



## Food Demonstration Policy

## Recipes to Prepare at Demonstrations

### 20 minute Chicken Creole

4 medium chicken breast halves (skinned and boned)  
1, 14-oz can tomatoes, cut up, 1 cup low sodium chili sauce  
1 ½ cup chopped green pepper (1 large)  
½ cup chopped celery  
2 cloves garlic, minced  
¼ cup chopped onion  
1 Tbsp dried basil, crushed  
1 Tbsp chopped fresh parsley or 1 tsp dried parsley  
¼ tsp crushed red pepper  
¼ tsp salt  
nonstick spray coating

Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet stirring, for 3 to 5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked rice or whole wheat pasta

Makes 4 servings  
Calories: 255  
Fat: 3 grams  
Saturated fat 0.8 grams  
Cholesterol: 100 milligrams  
Sodium: 465 milligrams  
Fiber: 1.5 grams  
Carbohydrates: 16 grams  
Protein: 31 grams

### Chicken and Spanish Rice

1 cup Onions, chopped  
¼ cup green peppers  
Vegetable oil  
1 can (8 oz) tomato sauce\*  
1 tsp parsley, chopped  
½ tsp black pepper  
1 ¼ tsp garlic, minced  
5 cups cooked rice (in unsalted water)  
3 ½ chicken breast, cooked, skin and bone removed, diced

Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226mg.

In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Add tomato sauce and spices. Heat through. Add cooked rice and chicken, and heat through.

Serving Size: 1.5 cups

Calories: 406

Total fat: 6 grams

Saturated fat: 2 grams

Cholesterol: 75 milligrams

Sodium: 367 milligrams

Total fiber 2 grams

Protein: 33 grams

Carbohydrates: 52 grams

### **Creamy Crunchy Vegetable Dip**

1 cup 1% low fat cottage cheese

¼ cup lowfat plain yogurt

¼ cup finely chopped radishes

¼ cup shredded carrot

1 green onion, chopped

Dash of pepper

Assorted fresh vegetables

¼ tsp thyme

1 tsp garlic powder

In a blender or food processor, combine cottage cheese and yogurt. Cover; blend at medium speed until smooth. Stir in radishes, carrots, onion and spices. Serve with cut-up fresh vegetables for dipping.

Serving Size: 1 tablespoon

Calories: 8

Total fat: 13 grams

Cholesterol: 5 milligrams

Sodium: 36 milligrams

Total fiber 1 grams

Carbohydrates: 52 grams

## **Parmesan Rice and Pasta Pilaf**

2 Tbsp Olive oil  
½ cup vermicelli, finely broken, uncooked  
2 Tbsp onion, diced  
1 cup long grain white rice, uncooked  
1 ¼ cup chicken stock, hot  
1 ¼ c water, hot  
¼ cup water, hot  
¼ tsp ground white pepper  
2 bay leaf  
2 Tbsp Parmesan cheese, grated

In a large skillet, heat oil. Saute vermicelli and onion until golden brown (about 2-4 minutes) over medium heat. Drain off oil. Add rice, stock, water, pepper, and bay leaf. Cover and simmer for 15-20 minutes. Fluff with fork. Cover and let stand for 5-20 minutes. Remove bay leaf. Sprinkle with cheese, and serve immediately

Servicing size: 2/3 cup  
Calories: 208  
Total fat: 6 grams  
Saturated fat: 1 gram  
Cholesterol: 2 milligrams  
Sodium: 140 milligrams  
Total fiber: 1 grams  
Protein: 5 grams  
Carbohydrates: 33 grams

### **Locations to Conduct Food Demonstrations**

- 1) Local Health Departments
- 2) Events at Community Health Centers
- 3) Multi Service Centers
- 4) Girl Scout troops
- 5) Health fairs
- 6) After School Programs
- 7) Gyms

### **Food Safety**

#### **Separate: Don't cross-contaminate**

Cross-contamination is how bacteria spreads from one food product to another. This is especially true for raw meat, poultry and seafood. Experts caution to keep these foods and their juices away from ready-to-eat foods.

- If possible, use one cutting board for raw meat products and another for salads and other foods which are ready to be eaten. Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them.
- Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate which previously held raw meat, poultry or seafood.

### **Clean: Wash hands and surfaces often**

According to food safety experts, bacteria can spread throughout the kitchen and get on to cutting boards, knives, sponges and counter tops.

- Wash hands in hot soapy water before preparing food and after using the bathroom, changing diapers and handling pets. For best results, consumers should use warm water to moisten their hands and then apply soap and rub their hands together for 20 seconds before rinsing thoroughly.
- Use plastic or other non-porous cutting boards. Cutting boards should be run through the dishwasher - or washed in hot soapy water - after use.

