



Monthly Matters from The Maple Center

July 2008 – ISSUE 20

1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733



Reflections

"How many times do we miss the blessings because they are not packaged as we expected?"
Anonymous

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."
Thomas Edison

"Do no harm." Hippocrates, the Father of Modern Medicine

"Give me a chance to create a fever and I will cure any disease."
Parmenides, an ancient Greek Doctor

"Alkalize or Die." Dr. Theodore A. Baroody, Ph.D.

"Life is not measured by the breaths we take but by the moments that take our breath away." Anonymous

Reiki Available at The Maple Center

Like other Maple Center interventions such as massage, Tai Chi and Asian bodywork (Tuina or Qigong), the practice of *Reiki* (pronounced Ray-Key) has a focus on enhancing a connection between body, mind and spirit. Reiki is a healing method rooted primarily in Eastern medicine. Tibetan monks first practiced Reiki approximately 2500 years ago, though it was rediscovered and refined in the late 1800's by a Japanese man, Dr. Mikao Usui. In many different settings today, Reiki is used as a complementary treatment to other medical protocols. The term *Reiki* is made up of two Japanese characters – *Rei* means spirit of God, and *Ki*, meaning Life Force.

Reiki acts as a trigger, helping to release the energy and activating healing within the individual or patient. The Reiki practitioner is a facilitator, not a provider, of this healing energy. The theoretical basis of Reiki is that disease or imbalance will occur or be exacerbated by blockage at an energy center (charka) within the body. As a hands-on healing art, Reiki techniques feed the body's homeostatic mechanisms and help restore balance – physically, mentally and emotionally. Energy that is facilitated through the practitioner's hands goes naturally to any part of the recipient's body in which it is needed. This does not require

manipulation of the recipient's body or energy field. The practitioner merely places his or her hands in a series of positions on the recipient's fully-clothed body with the intent of facilitating self-healing. If it is not possible to directly touch the patient, Reiki can be done with the practitioner's hands several inches above the body. Reiki is often sought by individuals who believe their general health can be improved and, since self-Reiki can be learned, that they will be able to take a more active part in maintaining their health.



Overall benefits have been reported to include: Deep relaxation and aiding the body to release stress and tension, enhances the body's ability to self-heal, alleviates pain and nausea, reduces blood pressure, aides sleep, helps spiritual growth and emotional clearing, adjusts the energy flow of the endocrine system bringing the body into balance and harmony, thereby supporting the immune system, and reduces some of the side effects of drugs and helps the body recover from drug therapy after surgery and chemotherapy. Reiki also benefits the practitioner as it is an effective method to center one's self and it can reawaken his/her natural tendency to offer a physical gesture of comfort to those in need. Currently, Reiki is available at The Maple Center through Dr. David Howard though we hope to contract with other Reiki and energy medicine practitioners.

A list of resources on the topic of Reiki and references used in the creation of this article are listed on page 3 of the e-letter.



Happenings At The Maple Center

August 5-6, 2008

TAI CHI FOR HEALTH

August 5- Landsbaum

**August 6 – Regional
Outpatient**

Beginning September 12th

TREEHOUSE CLUB

At the Family Y

Every Friday 4-6 PM

**8-Week Session
Concluding with Special
Event on Oct. 31. For
Grades 4-5-6 in the fall.**

**PREPARED CHILDBIRTH
CLASSES**

August 9th and 16th

Register Today!

Spotlight on Supplements: Pro-biotics

Supporting good health with the knowledge and use of supplements.

Many are unaware that the Integrative Health Center component of The Maple Center offers for purchase many useful supplements. For a complete listing of our available supplements, access our website at www.themaplecenter.org and click on the Integrative Health Center link which will take you to our "Supplements for Better Health" listing.

Pro-biotics are the opposite of anti-biotics. They are healthy bacteria that one can eat in fermented foods like yogurt or take as a supplement to promote a healthy ecosystem in the gut. (Did you know you are a teeming community of micro-organisms?) The two most studied and commonly used types of health bacteria found in "pro-biotics" are bifidobacter and lactobacillus.

