



Metro Creative

## Food safety expert gives the scoop on holiday leftovers

By UF/IFAS

When it comes to holiday planning, the last thing off anyone's list is a bout with food poisoning.

"Most people are lulled into a false sense of security because foodborne illnesses are rare," said Keith Schneider, a University of Florida IFAS food science and human nutrition department. "You think, 'I've never gotten sick. Why should I do anything differently?' Well, you don't want this year to be the one time you lapse in your food safety practices and Grandma gets sick."

But how rare are such instances? According to Dr. Matthew Shannon, a UF Health emergency medicine physician, the holidays often bring an uptick in foodborne illness to the emergency department.

Aside from practicing safe food handling in the preparation and cooking of a meal, we wanted to know how to safely enjoy your favorite post-celebration fare: leftovers.

Below, Schneider shares his top tips for meals that deliver time and again, while minimizing the chances you'll find yourself in the emergency room.

### 1. Keep cooked foods out of the 'danger zone.'

"Bacteria multiply between 40 and 140 degrees Fahrenheit. But since most people aren't monitoring those temperatures closely, you want to be sure to refrigerate any leftovers within two hours of being cooked or being removed from the heating source. If

you're going to leave a dish on a warming tray or in the oven, for example, you'll want to cool it down before putting it in the refrigerator. "What we're trying to do is minimize risk, and without doing anything special, the two-hour time limit is a good recommendation. The clock starts once the temperature drops below 140 degrees."

### 2. For foods that are served cold, the same 'danger zone' applies.

"Your refrigerator is typically set at 38 to 40 degrees. Any of the pathogens of concern are not going to grow below 40 degrees. So, when you take out, say, a salad or a pumpkin roll with cream cheese filling, that also shouldn't spend more than two hours above 40 degrees. But the higher the temperature outside the refrigerator, the shorter the time it should be out. Here in Florida, we can have some warm, humid holidays — be aware when you're eating dinner on the back porch and shorten that time out of the fridge."

### 3. Use shallow containers to ensure adequate airflow and even cooling.

"Say you have piping-hot gravy that was kept in a hot dish. You don't want to throw that right into the refrigerator because it has all that residual heat. You want to make sure that when you're putting it in the refrigerator, you're allowing for maximum cooling. This includes transferring to shallow storage dishes, allowing to cool some before

See LEFTOVERS, page B4

## Beyond Thanksgiving: Unleash the versatility of cranberry sauce!

By DIVAS ON A DIME  
Patti Diamond

Happy Thanksgiving week! Can we chat about cranberry sauce? This traditional Thanksgiving staple often finds itself relegated to the shadows, while its versatility and year-round potential are underappreciated by many.

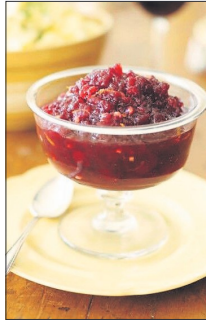
Think about it. This stuff is awesome! Cranberries are a fruity, sweet, tart, affordable superfood. Packed with vitamin C, fiber and disease-fighting antioxidants. Often the only jolt of color on an otherwise 50 shades of beige plate. We should be using this wonderful sauce all year long.

Diva Tip: After Thanksgiving cranberries go on sale — cheap! They freeze beautifully, so stock up.

Here is a classic, easy, make-ahead recipe for cranberry sauce with orange.

### Easiest Cranberry Orange Sauce

Yield: 2 cups  
Total Time: 15 minutes



3/4 cup sugar  
3/4 cup water  
1 (12-ounce bag) fresh or frozen cranberries  
1 orange  
Pinch salt

Put your water and sugar into a medium saucepot over medium-high

heat and bring to a boil.


Meanwhile, sort and rinse the cranberries, removing any that are discolored or mushy. When the water and sugar are boiling, add the cranberries. Reduce heat to medium, stirring occasionally. Continue to simmer until all the cranberries have popped and broken down.

