

Thanksgiving FOOD SAFETY

Poison centers receive thousands of calls about suspected food poisoning each year. Thanksgiving can be especially risky as people prepare special holiday meals for their loved ones. By taking a few simple food safety precautions, you can help prevent food poisoning and ensure a delicious and safe meal.

PREPARE

Wash your hands, kitchen surfaces, utensils, and cutting boards frequently, especially after handling uncooked food and before touching other foods. Wash produce but not eggs, meat, or poultry, which can spread harmful bacteria.

Use the microwave, cold water, or the refrigerator to defrost your meat or poultry. Do not thaw or marinate these items on the counter, and cook them immediately after thawing.

Keep meat, poultry, seafood, and eggs separate from all other foods at the store, in the refrigerator, and while prepping.

COOK

Use a food thermometer to check if meat is fully cooked and heated high enough to kill harmful bacteria. Cook turkey until it reaches 165° F.

The safest way to cook stuffing is outside of the turkey in a casserole dish. If you cook stuffing inside the turkey, stuff the turkey just before cooking, and make sure the stuffing reaches a minimum internal temperature of 165°F.

The bacteria that cause food poisoning multiply quickest in the 'Danger Zone' - between 40° and 140° Fahrenheit. Keep hot food hot, and cold food cold!

STORE

Refrigerate leftovers promptly - within two hours - at 40° F or below to help reduce the risk of bacterial growth.

Prevent cross-contamination by completely and securely covering foods in the refrigerator.

Consume or freeze leftovers within 3-4 days.



BATHROOM BANTER

November

(210) 207-WELL wellness@sanantonio.gov

Education Sessions:

“Understanding Diabetes”

James Williamson, UHC Health Coach

11/9 12:00 p.m. – 1:00 p.m.

Pre-K 4 SA North Education Center, TR 2

“Diabetes 101”

Dr. Adelita Cantu, American Diabetes Assoc.

11/16 11:30 a.m. – 12:30 p.m.

Municipal Plaza Building, Council Chambers

Volunteers Needed: 2016 Rock 'n' Roll Marathon & 1/2 Marathon

Sunday, Dec. 4, 2016

Not running in this year's Rock 'n' Roll Marathon & ½ Marathon but still want to be a part of the action? **Great!** You can volunteer at the City's Rock 'n' Roll Marathon & ½ Marathon water station and earn **500 HealthMiles!** Volunteers will also receive a race crew t-shirt, refreshments, free parking, community service hours (if needed) and the satisfaction of helping others and giving back. This is a great way to earn HealthMiles to get you to that next level before the Virgin Pulse 4th quarter ends on Dec. 28. **Volunteers will need to be at the City's water station by 5 a.m. and should be finished around noon.**

To sign up as a volunteer, visit <https://2016rrmvolunteers.my-trs.com/> and click on the **Register Now** button. Once you do, select **Water Station Teams, Individual Registration** and then close the pop up window. At this point, you'll enter our **Access Code: ws6**, click on the **Unlock** button, scroll down and select **Water Station 6** and hit **Next**. After you create a quick account and select **Confirm**, then you're ready to go!

For additional details, contact the Employee Wellness Program at 207-WELL (9355) or wellness@sanantonio.gov.

Running in the race this year? Be sure to contact the Employee Wellness Program after the race to redeem your HealthMiles for participation, as follows:

Full Marathon – **1,500 HealthMiles**

Half Marathon – **750 HealthMiles**

Two-Person Half Relay – **350 HealthMiles**

10k Race – **350 HealthMiles**

5k Race – **250 HealthMiles**



When: Saturday, November 5th, 8:00 a.m.

Where: Stinson Municipal Airport, 8535 Mission Road, SATX 78214

Register: <https://www.raceit.com/Register/?event=38378>

Questions: Call the District 3 Field Office (210) 207-0969

Don't miss this **FREE** Family event! Runners and walkers welcome. Strollers and pets on a leash allowed. Bring the **WHOLE** family.

**Participate & Earn
250 HealthMiles!**

If you have any questions about how to prevent food poisoning, the symptoms of food poisoning, or if you or someone you know suspects food poisoning, call the Poison Help line at 1(800) 222-1222. Experts are available 24/7/365.