

# ODA offers food safety tips for summer

*It's the season for picnics, barbecues, camping — and sage food handling practices*

**By Bruce Pokarney**  
Oregon Dept. of Ag

Now that summer has arrived, Oregonians are likely to do a lot more outdoor cooking and eating. The potential for food-borne illness increases in July and August. Proper food handling and preparation is never more important as families flock to picnics, barbecues, and campouts. The Oregon Department of Agriculture's Food Safety Program is offering seasonal advice on how to enjoy a problem-free summer of eating.

"The number of food-borne illness outbreaks typically goes up in the summer because people are cooking outside, eating outside, and changing their habits a bit," says ODA Food Safety Specialist Susan Kendrick. Most of the same rules for food handling, preparation, and storage apply for both outdoors and indoors. Outbreaks of E. coli and salmonella in raw produce in recent years should not deter people from enjoying fresh fruits and vegetables this summer.

"We'd like to emphasize that you wash the produce when you get it home," says Kendrick. "Even if it's a cantaloupe — you aren't going to eat the exterior rind but you are going to slice into it. So it's still a great idea to wash the whole

cantaloupe before eating it." Melons are grown on the ground where the rind can come into contact with animal waste used as fertilizer. When melons are cut, the knife may transfer bacteria to the inside of the fruit. The cook needs to be certain that raw meat is thoroughly cooked.

"It's a good idea to thaw a product like hamburger in the refrigerator prior to cooking," says Kendrick. "You want to make sure you don't have a pocket inside the hamburger that is still frozen and may take longer to cook. The entire burger needs to be cooked evenly and thoroughly."

Ideally, a thermometer should be used to make sure the proper cooking temperature of the meat on the grill is reached. But that isn't always practical. At the very least, cutting into the meat, or close to the bone in the case of chicken, will ensure there isn't any pink inside. Cooking temperatures should reach at least 165 degrees Fahrenheit.

Any time raw meat and fresh produce are both part of a meal preparation, cross-contamination is always a possibility. When handling any raw meat product — either taking it to a barbecue or another preparation area — make sure any tongs, spatulas, scoops, and the platter carrying the meat are



Photo from iCLIPART

**Melons are grown on the ground where the rind can come into contact with animal waste used as fertilizer. Wash the whole cantaloupe before eating it. When melons are cut, the knife may transfer bacteria to the inside of the fruit.**

all exchanged with a fresh, clean utensil or platter to carry the cooked product back to the table. Cutting boards used in food preparation are also a potential source of problems. Using the same board to cut up chicken and then to chop salad ingredients should be avoided. The raw products have organisms that could produce illness if spread to ready-to-eat products. Of course, a good cleaning and sanitizing of the cutting board after chopping up raw meat products will minimize the risk.

Handwashing is not as practical in the summer, but it is just as critical as other times of the year.

Food needs to be kept out of the temperature danger zone — which is 40 to 140 degrees Fahrenheit — for as long as possible. Bacteria begins to grow rapidly as the temperature warms up. Foods that need to be cooked should stay refrigerated or be prepared as soon as possible.

Most summer food safety recommendations are just common sense. As long as people are careful about how food is handled, prepared, and stored, campouts, picnics, and barbecues can be fun, safe, and delicious.

Visit ODA's Food Safety web page at <<http://go.usa.gov/3dpC3>>.

# COMMUNITY CALENDAR

Continued from page 8A

**TUESDAY, JULY 12**

• **Take Off Pounds Sensibly (TOPS) Club** — 6 to 7 p.m. weigh-in, 7 to 8 p.m. meeting, First Christian Church basement, 1079 SE Jefferson St., Dallas. Meetings offer programs and activities aimed at losing weight. Open to anyone. First meeting is free.

• **Overeaters Anonymous** — Noon to 1 p.m., Salem Health West Valley, 525 SE Washington St., Dallas. Support group meets in the quiet room/chapel immediately inside the emergency entrance on Clay Street. Dee Ann White, 971-718-6444.