As the cranberries cook, zest the orange then slice it in half and squeeze the juice into a bowl, yielding approximately 1/3 cup of juice. When the cranberries are cooked, remove the pot from the heat and stir in the orange juice and zest. It'll thicken as it cools. Serve immediately or refrigerate for up to 10 days or freeze for up to three months.

Since you're making this, you should double the recipe. Here's why.

Let's see where the cranberry can go, shall we? Some ideas: Step aside, turkey sandwich. The cran can dance with many partners. Peanut butter, almond butter or cream cheese accompanied by a smear of cranberry makes your morning toast grand.

See CRANBERRY, page B4



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## PUBLIC MEETING NOTICE

NOTICE IS HEREBY GIVEN THAT LEVY COUNTY WILL BE HOLDING A STAKEHOLDER MEETING FOR THE CEDAR KEY RESILIENCY PROJECT. THE MEETING WILL BE HELD AT THE NATURE COAST BIOLOGICAL STATION, LOCATED AT 551 1ST STREET, CEDAR KEY, FL 32625 ON TUESDAY, NOVEMBER 28, 2023 AT 2:00 PM. FOR QUESTIONS REGARDING THIS MEETING PLEASE CONTACT ALI TRETHERWAY AT (352) 486-5218 EXT. 2 OR BY EMAIL [TRETHERWAY.ALI@LEVYCOUNTY.ORG](mailto:TRETHERWAY.ALI@LEVYCOUNTY.ORG).

If a person decides to appeal any decision by this committee with respect to any matter considered at this meeting, he or she will need a record of the proceedings, and that, for such purpose, he or she may need to ensure that a verbatim record of the proceeding is made, which record includes testimony and evidence upon which the appeal is to be based.

NOTICE REGARDING THE AMERICANS WITH DISABILITIES ACT OF 1990. In accordance with the Americans with Disabilities Act, persons needing special accommodations to participate in this proceeding should contact the OFFICE OF THE COUNTY COMMISSIONER prior to the proceeding at (352) 486-5217, Bronson, Florida.



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## NOTICE OF LAND DEVELOPMENT CODE TEXT CHANGE

The Levy County Board of County Commissioners proposes to adopt the following ordinance:

### ORDINANCE NUMBER 2023-9

**AN ORDINANCE OF LEVY COUNTY, FLORIDA, AMENDING CHAPTER 6 RELATED TO ALCOHOLIC BEVERAGES, CHAPTER 22 RELATED TO PROHIBITED BUSINESSES, CHAPTER 50 (LAND DEVELOPMENT CODE) RELATED TO ZONING DISTRICT USE REGULATIONS AND APPENDIX B RELATED TO FEES, RATES AND CHARGES, ALL BEING WITHIN THE COUNTY CODE OF ORDINANCES; PROVIDING FOR INCLUSION IN THE CODE; PROVIDING A SEVERABILITY CLAUSE; PROVIDING A REPEALING CLAUSE; AND PROVIDING DIRECTIONS TO THE CLERK AND AN EFFECTIVE DATE.**

A public hearing for a second and final reading of the ordinance will be held on Tuesday, December 5, 2023 at 9:00 a.m. or as soon thereafter as the same may be heard, at the Levy County Government Center Auditorium, 310 School Street, Bronson, Florida. The proposed ordinance may be inspected at the Levy County Planning and Zoning Department office located at 320 Mongo Street, Bronson, Florida. Interested parties may appear at the meeting and be heard with respect to the proposed ordinance.

In accordance with Section 286.0105, Florida Statutes, should any person decide to appeal any decision made with respect to any matter considered at this meeting, such person will need a record of the proceedings, and for such purpose, may need to ensure that a verbatim record of the proceeding is made, which record includes the testimony and evidence upon which the appeal is to be based.

In accordance with the American with Disabilities Act, persons needing a special accommodation or an interpreter to participate in the proceeding should contact the County Clerk's Office at (352) 486-526, or the Office of the Board of County Commissioners at (352) 486-5217, at least two (2) days prior to the date of the meeting. Hearing impaired persons can access the foregoing telephone number by contacting the Florida Relay Service at 1-800-955-8770 (Voice) or 1-800-955-8771 (TDD).

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