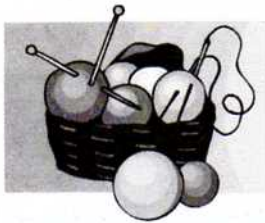




**JUNE 18 IS FATHER'S DAY!**

**AH Donations**

The donations for the end of May included: 23 baby sets donated to Best Start.



Keep up the good work!!!

**Your Barbecue Food Safety Checklist**



**Get off to a CLEAN start!**

Hand washing is one of the best ways to prevent the spread of food borne illness. Have you washed your hands for at least 20 seconds with soap and warm water before and after handling food? Wash again when you switch from one food to another.

Are your countertops and utensils clean and sanitized? Sanitizing reduces bacteria and can prevent food borne illness.

**BLEACH SANITIZER**

- Combine 5 mL (1 tsp) of bleach with 750 mL (3 cups) of water in a labelled spray bottle.

- After cleaning, spray sanitizer on the surface/utensil and let stand briefly.

Rinse with lots of clean water, and air dry (or use clean towels).

**Food safe tip:** Washing raw meat is not recommended since it may lead to cross contamination of nearby surfaces and food.

**Six easy tips for safe leftovers**

**1. Cool** food quickly to prevent the growth of harmful bacteria! To speed up the cooling process of large pots of food, place the pot in a sinkful of ice-water and stir it occasionally.

**2. Store** food in **shallow** containers. **Cover** containers when cool to prevent cross-contamination.

**3. Refrigerate as soon as possible!** If food is held in the danger zone (4°C to 60°C / 40° to 140°F) for two hours or longer, don't keep it as leftovers. You can't tell if food is safe by looking, smelling or tasting it. Remember, when in doubt, **throw it out!** On hot summer days, don't hold food at room temperature for more than one hour.

**4. Do not** overstuff the fridge! Cool air needs to circulate around the food.



**5. Eat** properly handled leftovers within two to three days for best quality and safety. Reheat leftovers to 74°C (165°F).

**6. Freeze** leftovers right away if you don't think you'll eat them within two to three days.

**SEPARATE raw and cooked food!**

Raw food can cross-contaminate cooked food and cause food borne illness. Keep raw and cooked food separate and covered.



**Food safe tip:**

Before marinating meat, set some marinade aside in the fridge so you can use it later to baste meat or as a dipping sauce. It's best not to use leftover marinade from the raw food on the cooked food.

Have clean plates and cooking utensils ready. Never use the same plate, tray or utensils for raw and cooked food. Raw meat juices can spread bacteria to your safely cooked food and cause food borne illness!

**CHILL out by the BBQ!**

Keep food cool at or below 4°C (40°F). It's best to keep perishable food in the fridge or cooler until you are ready to cook it or eat it. Bacteria can grow and "spoil" food left in the temperature danger zone (4° to



60°C/40° to 140°F) for more than two hours.

Keep the cooler cool. Pack the cooler with freezer packs to keep the temperature at or below 4°C (40°F). Keep the cooler in the shade, and cover it with a blanket for added insulation!

**Food safe tip:** You may want to use two coolers – one for drinks (since it may get opened more often) and another for food.

**COOK safely!**



Have a digital food thermometer handy. Prevent food borne illness by cooking food to a safe internal temperature. Food safety experts say food thermometers are the only way to cook foods safely without overcooking!

Keep hot food hot at or above 60°C (140°F) to prevent the growth of bacteria and reduce the chance of foodborne illness.



**Smiles &**

**Giggles**

**Q.** On which day of the year, are there more collect calls made than on any other day of the year?

**A.** Father's Day !

**? Now You Know ?**



**THE YEAR 1906**

**Some fun facts.**

One hundred years ago. What a difference a century makes! Here are some of the US statistics for the Year 1906:

- The average life expectancy in the US was 47 years.
- Only 14 percent of the homes in the US had a bathtub.
- Only 8 percent of the homes had a telephone. A three-minute call from Denver to New York City cost eleven dollars.
- There were only 8,000 cars in the US, and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.
- With a mere 1.4 million people, California was only the 21st most populous state in the Union.
- The tallest structure in the world was the Eiffel Tower!
- The average wage in the US was 22 cents per hour.
- The average US worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per

year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

- More than 95 percent of all births in the US took place at home.
- Ninety percent of all US doctors had no college education. Instead, they attended so-called medical schools, many of which were condemned in the press and by the government as "substandard."
- Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.
- Most women only washed their hair once a month, and used borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering into their country for any reason.
- Five leading causes of death in the US were: 1. Pneumonia and influenza, 2. Tuberculosis, 3. Diarrhea, 4. Heart disease, 5. Stroke.
- The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.
- The population of Las Vegas, Nevada, was only 30 !
- Crossword puzzles, canned beer, and ice tea hadn't been invented yet.

