



November 2012

YOU SHOULD KNOW

IN THIS ISSUE

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Food-Safe Holidays
10 Bests Recipes
Thanksgiving
Disasters



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Dear Jessica,

The holidays are nearly here, which means celebrating with family and friends. Since food is a major part of most holiday festivities, we thought it was a good time to brush up on the basics of food safety. Have a happy and safe Thanksgiving!



THE DOCKET /

> CHECK OUT OUR BETTER HEALTH CARE NEWSLETTER.

> LATEST NEWS FROM

Four Steps to a Food-Safe Holiday

Food is the Main Event at nearly every major cultural celebration and ritual, including Thanksgiving. So why not make sure your holiday feast is both yummy and easy on the tummy?

With one flip of an egg timer, you can learn four simple steps to preventing foodborne illnesses. And while you're at it, impress your family and guests with a dish from our *10 Bests* list of turkey and trimming recipes.

Let's get cooking. >>>



It's one-to-four easy to prepare food safely. Download the FDA's Healthy Holiday Tips.

BY THE NUMBERS /

1 in 6 Get Sick

Roughly one in six Americans will suffer from a foodborne illness each year (or 48 million people), more than 100,000 will be hospitalized and 3,000 will die. Most at risk: pregnant women, older adults and people with chronic illnesses.

Source: *Estimates of Foodborne Illness in the United States*, Centers for Disease Control and Prevention

165° Minimum

The minimum internal temperature for safely serving a turkey is 165 degrees Fahrenheit at the innermost part of the bird. Use a real meat thermometer (pops often fail), and take the temperature without touching a bone. Reheat leftovers to 165 F as well.

Source: *The Turkey*, Partnership for Food Safety Education

OUR PATIENT SAFETY
BLOG

> CHILD SAFETY TIPS AND
ACCIDENT PREVENTION
FROM OUR CHILD
PROTECTION BLOG

> MALPRACTICE A-Z:
ANSWERS ON SPECIFIC
TOPICS

4,500 Calories

The average holiday dinner packs a calorie-laden wallop of 3,000 calories. Add in another 1,500 calories for drinks and snacks before and after the feast, and the average American can top 4,500 calories and 229 grams of fat on Turkey Day!

Source: *Stuff the Bird, Not Yourself*, Calorie Control Council

BOOKMARK FAVORITES /

Explore the Holiday Food Safety Success Kit

Billed as “everything you’ll need for a festive, delicious, food-safe celebration,” the [Holiday Food Safety Success Kit](#) is sponsored by the [Partnership for Food Safety Education](#). The holiday kit includes [food safety tips](#), easy-to-prepare [recipes](#), activity [brochures](#) and more.

Promote Food Safety Throughout the Year

Take food safety to another level with educational materials from [FoodSafety.gov](#), a joint effort by several federal agencies. The [Food Safe Families Campaign Toolkit](#) includes [planning guides](#), numerous [handouts](#) and several attention-getting [public service announcements](#).

CDC Coordinates National Attack on Food Illnesses

Centers for Disease Control and Prevention (CDC) track foodborne diseases while working with the Food and Drug Administration and the U.S. Department of Agriculture on education, prevention and enforcement. The CDC [food safety homepage](#) serves as an online hub for detailed studies and resources in the battle against foodborne illnesses.



Avoid Thanksgiving Disasters

Almost everyone has had a Thanksgiving disaster, from exploding turkeys to dessert-eating dogs to carving a finger along with the drumstick. Here are a few of our favorites with some timely advice on how to recover as gracefully as possible.

[Tell us your story too!](#)



Legal Help After Hurricane Sandy

As thousands of Americans try to put their lives back on track after the devastation of Hurricane Sandy, the group Trial Lawyers Care is offering advice and resources on how to protect your legal rights after a natural disaster.

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