



The Cedar Culinary

News that's good enough to eat!

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JULY 2011

Ten Most Dangerous Foods To Eat While Driving

As if you don't know, it's dangerous to eat while driving. A new report lists the most dangerous foods to eat behind the wheel:

1. Coffee
2. Chocolate
3. Soft Drinks
4. Hamburgers
5. Chili
6. Jelly or cream-filled donuts
7. Hot Soup
8. Tacos
9. Fried Chicken
10. Barbecued Food



So why are these foods the top ten most dangerous?

With coffee and hot soup (which many people drink like coffee) even with a travel lid, hot coffee can find its way out of the opening when you hit a bump.

Any food that can disassemble itself (like tacos) will leave your car looking like a salad bar. With chili dogs and donuts, you risk a huge potential for drips and slops down the front of clothing.



Hamburgers cause grease with the toppings and it could end up on your hands and the steering wheel, making things slick and/or more difficult to control.

Ribs and wings...what's more distracting than licking your fingers? Fried chicken leads to more greasy hands and attempting to wipe them off while driving. Soda is an overall disaster with fizz in the nose, lids that leak and possible bumps and spills.

As for chocolate....just try to clean melted chocolate off the steering wheel without swerving.

Be safe: park after getting fast food, pull off onto a rest stop to have your meal or take turns driving and eating with another passenger.

Don't Eat & Drive!

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

Making A Quick Dollar: Temporary Food Stands



The summer months bring lots of events to small communities. During these events, some people get the desire to make a quick buck by selling food, drinks and other items. What the people don't know is there is a lot of work, time, money and requirements that go into setting up a temporary food stand at any event.

According to the 2005 Food Code, created by the Iowa Department of Inspections and Appeals, a temporary food establishment means a food establishment that operates for a period of no more than 14 consecutive days in conjunction with a single event or celebration. Events include such activities as fairs, carnivals, athletic contests, fundraisers and community events.

Some of the events/celebrations in Cedar County this summer that will require licensing include: Ridiculous Days, Cedar County Fair, 4th of July, Celebrate Tipton, Hoover Fest, RAGBRAI and any other activity that falls into the definition of an "event." (*Farmer's Markets are not licensed or inspected by the county unless information is provided that a person or persons are selling prohibited items.*)

There are a few exceptions to being licensed:

- Giving away food, (ex. popcorn at the bank during Ridiculous Days) does not require having a license.
- Mobile Food Units do not need to obtain a Temporary Food License. Their Mobile Food Unit license will cover them for licensing requirements.

- If a temporary food stand is set up by an organization on its own property (ex. a church group on church grounds) they do not need the license for a one day event. If they are set up for 2 or more days, on their own property or not, they will be licensed.

Licensing Information:

Temporary food licenses can be obtained online at the county website or at the Environmental Health and Zoning Department at the Courthouse. All licenses must be returned with the \$33.50 license fee, to the Health Department within a reasonable amount of time before the event in order to be reviewed and accepted. If a temporary food stand is operating during the event without a license, the stand will either have to pay a late fee of \$67.00 to remain open or be shut down for the remainder of the event.

Questions or Concerns:

Please contact the Cedar County Health Department at 563-886-2248 and speak to Phil LaRue or Christina Voss. (*All stands/events will be inspected by LaRue and/or Voss.*)



BBQ Chicken & Coleslaw



Ingredients:

- 1 cup ketchup
- 1/4 cup packed dark brown sugar
- 2 tablespoons orange juice
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon liquid smoke
- 1/2 teaspoon dry mustard powder
- 1/4 teaspoon cayenne pepper
- 1 (3 1/2) pound chicken, cut into 8 pieces

Directions:

1. Preheat oven to 375° F or prepare a grill (brush the grill grate lightly with oil.)
2. In a large bowl, stir together all ingredients except the chicken. Reserve 1/3 cup of the barbeque sauce; set aside. Add the chicken to the remaining sauce in the bowl, turning to coat.
3. Arrange the coated chicken in a roasting pan or on the grill. Cook (covered, if grilling) for 40 to 45 minutes or until cooked through, basting with the reserved 1/3 cup sauce after 20 minutes. Serve immediately after being cooked.

Makes about 6 servings

Prep time: 10 minutes

Ingredients:

- 1/2 cup plain non-fat yogurt
- 2 tablespoons Dijon style mustard
- 1 tablespoon non-fat mayonnaise
- 1 tablespoon fresh lemon juice
- 1 16-ounce bag coleslaw mix
- 1/2 teaspoon dried onion flakes
- 1/2 teaspoon dill seeds
- 1/8 teaspoon salt (optional)
- Freshly ground pepper (to taste)



Directions:

1. In a large bowl combine the yogurt, mustard and mayonnaise.
2. Add the coleslaw mix and toss to coat
3. Sprinkle with onion flakes, dill seeds, salt and pepper. Mix well.
4. Cover and refrigerate for up to one day before serving.

Kids Corner: Crafts

Uncle Sam Hat Treat Holders

What you'll need :

- Styrofoam cups
- Red and blue felt
- Red paint
- Paintbrush
- Silver chenille stem
- Scissors
- White craft glue
- Black marker



How to make it:

1. Place cup, open end down, on top of the red felt and trace with a marker.
2. Cut around the traced circle leaving a 3/4" border around it.
3. Fold the circle and cut a slit in the center of the circle to allow your scissors to get in. Cut out the inside circle, leaving about a 1/4" border around the inside of the trace line. Set felt circle aside.
4. Paint red stripes all the way around the outside of the cup, stripes should run up and down. Let dry completely.
5. Cut a strip of blue felt about 1.5" wide. It should be long enough to wrap around the brim of the cup.
6. Glue felt strip around the outside of the top of the cup.
7. Lay red felt circle on to work surface, black trace line should be facing up.
8. Line the lip of the cup with white glue and press down onto black trace line. Let dry.
9. Turn cup over and place on work surface.
10. Use silver chenille to bend into star shapes, trim where needed. Glue onto the blue hat band.
11. When everything is dry, fill with treats.

Calendar of Events

JULY

- 4th - Office Closed Events @ Park
- 13th - 17th Cedar County Fair
- 29th & 30th Celebrate Tipton
- 30th RAGBRAI

AUGUST

- 5th & 6th Ridiculous Days
- 6th Hooverfest

CONTACT INFORMATION:

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