

Food safety is important for happy holiday gatherings

Keep the health of your guests in mind as you plan and prepare holiday foods. Unsafe food can spoil holiday fun for those susceptible to foodborne illness. People whose immune systems are less able to ward off bacterial attacks include pregnant women, young children, older people, and people with serious illnesses such as cancer and AIDS.

Some foods are more likely to be contaminated with harmful bacteria. Although cooking kills bacteria, serving these foods raw could cause illness.

Avoid foods made with raw eggs, including homemade eggnog or mayonnaise, Caesar salad, and Hollandaise sauce. Lightly cooked foods containing raw eggs (such as French toast, Monte Cristo sandwiches, and meringues) also could be risky for people who are vulnerable. Be wary about letting young children eat raw cake batter or cookie dough, too.

Use pasteurized eggs (heat-treated and sold refrigerated in foods that won't be cooked.

Avoid serving cheeses made from unpasteurized milk. These can include feta, Brie, Camembert, blue-veined cheese, and queso fresco. Check for the word "pasteurized" on the label. Also avoid serving smoked fish (such as lox) that is sold refrigerated. The smoking process used for these products isn't hot enough to kill bacteria. Smoked seafood that is canned in tin cans or plastic pouches is safe. Refrigerated paté or meat spreads can also be risky. The same products canned may be eaten safely.

A tray of luncheon or deli meats may also be a risky choice. For safety, these meats should be reheated until steaming hot. Consider buying a cooked ham or turkey, reheat to 160 degrees, cool, and slice.

If you're serving food on a buffet, keep it hot in the oven or

cold in the refrigerator until just before you serve it. Put out only small amounts at a time, and replenish them frequently. Be wary about leftovers. To prevent bacterial growth, don't leave perishable food at room temperature longer than 2-3 hours. If leftovers have been mishandled, serving them later could be hazardous to the eaters' health. Although reheating makes most leftovers safe, it won't destroy one bacterial toxin that causes symptoms similar to the 24-hour flu.

Fruits and vegetables can also be a food safety concern. Avoid serving unpasteurized apple cider. Add spices and heat the cider to 160 degrees for a flavorful treat. Well-washed lettuce is a safer choice than sprouts that have been a source of foodborne illness. Cook bean sprouts in a stir-fry.

Carolyn Raab, OSU Extension Foods and Nutrition Specialist

Food for Thought

Winter decided to arrive a little early, so it's time to start thinking about recipes that warm both body and soul. Lorna Poetter of Farmwoman's Nursery provided this month's Food for Thought.

TURKEY CASSEROLE

This is a great way to use up left-over turkey.

1 lb. pkg lasagna noodles, cooked	1 10-12 oz. pkg frozen chopped broccoli
1-1/2 cups cheese, grated	1 cup mushrooms, sliced
2 cups cooked turkey, coarsely chopped	2 cups white wine cream sauce (see recipe below)

Make white wine cream sauce. Layer ingredients, except sauce, in casserole dish. Top with wine sauce. Bake at 350° for 40 minutes.

WHITE WINE CREAM SAUCE

1/2 cup butter	1 cup flour
1/4 cup white wine	3/4 cup water

Mix all ingredients in small skillet. Cook over medium heat, stirring constantly, until sauce reaches medium thickness.

OLD-FASHIONED RICE PUDDING

1-1/2 cup raw white rice	6 cup milk
8 eggs	1-1/2 cup sugar
3 tsp vanilla	

In large, heavy pot, heat rice and milk just to boiling. Cover and simmer until rice is done, about 30-45 minutes (it is crucial that rice is done). While rice is simmering, beat together eggs, sugar and vanilla. When rice is tender, add egg mixture to rice. Slightly boil until thick. Put in large bowl to cool. Optional: Sprinkle top with cinnamon.

TATER TOT CASSEROLE

1 lb. hamburger	1 large onion, chopped
1 32 oz. pkg. frozen Tater Tots	1 10-1/2 oz. can cream of mushroom soup
1 10-1/2 oz. can cream of celery soup	1 10-1/2 oz. can cream of chicken soup
1/2 cup water	
grated cheese (as desired)	

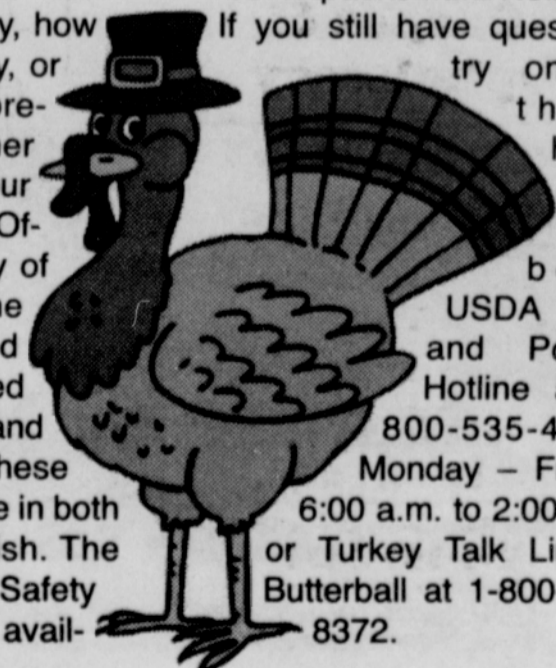
Brown hamburger and onion. Drain off grease. Line a 9x14" pan with frozen Tator Tots. Add soups and water to browned hamburger; mix and pour over Tator Tots. Optional: Sprinkle top with your favorite grated cheese.

Bake in 350° oven for 30-40 minutes.

Poultry info for questioning cooks

Are you planning to cook a turkey for the holidays? Do you need more information about how to stuff your turkey, how long to cook the turkey, or how to handle a pre-cooked turkey dinner safely? If so, contact your local OSU Extension Office and ask for a copy of one or more of the Turkey Basics Food Safety Facts published by USDA Food Safety and Inspection Service. These fact sheets are available in both English and Spanish. The Turkey Basics Food Safety Fact Sheets are also available on the web at <http://www.fsis.usda.gov/OA/pubs/hotpacks.htm#Holiday>.

If you still have questions, try one of these holiday numbers. USDA Meat and Poultry Hotline at 1-800-535-4555, Monday - Friday, 6:00 a.m. to 2:00 p.m. or Turkey Talk Line - Butterball at 1-800-288-8372.



Church Directory

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

Sunday
Breakfast 10:00 a.m.
Morning Worship 10:45 a.m.
*B.L.A.S.T. w/Nursery 11:00 a.m.
*Bible Learning and Scripture Training
Youth Group 6 -8:00 p.m.
(Jr. & Sr. High)
Wednesday
Prayer Meeting 7:00 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J. Dickey, Pastor
Grant & North Streets
Vernonia, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:15 a.m.
Evening Worship 5:00 p.m.
Evening Service will change to 3:00 p.m. on Sept. 7, 2003

Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.

Bible Study, Wednesday 7:00 p.m.
Youth & Kids, Thursday 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

500 California Ave
Vernonia, 503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available

Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
Sunday 12:00 Noon

Religious Education
Sunday 10:30 a.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Pastor
375 North St. (Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

CHRISTIAN CHURCH

410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Every Wednesday:
Ladies' Bible Study 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 p.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School