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New Jersey Agricultural  
Experiment Station

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### Deskercise!

- Reach Out and Touch Your Fingers: Do each hand individually. Touch the tip of your thumb to to the tip of each finger in turn, making the circle as round as you can. Straighten your fingers in between touching each finger.
- Hamstring Hug: Sit back and place your hands under your right thigh. Pull knee toward chest then extend the leg straight in front of you as far as you can. Repeat with your other leg. Do three to five times with each leg.

For more deskercises, visit: <http://uclivingwell.ucop.edu/deskercise>

Remember to consult your doctor before beginning any exercise program.

# Healthy on the Job! Workplace Wellness Newsletter

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Focus: Food Safety

For an index of free Rutgers NJAES publications on Food Safety, visit <http://njaes.rutgers.edu/pubs/>

## Food Safety

Millions of illnesses in this country every year can be traced to food-borne bacteria. And the FDA estimates that two to three percent of these illnesses can lead to secondary long-term illnesses. For example, E. Coli can cause kidney failure in children, Salmonella can lead to arthritis and serious infections, and Listeria can cause meningitis and

even stillbirths! These kinds of bacteria are especially scary because they are invisible to the eye and have no smell or texture. Safe food handling is the best way to prevent exposure to them, and it is incredibly simple! There are four simple steps:

**Clean**—Wash hands for at least 20 seconds with soap before handling

food. Also clean all dishes, cutting boards, utensils, etc. after handling food items and before moving onto another food.

**Separate**—Don't cross-contaminate. Keep meats, poultry, seafood, eggs and their juices away from ready-to-eat foods.

**Cook**—to proper temperatures in order to kill harmful bacteria. Use a thermometer and follow USDA guidelines.

**Chill**—Refrigerate promptly because low temperatures slow the development of bacteria.

For more information: [www.fightbac.org](http://www.fightbac.org)

**Many holiday food traditions involve eggs, and these can be just as safe! The USDA recommends that people do not eat raw or undercooked eggs or egg products. So if you love your eggnog, raw cookie dough or other homemade treats made with egg, try using pasteurized eggs or egg substitutes. You can enjoy the same taste without the risk of salmonella!**

## Tips for Safe Eating While at the Office

From the American Dietetic Association:

-Refrigerate sandwiches, fruits, veggies and leftovers.

-Toss your leftovers before you forget. 22 percent of office fridges are

cleaned only once a year!

-Take care of the microwave. Cover dishes and clean any spatters from the inside.

-No corporate sponging! Communal sponges are often infested with bac-

teria. Use a damp paper towel instead.

-Keep the following at your desk: hand sanitizer, disinfectant wipes, insulated lunch bag with freezer pack, labels for leftovers and fridge and meat thermometers.

# Recipe of the Week



## Firehouse Lentil Soup

Makes 6 servings

Total time: 30 minutes

1-1/2 cups uncooked lentils

6 cups water

1/2 teaspoon black pepper

1/2 teaspoon cumin

1/2 teaspoon oregano

2 bay leaves

4 oz can diced green chilies, undrained

1 medium red bell pepper, chopped

1 medium carrot, diced

1/4 cup lime juice 1 table-  
spoon olive oil

Place the first 6 ingredients in large pot. Bring to a boil and simmer until lentils are tender, about 20 minutes. Remove 1 cup of lentils and puree with green chilies in blender. Add back to the soup. Add bell peppers and carrots and cook until the vegetables are tender. Discard bay leaves before serving and serve with lime juice and olive oil.

Nutrition information: Per serving: 200 calories; 3 g fat; 0 mg cholesterol; 32 g carbohydrates; 13 g protein; 12 g fiber; 80 mg sodium.

For more healthy recipes for you and your family, visit <http://www.fruitsandveggiesmatter.gov>

## Top web Sites for Additional Information

[www.njaes.rutgers.edu/foodsafety](http://www.njaes.rutgers.edu/foodsafety) Rutgers Cooperative Extension's site features programs, resources and Q & A about food safety.

[www.foodsafety.gov](http://www.foodsafety.gov) Serves as a gateway to food safety information.

[www.fda.gov/food](http://www.fda.gov/food) The US Food & Drug Administration links to a variety of resources.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety) The Centers for Disease Control offers food safety alerts and other information.

[www.fsis.usda.gov](http://www.fsis.usda.gov) The Food Safety and Inspection Service has events, and fact sheets.

[www.nlm.nih.gov/medlineplus/foodsafety](http://www.nlm.nih.gov/medlineplus/foodsafety) A service of the US National Library of Medicine and the National Institutes of Health.

## Eggs: All They're Cracked up to Be

Eggs are easy to cook, chew, and digest for kids and seniors alike. They also contain choline, an essential nutrient during pregnancy. In addition to having more protein per serving than most foods, eggs also contain all the amino and fatty acids humans need. They do contain cholesterol but meats contain much more.

## Food Safety at Home

Some simple tips from the Center for Food Safety Research at the University of California, Davis

**WARNING: Never taste food to see if it has gone bad! This could be very damaging to your health.**

**Bread: Perform a squeeze test on bread to get an idea of the freshness. Search for any visible signs of mold.**

**Lunchmeat: Follow use-by date. Consume within 7-10 days of purchase.**

**Dairy: Consume within 7-10 days of sell-by or use-by date. Moldy cheese blocks can be saved if you cut a quarter- to a half-inch off beyond the moldy area.**

**Leftovers: Refrigerate leftovers no more than two hours after preparation. Always mark the date on the container and eat within 3-5 days.**

**Produce: Visually inspect foods for signs of decay. Adhere to sell-by or use-by dates on pre-packaged varieties. Be aware of watery, broken-down, or foul-smelling fruits or veggies.**

**Frozen Foods: Use dates on package as guidance. Be careful when defrosting these foods!**

**Pantry Foods: inspect packaging and discard broken or torn packages and dented cans immediately.**

Eggs have no carbohydrates or trans-fat, which are far worse for health. Because they are low-calorie and dense in nutrients they can often aid in weight control. They are the most affordable source of protein on the market. So get crackin' with an egg!

Source: Egg Nutrition Center, [www.enc-online.org](http://www.enc-online.org)

**"We load up on oat bran in the morning so we'll live forever. Then we spend the rest of the day living like there's no tomorrow." —Lee Iacocca**