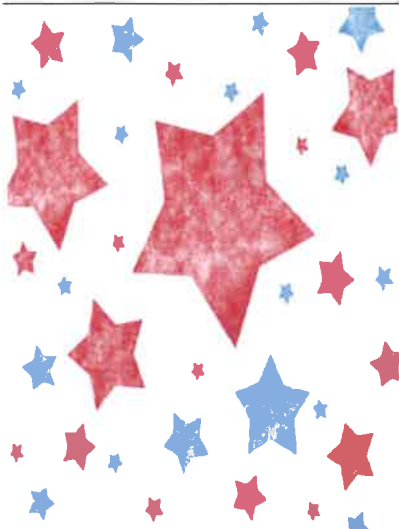
One of our best defenses against unhealthy bacteria or fungus like yeast or candida is to have an intestinal system teeming with healthy bacteria that out-compete the others. They help us recover faster from viruses or bacteria that cause diarrhea like during traveling or from the local day care center. They make substances that help the lining of the intestines to thrive and keep invaders out. Healthy bacteria in our mouths reduce cavities, gum disease and canker sores. People with Crohn's Disease or ulcerative colitis benefit from adding supplemental probiotics. Pro-biotics can reduce bloating and cramping from irritable bowel syndrome and reduce the risk of yeast infections (thrush in the mouth and vaginal or groin skin infections). Sprinkling a little probiotic right on a canker sore forms a protective covering and helps it heal more quickly.

When we are born, our gut's immune system is "plastic" or ready to be programmed and learn what is normal. It turns out that whatever bacteria grow in the intestines the first 6-12 months are assumed to be "normal" and the immune system tries to keep it like that our whole lives. This is one of the reasons breast feeding is so beneficial. Breast milk encourages the growth of bifidobacter and lactobacillus much more than artificial formula does. Research has recently shown that supplementing extra pro-biotics during the first months 6-12 month of age to children in families that have allergic histories can reduce eczema, atopic dermatitis and asthma in later years. This is true in both breastfeeding and formula fed infants. An easy way to supplement an infant is to buy a powdered form of pro-biotic with bifidobacter and lactobacillus. Moisten a clean finger, dip it into the powder and then let the infant suck the powder off the finger twice/day.

When we take antibiotics to treat a serious infection, they unfortunately kill off the friendly kind as well. Pro-biotics can be supplemented to replace them and reduce the risk of antibiotic related diarrhea.

You can buy pro-biotics in many forms. You will find the most live organisms in a product that is not a pressed pill but rather a capsule or a powder and is refrigerated. Including foods that are rich in pro-biotics as a normal part of your diet is a good way to keep them replenished. They thrive on healthy foods. Their competitors like yeast thrive on high sugar, simple carbohydrates. So eating a healthy diet is one of the best ways to grow the garden in your gut with fewer "weeds". Ideally, take pro-biotic supplements on an empty stomach. Without the higher stomach acid that is generated when one eats, more of the pro-biotic will survive into the intestines. Taking them with food is better than not taking them at all, however. Even dead, their DNA has beneficial effects!

-Submitted by Kathleen A. Stienstra, MD



Maternal Health Clinic's Parking Lot Sale

Thanks to all who helped make The Maternal Health Clinic's Kid's Stuff parking lot sale a success! On Saturday, July 14, rain moved the bulk of the sale indoors at One Professional Center. Union Hospital Employees were invited to provide tables and many donated items to the Maternal Health Clinic's offerings. The proceeds from the sale go to a fund used to provide essential items to needy families that attend The Maternal Health Clinic. Leftover items were taken to Helping Hands in West Terre Haute which partners with us to provide free incentive items for Maternal Health Clinic clients.



Strategic Planning at The Maple Center

Utilizing the services of Dr. Charlie Potts, Associate Vice President for Student Auxiliary Services at Indiana State University, The Maple Center is nearing the conclusion of a Strategic Planning process that began many months ago. Two 3-hour meetings of the Maple Center board were held in July and after an upcoming meeting with the Executive Committee, Dr. Potts will be presenting his final report to the Maple Center Board of Directors at their August meeting. The process and experience of creating this document has allowed The Maple Center to re-visit and dedicate itself anew to our top priority of providing the very best of integrative health and maternity care. The final Strategic Planning document will be instrumental to on-going efforts to seek the best and most appropriate sources for external funding and support for our programs and services.

