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ATTENTION

We are currently accepting sub-
missions for our next newsletter!

For more info, e-mail:

Bryanna.McDaniel
@FLHealth.gov



4 Simple Steps to Holiday Food Safety

As a friendly reminder this holiday season, remember to take to the safe and proper techniques to handling food to protect you and your loved ones from food poisoning. As defined by the Centers for Disease Control and Prevention (CDC), foodborne illness (also known as food poisoning, foodborne disease, or foodborne infection) is common, costly, and preventable. Check out the following four easy steps from the CDC to prevent food poisoning.

1. **Clean: Wash your hands and clean surfaces frequently.**

- Before, during, and after preparing food, you should wash your hands for 20 seconds with soap and water. You should also wash your hands before eating too.
- Rinse fresh fruits and vegetables under running water.
- It is recommended to wash your utensils, cutting boards, and countertops with hot soapy water.

2. **Separate: Don't cross-contaminate meats and vegetables.**

- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- Keep raw meat, poultry, seafood, and their juices away from other foods to prevent the spread of germs while grocery shopping.
- In the fridge it is important to keep raw meat, poultry, seafood, and eggs separate from all other foods.

3. **Cook: Ensure the right temperature**

- To ensure foods are cooked to a safe internal temperature, please use a food thermometer.
- Check out the [Safe Minimum Cooking Temperatures Chart](#) to learn more about safe internal food temperatures.

4. **Chill: Refrigerate punctually.**

- Keep your refrigerator at 40°F or below.
- Refrigerate perishable food within 2 hours. *Please note, if outdoor temperature is above 90°F, please refrigerate food within 1 hour.
- Proper thawing of frozen food includes safely in the refrigerator, in cold water, or in the microwave.

Check out the CDC's Food Safety homepage to learn more. Please access link here:
<https://www.cdc.gov/foodsafety/index.html>

COVID-19 Resources



To find the most up-to-date information and guidance on COVID-19, please visit the Department of Health's dedicated [COVID-19 webpage](#).

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling **1-866-779-6121**. The Call Center is available 24 hours per day. Inquiries may also be emailed to COVID-19@flhealth.gov.

COVID-19 Testing Sites
Please [click here](#) for the most up-to-date list

7 Recommended Healthy Holiday Tips from the CDC

The CDC's National Center for Chronic Disease Prevention and Health Promotion office has shared some helpful healthy recommendations you can take this holiday season. During this busy holiday season, please take some time to check out these 7 healthy recommended habits. These healthy recommendations can help prevent some chronic diseases like type 2 diabetes, cancer, and heart disease.

Get Enough Sleep

01



- It is recommended to get at least 7 hours of sleep per night.
- Practice healthy sleep habits.
- If you're travelling, consider sharing or breaking up your drive to avoid falling asleep at the wheel.

Move More, Sit Less

02



- Get moving with family and friends for a walk.
- Be active for at least 150 minutes a week. For example, be active for at least 20 to 30 minutes a day for 5 days of the week.

Eat Healthy

03



- Choose from healthy food options like fruits and vegetables.
- Choose healthy food options to replace salty or sugary treats.

Rethink Your Drink!

04



- Consider drinking water during the holidays to reduce calories and to stay healthy.

Don't Use Tobacco

05



- You can quit today by calling 1-800-QUIT-NOW for free support.

Prevent the Flu

06



- Remember to get your annual flu vaccine.
- It is also important to wash your hands for 20 seconds with soap and water.

Learn Your Family Health History

07



- While getting together during the holiday season practicing social distancing, take some time to talk to your family members about your family's past to learn more about your background.

Local Resources

For a list of local food banks and farmers markets click the link below:

[Feeding South Florida's 'Find Food Now' Webpage](#)

Visit the [Florida Department of Health in Miami-Dade County's Community Resource Map](#)

for information on the following resources:

- ⇒ Behavioral Health Resources
- ⇒ Community based services
- ⇒ Daycare
- ⇒ Disability Resources
- ⇒ And much more!

COVID-19 Relief Programs

For individuals, businesses, hospitality, and arts and culture.

[Click here for information](#)

The Consortium's Bounty of Health Event

With the ongoing COVID-19 pandemic and upcoming holiday season, it's important that we work to address the many challenges that families are encountering. With several barriers to care and healthy food, it's important that we find creative and effective ways to support our local communities. As a result of the current climate, DOH-Miami-Dade, Office of Community Health and Planning [OCHP] called on the Consortium for A Healthier Miami-Dade to put together an event that provided families with some relief while also providing them with as many resources as possible. This event, titled Bounty of Health, was split into two parts: a virtual education session that was open to the general public, and a drive-thru food distribution. Organizations and non-profits throughout Miami-Dade County took part in this event by either submitting short 5-minute videos on a variety of health topics or donating food and health education materials.

The hour-long virtual education session premiered on YouTube the evening of November 18th and had over 71 viewers! Another thing that made this part of the event special were the hidden "buzzwords" throughout the video. Those who watched were instructed to write down the buzzwords and present them to employees and volunteers during the Drive-Thru portion of the event if they wanted to receive additional health-related materials. With the help of Farm Share Inc., the Give Me 5 Campaign, the Optimist Club, Miami-Dade Police, and dozens of other organizations, over 250 families were provided with large amounts of produce, poultry, healthy beverages, and educational materials!

DOH-Miami-Dade, OCHP and the Consortium for A Healthier Miami-Dade hope that this event and others like it will continue to help families facing the challenges of this year, and that these efforts bring us closer to a healthier Miami-Dade.



Upcoming Events



Healthy Happens Here Webinar Series:

Journey to Wellness Rx- Life's Simple 7

When: December 7th
Time: 10:00 AM - 11:00 AM
Platform: GoToMeeting

For additional information and how to register, contact:

Robert Ward
 (Robert.Ward@FLhealth.gov),

Bryanna McDaniel
 (Bryanna.McDaniel@FLHealth.Gov), or

Candice Schottenloher
 (Candice.Schottenloher@flhealth.gov).



Applications Now Available

Step Up For Students administers five scholarship programs for Florida's schoolchildren:

- **The Florida Tax Credit and Family Empowerment Scholarship** for children K-12 from lower-income families.
- The **Gardiner Scholarship** for children ages 3-22 who have certain special needs.
- The **Hope Scholarship** for children K-12 who are victims of bullying.
- The **Reading Scholarship Accounts** for public school students in grades three through five who struggle with reading.

Apply Now. Program funds are limited and are available on a first-come, first-served basis. Visit www.StepUpForStudents.org to learn more and apply.

If you're interested in marketing materials or would like for Step Up For Students to host a webinar, please contact:

Melissa Jaramillo
 Community Outreach Manager
 mjaramillo@sufs.org
 305-922-7575

Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.



Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org