



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Joyle Martinez
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN

Regular Meetings

Second Wednesday, 6:30 pm
Religious Education Bldg,
Rm #3

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 916-689-3932 or the rectory at 916-381-5200.

SAFE HANDLING OF FRESH FRUITS AND VEGETABLES

The US food supply is among the safest in the world, but organisms that you can't see, smell or taste – bacteria, viruses and tiny parasites – are everywhere in the environment. These microorganisms – called pathogens – can invade food and cause illness, sometimes severe and even life-threatening, especially in young children, older adults, persons with weakened immune systems and pregnant women.

WHY IT'S IMPORTANT

Fresh fruits and vegetables are important to the health and well-being of Americans and we enjoy one of the safest supplies of fresh produce in the world. However, although low, the proportion of foodborne illness associated with fresh fruits and vegetables has increased

over the last several years. As health and nutrition experts continue to recommend we add more fruits and vegetables to a healthy daily diet, it becomes increasingly important that consumers know how to handle them properly.

IT'S NOT HARD TO DO

Handling fruits and vegetables safely is easy. Although an invisible enemy may be in your kitchen, by practicing

the following recommendations you can keep yourself, your family and friends safe.

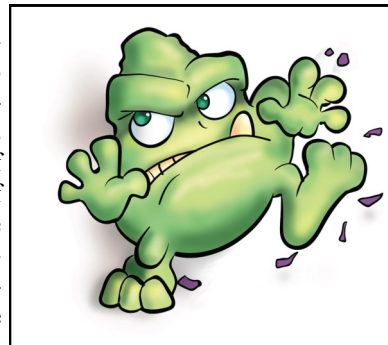
SIX STEPS TO SAFER FRUITS AND VEGETABLES

Check

- Check to be sure that the produce you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and pre-cut melons are refrigerated at the store before buying. Do not buy cut items that are not refrigerated.

Clean

- Wash hands with warm water and soap for at least 20 second 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 all fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.



Pathogens can invade food

CLEAN (CONTINUED)

- Rub firm-skin fruits and vegetables under running 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.

SEPARATE

- When shopping, be sure fresh fruits and vegetables are separated from household chemicals and raw foods such as meat, poultry and seafood in your cart and in bags at checkout.

COOK

- Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.

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, seafood or their juices.

- If in doubt, throw it out!

Sources:

The Produce Marketing Association

The Partnership for Food Safety Education

The U. S. Food and Drug Administration.

For additional food safety information visit www.foodsafety.gov



CHILL

- Keep fresh fruits and vegetables separate from raw meat, poultry or seafood in your refrigerator.
- Separate fresh fruits and vegetables from raw meat, poultry and seafood during preparation. Do not use the same cutting board without cleaning the board thoroughly with hot water and soap before and after preparing fresh fruits and vegetables.

- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.

THROW AWAY

- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking.
- Remove and throw away

Upcoming Health Ministry Events and Activities:

- **Sunday, Sept. 7**
Blood Pressure Screening
Parish Hall
8:30 am — 12:30 pm
- **Sunday, Sept. 14**
Parish Festival !