

SERVING SAFE AND HEALTHY FOODS AT PRIVATE COMMUNITY EVENTS

Community gatherings such as neighborhood block parties or BBQ's, office parties, church potlucks or family events bring people together to share great food. These events are considered private as they are restricted, not open to the general public and food is provided without compensation. Food licenses and permits are not required for these types of "private events."

Some community events are considered public events and would require licenses and permits. For more information please visit: <http://www.clark.wa.gov/public-health/food/index.html>

Safe food handling is always important when groups of people are fed at community events. To increase safety for your event we'd recommend that all food handlers get a food worker card. It's easy and it's online www.foodworkercard.wa.gov.

Start Out Right

- Make sure all cooks and volunteers know the basics of food safety.
- Always work with clean hands
- Regularly wash cutting boards, knives, countertops and utensils with hot soapy water
- Cook food to recommended safe internal temperatures
- Never partially cook food and finish later
- Prepare food close to serving time
- Avoid cross contamination (keep raw meats away from ready-to-eat foods)
- Keep cold food cold (at or below 40 F)
- Keep hot foods hot (at or above 140 F)
- Throw uneaten served food away after 2 hours.

Foods Commonly Linked to Foodborne Illness

Many foods have the potential of causing foodborne illness, so it is important to always follow safe food practices. Certain foods are considered potentially hazardous and require the most care with preparing, serving and storing; meat, poultry, seafood, fish, eggs, alfalfa sprouts, cut melons, cooked pasta, potatoes and rice.

Be Food Safe! Prepare with Care

CLEAN. Wash hands, utensils, and surfaces often
SEPARATE. Don't cross-contaminate
COOK. Use a food thermometer
CHILL. Chill food promptly and in shallow containers

Leading Causes of Foodborne Illness

- Poor and infrequent hand washing
- Food not hot enough
- Food not properly cooled
- Sick food handlers
- Preparing food a day or more ahead of time
- Raw food mixed with cooked food
- Food left in the temperature danger zone (40-140 F) for more than two hours
- Cross contamination

For more detailed information visit www.foodsafety.gov or download *Cooking for Groups: A Volunteer's Guide to Food Safety* http://www.fsis.usda.gov/fact_sheets/Cooking_For_Groups_Index/index.asp.

MAKE IT HEALTHY

Community events are a great opportunity to offer delicious, healthy food choices.

Make your Favorite Potluck Dishes Healthier!

Reduce Fat:

- Use non-fat and low-fat dairy products (milk, yogurt, cheese, sour cream, cream cheese)
- Offer lean meats (chicken, fish, ground turkey)
- Steam, bake, broil and sauté foods
- Offer low-fat dips, spreads and dressings

Increase Fiber:

- Offer whole grains (breads, tortillas, crackers, pastas, brown rice)
- With dried bean dishes and dips
- Make fruit the star of desserts
- Always prepare fruit and veggie platters

Some Quick and Healthy Ideas

- Always offer water!
- Fresh fruit with low-fat yogurt dip
- Raw vegetables salads with low-fat dressing
- Vegetable sushi rolls or sandwiches
- Low fat cheese slices or small cubes
- Reduced or low-fat whole grain crackers
- Lean beef or turkey - 1 ounce slices
- Roasted nuts
- Pretzels or baked chips
- 100% fruit or vegetable juice
- Low fat cheese, string cheese
- Granola bars - low fat (5 grams of fat or less/bar)
- "Lite" popcorn (lightly salted)
- Dried fruit or trail mix

Use These Nutrition Guidelines When Choosing Packaged Snacks

<i>Calories per serving or package</i>	<i>Total Fat (9 calories per gram)</i>	<i>Saturated Fat (9 calories per gram)</i>	<i>Trans Fat</i>	<i>Sugar (4 calories per gram)</i>	<i>Sodium</i>
	Grams	Grams	Grams	Grams	Milligrams
75	≤ 3	≤ 1		≤ 6	
100	≤ 4	≤ 1		≤ 9	
125	≤ 5	≤ 1	0 calories, ≤ 0.5 g	≤ 11	≤ 200 mg per serving as packaged
150	≤ 6	≤ 2		≤ 13	
175	≤ 7	≤ 2		≤ 15	
200	≤ 8	≤ 2		≤ 18	
Calculations for guidelines*	(Total calories x 0.35) / 9 cal/g	(Total calories x 0.10) / 9 cal/g		(Total calories x 0.35) / 4 cal/g	

- Less than 200 calories*
- Less than 35% calories from Fat
- Less than 10% calories from Saturated Fat
- Zero Trans Fat
- Less than 35% calories from Sugar
- At least 3 grams Dietary Fiber (Grain Products)
- Less than 200 milligrams Sodium

*per serving

Note: Nuts are considered healthy and exempt from these guidelines