-Submitted by David Howard Ph.D.
Maple Center Executive Director



Reiki References (Continued from Page 1)

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Summer Fundraisers at The Maple Center

Dining to Donate At Applebee's

July 23, 2008
2506 South Third Street

Dine at Applebee's and 15% of your bill will be donated to The Maple Center on this date.

You must present a flyer to your server for The Maple Center to be credited.
(Available at
The Maple Center)

Summer Shake Rattle 'N Roll Fundraiser

Saturday, August 16th
At the Dawg House
7:00 – 11:00 PM

Music by Trench-Rowe Band
Hors d'oeuvres by Patrick Sparks

Cash Bar Silent Auction

What do you get when you introduce nutritional snacks and two ancient practices to a group of kids?

FUN with THE MAPLE CENTER TREEHOUSE CLUB!

For four weeks during the month of June, kids at the Ryves Hall Youth Center had the opportunity to participate in a program that combined natural interests of children: food and movement. The kids ranging in ages from 5 through 12 met with facilitators of nutritional snack



preparation and two ancient practices Yoga and Tai Chi. At first glance one might ask why select these three components for a kids program and how are they related? Using demonstration, hands-on activities, positive encouragement for participation and relating the educational content to the kids' lives was a common thread. More importantly was the common goal of providing the kids with

healthy experiences that they could incorporate into their daily lives.

Yoga sessions were facilitated by Yoga Instructor and Physical Education teacher Susan Rose. During this component of the Treehouse Club the kids moved through a series of yoga poses which gradually challenged and throughout enhanced their body awareness and balance. As they were skillfully guided through various poses the kids increased their confidence in doing the yoga poses including tree, cat and cow, dragon, triangle, cobra, downward dog, warrior and volcano.

The kids enjoyed using visual imagery for the yoga poses as well as the relaxation exercise. Using "starfish" hands, "bunny" breath, and "washing machine" waists made moving through the poses and relaxation exercises fun and easy to remember. Wouldn't you feel relaxed if you imagined your body melting like an ice cream cone on a hot summer day in Terre Haute? While they learned that moving, stretching, and holding the body in different poses is great exercise for muscles, bones and organs the kids in the Treehouse Club learned that the ancient practice of yoga is FUN!

Cindy Lucas facilitated the nutritional snack preparation. Introducing new foods to children may pose a challenge but add demonstrations and hands-on experiences along with choices and children are more likely to try the new food. Not only did they try but the kids enjoyed the "new" foods during



the nutritional snack sessions of the Treehouse Club.

Popping corn may seem like an everyday activity but it was turned into a unique experience. The flavor topping options for the popcorn did not include the typical topping-butter. Instead the topping options were several seasonings low in salt but packed with flavor as the kids discovered. Other first time experiences included making salad using purple cabbage and substituting table sugar with agave nectar to sweeten other recipes. To get the most nutritional benefits at each meal the kids learned to be aware of the colors of the food on their plate. They were very attentive when attempting to guess the "secret" ingredient for a recipe by feeling the contents of a bag. Almost everyone asked for seconds for the favorite recipes-fruit salad and fruit smoothie. The kids learned that preparing nutritious snacks is not only delicious but FUN!



Megan Woodsmall, an IU pre-medical student and Tai Chi Instructor lead the Treehouse Kids in a "balloon" Tai Chi activity. Dr. Roy Geib directed the Tai Chi sessions and is with the Indiana University School of Medicine-Terre Haute on the campus of Indiana State University. Melissa Dominguez Geib, Tai Chi instructor and certified teacher, assisted in developing and facilitating the Tai Chi for Health sessions.

Just as with Yoga the kids participating in Tai Chi were empowered by learning about another ancient practice which focuses on breath, balance and the mind-body connection. Through experiences they learned that Tai Chi is different from yoga. Instead of holding poses, during Tai Chi the "poses" are movements that flow from one to another. The kids learned the Five Element Qigong for warm up, cool down and for relaxation. Similar to yoga, Tai Chi uses visual imagery and animal names to describe the movements. Spider hands, panda walk, dragon playing in the clouds, earth elephant, and carry the tiger are a few of the movements experienced during the Treehouse Club.

