



HARRISBURG HEALTH

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RADISH AND RYE



CRAWDADDY'S



RICE AND BEANS

Discover Harrisburg's Culinary Gems: A Trio of Distinctive Dining Experiences!

From Radish & Rye's local, organic fare to Crawdaddy's Southern dishes with a New Orleans twist, and Rice & Beans Diner's Caribbean comfort food, Harrisburg presents a unique blend of culinary delights. Each restaurant not only tantalizes taste buds but also serves as a community hub, enriching the dining experience in the Pennsylvania capital.

Radish and Rye

1308 N 3rd St, Harrisburg, PA 17102

Midtown Harrisburg's Radish & Rye is more than just a grocery store; it's a hub for local, ethical, and delicious foods. Partnering with small family farms and artisan producers, the store offers a range of locally sourced goods alongside world-class pantry staples. The in-house kitchen elevates the shopping experience, crafting an array of heat-and-eat meals, salads, and sweet treats from high-quality, organic ingredients. Radish & Rye is committed to not just feeding the community but nourishing it, focusing on food that benefits the consumer, the community, and the planet alike.

Crawdaddy's

1500 N 6th St, Harrisburg, PA 17102

Crawdaddy's serves up Southern Comfort food with a distinctive New Orleans twist, blending classic dishes with Creole and Cajun influences. In addition to its unique menu, the restaurant elevates the dining experience with live jazz performances. The fusion of vibrant flavors and lively music creates an atmosphere that captures the essence of Southern hospitality and New Orleans culture.

Rice and Beans

319 S 17th St, Harrisburg, PA 17104

Nestled in Harrisburg's Allison Hill neighborhood, Rice & Beans Diner offers an eclectic mix of Caribbean comfort food infused with Spanish and American flavors. Founded by culinary veteran Jose Pichardo and his wife Starlyn Rivera, who relocated from Brooklyn. The restaurant boasts a menu featuring everything from oxtail and stewed chicken to paella and hamburgers.

COVID-19 and the 2023-24 Flu Season

The United States is gearing up for a more "typical" respiratory virus season in 2023-24, according to Dr. Graham Snyder, MD, medical director of Infection Prevention and Hospital Epidemiology at UPMC. The cases of influenza, respiratory syncytial virus (RSV), and other respiratory illnesses were significantly lower in the previous seasons, mainly due to COVID-19 preventive measures such as masking and physical distancing.

Simultaneously, the U.S. has witnessed a spike in COVID-19 cases during recent winters, and activity is expected to be high this coming winter as well. As of late summer, there was a 21.6% week-over-week increase in COVID-19 hospitalizations and an 8.3% rise in deaths. Importantly, COVID-19 behaves differently from most respiratory viruses; it is circulating widely even during the summer, a time when other respiratory viruses usually see low activity. Multiple COVID-19 variants and subvariants are also present, although none have yet dominated the landscape.

Prevention remains crucial. Newly approved vaccines protect against the latest COVID-19 subvariants and are recommended for all Americans aged 6 months and older. Seasonal flu vaccines are also vital, especially for high-risk populations. Vaccines for RSV are available for older adults, and new FDA-approved options have emerged for infants and young children. Besides vaccination, preventive steps include getting tested, wearing masks, and self-isolating when sick. Dr. Snyder underscores the importance of general wellness practices like balanced diets and exercise in combating respiratory illnesses.

For more information Visit:

<https://share.upmc.com/2023/08/covid-19-and-the-2023-24-flu-season-what-to-know/>

A Life-Saving Lesson in Prostate Cancer: One Man's 31-Year Journey of Survival and Advocacy

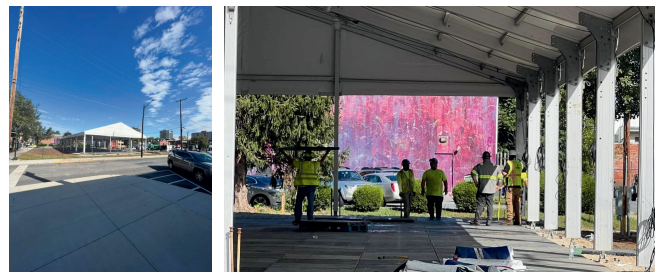


Col. (Retired) James E. Williams Jr. offers a poignant account of surviving prostate cancer for 31 years to emphasize the significance of regular screenings. His life was likely saved by a PSA blood test, urged by his wife, after he had lapsed in routine check-ups. With prostate cancer often displaying no early symptoms, Williams calls for men over 50 (or over 40 for African Americans and those with a family history) to schedule annual screenings. His advocacy seeks to combat the alarming statistic of 34,000 prostate cancer deaths annually in the U.S. For a more in-depth understanding of his journey and the critical importance of early detection, read the full article here:

<https://www.pennlive.com/opinion/2023/09/men-get-a-prostate-checkup-it-could-save-your-life-opinion.html>

Broad Street Market...Building Back Better...and Still Serving the Community!

