

The Scoop

A healthy serving of health news!



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Food Safety at Fairs and Festivals



Because foodborne illnesses increase in the summer months, it is even more important to follow food safety steps. Many foodborne illnesses are caused by consuming foods or beverages contaminated with germs. One reason for the increase of foodborne illnesses in the summertime is that people are cooking and eating outside at places such as fairs and

festivals more often. Sometimes, the usual safety controls that a kitchen provides, like thermostat-controlled cooking, refrigeration, and washing facilities, may not be available when cooking and dining at these events.

- Does the vendor have a clean/tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?

Has the vendor been inspected? Requirements vary by state, but in general temporary and mobile vendors, like those at fairs and carnivals, should have a license to sell food and beverages in a particular state or county. Check with the local health department to see if the vendors are licensed and if a food inspection has been completed. Remember that food safety practices should be the same at fairs as they are at home: Clean, Separate, Cook, and Chill. Make this a food safe summer by reducing your risk of foodborne illness. *Source: CDC*

No Silver Lining



Eating common foods is exposing consumers to levels of bisphenol A (BPA) equal to levels shown to cause health problems in laboratory animals, according to a new study released by the National Work

Group for Same Markets, a coalition of public health and environmental health groups. The study, *No Silver Lining*, tested food from 50 cans from 19 US states and one Canadian Province for BPA contamination. Over 90% of the cans tested had detectable levels of BPA, some at higher levels than have been detected in previous studies. The canned foods tested were brand name fish, fruits, vegetables, beans, soups, tomato products, sodas, and milks, which together represent “real-life” meal options for a wide range of North American consumers. The cans were purchased from retail stores and were chosen from report participants’ pantry shelves, and sent to an independent laboratory for testing. One can of DelMonte green beans had the highest levels of BPA ever found in canned food, at 1,140 parts per billion. *Source: www.contaminatedwithoutconsent.com*

Energy Balance



One pound of fat has 3,500 calories. To lose one pound a week one should consume 250 less calories a day; and expend 250 more calories a day.

Summer Veggie Pie

- 4 Tbsp Parmesan or Romano Cheese
- 2 medium onions, cut n 1/4” rings
- 2 Tbsp vegetable oil
- 1 Eggplant, peeled and sliced crosswise 1/4” thick
- 4 medium zucchini, unpeeled and sliced
- 1 ear fresh corn, cooked about 1 minutes and cut off cob
- 1 green pepper cut in rings
- 2 tsp chopped garlic
- Salt and pepper to taste
- 10 inch pie crust unsweetened, unbaked

Sprinkle pie crust with 2 Tbsp of the cheese. In a skillet sauté the onion rings in oil until lightly brown. Add the eggplant, tomatoes and zucchini and sauté until slightly soft. Layer half the vegetable in the pie crust, ending with fresh green pepper rings. Sprinkle with a little hot oil or dot with butter. Add more cheese mixed with the garlic. Salt and pepper generously. Add an additional layer of the same vegetables; sprinkle again with more cheese with garlic. Bake in preheated 350 degree oven for 40-45 minutes. Serves 6





The United States Environmental Protection Agency has classified secondhand smoke as a group A carcinogen, the most dangerous group of cancer-causing agents. The U.S. Surgeon General warns that there is No Risk-Free Level

of Exposure to Secondhand Smoke. Secondhand smoke kills 38,000 non-smokers (3,000 from lung cancer and 35,000 from heart disease) each year in the U.S. In Delaware County lung cancer remains the leading cause of cancer death among men and women. (Community Health Assessment 2010-2013). Secondhand smoke can trigger asthma attacks and cause attacks to be more severe, sometimes requiring hospitalization.

Rural 3 for Tobacco Free Communities is working to make shared public spaces smoke free. In Delaware County the villages of Delhi, Walton, Sidney passed resolutions limiting places, where people can smoke. For more information on outdoor smoking use policies, and smoke free entry ways and housing, go to www.rural3.org

Reward Yourself

For everyday you meet your exercise goal; whether it be walking 30 minutes, biking or working out at the gym. Pay yourself a dollar. In year you might have a nice shopping spree, or getaway to reward yourself for your accomplishment.



Teens who abuse internet have higher risk of depression

A new study has found a direct link between teenagers who use the internet excessively, and an increased risk of depression.



The study was carried out by looking at a group of roughly 1,000 teenagers who all lived in China. The idea was to see what type of impact excessive use of the internet had on a teen.

Internet addiction is a growing problem among teenagers all around the world, especially with the growing popularity of Facebook, Twitter, and similar social-networking sites.

The study found that teenagers who were addicted to the internet had an increased risk of depression. Teenagers who are addicted to the internet were one-and-a-half times more likely to suffer from clinical depression symptoms.

Internet addiction was labeled to teens who stated that they felt a level of depression when they were offline, with symptoms only going away once they were logged back on.

With depression becoming more common among teenagers around the world, it is important to stress the importance of limiting the amount of time teenagers spend on the internet or in front of a TV, as it can have a negative impact.

The study has been published in the journal *Pediatrics*.

Source: *Smart About Health*

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Upcoming Health Events

Car Seat Check Event	Wed. August 25, 2010	9am-4:30pm	Delaware Opportunities, Hamden, NY
Rabies Clinic	Fri. September 1, 2010	6pm-8pm	Harpersfield Town Garage 25399 St. Hwy 23
Car Seat Check Event	Sat. September 25, 2010	10am-1pm	Catskill Mountain Christian Center, 629 Main St, Margaretville, NY