



WV WIC PROGRAM

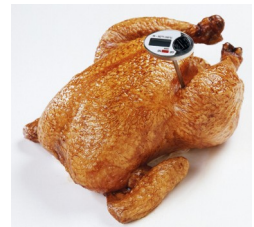
Food Safety



The only way to know for sure that food has been cooked to a safe temperature is to use a food thermometer.

Insert thermometer in thickest area without touching any bones

- Cook beef, veal, lamb steaks, and roasts to 145 °F
- Cook fish to 145 °F
- Cook pork to 160 °F
- Cook ground meats (beef, veal, and lamb) to 160 °F
- Cook dishes containing eggs to 160 °F
- Cook turkey, chicken, and duck (whole, pieces, and ground) to 165 °F



Check: Make sure fresh produce is not damaged. Make sure any fresh cut fruits and vegetables have been refrigerated.

Clean: Wash hands with soap. Wash utensils, cutting boards and dishes after each use.

Separate: Use different cutting boards and knives. Raw meat can spread bacteria to fruits and vegetables.

Cook: Cook to proper safe temperatures and check with a food thermometer.

Chill: Refrigerate foods promptly at 40° F or below to help slow the growth of bacteria.

Throw Away: If perishable foods have been left at room temperature for longer than 2 hours.



Safety Tips about Fish...

- Shark, swordfish, tilefish, and king mackerel are highest in mercury. Pregnant women should not eat these types of fish.
- Eat a variety of other fish.
- Limit amounts eaten each week.
- Eat only the fillet (flesh/meat) of the fish.



Mom's milk is safe and always the right temperature!

Power Gold Smoothie

Ingredients:

- 2 cups grated carrots
- 1 1/2 cups pineapple juice
- 1 cup orange juice
- 2 tsp. honey
- 3-4 ice cubes
- 1/2 cup of low-fat vanilla yogurt

Place only grated carrots in blender and turn on HIGH. Through the lid, slowly drizzle in 2-3 Tbsps of the pineapple juice, allowing the carrots to be pureed until smooth. Pour in remaining pineapple juice and honey. Blend until frothy and add ice cubes. Blend ice cubes, stop blender and add yogurt. Blend until well mixed. **Makes 4 servings.**



fruits & veggies
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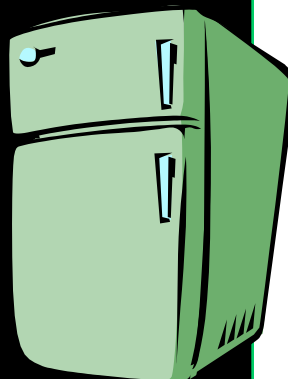
Food Safety for Infants

It is not safe to feed infants baby food directly from the jar. Their saliva can cause bacteria to grow in any left over baby food. Spoon a small amount of baby food into a clean bowl.



WHEN DEFROSTING FOODS

- Defrost food in the refrigerator. This is the safest method for all foods.
- Short on time? Thaw meat and poultry in airtight packaging, in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Defrost food in the microwave only if you are going to cook it immediately.



References:

- Food Safety Temperatures.pdf
- Fightbac.org
- WIC-NE-EdMaterials-SafetyTipsAboutFish.pdf

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