**WEDNESDAY, JULY 13**

• **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

• **Monmouth-Independence Chamber Luncheon** — Noon-1 p.m., Monmouth Public Library, 168 Ecols Street S., Monmouth. Western Oregon University President Dr. Rex Fuller will present. [www.micc-or.org](http://www.micc-or.org).

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Free Blood Pressure Check Clinic** — 2 to 3 p.m., West Valley Hospital (surgery admitting area), 525 SE Washington St., Dallas. 503-623-7323.

• **Monmouth Senior Center Music Jam** — 6:30 p.m., Monmouth Senior Center, 180 S. Warren St., Monmouth. Open to the public; musicians of all types welcome. 503-838-5678.

• **Brew and BS: The Old Testament** — 7 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. A lecture series on the Old Testament. Bring brew of choice — coffee, tea, chai, beer, wine, cider. 435-503-4304.

• **Dallas American Legion Post No. 20** — 7 p.m., Academy Building, Room 108, 182 SW Academy St., Dallas. 503-831-3971.

**Monmouth 2016**  
*Music in the Park*  
Main St. Park Amphitheater  
Every Wednesday through August 31 ~ 6:30pm  
MUSIC, FOOD, BEER & WINE GARDEN

Look for Music in the Park Series on Facebook for more information about this year's artists.

**Performing Tonight**  
**July 6**  
**Ben Rice Blues Band**

**FREE AND OPEN TO THE PUBLIC**

For More Information Contact:  
Mark Fancey 503-751-0147

# MI TOWN

In MI Town we all celebrated our beloved United States of America's Birthday on Monday. It was a very busy weekend with our communities hosting friends and family members as we celebrated Independence Day. Beginning on Friday, Independence's Western Days began with the carnival booths and the movie "Jurassic World" shown that evening. Main Street Park in Monmouth was transformed into a community marketplace on Saturday morning, with booths and displays and something for everyone to enjoy. The new Main Street Park Amphitheater in Monmouth and Independence's Riverfront Park Amphitheater were both busy all weekend, with music and entertainment for all.

Activities kept everyone busy and entertained and happy all weekend with food and fun, car shows and vendors and arts and



**PATTY TAYLOR DUTCHER**  
Columnist

crafts for adults and children. It was impossible to attend every event — and everything was so enjoyable, especially the Sunday presentation of patriotic songs by the Willamette Valley Concert Band.

Our appetites were whetted and ready for the fireman's breakfast early on the Fourth of July, where we enjoyed meeting and greeting friends and neighbors for a hearty breakfast of scrambled eggs, pancakes and ham served by firefighters, volunteers and their families. MI Town's Cub and Boy Scouts were there to keep things neat and tidy, and they courteously assisted everyone as we came

through the line and to our tables.

This year, I was a participant — as a member of the Chemeketa Chapter of the Daughters of the American Revolution. It was a thrill to reflect upon those brave men and women who founded our great nation. There is nothing quite like this parade for the sheer joy and fun of seeing our friends and neighbors get together and share in the pure happiness of celebration and honoring our great nation's birthday. The Fourth of July festival and Western Days celebrations give us all an opportunity to celebrate and share in the very best MI Town can be — and to be able to spend a couple of days showing friends and family and neighbors what truly constitutes the good life.

July marks the second annual Paws for a Cause Pet Drive, in memory of Sgt.

Randy Whittaker. Donations of new and gently used pet supplies, including treats, toys, collars, leashes, pet dishes and food are being collected all month and will be donated to local animal shelters. Items can be dropped off at the Polk County Sheriff's Office, second floor reception area at the Academy Building, Community Corrections, and the Polk County Fairgrounds. For more information, please contact Jody Germond at the Polk County Jail, 850 Main St., in Dallas, 503-831-1733.

**Visit our website,**  
[www.polchio.com](http://www.polchio.com)

...for local news, sports and community events.

