

1/4 cup honey

1 teaspoon cayenne pepper

2 teaspoons freshly ground black pepper

Optional: salt to taste

### Directions:

1. In a medium saucepan, mix together the vinegar, ketchup, sugar, honey, black pepper, cayenne pepper and salt (if using). Simmer over low heat for 10 to 15 minutes.
2. Use the sauce at once or cover and refrigerate for up to 2 weeks. Reheat before using. Makes 6 cups of sauce.

# K Sack Lunch Safety

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## Begin with Safe Food

Prepackaged combos that contain luncheon meats along with crackers, cheese and condiments must be kept cold.

## Keep Everything Clean

Wash your hands before you prepare or eat food.

## Don't Cross-Contaminate

Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and countertops. Always use a clean cutting board.

At lunchtime, discard all used food packaging and paper bags. Do not reuse packaging because it could contaminate other food and cause foodborne illness.

## Packing Lunches

Pack just the amount of perishable food that can be eaten at lunch. That way, there won't be a problem about the storage or safety of leftovers.

Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and

paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food.

## Keeping Cold Lunches Cold

To keep lunches cold away from home, include a small frozen gel pack or frozen juice box. Of course, if there's a refrigerator available, store perishable items there upon arrival.

## Keeping Hot Lunches Hot

### Hot

Use an insulated container to keep food like soup, chili, and stew hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed until lunchtime to keep the food hot — 140 °F or above.

*\*Kids, you can color the picture for fun.\**



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