Nelva Wright, Health Officer



[After a fire in July destroyed the historic brick building at the Broad Street Market, the Stone building is still operating and is open for business!](#)

Tanis Monroy, Market Executive Director says the since the fire, the Market has received support from Governor Shapiro, Mayor Williams, state agencies and other local businesses. However, Monroy says the support from the community has been extremely important and so uplifting.

"I love how the Community has come together, it has been truly amazing," says Monroy. In addition to the Stone building remaining open, some of the brick building vendors have set up shop in the courtyard. We are now working on the new temporary structure—16 out of 22 vendors will be opening up for business, says Monroy. "I'm excited"

This month, Broad Street Market Vendors will begin moving into a temporary market located at 3rd and Verbeke Street in Harrisburg. The temporary market will be about 5000 feet and will feature a separate shared cooking space and prep areas for vendors to use.

"It's like a co-op kitchen, it should be operating at the end of October or November. The new space will offer produce, meats, Deli items, BBQ and other foods. It is a smaller space, so a little bit of a challenge, but we are ready to make it work." Monroy states. It is estimated it may take more than two years to rebuild the destroyed areas of the Market.

In the meantime, the Broad Street Market has events planned to thank the community for their ongoing support. There will be a huge Block Party scheduled for the grand opening of the temporary market, a "Trick or Treat Night Out" on October 27 and 28th, complete with dress up night and best costume prizes. There will also be Thanksgiving food bundles offered by some vendors and a Christmas Market during the holiday.

"We are looking forward to doing great things as we rebuild," says Monroy. We want to remind people that the Stone building is open for business and we appreciate the public support."

What Health Inspectors Look For in Your Restaurant, and Why

As a restaurant owner, forming a harmonious relationship with the local health department isn't just necessary, but it's also good for business. At Harrisburg Health, our mission is to keep food establishments up to federal, state, and local safety standards. So, what do health inspectors scrutinize, and why do they prioritize certain areas?

Food Storage Practices - Improper food storage leads to cross-contamination—a primary culprit in foodborne illnesses. Inspectors ensure raw and ready-to-eat foods are separated. They also look for clear labeling with 'use-by' dates and food-grade containers.

Time and Temperature Controls - Food items left between 41°F and 135°F for extended periods are bacterial breeding grounds. Inspectors require well-documented records of temperature checks, with details on who performed them and when.

Cross-Contamination Prevention - Apart from storage, contamination can happen during food preparation. Effective prevention involves staff training, personal hygiene protocols, and color-coded kitchen equipment.

Personal Hygiene - Staff must adhere to strict handwashing guidelines and personal cleanliness norms. Inspectors pay keen attention to this, as poor hygiene is a fast track to the spread of pathogens.

Cleaning and Sanitization - Inspectors check the cleanliness of surfaces and the effectiveness of sanitization processes, focusing on the chemicals used and their concentrations.

Using Approved Sanitizers - FDA-approved sanitizers like chlorine and iodine are essential for compliance. Incorrect concentrations can either be ineffective or toxic.

Remember, health inspections aren't hurdles but aids in upholding your restaurant's reputation and public safety. Preparation and education are your best allies in this ongoing journey.

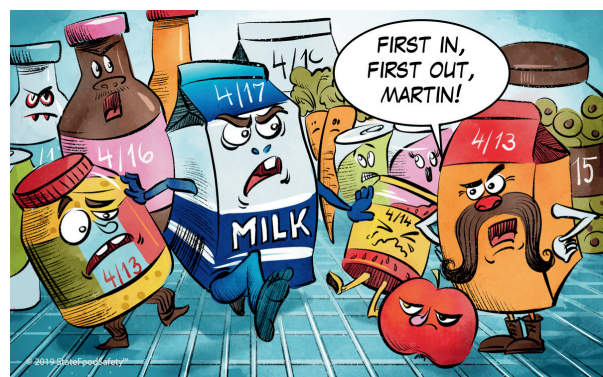
By adhering to these guidelines, you build trust with both the health department and your customers. You're not just serving food; you're serving peace of mind. Learn more at: <https://harrisburgpa.gov/codes/health/>

Fall Slow Cookers and Food Safety

The slow cooker is a versatile kitchen appliance that offers both convenience and safety. It operates at low temperatures between 170° and 280°F, making it a reliable method for tenderizing less expensive cuts of meat while preserving their size. Its cooking process, which employs direct heat and steam in a tightly sealed environment, effectively kills bacteria, ensuring your food is safe to eat.

