

HOWELL COUNTY  
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 1, 5, 7, 8, 11, 12, 13,  
14, 15, 18, 19, 20, 21, 22,  
25, 27, 28, 29

Willow Springs WIC: 6

Mountain View WIC: 26

Family Planning: 12, 19, 20

Immunizations: 7, 14, 28

Covid-19 Vaccination Clin-  
ics: West Plains– 6, 13, 20,  
27 (from 9am-4 pm). Wil-  
low Springs-6 and Moun-  
tain View-26 at our satel-  
lite WIC clinics.

Food Handlers: None

Holiday's (closed): Mon-  
day , July 4th-Independence  
Day

**INSIDE THIS  
ISSUE:**

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Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

# Monthly Monitor

VOLUME 239

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## Summer Safety Food Grilling from Justin Frazier, EPHS

Grilling is a summer classic enjoyed by many. One of the awesome things about grilling is that you can grill pretty much anything! Burgers, chicken, seafood, vegetables... they're all delicious when cooked on the grill. But did you know that there are food safety steps to follow no matter what you're cooking?

### **Safe Food Prep for Grilling**

**Clean:** No matter what you're grilling, always start with clean hands. You should especially wash your hands before and after touching raw meat, poultry and seafood items to prevent the spread of food-borne illness bacteria.

When it comes to washing food items, you should wash some, but not others: Always wash fruits and vegetables before preparing. Run fruits and vegetables under clean, running water and gently rub to remove any debris. If you are using firm fruits and vegetables, such as melons and zucchini, use a vegetable brush to

scrub. Dry fruits and vegetables with a clean cloth or paper towel to further reduce bacteria that may be present.

Never wash or rinse meat, poultry or seafood items. Doing so greatly increases your risk of cross-contamination because bacteria can be spread to other foods, utensils and surfaces. If you must rinse your meat or poultry because of a marinade or brine, be sure to thoroughly clean and then sanitize all surfaces, including the inner sink, to eliminate the risk of cross-contamination.

**Separate:** Always keep your raw meat, poultry and seafood items separate from ready-to-eat foods, such as salads, dips and even any fruits and vegetables you plan on grilling. As soon as you put raw items on the grill, get a clean plate or serving dish ready for when the items are done. You should also pay attention to the utensils used while grilling – those tongs you used to place those raw burgers on the grill could be contaminated with harmful bacteria, which could spread to the fully cooked burgers being pulled off the grill. Ultimately, it

is NOT safe to use the same plate or utensils you originally used to place raw items on the grill, unless they have been fully washed and sanitized.

### **How To Grill Meat, Chicken, and Fish**

Grilling uses direct high heat to cook items – it's what gives them the classic grill marks that everyone loves to see. However, those marks can make items look done before they actually are. This can be a major safety issue! When grilling meat, poultry and fish, it's important to use a food thermometer to make sure your items are truly being cooked through to a safe minimum internal temperature. The recommended safe internal temperature varies depending on the product you're cooking, so use this handy list to know what yours should reach:

Beef, pork, lamb and veal (steaks, roasts and chops): 145° F (with a 3-minute rest time)  
Ground meats (including burgers and hot dogs): 160°F  
Whole poultry, poultry breasts and ground poultry: 165°F  
Fish: 145°F

## Covid Vaccination Clinics

Howell County Health Department is offering walk in no cost COVID-19 Vaccination Clinics every Wednesday in April from 9 am-4

pm. In Willow Springs on the first Wednesday every month from 8:30 am-3 pm and in Mountain View on the fourth Wednesday every month from

8:30 am-3 pm at our WIC & Immunization satellite clinics. Satellite clinic location can be found on our website, [www.howellcountyhealth.com](http://www.howellcountyhealth.com)



We crave comfort foods when we're stressed.

WIC has increased formula options due to the shortages.

Stay safe while swimming this summer!



## Nutrition Needs and Stress from www.foodandhealth.com

A little stress is a good thing. It may motivate us to move and get things started. Chemicals in the brain, known as neurotrophins, enhance and connect the links between the neurons in our brains. Navigating stress may build resilience and boost your immunity in the short term. If we had zero stress, we'd likely get nothing done. But what about when you're experiencing more than just a little stress? What if it's almost constant?

**Food and Mood:** It's

no surprise that we crave comfort foods when we're feeling stressed. Previous animal and human research indicates that energy-dense foods like chips, chocolate, and ice cream may offer some pain relief by tapping into our dopamine receptors. Tasty food provides feel-good memories that may bring some joy when we're feeling down.

Healthy and unhealthy comfort eating did not reduce reactivity or improve recovery of psychophysiological stress versus the control.

No differences in reactivity

or recovery were noted by the type of comfort food consumed. **Researchers believe that swapping unhealthy food with healthy food will not result in adaptation to stressors, but can alleviate the negatives of unhealthy food intake in times of stress** including abdominal weight gain and increases in blood sugar.

## Formula Shortages & Increased Options by April Bridges, WIC Nutritionist

Nationwide formula shortages continue to daunt parents everywhere. Our area has been particularly hit hard by these shortages. To combat these challenges, WIC has

increased formula options to help participants get the formula their baby needs. Recently added options include larger can sizes of original WIC formulas, some Enfamil, Gerber, Parent's Choice,

and now Earth's Best brands. The newest list of approved formulas are on the WIC Shopper App, or can be viewed on Missouri WIC facebook page or at <https://health.mo.gov/living/families/wic/families/>.

## Avoid Recreational Water Illnesses this Summer from Vanessa Doss, RN

As the weather warms up the thought of cooling off in the pool, lake or river becomes appealing. Did you know having fun in the water could lead to Recreational Water Illnesses (RWIs)? RWIs are caused by germs that can contaminate pools, lakes, rivers and oceans. The most common of these illnesses are called cryptosporidium and *E. coli* O157:H7. Some ways you can avoid these illnesses

are to prevent water from splashing into your mouth and abstain from drinking the water. Do not swim if you or your child is experiencing diarrhea. Minute amounts of these germs easily contaminate water and can lead to others becoming ill. Some steps you can take to keep yourself or other's safe is to practice good hygiene such as showering and handwashing before and after

swimming, take your child to the bathroom before they ask and change your child's diaper in the bathroom or at a changing station not near the water. Follow up with your healthcare provider if you or your child experiences diarrhea after swimming or playing in the water. By following these simple tips, you can keep your family safe and healthy this summer while staying cool.



## Howell County Health Department

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**Public Health: Prevent. Promote. Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Howell County Health Department Staff & Email

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