*Music from the Redgate Winery & Fieldhouse*

**Fri. July 8, 6-9 PM**  
featuring  
**Dave Upton**  
\$5.00 cover  
Must be 21 • Food Available  
Tasting fees & glasses of wine \$5.00  
8175 Buena Vista Road  
Independence • 503-428-7115 • [www.redgatevineyard.com](http://www.redgatevineyard.com)

**"77" MILLIE CUMMINS**

It is a "stroke of good luck" to have a second beginning with you. All the work you have dedicated to my person and the new normal. Appreciate all you do! Kim

"45 yr. old stroke survivor, L-sided hemiplegic"  
To recognize strokes, contact the National Stroke Association.  
[www.stroke.org](http://www.stroke.org)

**INDEPENDENCE CINEMA 8**  
450 S. 2nd St., Independence  
Showtimes 503-606-3000  
[www.IndependenceCinema8.com](http://www.IndependenceCinema8.com)

Mattinees are all shows before 6pm. New pricing for mattinees are: Adult \$7.25 Children \$6.75 • Senior \$7.00 Pricing does not reflect 3D showings.

**Friday - Wednesday July 8 - July 13**

INDEPENDENCE DAY: RESURGENCE (Digital) (PG13)	(1:30 4:10)	6:50
THE SHALLOWS (Digital) (PG13)		9:30
LEGEND OF TARZAN (Digital) (PG13)	(11:40 2:15 4:50)	7:25 9:55
MIKE AND DAVE NEED WEDDING DATES (Digital) (R)	(12:15 2:40 5:05)	7:30 9:45
FINDING DORY (Digital) (PG)	(11:30 2:00 4:30)	7:00 9:30
SECRET LIFE OF PETS (Digital) (PG)	(12:00 12:25 2:15 2:40 4:30 4:55)	7:10 9:25
THE BFG (Digital) (PG)	(11:25 2:00 4:40)	7:20 10:05
PURGE: ELECTION YEAR (Digital) (R)	(11:45 2:10 4:35)	7:05 9:40
CENTRAL INTELLIGENCE (Digital) (PG13)		6:45 9:25

**Thursday July 14**

INDEPENDENCE DAY: RESURGENCE (Digital) (PG13)	(1:30 4:10)	6:50
THE SHALLOWS (Digital) (PG13)		9:30
LEGEND OF TARZAN (Digital) (PG13)	(11:40 2:15 4:50)	7:25 9:55
MIKE AND DAVE NEED WEDDING DATES (Digital) (R)	(12:15 2:40 5:05)	7:30 9:45
SECRET LIFE OF PETS (Digital) (PG)	(12:00 12:25 2:15 2:40 4:30 4:55)	7:10 9:25
GHOSTBUSTERS (PG13)		7:00 9:25
THE BFG (Digital) (PG)	(11:25 2:00 4:40)	7:20 10:05
PURGE: ELECTION YEAR (Digital) (R)	(11:45 2:10 4:35)	7:05 9:40
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*Dallas Sounds Summer*

**JULY 7 - AUGUST 25, 2016**  
**6:30PM - 8:30PM**

**ROTARY PERFORMING ARTS STAGE**  
CORNER OF MAIN & ACADEMY STREETS

**Celebrating 20 Years!**

**Professional and Local Food Trucks will be on site each week serving by 5:45pm**  
HOSTED BY DALLAS AREA VISITORS CENTER & THE CITY OF DALLAS

**RIVERS EDGE SUMMER SERIES**  
presented by  
capitol SUBARU R&M MOBILITY SERVICE Windermere REAL ESTATE

**Performing July 8th Show begins at 7:30**  
**HIGH STREET BAND**

Lawn Seating — Bring blankets & chairs  
**This Week's FREE MOVIE:**  
**Showing July 7 • 9:45**  
**Hotel Transylvania 2**

**JULY 15 Concert: Ty Curtis - 7:30 PM**  
**JULY 14 Movie: Jumanji- 9:45 PM**

CONCERTS RIVER'S EDGE SUMMER SERIES ELYSIAN BREWING MONMOUTH BREWERY

• **VENDORS • BEER & WINE GARDEN**  
Riverview Amphitheater, Independence, OR  
Visit our website: [independenceamphitheater.com](http://independenceamphitheater.com)