



FOR IMMEDIATE RELEASE

Aug. 28, 2023

Amy Phelps, Public Information Officer

Amy.j.phelps@wv.gov

Cell phone: 304-588-9697

Direct line: 304-420-1468

MOVHD sets food handlers class; September is Food Safety Education Month

The Mid-Ohio Valley Health Department will hold its monthly Food Handler class Tuesday, September 19 at its Parkersburg office, 211 Sixth St. Classes are at 10 a.m. and 2 p.m., each lasting about two hours. Classes cost \$10 and no appointment is required. For more information, call 304-485-7374.

September is Food Safety Education Month, and MOVHD has some tips from the FDA about safety when canning and a few general food safety tips:

When canning, it is important to use a pressure canner made specifically for canning and is the proper size to prevent under cooking. Make sure all parts are in good working condition and clean. Avoid using boiling water canners to prevent botulism poisoning, especially in low-acid foods, such as green beans, meats and corn. Use up-to-date canning instructions and equipment. When in doubt, throw it out. If you have any question about the safety of home-canned food, do not eat it. If the container is leaking, bulging, swollen, damaged, spurts liquid or foam when opened, throw away immediately.

Botulism symptoms include double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth and muscle weakness. If anyone shows these symptoms, go to the doctor or emergency room.

When handling food at home, the FDA recommends the following tips for safety: Wash your hands and surfaces often. Cook foods to the correct temperature using a food thermometer. Separate raw meats from other foods during storage and preparation. Do not place food on a plate that has had raw meat on it and do not reuse marinades used on raw foods unless brought to a boil first. Refrigerate or freeze perishable foods within 2 hours of cooking or buying and do so within 1 hour if it is above 90 degrees F outside. Defrosting food in the refrigerator is preferred; food can also be defrosted under running water at 70 degrees or in the microwave, never on the counter. Food defrosted in the microwave must be cooked immediately. Marinate food in the refrigerator. Divide leftovers into shallow containers for faster cooling in the refrigerator.

For more food safety information, visit www.fda.gov.

###

The Mid-Ohio Valley Health Department serves Wood, Wirt, Calhoun, Pleasants, Ritchie and Roane Counties. It is located at 211 Sixth St. in Parkersburg. The offices are open 8 a.m. to 4 p.m. Call 304-485-7374 or visit the website, movhd.com for more information. Follow them at Mid-Ohio Valley Health Department MOVHD on Facebook and @MOVHealthDept on Instagram and Twitter.