

AVOID THE RUNS AROUND THE HOLIDAYS

Having to spend time on the toilet during the holiday season can be a real bummer



Over **25** people in Hamilton Ontario, have become ill from norovirus after eating at a McMaster University holiday party catered by East Meets West Campus Bistro.

Norovirus can be spread through vomit or diarrhea particles that have been aerosolized -- yuummy.

Practice good hygiene or proper handwashing when preparing food at parties to reduce the risk of having creating an outbreak . Don't eat poop.



How to avoid food poisoning without being overtly rude

Liz Biro writes in the Wilmington Star-News that her friend, a chef, who knows well how to avoid bacterial contamination of food, had just spent the past 24 hours in the hospital, arriving so dehydrated from vomiting she was immediately attached to an IV. She could barely stand due to stomach cramps, and she was still in pain several hours after being released.

Biro says that she and her friend both attended a party the night before, both were food service veterans, and both thought the buffet raised a few red flags. But the host was family to her friend and a best buddy to Biro. So, like many holiday-party guests, they blew off unspoken fears and

stuffed their faces.

Bilo says that the crab cakes were the sickly warm temperature bacteria love -- warmer than 4C, cooler than 40C. Biro's friend had noticed the heat source under the crab cakes was inadequate and extinguished early in the evening.

What you can do: Don't be afraid to ask the how a dish was prepared, politely concealing your true concerns in interest over the recipe. If the dish was prepared, chilled and reheated, especially casseroles, stuffings, quiche and things like crab cakes, avoid it.

THE DETAILS

TURKEY

BUFFET FOOD



Use a **tip-sensitive digital thermometer** to ensure your turkey is cooked to 74 C or 165F

Keep cold food cold and hot food hot hold cold at 4C (40F) or less and hot food hot above 60C (140F)