



# HARRISBURG HEALTH

Official Publication of the Harrisburg Health Codes Office

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**GOT JERK ISLAND GRILL  
AND JUICE BAR**



**LILY'S BAKERY COFFEE  
SHOP**



**C-TOWN MARKET**

## Discover Culinary Gems: A Trio of New Businesses Are Flavoring Harrisburg

Whether you crave Jamaican flair, Latin American delights, or convenient shopping, three exciting new businesses are offering a unique flavor to the capital's dining experience.

### **Got Jerk Island Grill and Juice bar**

1313 N 2nd St, Harrisburg, PA 17102

At Harrisburg's Got Jerk Island Grill & Juice Bar, Chef Kenny Henny offers a taste of Jamaica with authentic dishes like jerk chicken and oxtail. This vibrant spot, featuring a fresh juice bar, isn't just about food—it's about creating a familial, cultural experience for every visitor.

### **Lily's Bakery Coffee Shop**

35 S 13th St, Harrisburg, PA 17104

Lily's Bakery Coffee Shop in Harrisburg is a delightful fusion of Caribbean and Latin American flavors. With a cozy ambiance, it serves savory empanadas, Dominican cakes, Chimis, and more, all reflecting the vibrant culture.

### **C-Town Market**

2446 N 6th St, Harrisburg, PA 17110

C-Town Market in Harrisburg, PA, is a shopping haven that caters to the diverse tastes of the community. With a spacious and well-organized layout, it offers a wide range of groceries, fresh produce, and household essentials.

# Food and Water Safety During Emergencies

In times of power outages and flooding, knowing how to keep your food and water safe is paramount. Before a power emergency, have appliance thermometers in your fridge and freezer. Freeze containers of water for both cooling and drinking. Group food together in the freezer, and keep coolers and ice packs ready. During an outage, keep fridge and freezer doors closed as much as possible, and use dry or block ice to maintain low temperatures.

After power is restored, ensure your food is safe by checking freezer temperatures or food condition. If flooding occurs, only use safe water sources for drinking and cooking. If bottled water is unavailable, boil or disinfect water to make it safe. Always discard food that may have been exposed to floodwater and sanitize utensils and surfaces.

For more information Visit:  
<http://www.fda.gov/educationresources/ncelibrary>



## Meal Kit Delivery Safety

Home-delivered food is convenient but must be handled safely to prevent food poisoning, especially for vulnerable groups. Before ordering, research the company's food safety practices and inquire about handling unsafe deliveries. Ensure they provide information on safe food handling.

For safe food delivery, arrange for someone to be home when the food arrives. If not, designate a secure, shaded spot. Inspect items, check for labels like "Keep Refrigerated," and use a food thermometer. Store perishables below 40°F, and if food arrives above 40°F, discard it. These steps guarantee that delivered food is not only convenient but also safe for consumption. Learn more: <https://www.cdc.gov/foodsafety/communication/food-safety-meal-kits.html>

Accessible version: <https://www.cdc.gov/foodsafety/food-safety-during-a-power-outage.html>

### Eat Safe Food after a Power Outage

Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

#### Before

**Keep appliance thermometers in your refrigerator and freezer.**  
 The refrigerator should be at 40°F or below.  
 The freezer should be at 0°F or below.

**REFRIGERATOR** 40°F  
**FREEZER** 0°F

**Prepare for emergencies or natural disasters**

**Freeze containers of water and gel packs** to help keep your food at 40°F or below.  
**Have a cooler handy.**  
**Buy dry ice or block ice** to keep food cold in the refrigerator if the power might be out for a long time.

#### During

**KEEP Refrigerator & Freezer Doors CLOSED**

**4 Hours** in a Refrigerator  
**48 Hours** in a **FULL** Freezer  
**24 Hours** in a **HALF-FULL** Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

#### After

**Never taste food to determine if it is safe to eat. When in doubt, throw it out.**

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

## February is American Heart Month: Let's Empower Women's Health

February marks American Heart Month, a crucial time to prioritize cardiovascular health, especially for women. Shockingly, nearly half of U.S. women are unaware that heart disease is their leading cause of death. The Division for Heart Disease and Stroke Prevention (DHDSP) is on a mission to change this.

DHDSP encourages women to listen to their hearts and advocate for their health. It's imperative to eliminate delays in recognizing and treating heart-related issues, such as heart attacks. Furthermore, the disparities in heart health worsen when combined with factors like race and ethnicity.

Let's empower the women in our lives to protect their hearts. By doing so, they can influence their communities to do the same. Join us in supporting American Heart Month and bridging the gap in heart-health awareness among women.



Learn More:

[https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)

## The Importance of Monitoring Blood Pressure

High blood pressure is a silent threat, increasing the risk of heart disease and stroke. Regular monitoring helps detect issues early, allowing for proactive management.

## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association. 05-16580 8/20

[heart.org/bplevels](https://heart.org/bplevels)

## Stay safe, be prepared, and protect yourself and your family!

Here are a few cold weather tips from the Harrisburg City Codes Office:

**Caution:** Carbon Monoxide poisoning is a silent, deadly killer claiming about 1000 lives each year in the United States, take these steps to be safe:

- Install smoke and carbon monoxide detectors
- NEVER run generators indoors
- NEVER use an oven to heat your home

**Need a smoke detector? Contact the Harrisburg Bureau of Fire at:**

<https://laserfiche.harrisburgpa.gov/Forms/Smoke-Detector-application>

**Pipes Frozen from freezing temperatures?**

- Make sure you and your family know how to shut off the water, in case pipes burst
- NEVER try to thaw a pipe with an open flame or torch. Use a hair dryer instead
- ALWAYS be careful of the potential for electric shock in and around standing water

**To keep pipes from freezing:**

- Let hot and cold water trickle or drip at night from a faucet
- Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall
- Make sure heat is left on and set to no lower than 55 degrees
- If you plan to be away, have someone check your house daily to make sure the heat is still on or drain and shut off the water system (except indoor sprinkler systems)

**Don't Forget!** Residents are responsible for snow removal in their walkways. The City code states snow must be removed from residential walkways within **24 hours** after snow has stopped falling

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## March is National Nutrition Month

Embarking on a journey towards healthier eating habits in Harrisburg? Look no further! Here are some invaluable FREE resources to guide you in making informed food choices, ensuring the safety and nutrition of the meals you consume.

1. **Plan Ahead:** Start by planning your weekly meals. This not only ensures a balanced diet covering all five food groups but also simplifies your grocery shopping.
2. **Shop Smart:** Utilize the FDA's Nutrition Facts label. Choose foods rich in vitamins, minerals, and dietary fiber, while low in sodium, saturated fats, and added sugars.
3. **MyPlate.gov:** This resource is a treasure trove for creating healthy, complete meals. Dive into over 1,000 recipes that are both nutritious and delightful.
4. **Calorie Awareness:** Stay informed about calorie counts on menus. This knowledge helps in making healthier meal and snack choices.
5. **Portion Control:** Keep an eye on portion sizes. Use the Nutrition Facts label alongside MyPlate to monitor your intake effectively.

Resources here: <https://www.fda.gov/food/consumers/national-nutrition-month>

# March is National Nutrition Month

## Learn more about Nutrition Labels

### 1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

### 2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

### 3. Nutrients

You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

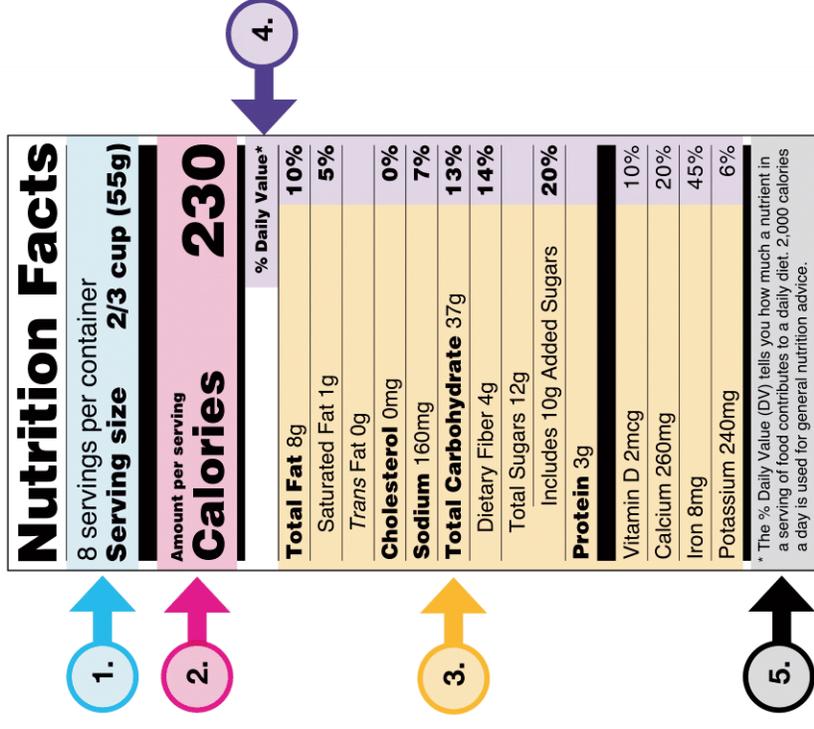
- **Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron and Potassium.** The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
- **Nutrients to get less of: Saturated fat, Sodium, and Added Sugars.** The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.

