

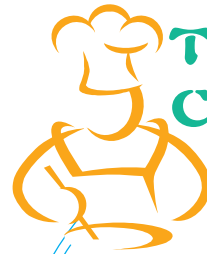
TABLETALK

MAY, 2008 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

Helpful Hints for Food Safety

Some important points to remember about food safety include:

- ❁ Food can spoil because of mishandling or improper storage.
- ❁ Bacteria from hands, utensils and work areas can contaminate food
- ❁ Bacteria grow quickly between 40° - 140° F. This is known as the danger zone. As food is held in the danger zone for an extended period of time, more and more bacteria grow, causing greater risk of food-borne illness.
- ❁ Keep hot food hot (above 140° F).
- ❁ Keep cold food cold (below 40° F).
- ❁ Bacteria in undercooked food can cause food-borne illness. These bacteria are killed when food is cooked or re-heated to at least 165° F.
- ❁ Cook meats such as beef, pork, poultry, and fish to proper internal temperatures. Use a meat thermometer when roasting meats. Juices should run clear and meat should not be pink.
- ❁ Do not partially cook food one day and complete cooking the next day. Reheat leftovers to at least 165° F.
- ❁ Thaw poultry and meat in a refrigerator.
- ❁ Never leave food at room temperature for more than 2 hours.



Tips from Chef Bob

TACO BAKE

Ingredients: 1 box of macaroni & cheese; 1 lb ground beef; 1 pkg taco seasoning mix; 3/4 cup water; 3/4 cup sour cream; 1-1/2 cups shredded cheddar cheese; 1 cup chunky salsa..

Directions: Oven to 350 degrees. Cook macaroni. brown hamburger meat. Add taco seasoning & water to meat. Simmer for 5 min. Mix cooked macaroni, ground beef mixture, sour cream, salsa & 1/2 of the shredded cheese.

Spoon into 8 inch square baking dish. Top with remaining cheddar cheese. Bake 15 min or until the cheese is melted. Makes 6-1 cup servings.

PLEASE BE SURE TO PUT THE RIGHT POSTAGE ON YOUR MANUAL CLAIMS!

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4 sheets of paper = one stamp

Approximate Reimbursement Date

May.....June 27

JuneJuly 25

July.....Aug. 21

SCHEDULED DATES FOR 2008 MANDATORY TRAINING

<u>Date</u>	<u>City</u>	<u>Location & Time</u>
May 31	Fort Worth	4001 Library Lane 76109 (S.W. Regional Library), 10:30-1:30
May 31	Pearland	3522 Liberty Drive 77581 (Pearland Library), 10:30-1:30
August	Plano	To Be Announced
August	Katy	To Be Announced