The facilitators shared the history of Tai Chi as a martial art form for self defense now adapted for health. Favorite Tai Chi activities included "watermelon" Tai Chi, moving through the visual imagery of cutting and sharing watermelon with friends. All enjoyed the challenges of "balloon" Tai Chi. While learning about breath, balance, flexibility, muscle strength and the mind-body connection the Treehouse Club Kids at Ryves Hall Youth Center discovered that the ancient practice of Tai Chi for Health is FUN!



For a youth program with nutritional snack preparation, fitness and fun activities check The Maple Center website for the next session of

The Maple Center Treehouse Club.
www.themaplecenter.org

Grant Funding for the The Maple Center Treehouse Club was provided by the Hollie & Anna Oakley Foundation.

*Submitted by
Melissa Dominguez Geib, M.Ed.
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Breast Cancer, Psychoneuroimmunology, and Tai Chi

By Roy W. Geib, Ph.D.

Alvin S. Levine Professor of
Microbiology and Immunology

Just this past week I heard that the NBC Today show ran a story about exercise and cancer survivors – specifically breast cancer survivors. A search of the MSNBC website revealed that the story line was linked to an AP article that was first published in 2004 and then again in 2008

(<http://www.msnbc.msn.com/id/4625187/>). That article focused on results from the ongoing Nurses' Health Study that indicated that exercise is beneficial for breast cancer survivors. I suspect that the catalyst for the story was a recent scientific report published in the May 21st issue of the Journal of the National Cancer Institute by a team of investigators led by Sharon Maruti. The study was the first to demonstrate that linkage between premenopausal breast cancer and the beneficial / preventative role of regular exercise. The study found that women who exercised a minimum of 39 metabolic equivalent units (MET) per week had a reduced risk of developing breast cancer (1 MET is the equivalent of the amount of energy expended by the body when it is at rest). The study by Maruti et al. added to the growing body of knowledge that indicates that regular exercise is important in the treatment and prevention of breast cancer, as well as other cancers and chronic diseases.

Other published information from the long-term Nurses' Health Study indicates that 62% of breast cancer survivors use some form of CAM therapy, including: relaxation/imagery; massage; high-dose vitamins; herbs, etc. Tai Chi is considered a CAM therapy that combines meditation, relaxation, and gentle exercise. As an exercise Tai Chi is classified as a moderate exercise that increases heart rate by 56% to 70% and 4 metabolic equivalent units in energy expenditure – although that is likely to vary depending on the form of Tai Chi practiced and practitioner. Until recently, few studies have focused on benefits of Tai Chi usage as an adjunct intervention for cancer patients. One study did indicate that when compared to individuals participating in a support group without physical activity, participants enrolled in a Tai Chi class had a significant increase in self-esteem and reported an enhanced Health-related Quality of Life. Studies focusing on body-mind interventions, such as Tai Chi, have demonstrated significant improvement with respect to stress-management and coping skills.

The immune system is critical in protecting us from infectious diseases and plays a critical role in defense against cancer. In order to provide maximal protection, it is important that the immune system function at peak performance. Unfortunately, the immune system is negatively affected by stress – stress reduces immune function. A diagnosis of cancer is one of many stressors that have been shown to significantly impair immune function. Fortunately, it appears that incorporating activities that help us cope with stress is beneficial in restoring immune function. One of the most important findings associated with the practice of Tai Chi is the improvement of immune function in the elderly. The significant improvement in the immune response following Tai Chi practice is probably the result of several factors: gentle exercise, stress reduction, imagery, and mindfulness meditation. It is likely, though not proven, that regular exercise, including Tai Chi practice, will enhance immune function and help with the healing process.

The Maple Center recently received funding from the local Susan G. Komen Foundation to offer three eight-week sessions of Tai Chi. Our first 8-week session began on Monday, June 23. The general response from the group after the first week has been very positive. They are very appreciative and grateful to the Maple Center and the Susan G. Komen Foundation for this opportunity.

The Tai Chi classes meet three times per week at the Vigo County Public Library – Monday, Wednesday, and Friday from 9 to 10 AM. The classes are being taught by two certified Tai Chi for Health instructors – Roy and Melissa Geib. This Tai Chi form is "health-adapted" form and developed by Paul Lam, M.D. The form, known as the Tai Chi for Arthritis form, is a gentle exercise that can be adapted to individuals with differing physical abilities. Dr. Lam worked with a team of physicians, physical therapists, and Tai Chi masters to remove movements with the potential of causing injuries to individuals with chronic illnesses. This makes it an ideal form of exercise for breast cancer survivors to help with their healing process. If you have questions or to register for the upcoming sessions, please contact Deborah McIntosh at the Maple Center Office (812 234-8733).