However, safe use requires some precautions. Start with a clean environment and utensils, and always wash your hands before and during food preparation. Perishable ingredients should be refrigerated until you're ready to cook, and meats must be thawed beforehand. When using the slow cooker, layer vegetables at the bottom, as they take longer to cook than meat. After adding the meat, pour in the liquid—like broth or water—as specified in your recipe. Most slow cookers have multiple settings, letting you adjust the cooking time. However, it's often advisable to start on a higher setting for the first hour before lowering the heat, especially if you'll be away for an extended period.

Be cautious in power outages; discard the food if the electricity cuts off during cooking. Finally, handle leftovers with care: refrigerate within two hours of cooking and reheat only using a stove, microwave, or conventional oven.



Graphics by StateFoodSafety at:
<https://www.statefoodsafety.com/Resources/Resources/april-cartoon-first-in-first-out-fifo>
<https://www.statefoodsafety.com/Resources/Resources/choosing-the-right-food-safety-training-course>

FOOD SAFETY REMINDER: To minimize waste in your establishment, use older products first - as long as they are safe to use.

StateFoodSafety
Food Safety Training & Certification

Halloween Bash at the Brownstone

Reservoir Park Brownstone - 100 Concert Drive
 Wednesday Oct 25: 6:00pm - 9:00pm



"The Parks & Recreation Halloween Bash at the Brownstone is an opportunity for the community to enjoy the holiday with family and friends. This is a free event and has something to offer everyone. This year we are expanding by offering more crafts, games, and activities for the kids since so many people enjoyed this event last year!" - Emma Simpson Community Events Coordinator

10 Ways to Help Keep Trick or Treaters Safe this Halloween From the Red Cross

- **Visibility:** Use face makeup instead of masks that obstruct vision, equip trick-or-treaters with flashlights, and adorn costumes and treat bags with reflective tape.
- **Light-colored Clothing:** Opt for light-colored apparel to enhance visibility.
- **Flame-resistant Costumes:** Ensure costumes are flame-resistant.
- **Adult Supervision:** A responsible adult should accompany young children.
- **Animal Caution:** Be cautious around unfamiliar animals, especially dogs.
- **Walk, Don't Run:** Encourage children to walk instead of run between houses.
- **Porch Light Rule:** Visit only homes with a porch light on and never enter strangers' homes.
- **Sidewalk Safety:** Walk only on sidewalks or, if unavailable, at the edge of the road facing traffic.
- **Crossing Rules:** Always look both ways before crossing and use corners for crossing, not the space between parked cars.
- **Treat Inspection:** A grown-up should examine all treats for hazards or tampering before they are consumed.

20-Minute Chicken Creole

This Creole-inspired dish uses chili sauce and cayenne pepper to spice it up. Tomatoes, green pepper, celery, onions and garlic spices also surround the chicken with delicious color. This main dish can be cooked on the stovetop or with an electric skillet.



Ingredients

- 1 tablespoon vegetable oil
- 2 chicken breasts (skinless, boneless)
- 1 can diced tomatoes (14 1/2 ounces)
- 1 cup chili sauce
- 1 green pepper (chopped, large)
- 2 celery stalks (chopped)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions

1. Wash hands with soap and water.
2. Heat pan over medium-high heat (350 °F in an electric skillet). Add vegetable oil and chicken and cook until the chicken reaches an internal temperature of 165 °F (3-5 minutes).
3. Reduce heat to medium (300 °F in electric skillet).
4. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
5. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
6. Serve over hot, cooked rice or whole wheat pasta.
7. Refrigerate leftovers within 2 hours.

Fresh or Frozen?

Fresh Turkeys

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing Your Turkey" for thawing instructions.

Frozen Pre-Stuffed Turkeys

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

DO NOT THAW before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.

Allow 1¼ pounds of turkey per person.



Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as "akimbo."
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 °F, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 °F throughout the product.
- If using an oven cooking bag, follow the manufacturer's guidelines on the package.

REMEMBER! Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For information on other methods for cooking a turkey, call the USDA Meat and Poultry Hotline:

1-888-MPHotline (1-888-674-6854)

www.fsis.usda.gov

Thawing Your Turkey

There are three ways to thaw your turkey safely—in the refrigerator, in cold water, or in the microwave oven.