### **Clean: Fruits and Vegetables**

- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Clean all surfaces and utensils with hot water and soap, including cutting boards, counter tops, peelers and knives that will touch fresh fruits or vegetables before and after food preparation.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or triple washed” need not be washed.
- Rub firm-skin and vegetables under tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Dry fruits and vegetables with a clean cloth towel or paper towel.
- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.
- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.

- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.
- If in doubt, throw it out!

### **Temperature Control**

Adequate temperature control shall be provided for all perishable (potentially hazardous) foods. Provide metal probe thermometer to check temperatures.

- Cold foods - maintain food temperature of 45°F or below.
- Hot foods - maintain food temperature of 140°F or above.
- Food in transit must be protected from contamination and must meet the temperature requirements noted above.

**NOTE:** This will require sufficient equipment necessary to cook and maintain required temperatures for all perishable foods (e.g., steam tables, chafing dishes, refrigerators, coolers).

### **Food Handlers**

- Food handlers must be in good health.
- Food handlers shall wash their hands with soap and water prior to the start of food preparation activities and especially after visiting the restroom and after smoking.
- Sanitary food handling techniques must be used at all times.
- Whenever practical, food handlers shall use tongs or disposable plastic gloves or single-use tissues when handling food.

### **Ice**

- Ice used for refrigeration cannot be used for consumption.

### **Chill: Refrigerate properly and promptly**

According to both the U.S. Food and Drug Administration and the U.S. Department of Agriculture, Food Safety and Inspection Service, refrigeration at 40°F or below is one of the most effective ways to reduce risk of foodborne illness. Microorganisms grow more rapidly at warmer temperatures, and research shows that keeping a constant refrigerator temperature of 40°F or below helps slow growth of these harmful microbes.

The best way to make sure your refrigerator is maintaining the recommended temperature of 40°F or below is to check it with a refrigerator thermometer. This type of thermometer

is usually a separate tool that stays in the refrigerator and displays the actual temperature. It is not a numbered dial that helps you adjust temperature. Refrigerator thermometers are available at grocery, discount and hardware stores and are recommended for all home refrigerators.

### **Follow these Cool Rules:**

- **Use This Tool To Keep It Cool.** Use a refrigerator thermometer to be sure the temperature is consistently 40°F or below.
- **The Chill Factor.** Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator.
- **The Thaw Law.** Never defrost food at room temperature. Thaw food in the refrigerator. For a quick thaw, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes and cook immediately after thawing or thaw in the microwave if you will be cooking it immediately.
- **Divide and Conquer.** Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.
- **Avoid the Pack Attack.** Do not over-stuff the refrigerator. Cold air must circulate to keep food safe.
- **Rotate Before It's Too Late.** Use or discard chilled foods as recommended in the USDA Cold Storage Chart found at <http://www.foodsafety.gov/~fsg/f01chart.html>.

### **Don't Go Too Low**

As you approach 32°F ice crystals can begin to form and lower the quality of some foods such as raw fruits, vegetables and eggs. A refrigerator thermometer will help you determine whether you are too close to this zone

### **Shopping**

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

### **Storage**

- Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.

- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within 2 hours
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years -- if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

### **Cook to Proper Temperatures**

Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

- Use a meat thermometer, which measures the internal temperature of cooked meat and poultry, to make sure that the meat is cooked all the way through.
- Cook ground meats to 160 °F; ground poultry to 165 °F.
- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F; all cuts of fresh pork, 160 °F.
- Whole poultry should reach 180 °F in the thigh; breasts, 170 °F.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish until it is opaque and flakes easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.

<b>Cooking Temperatures</b>	
<b>Product</b>	<b>Fahrenheit</b>
<b>Eggs &amp; Egg Dishes</b>	
Eggs	Cook until yolk & white are firm
Egg dishes	160°
<b>Ground Meat &amp; Meat Mixtures</b>	
Turkey, chicken	165°
Veal, beef, lamb, pork	160°
<b>Fresh Beef</b>	
Rare	145°
Medium	160°
Well Done	170°
<b>Fresh Veal</b>	
Medium	160°
Well Done	170°
<b>Fresh Lamb</b>	
Medium	160°
Well Done	170°
<b>Fresh Pork</b>	
Medium	160°
Well Done	170°
<b>Poultry</b>	
Chicken, whole	180°
Turkey, whole	180°
Poultry breasts, roasts	170°
Poultry thighs, wings	180°

Stuffing (cooked alone or in bird)	165°
Duck & Goose	180°
<b>Ham</b>	
Fresh (raw)	160°
Pre-cooked (to reheat)	140°

### **Microwave Food Safety Checks**

- Microwave only properly-stored and handled foods.
- Remove store wrap before defrosting food in a microwave oven.
- Cook foods immediately after defrosting.
- Arrange food to promote even heating.
- Use only microwave-safe dishes.
- Cover dish with lid or heavy-duty plastic wrap turned back at one corner.
- Midway through cooking and as needed:
  - Turn dish.
  - Reposition dish on rotating turntable.
  - Rearrange or stir foods during cooking.
  - Turn large food items over.
- Allow food to stand after microwaving.
- Check for doneness:
  - Temperature should reach 160°F for meat, fish, and eggs.
  - Poultry white meat should reach 170°F.
  - Poultry dark meat should reach 180°F.

