Middle-Brook Regional Health Commission

www.middlebrookhealth.org

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June Newsletter 2025

Latest in Public Health and Upcoming Events

Community Well Water Testing with Raritan Headwaters

June 9 - 13, 2025
9 am - 3 pm
Warren Municipal Bldg
46 Mountain Blvd, 2nd Floor

OR

June 9, 11, 13, 2025
10 am - 2 pm
Watchung Municipal Bldg
15 Mountain Blvd, Watchung

Well Water Sample Return
Monday, June 16, 2025
7 am - 9:30 am
Warren Municipal Building

More information and registration at
raritanheadwaters.org/event/middlebrook
Questions? Call 908-234-1852 x 401.

Tuesday, June 24 at 11 am Hitting the Road Live Food Demonstration at the Warren Township Library. Join us with Nourish and Thrive Nutrition Center for this 1 hour session to navigate dining away from the home while maintaining a balanced eating plate on the go. Registration required. To register, click here.

Air Quality and Your Health. Given the recent air quality conditions from smoke caused by Canadian wildfires and seasonal weather patterns, we want to share a reminder to stay informed about local air quality and the impact it can have on our daily lives. It is important for everyone to be aware of steps they can take to prepare for and respond to poor air quality days. For more information, please visit: epa.gov/air-quality and airnow.gov.

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Grilling Up Food Safety

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Food-borne illness tends to increase during the summer months. Bacteria can grow faster in warmer weather. People cook and eat outside during the warmer months, away from refrigerators, thermometers, and sinks. It is important keep safety practices in mind to prevent food-borne illness. Follow the guidelines below to help prevent food-borne illness.

Foodborne illness can affect anyone, but those most at risk include:

- Adults 65+
- Young Children
- People who are immunocompromised
- People who are pregnant

Buffet Safety

Keep hot foods hot at 140˚ F or higher.

Keep cold foods chilled at 40˚ F or lower.

Clean

- Wash your hands for 20 seconds with soap and water (before, during, and after preparing food)
- Clean and sanitize utensils, cutting boards
- If you are at a picnic bring moist towelettes to use

Separate

- Separate plates and utensils
- When grilling, use separate plates and utensils for raw and cooked meat/ poultry
- keep raw foods away from ready-to-eat foods

Cook

- Thaw frozen food in the refrigerator
- Cook food to proper internal temperature to kill harmful bacteria:
  - Fish, meat, and pork to 145 °F
  - Ground Meat to 155 °F
  - Poultry to 165 °F
- Use a calibrated food thermometer

Chill

- At a picnic, perishable food should be kept in an insulated cooler covered with ice or ice packs
- Chill leftovers promptly, especially if its hot outside
- Consume or freeze leftovers within 3-4 days

Avoid preparing or handling food for others if you are sick

USDA Meat and Poultry Hotline: 1-888-674-6854

Click or scan QR for more information on grilling and food safety.

More Information at: www.foodsafety.gov

Preparedness Corner

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Extreme Heat

Extreme heat is a period (at least 2-3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat your body works extra hard to maintain a normal temperature, which can be dangerous.

Heat-related illness can affect anyone. Those most at risk are adults 65+, young children, outdoor workers, people with chronic conditions, and people on certain medications.

Prepare for Extreme Heat

- Learn the signs and symptoms of heat related illness.
- Identify local cooling centers.
- Cover your windows with drapes. or shades.
- Weather-strip doors and windows.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.

Be Safe During Extreme Heat

- Drink plenty of fluids
- Wear light, loose fitting clothing
- Never leave people or pets in a closed car
- Avoid strenuous activities
- Watch for heat-related illness
- Check on family members and neighbors

***Call 9-1-1 and seek immediate medical attention if heat related symptoms worsen or last longer than one hour.**

Sun Safety Checklist

- Stay hydrated
- Time it right: Plan outdoor activities before 10 am or after 4 pm
- Seek shade: Under a tree or use an umbrella
- Lightweight, loose-fitting clothing
- Broad Spectrum Sun Screen (SPF of 30+)
- Wide-brimmed hat
- UV-blocking sunglasses

For more information, visit: ready.gov/heat and nj211.org.

Recipe of the Month

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FALAFEL SANDWICH

Ingredients

(4 Servings)

- 1 cup dry garbanzo beans/chickpeas (sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic clove (crushed)
- 1 medium onion (chopped)
- 1 teaspoon parsley (chopped)
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 1/3 teaspoon hot pepper sauce
- 1 cup plain yogurt, low-fat
- 1 medium onion (chopped)
- 4 whole wheat pita bread (pockets)
- 1/4 cup flour (as needed)
- tomatoes (sliced, optional)
- lettuce (optional)
- bread crumbs (to make it thicker as needed)

Directions

1. Wash hands with soap and water.
2. Put beans and water in large pot and soak by the overnight or quick-soak method.
3. Cook until tender, about 2 hours. Add more water if necessary. Drain.
4. Slowly heat oil and sauté garlic and 1 onion until tender (5 to 7 minutes).
5. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
6. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
7. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
8. Combine yogurt with remaining onion.
9. Serve falafel in pocket bread topped with yogurt.

For more recipes, visit: myplate.gov