### 4. Percent Daily Value

This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: **5%DV or less is low and 20%DV or more is high.**

### 5. Footnote

The footnote explains that the %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

## Broad Street Market Tent Update: Two Plumbing Bids Received

The City of Harrisburg is committed to keeping the public informed about the progress of the Broad Street Market tent. Recent updates reveal that two plumbing bids have been received for essential contracted work on the tent structure. As the deadline for bids via PennBid closed, the city received two proposals for plumbing work on the Broad Street Market tent structure. One proposal came through PennBid, while the other was submitted through the city's cooperative agreement with Gordian Construction Procurement Solutions, via the Keystone Purchasing Network.

Stay updated with the latest developments on the Broad Street Market project and learn more: [harrisburgpa.gov](http://harrisburgpa.gov)

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## Breadcoin® A Digital Solution to Hunger in Harrisburg

In the heart of the Capital Region, restaurants are spearheading a unique approach to tackle food insecurity: Breadcoin, a concept drawing inspiration from cryptocurrency but driven by a profound mission – to vanquish hunger. This initiative introduces a tangible token, fostering an inclusive environment where everyone can join the fight against food insecurity.

Breadcoin aims to revolutionize philanthropy by offering a digital token (each valued at \$2.50) which is distributed to those who might struggle to afford a meal. Breadcoin recipients can redeem the tokens at participating eateries across Harrisburg and the surrounding area.

Breadcoin promotes transparency about how donor contributions are utilized. Individuals, organizations, and restaurants can purchase Breadcoins and give them to whomever they choose. This promotes community engagement and promotes dignity and the freedom of food choices for those who receive the coins.

Aisha Mobley, Community Engagement Leader, says options for the donors and those receiving the coins make the program so effective. “Dollars given to Breadcoin meet the immediate needs of food insecure people, but Breadcoin also resources trusted local nonprofits that provide services and support local food businesses, creating generational wealth in the community.”

Want to donate? Visit: <https://breadcoin.org/locations/pa>

Watch a Video About Breadcoin: <https://www.youtube.com/watch?v=uy29lihUATo>

## 3-Can Chili

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

### Ingredients

- 1 can (15.5 ounces) beans, low-sodium undrained (pinto, kidney, red, or black)
- 1 can (15 ounces) corn, drained (or 10-oz package of frozen corn)
- 1 can (14.5 ounces) crushed tomatoes, undrained (low-sodium)
- chili powder (to taste)



### Directions

- Place the contents of all 3 cans into a pan.
- Add chili powder to taste.
- Stir to mix.
- Continue to stir over medium heat until heated thoroughly.
- Refrigerate leftovers.

**FOOD HANDLER VS. FOOD MANAGER**  
How to Know Which Course You Need

I got a new job! My manager said I need to get a food handler card.

I was promoted to manager! Now I need to get my Food Protection Manager Certification.

I want to review again.

I'm ready for the exam!

You can go through the training as many times as you want.

**I NEED A FOOD HANDLER CARD**

Choose a food handler course at [statefoodsafety.com](http://statefoodsafety.com)

Complete the **Online Training**

A  B  C  D  **Take the test**

Congratulations! You passed the test and received your food handler card.

**I NEED FOOD PROTECTION MANAGER CERTIFICATION**

Choose a food manager training and exam package at [statefoodsafety.com](http://statefoodsafety.com)

Complete the **Online Training**

A  B  C  D  **Take practice test**

Congratulations! You earned your certificate of training.

**Take the exam**

- Online
- In a testing center

Congratulations! You earned your Food Protection Manager Certification.

**StateFoodSafety**

## Food Safety Tips for Passover and Easter

Spring heralds a season of joy and celebration, with holidays like Passover and Easter bringing families together around the table. Follow these USDA-recommended tips to ensure your holiday meals are both delicious and safe:

- **Egg Safety:** Remember, eggs should not be at room temperature for over two hours. For those delightful Easter egg hunts, consider using plastic eggs for fun and safety.
- **Cooking Eggs Right:** Ensure all egg dishes reach an internal temperature of 160 F. Use a food thermometer for accuracy.
- **Safe Dyes for Easter Eggs:** Planning to eat those beautifully decorated Easter eggs? Use only food-grade dyes, or better yet, create two sets – one for decoration and the other for consumption.
- **Kosher Meats During Passover:** For those celebrating Passover, ensure your kosher meats bear the USDA mark of inspection for safety assurance.
- **Brisket and Ham:** Thaw your brisket thoroughly, which can take up to several days for larger cuts. Cook hams according to their type – some require cooking while others are ready-to-eat.
- **Lamb:** A popular choice, ensure your lamb reaches an internal temperature of 145 F for safe consumption.

<https://www.foodsafety.gov/blog/food-safety-tips-passover-and-easter>

## 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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