

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Some simple tips to remember for safe refrigeration of foods at home include:

- * Set your refrigerator below 40 degrees Fahrenheit using a refrigerator thermometer found in hardware and home supply stores
- * Place the thermometer in the center of the middle shelf and monitor the temperature regularly.
- * Keep your refrigerator clean wiping up spills immediately with hot, soapy water and rinse.
- * Refrigerate or freeze meat and poultry the minute you get home from the store.
- * Thaw foods in the refrigerator, under cold running water or in the microwave right before cooking. Avoid using the counter top for thawing food due to room temperature and high risk for bacterial contamination - Remember the danger zone is 40 degrees Fahrenheit to 140 degrees Fahrenheit.
- * Make it a weekly habit to throw out expired foods that should no longer be eaten.
- * Divide leftovers into small portions and store in shallow, tightly sealed containers (two inches deep or less)
- * Date leftovers so you know how long they've been in the refrigerator. A good rule to follow is to discard cooked leftovers after four days.
- * Keep the refrigerator door closed as much as possible and don't store perishable foods like milk or eggs in the door. Store eggs in their carton on an inside shelf.
- * Remember the two-hour rule for prompt refrigeration. Perishable leftovers from a meal should not stay out of refrigeration for more than two hours. In hot weather (90 degrees Fahrenheit or above), this time is reduced to one hour.
- * When in doubt, throw it out!



"I think the purpose of life is to be useful, to be responsible, to be honorable, to be compassionate. It is, after all, to matter - to count, to stand for something, to have made some difference that you lived at all." - Leo Rosten

FY03 Budget Call for Claimancy 18 Commands: What's New?

A Health Promotion Advisory Board (HPAB) will convene in July 02. Representatives from BUMED, NEHC, USMC, PERS, and the Fleet will review the budget call process and at a later meeting determine the distribution of funds. Health Promotion Coordinators at Parent commands should begin to work on their annual plan for Fiscal Year 03 (October 02 - September 03). The call for budget proposals and the proposal format will be announced after the HPAB meeting.

Youth athletics: Finding the right sport

Participation in sports is associated with a long list of benefits for children. On the physical side, there's improved fitness, coordination and weight control. But experts really tout benefits for social and psychological development.



In one season, children learn about:
Taking turns
Interacting with others
Performing under pressure
Following directions
Accepting feedback
Dealing with defeat

In addition, they learn:
Discipline
Commitment
Fairness
Respect
Responsibility

These are all skills children will eventually have to master as adults. Studies also show that participation in sports improves academic performance, body image and self-esteem. For additional information visit: <http://www.mayoclinic.com/invoke.cfm?id=HQ00414&si=1260>