



# FOOD SAFETY UPDATE

## Fall Food Safety

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The leaves are beginning to turn; days are getting shorter; there's a nip in the air; and children are asking each other—what are you going to be for Halloween? Halloween is a favorite holiday for children, but often a concern for parents. Their concern is



keeping children safe. While making sure your child is wearing clothing that will make them visible in the dark, no masks that obscure vision, and always staying in a group are important rules to pass on to your child, don't forget about trick-or-treating food safety rules.

### Halloween Food Safety Tips

- Make it a rule that no treats will be eaten until your trick-or-treaters are home and the candy has been inspected by an adult.
- Give children a light meal or snack before going out, so they won't be as tempted to munch on treats.
- Discard any homemade treats.
- Inspect commercially wrapped treats for signs of tampering, such as discoloration, tiny pinholes, or broken seal in wrappers. Throw away anything that looks suspicious.
- Discard any candies if the wrapping is open or torn.

**If you are hosting a Halloween party:**

- ✓ Keep hot foods hot at a safe temperature of 140°F or above.
- ✓ Keep cold foods cold. Do not over fill serving plates; you can replenish. Set trays or bowls on ice.
- ✓ Make sure there is plenty of room in the refrigerator to store cold food before, during and after the party. The refrigerator should be kept at 40°F or below.
- ✓ If juice or cider will be served, see *Juice Safety* tips.
- ✓ If you are making pies or other goodies from fresh pumpkin remember: clean, separate, cook, and chill.



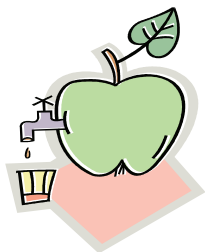
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## Juice Safety



- ★ Juices are a great way to add essential vitamins, minerals and phytochemicals to your diet. But drinking untreated juices can pose health risks.
- ★ Most juices sold in the U.S. are pasteurized to kill harmful bacteria. If left untreated, harmful bacteria from the inside or the outside of produce can become a part of the finished product.
- ★ Some grocery stores, health food stores, cider mills, and farm markets sell containers of juice that was made on site and has not been pasteurized or otherwise treated to kill harmful bacteria.
- ★ These untreated products should be kept in the refrigerated section of the store or on

ice and must have the following warning on the label:

**WARNING:** This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems.

- ★ The FDA does not require warning labels for juice or cider that is fresh-squeezed and sold by the glass, such as at apple orchards, farmers markets, roadside stands, or in some juice bars. If you are unsure if a glass of juice or cider has been treated, be sure to ask.
- ★ Those at risk for foodborne illness should not drink unpasteurized juice unless it is brought to a boil first.

Source [www.fda.gov](http://www.fda.gov)

## Pumpkins

When picking out a pumpkin, look for one with at least a 1 to 2 inch stem. If the stem is cut too low down the pumpkin, it will decay quickly.

Thoroughly wash the pumpkin under cool running water to remove any dirt that could be transferred to the inside of the pumpkin when cutting.

Always clean your work area before beginning any cooking project.

Once pumpkins have been cleaned out, they can be cut into chunks and boiled, or cut in half and baked, or cooked in the microwave.

When cooked pumpkin is cool enough to handle, remove peel, and puree. This can be done with a food processor, food mill, ricer, strainer, or potato masher.

Don't let cooked pumpkin sit more than two hours in the process of making puree.

Puree can be kept in the refrigerator for three to five days. store in an airtight container or wrap with plastic wrap or foil.

Pumpkin puree freezes well. Place in freezer containers or zip closure freezer bags. Frozen puree will keep for ten to twelve months. This is for best quality only. Food kept constantly frozen at 0°F will keep indefinitely.

**Bacteria  
likes warm  
temperatures.**