The Life Giving Hands of a Midwife...

A Personal Birth Experience
Submitted By: Kristin Eckert

This was my first pregnancy and my emotions were running high. I was a little nervous, a little scared, a little unsure, but I knew I was very excited!

I was sitting in the waiting room for my first check-up, very unsure. I was unsure of what to expect and how this process was going to go. All I knew was that I hated needles and surgery scared me. The thought of going into a hospital and being strapped down, IV in my arm, the epidural in my back, and legs up in stirrups frightened me more than anything. I couldn't wait to become a mother, but I didn't want to go through all of that.

Upon the counter were flyers for two available classes. One being Lamaze classes, and the other was for Hypnobirthing classes. Hypnobirthing? Were there other options? We asked our CNM, Anne Mishler, about these classes. To our surprise, she was the instructor along with Annette Alexander. We decided to take the Hypnobirthing classes that were offered once a week. It was then I realized childbirth is not a process, it's an experience. I wanted to experience it all and have a natural birth.

By the time I was 7 months along, we moved to Indianapolis because of my husband's job. Anne and Annette had made us feel so

comfortable that we decided to make the drive back and forth. At my last check-up I was two weeks overdue. I wanted everything to take its natural course so I didn't want to be induced. I felt that she would come on her own time.


Finally, 3 days later I woke up around 6 AM with contractions around 10 minutes apart. My emotions were 10x higher knowing I was finally going to meet the little squiggle bug that had been swimming around in my stomach for the past 9 1/2 months. Around noon the contractions were a bit stronger and approximately 5 minutes apart. I knew we needed to make our way to Terre Haute. We decided to check into a hotel and wait a little longer before going to the hospital. Around 8 PM when contractions were 1 1/2 minutes apart we called our doula, Annette, and our CNM, Anne and headed over to the hospital.

We got settled into a room around 8:30 PM. I was able to walk around, listen to soothing music, and I even took a warm shower to relax me. Around 1:00 AM the contractions were so strong and right on top of each other. No matter which way I laid in that hospital bed, I just didn't seem to get comfortable. Anne told me if I got in the Polar Bear position (on all fours) that it might take the pressure off my back. It sounded silly to be on all fours, but at this point I was willing to try anything. What do you know, it worked! In an instant my water broke, and I didn't have any control of my body anymore. From here on out, she was in control.

While on all fours, calming music playing, a fan blowing lightly, and the lights dimmed she pushed herself out into this world. It was an indescribable experience. It took me a few minutes, but when I finally had the strength to flip over onto my back I was able to hold our little baby girl.

The nurses, the staff, Anne, and Annette all made our experience so wonderful that we decided when it came time to have our second baby we would make the trip back to Terre Haute because of them... and we did!

THE MAPLE
CENTER, INC.



Belly casting ... preserving
an expectant mother's
beautifully pregnant form

PRESERVING PREGNANCY: BELLY CASTING

For most women, pregnancy brings memories that are stored in their minds and hearts for years after the birth of their babies. The Maple Center is now offering an innovative and beautiful way to preserve the memories of pregnancy.

A pregnancy belly cast is a plaster cast made of an expectant mother's beautifully pregnant form. It is done to create a lasting memory of the pregnancy. These casts enable the mother to forever remember how she looked while carrying her child.

One mom is quoted as saying, "It is a wonderful way of capturing your pregnant body. You can show your child later that this is what mom looked like when you were inside."

The Maple Center charges \$100 to "preserve your pregnancy" for years to come. Some mothers engage the services of artists to paint the casts while others prefer the natural beauty of the sculpture.

Call Anne or Annette at The Maple Center at 812-234-8733 for additional details or access our website at www.themaplecenter.org.

Programs for Breast Cancer Survivors

The Maple Center's successful collaboration with The Wabash Affiliate of the Susan G. Komen Breast Cancer Foundation continues to benefit Wabash Valley breast cancer survivors.

