



Caring Matters

County of Sacramento

January 2018

How to keep Foods at Peak of Freshness



According to Money Magazine, the average household tosses out 14% of the food they purchase. That amounts to over \$1300 worth of food a year! Fortunately, a lot of waste can be avoided by learning how to properly store your food to keep it fresh longer. Making your food last longer will help you to avoid waste, shop less and cut your grocery bill.

Fresh Fruits and Vegetables:

Line the bottom of your refrigerator's crisper drawer with paper towels. They will absorb the excess moisture that causes veggies to rot.

Wash berries in water with just a bit of vinegar before popping them into the fridge.

Lettuce needs moisture to stay fresh and will quickly wilt if it dehydrates. Wrap lettuce in damp paper towels and store in a plastic bag. If salad greens begin to wilt, soak them in ice water to crisp them up before fixing a salad.

Prevent mushrooms from getting slimy by wrapping them in paper towels before refrigerating.

If you cover the crown of a banana bunch (where the stems are) in plastic wrap, the bananas will last longer. Bananas release natural ethylene gas to ripen themselves, and most of the gas is released by the stem. By wrapping the crown, you will prevent some of the gas from reaching the rest of the banana.

Keep apples away from other foods. Apples give off ethylene gas, which can cause foods to spoil. If they get too soft, just cook them!

Store potatoes with an apple to prevent sprouting.

Meat, Fish and Eggs

Store eggs in their original carton. If you're unsure of an egg's freshness, see how it behaves in a cup of water. Fresh eggs sink; bad ones float.

Meat and poultry should be kept in its original package if you'll use it within 2 days. (Rewrapping increases the risk of exposing the food to harmful bacteria).

Fish should be kept in a bag on top of a bowl of ice and eaten as soon as possible. You can also freeze fish or broil it and store it in the fridge.

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IHSS Public Authority

Welcome to the new IHSS Public Authority Newsletter! We've gone electronic with our newsletter, and welcome your suggestions for content or general feedback.

Contact Us

IHSS Public Authority
3700 Branch Center Road
Suite A
Sacramento CA 95827
Phone: (916) 874-888
Fax: (916) 875-946
IHSS-PA@saccounty.net
www.pubauth.saccounty.net



How to keep Foods at Peak of Freshness, Continued

Bread and Cereal Products:

Freeze flour for 48 hours to kill any insect eggs that might be present. Then, place in a tight-sealing container and store in a cool, dry spot away from sunlight.

To help ward off weevils, try slipping a bay leaf into your storage container. The scent of the bay leaf will help repel the bugs.

Contrary to popular belief, storing bread in the refrigerator actually makes it spoil more quickly. Your best bet is to store bread on the kitchen counter in a tightly sealed bag or container.

Dairy Products and Cheese:

Keep milk in the main part of the fridge compartment if you have the space. When milk is stored in the door rack, it's warmed by the ambient air of the kitchen whenever the fridge door is opened.

Make sure to wrap all cheese securely in wax paper or cheese paper before storing it in the refrigerator, which allows it to breathe without letting in excess moisture or odors from your fridge. You can also rub butter on the cut parts of hard cheeses to prevent them from drying out. You can also freeze cheese!

In order to make cottage cheese or sour cream last longer, place the container upside down in the fridge. Inverting the tub creates a vacuum that inhibits the growth of bacteria that causes food to spoil.

Store butter in its original packaging. Stock up on butter when it's on sale—you can store it in the freezer.

Upcoming FREE Classes

IHSS Public Authority regularly holds classes on a variety of subjects related to caregiving! All classes are open to both Providers and Recipients, and are held on Thursday evenings as scheduled below. Classes begin at 5:30pm and end by 7:30pm. Take a look at some upcoming classes:

January 11th—Points for Personal Care and Wheelchair Use*. Presented by IHSS PA staff, this class will provide some helpful tips for mouth care, bathing, feeding, dressing and grooming your Recipient, as well as appropriate wheelchair use.

January 25th—Multi-Purpose Senior Services Program (MSSP). Presented by Ella Romano, social worker with MSSP, this class will discuss how MSSP provides Home and Community-Based Services (HCBS) to Medi-Cal eligible individuals who are 65 years or older and disabled as an alternative to nursing facility placement.

***Indicates Core Class.** Core Classes provide information on the basic skills each Provider needs to do their job safely, and helps Providers become more proficient in their work. A certification of completion is given at the end of each class, and each core class completed is noted in the Provider's profile, enhancing interviews with prospective Recipients.

If you have questions regarding the IHSS Educational classes, please contact Mary-Ann Cowan at (916) 876-5682 or send an email to HHS-PA-Education@saccounty.net.

