

HOWELL COUNTY HEALTH DEPARTMENT

FEBRUARY CALENDAR

WIC: 1, 2, 5, 6, 8, 9, 13, 14, 15, 16, 20, 21, 22, 23, 26, 28, 29

Willow Springs WIC: 7

Mountain View WIC: 27

Family Planning: 1, 21, 29

Immunizations: 6, 13, 20

Food Handlers: 5

Holiday's (closed): 12th-Lincoln's B-Day, 19-President's Day

INSIDE THIS ISSUE:

February...Love Your Heart! 2

Happy 50th WIC 2

Food Recalls 2

Mission and Contact Info 3

HCHD Staff and Email 3

Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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Don't Let Foods Fumble Your Super Bowl from USDA.gov

WASHINGTON, Jan. 29, 2024 — Safely serving friends and family during the big game is a win for everyone; don't fumble it this Super Bowl Sunday. February 11 kicks off Super Bowl LVIII, and football fans will be huddling up to watch the big game while enjoying their favorite foods. Whether you're ordering delivery, or preparing and serving food to guests, the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) has some gameday plans to keep your Super Bowl from being intercepted by food-borne illness. "Super Bowl parties are a fun time for people to unwind and enjoy the big game, but food safety must remain a top priority," said USDA Under Secretary for Food Safety Dr. Emilio Esteban. "Simple steps like not leaving food out at room temperature for more than two hours or keeping hot foods hot and cold foods cold can help keep your friends and family safe." Follow these USDA tips to avoid getting caught offside with food safety this Super Bowl Sunday.

Deliveries and Takeout Foods: If you're ordering takeout earlier in the day before the big game, make sure someone is there to get the food in a timely manner. Place any food that is not being eaten immediately in the re-



frigerator. When storing leftovers, divide them into smaller portions and place them into small, shallow containers. Perishable foods that have been sitting out at room temperature must be eaten within two hours after being cooked.

Stay in the In Zone, not the Danger Zone: If you're serving food to groups, follow the two-hour rule. When perishable foods sit in the Danger Zone (temperatures between 40 F and 140 F) for more than two hours, bacteria can multiply rapidly. Meat and poultry must be refrigerated or frozen within two hours of sitting out on a counter in the Danger Zone. If you want to enjoy the big game and serve food longer than two hours, keep hot foods hot and cold foods cold. Hot foods must be kept at 140 F or above by using warming trays, chafing dishes, or a slow cooker. Cold foods must be kept at 40 F or below. To keep them cold, serve them in smaller portions and refill them, or place the food in containers and nestle them in ice.

Don't Let Leftovers Sit on the Sidelines: Your Super Bowl leftovers will be safe for three to four

days in the refrigerator. Reheat leftovers to the safe internal temperature of 165 F as measured with a food thermometer. Reheat liquid foods like soups and sauces to a boil. Tasting food to determine its safety is dangerous. When in doubt, throw it out!

Always Remember the Four Steps to Food Safety: **Clean**—Wash your hands for at least 20 seconds before, during, and after meal preparation. Clean and sanitize surfaces often with soap, water and a sanitizer. In a recent USDA study, 96% of handwashing attempts failed due to missing all the necessary steps. **Separate**—Use separate cutting boards: one for raw meat and poultry and another for fruits and vegetables. Keep raw foods separate from ready-to-eat foods and utensils. **Cook**—Cook meat and poultry products to a safe internal temperature by using a food thermometer. **Chill**—Place foods that are no longer being eaten back into the refrigerator or freezer within two hours of sitting out at room temperature.

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at www.ask.usda.gov 10 a.m. to 6 p.m. Eastern Time, Monday through Friday. Access news releases and other information at USDA's Food Safety and Inspection Service's (FSIS) website at www.fsis.usda.gov/newsroom. Follow FSIS on X at [@usdafoodsafety](https://twitter.com/usdafoodsafety) or in Spanish at X [@usdafoodsafety_es](https://twitter.com/usdafoodsafety_es).



Heart disease is the number one cause of death for Americans.

Happy 50th Birthday WIC!

Recalls can be voluntary actions taken by a company.



February...Love Your Heart! from Cheri Carda, RN.

When we think of February, love always comes to mind. Whether it's loving the groundhog or your valentine, our hearts are full with the love we bear.

While we are bearing love for others, let's show some love to ourselves and our heart.

While we are loving Groundhog Day, we can also wear red to remind ourselves that heart dis-

ease is still the number one cause of death for Americans.

According to the National Heart, Lung, and Blood Institute, nearly 650,000 Americans die of heart disease EACH year!

What can we do to protect our hearts?

- keep an eye on our cholesterol and blood pressure
- monitor or limit our sodium intake

- manage our diabetes
- pump up our heart with exercise and activity

- manage stress
- no smoking

• watch our weight
If you are a woman, please be aware of the risks and empower yourself to be an active participant in your care. Every heart is precious and deserves to be loved. So love yours today!

WIChealth.org from April Bridges, WIC Nutritionist

50 years ago, the world changed! Throughout 2024, we are celebrating the nationwide anniversary of the WIC program, which has helped countless families supple-

ment their grocery shopping in ways never previously offered. There are so many invaluable nutrition and health services that WIC can help with. In Missouri, we are proud to say

that over 90,000 people are using WIC each month. That's what 50 years of growth looks like, and there is no slowing down!
#Missouri #WIC #Women #Infants #Children #WIC50

Food Recalls from Justin Frazier, EPIS

A recall is a tool used by a company to remove products from sale that may be defective or harmful. Most recalls are voluntary actions taken by a company. When food recalls are announced the appropriate governmental agency reviews that announcement and assigns a classification based on the reason for the recall. Some recalls may have illness outbreaks or injury reports related to them. Others have tested positive for undeclared allergens or pathogens. The recall announcement is reviewed by either the U.S. Food and Drug Administra-

tion or the U. S. Department of Agriculture. Consumers can find the recall announcements posted on these agency's web pages. In an effort to better serve Missouri citizens, the Department of Health and Senior Services receives these announcements and reviews them to determine how Missouri citizens are affected by the recall. Companies that issue recall notifications that list products that may have been distributed to Missouri or neighboring states are contacted by the Department to determine distribution. Recalls specific to Missouri are

posted to the Department's recall webpage. When recalled product is available at retail food establishments in Missouri, the information on distribution is shared with Local Public Health Agencies. With this distribution information food safety inspectors across the state assure that the recalled products have been removed from sale. Find information to recalls at the following site: <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts>, <https://health.mo.gov/safety/foodrecalls/>



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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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