The current session of the **Yoga for Breast Cancer Survivors** is going strong. The class is offered FREE because of grant support from The Wabash Affiliate of the Susan G. Komen Breast Cancer Foundation. Jan Croft, licensed physical therapist and mental health counselor, reports that she loves working with this group of ladies and according to their quotes they love it too.

"I am new to yoga, but I already love it! I look forward to class all week! It's so refreshing, relaxing, and invigorating! I feel so much better after class! I recommend it to anyone—anyone can do this!"

--Deanna

"This class helps with breathing and relaxing. The stretching and balance help me, also. The fellowship with others is also very good. It is good to know that you will not do anything to hurt yourself."

--Sharon

"I appreciate the monitored stretching that simple yoga poses use. The focus on deep breathing and decluttering of thoughts

assists me in day-to-day stress management. The poses that focus on balance help me in rehabbing my foot which had a broken 5th metatarsal bone 2 years ago."

-- K. M.

"Yoga has helped me with my body awareness, helped me in staying focused, and is helping me stretch muscles that have become very lazy."

-- A.

"This is my second yoga class with Jan. The class is great, as it teaches breathing, balance, strength, flexibility, and relaxation. It is a do-able class for all ages, and there are no extreme poses. I definitely recommend it for anyone wanting to be more balanced, strong, and flexible."

--Shirley

The class will be offered an additional two times during this grant cycle. Check the web site www.themaplecenter.org for details. If you are a breast cancer survivor or you know someone who is, please share this information on this viral, FREE Maple Center program.

Natural Childbirth Class

The Maple Center offers a Natural Childbirth Class for women desiring natural birth. This class focuses on tools that you will use during the labor and the birthing process. The class combines doula support, Lamaze, Hypnobirthing and Bradley techniques for a more natural approach to birthing.

Today, society has taught us that childbirth is not a normal natural body process but a medical event. At The Maple Center we trust in our body's own ability to give birth. With that philosophy in mind our classes are geared towards tools that you will use in the labor room to make your birth experience your own. We believe in empowering women to take control of their labor and birthing.

This is what one of our couples had to say about the class. "We are really happy that we took this class. We have learned a lot that we didn't know. Of course there are a million questions but we felt like the most important things were covered. We loved the class and the instructor."

Classes are held the second and third Saturday of the month. For more information about our classes contact The Maple Center or visit our website.

--Submitted by Annette Alexander

Maternal Health Clinic Update

The Union Hospital Maternal Health Clinic (MHC) met the goal of selling \$29,600 in tax credits. This amounted to \$59,200 in donations. The MHC received word June 30, 2008 that they were again rewarded tax credits for 2008-2009. This year's amount of tax credits allotted is \$20,828.02 which will amount to \$41,656.04 in donations. We will be sending updates in the newsletter. Thank you all for your support.

--Submitted by Mary Huffman



Thank You for Your Support of The Maple Center

We offer many thanks to the numerous donors who contribute to our ongoing financial sustainability. Your continued support of The Maple Center, Inc. IS making a difference in the lives of those we serve.

Donations may be mailed to:
THE MAPLE CENTER
1801 North Sixth Street, Suite
600, Terre Haute, IN 47804
OR Indiana Residents May
Donate Online At:
www.themaplecenter.org

The Maple Center is a nonprofit 501(c)(3) organization and donations are tax deductible to the extent allowed by law. Please consult with your tax professional regarding the specifics of your personal tax situation. The Maple Center Board of Directors, staff, and volunteers value the support of our donors and at times publicly recognize donors. Please advise us if you would prefer to remain anonymous.

Outdoor Eating Food Safety Tips

When You Transport Food

Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F. Limit the times the cooler is opened.

Consider packing beverages in one cooler and perishable food in another.

Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables.

Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Dry fruits and vegetables with a clean cloth towel or paper towel.

When You Serve Food

Keep cold foods cold and hot foods hot.

Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water.

Hot food should be kept hot, at or above 140°F. Wrap well and place in an insulated container.

Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Don't let perishable food sit out longer than 2 hours.

Food should not sit out for more than 1 hour in temperatures above 90°F.

Information excerpted from:
<http://www.cfsan.fda.gov/~dms/fssummer.html>