In the Refrigerator (40 °F or below)

Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

In Cold Water

Allow approximately 30 minutes per pound

4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

In the Microwave Oven

- Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound and power level to use for thawing.
- Remove all outside wrapping.
- Place on a microwave-safe dish to catch any juices that may leak.
- Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

Roasting Your Turkey

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed

4 to 8 pounds (breast)	1½ to 3¼ hours
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

Stuffed

4 to 6 pounds (breast)	Not usually applicable
6 to 8 pounds (breast)	2½ to 3½ hours
8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4½ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5½ hours



It is safe to cook a turkey from the frozen state. The cooking time will take **at least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

Reheating Your Turkey

Cooked turkey may be eaten cold or reheated.

In the Oven

- Set the oven temperature no lower than 325 °F.
- Reheat turkey to an internal temperature of 165 °F. Use a food thermometer to check the internal temperature.
- To keep the turkey moist, add a little broth or water and cover.

In the Microwave Oven

- Cover your food and rotate it for even heating. Allow standing time.
- Check the internal temperature of your food with a food thermometer to make sure it reaches 165 °F.
- Consult your microwave oven owner's manual for recommended times and power levels.

For more information about food safety (in English and Spanish), call:

USDA Meat and Poultry Hotline
1-888-MPHotline

1-888-674-6854

10:00 a.m. to 4:00 p.m. Eastern time,
Monday through Friday

E-mail: mphotline.fsis@usda.gov

Or "Ask Karen," FSIS' Web-based automated response system—available 24/7 at www.fsis.usda.gov

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Let's Talk Turkey



A Consumer Guide to Safely Roasting a Turkey

USDA U.S. Department of Agriculture
Food Safety and Inspection Service

Holiday Leftover Safety

Key Principles of Safe Leftover Storage

Use the Right Containers – Opt for airtight containers made of glass or food-grade plastic. These will keep moisture at bay and prevent the food from absorbing odors or flavors from other stored items.

Keep Time in Mind – The USDA recommends consuming leftovers within 3–4 days to minimize the risk of foodborne illnesses. If you plan to keep them longer, consider freezing.

Location Matters – Always store your leftovers in the coldest part of the fridge, usually at the back. This will keep the temperature more stable.

Reheating: Do's and Don'ts

Reheat Thoroughly– Use a food thermometer to ensure that leftovers reach an internal temperature of at least 165°F. This kills most bacteria and parasites.

Skip the Risky Reheat – Certain foods, like rice and pasta, can become breeding grounds for bacteria if they have been left at room temperature for too long. If in doubt, it's safer to discard.

Interested in learning more about Food Safety? Visit: <https://harrisburgpa.gov/codes/health/>

Food Safety Never Takes a Holiday

During the holiday season, restaurants often experience a surge in customer traffic, placing staff under immense pressure to deliver promptly. However, in her article "Food Safety Never Takes a Holiday," Paula Herald warns that the urgency should not compromise food safety standards. Published on November 18, 2019, on the FDA website, the article outlines several key guidelines for maintaining a safe food environment, even during the holiday hustle.

Core Takeaways:

- **Basic Hygiene:** The article emphasizes the significance of proper handwashing techniques and wearing gloves when handling ready-to-eat foods.
- **Educational Reinforcement:** Staff should be regularly briefed on the "why" behind food safety rules. Using real-world examples, like the risk of cross-contaminating raw chicken and lettuce, can be particularly effective.
- **Incorporate into SOPs:** Food safety should be seamlessly integrated into Standard Operating Procedures (SOPs). Special training and tools should be provided, especially for unique holiday menu items.
- **Safe Preparation & Storage:** Proper planning for food preparation and organized storage is crucial to prevent cross-contamination and to handle allergens properly.
- **Cooking Protocols:** Temperature checks with calibrated thermometers are vital, particularly when cooking larger portions.

By strictly adhering to these guidelines, restaurants can ensure that food safety remains uncompromised, irrespective of how busy they get during the holidays. As the article aptly concludes, food safety never takes a holiday, and it's up to restaurant managers to instill this ethos in their teams.

For the full article and more tips, you can visit the FDA's official site at:

<https://www.fda.gov/food/people-risk-foodborne-illness/foodborne-illness-videos>.

MEET THE HARRISBURG HEALTH CODES OFFICE

The Harrisburg Health Codes Office, safeguards public health by administering and enforcing food safety laws across various food establishments. They inspect diverse facilities, investigate health nuisances, implement disease control, and educate the community.



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