



Live Well, Work Well

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Food Safety

Each year, 1 in 8 Canadians fall ill due to food poisoning, according to the Public Health Agency of Canada. Food poisoning occurs after consuming foods that are contaminated during preparation.

Thawing Food Properly

When thawing food, outer sections warm up faster than inner sections, which can cause microorganisms to grow. That is why it is important to follow the correct thawing suggestions below, depending on your method, to prevent the growth of microorganisms:

- In the refrigerator—Thaw food at 5 C (41 F) or lower to keep harmful microorganisms from growing.
- Under running water—Thaw food at about 21 C (70 F) or lower.
- In the microwave—Only thaw food in the microwave if the food will be cooked immediately.
- During the cooking process—Some foods can be thawed while cooking, such as frozen hamburger patties on a grill.

Preparing Food Safely

To avoid cross-contamination, adhere to the following practices:

- Wash your hands using hot, soapy water before handling food and between touching different types of food.
- Clean all work surfaces and equipment after each task, especially when handling raw foods.

Cooling and Reheating Food

When cooling food, time spent in the temperature danger zone must be minimized. When being reheated, food must reach the correct temperature in the right amount of time.

To properly cool food:

- Divide large quantities of food into small shallow containers for quicker cooling.
- Refrigerate or freeze prepared food and leftovers within two hours.
- Stir food to cool it faster and more evenly.
- Do not pack the refrigerator—cool air must circulate.

To properly reheat food:

- Make sure food reaches an internal temperature of 74 C (165 F) for at least 15 seconds. Throw out any food that doesn't reach this temperature within two hours.



Turkey Burgers

Grilling Safety Tips for Your Summer Barbecue

Many Canadians love to barbecue all year round, but it is especially popular when the weather starts to warm up. While grilling out is a fun summer activity for many, risks are involved if the proper precautions aren't taken.

Keep the following safety suggestions in mind when grilling:

- Check the gas tank hose before using it for the first time each year.
- Keep your grill at least 3 metres (10 feet) away from other objects, including your house, trees and outdoor seating.
- Grill outside only on a flat surface, and don't bring the grill into an unventilated or enclosed space, such as the garage, carport or porch.
- Only use starter fluid with charcoal grills—never with gas grills.
- Keep children and pets at least 1 metre (3 feet) away from the grilling area.
- Don't leave your grill unattended, as fires can double in size every minute.
- Clean the grill regularly to remove grease and fat buildup.

Overall, practising vigilance and taking proper precautions can help reduce fires and associated burn injuries caused by grills.



A Daily Dose of Coffee Could Benefit Your Heart

According to McMaster University scientists, caffeine can help fight cardiovascular disease. Researchers found that the consumption of two to three average-sized cups of coffee per day can reduce low-density lipoprotein (LDL) levels. High levels of LDL cholesterol in the bloodstream are associated with an increased risk of cardiovascular disease.

Some people may worry that drinking coffee could trigger or worsen certain heart issues; however, recent studies suggest that daily coffee intake may be included as part of a healthy diet for people with and without heart disease. Furthermore, coffee consumption has not been linked to new or worsening cardiovascular disease. Studies found that drinking coffee either had a neutral effect—thus causing no harm—or was associated with heart health benefits. Cheers to that!

Makes: 4 servings

Ingredients

453 g (1 pound) ground 85% lean turkey
2 medium onions (chopped)
45 ml (3 tbsp) lemon juice
1.2 ml (¼ tsp) Worcestershire sauce
1.2 ml (¼ tsp) dried or fresh parsley

Preparations

- 1) Combine the onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix these ingredients well.
- 2) Shape the mixture into four patties.
- 3) Fry the patties in a pan on medium heat or grill them until their internal temperature reaches 74 C (165 F).

Nutritional Information

(per serving)

Total calories	224
Total fat	14 g
Protein	20 g
Sodium	74 mg
Carbohydrate	6 g
Dietary fibre	1 g
Saturated fat	4 g
Total sugars	3 g