- Look for visual signs of doneness:
  - Juices from meat and poultry not pink.
  - Poultry thigh joints move easily.
  - Fish is opaque and flakes easily.
  - Eggs are not runny.
- Refrigerate leftovers within two hours of cooking.
- Reheat leftovers to 165°F or until food steams throughout and center bottom of dish is hot.

### **Serving**

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.

### **Refreezing**

Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

### **Cold Storage Chart**

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

<b>Cold Storage Chart</b>		
<b>Product</b>	<b>Refrigerator (40 °F)</b>	<b>Freezer (0 °F)</b>
<b>Eggs</b>		
<b>Fresh, in shell</b>	<b>3 to 5 weeks</b>	<b>Do not</b>

		freeze
Raw yolks & whites	2 to 4 days	1 year
Hard cooked	1 week	Does not freeze well
Liquid pasteurized eggs, egg substitutes		
opened	3 days	Does not freeze well
unopened	10 days	1 year
Mayonnaise Commercial, refrigerate after opening	2 months	Do not freeze
Frozen Dinners & Entrees Keep frozen until ready to heat	--	3 to 4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, ham, tuna, & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs & Luncheon Meats		
Hot dogs		
opened package	1 week	1 to 2 months
unopened package	2 weeks	1 to 2 months
Luncheon meat		
opened package	3 to 5 days	1 to 2 months
unopened package	2 weeks	1 to 2 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw -- from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage -- pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
Summer sausage labeled "Keep Refrigerated"		
opened	3 weeks	1 to 2 months

unopened	3 months	1 to 2 months
<b>Ham, Corned Beef</b>		
Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
<b>Ham, canned labeled "Keep Refrigerated"</b>		
opened	3 to 5 days	1 to 2 months
unopened	6 to 9 months	Do not freeze
Ham, fully cooked vacuum sealed at plant, undated, unopened	2 weeks	1 to 2 months
Ham, fully cooked vacuum sealed at plant, dated, unopened	"Use-By" date on package	1 to 2 months
<b>Ham, fully cooked</b>		
whole	7 days	1 to 2 months
half	3 to 5 days	1 to 2 months
slices	3 to 4 days	1 to 2 months
<b>Hamburger, Ground &amp; Stew Meat</b>		
Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
<b>Fresh Beef, Veal, Lamb, Pork</b>		
Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats -- tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well
Soups & Stews Vegetable or meat added	3 to 4 days	2 to 3 months
<b>Cooked Meat Leftovers</b>		

<b>Cooked meat &amp; meat casseroles</b>	<b>3 to 4 days</b>	<b>2 to 3 months</b>
<b>Gravy &amp; meat broth</b>	<b>1 to 2 days</b>	<b>2 to 3 months</b>
<b>Fresh Poultry</b>		
<b>Chicken or turkey, whole</b>	<b>1 to 2 days</b>	<b>1 year</b>
<b>Chicken or turkey, pieces</b>	<b>1 to 2 days</b>	<b>9 months</b>
<b>Giblets</b>	<b>1 to 2 days</b>	<b>3 to 4 months</b>
<b>Cooked Poultry Leftovers</b>		
<b>Fried chicken</b>	<b>3 to 4 days</b>	<b>4 months</b>
<b>Cooked poultry casseroles</b>	<b>3 to 4 days</b>	<b>4 to 6 months</b>
<b>Pieces, plain</b>	<b>3 to 4 days</b>	<b>4 months</b>
<b>Pieces covered with broth, gravy</b>	<b>1 to 2 days</b>	<b>6 months</b>
<b>Chicken nuggets, patties</b>	<b>1 to 2 days</b>	<b>1 to 3 months</b>
<b>Pizza, cooked</b>	<b>3 to 4 days</b>	<b>1 to 2 months</b>
<b>Stuffing, cooked</b>	<b>3 to 4 days</b>	<b>1 month</b>

Sources:

[http://www.sonoma-county.org/health/eh/food\\_bth.htm#food\\_prep](http://www.sonoma-county.org/health/eh/food_bth.htm#food_prep)

<http://www.foodsafety.gov/~fsg/f01chart.html>.