



24 CARROT AWARDS RECOGNIZE FOOD SERVICE SAFETY

The Division of Environmental Health and Protection recently announced its **24 Carrot Gold Food Safety Excellence Award** winners for 2011 – eight local eateries that demonstrated excellence in food safety, sanitation and successful employee education. This marks the fifth consecutive year that the 24 Carrot Gold awards have recognized the county’s food service establishments for raising the industry standard in food service and stewardship.



“Public concern about food safety, harmful products and dangerous germs has increased with food-borne threat incidents occurring throughout the United States,” said **Pieter Sheehan**, division director. “As you can see through our list, we had an eclectic mix of winners in 2011. We’re proud to recognize a multi-generational donut shop that brings back memories of Sunday morning outings with Grandpa, an ice cream shop that is a must-visit destination on many a hot summer’s day, a favorite neighborhood pizza joint, a school that prides itself on being ‘nut-free’ to accommodate students with allergies and many more locally operated facilities.”

These organizations’ outstanding commitment to go

The following local eateries were chosen as 24 Carrot Gold Food Safety Excellence Award winners for 2011:

- DAIRY QUEEN – Wentzville
- DONUT KING – St. Charles
- FUJIYAMA GRILL AND SUSHI – O’Fallon
- GARDEN VILLAS OF O’FALLON – O’Fallon
- IMO’S PIZZA – Wentzville
- LONGHORN STEAKHOUSE – O’Fallon
- ST. PETER CATHOLIC SCHOOL – St. Charles
- THE MORGAN SCHOOL – Dardenne Prairie

beyond safe food services and enhance our community is illustrated in many ways. For example, Imo’s Pizza provides schools with coupons for students that achieve high grades, and Dairy Queen sponsors several area sports teams. Another highlight is Donut King, which has been a fixture in St. Charles for more than 30 years. Garden Villas enhances community partnerships in many ways, and most recently, sponsored the annual Firefighters Award banquet and the O’Fallon Independence Day celebration.

To help recognize establishments’ food service ratings, the department has placed a QR code on newly issued establishment stickers. Posted at entry doors, drive-thru windows or other convenient locations, customers can now use their smart phones to scan these codes and view the establishment’s latest ratings. To view these ratings, you may also click [HERE](#).

From the Director



Gil Copley

Recently in the Cities Readiness Initiative Region of Eastern Missouri and Western Illinois, the highly populated counties of the Metro St. Louis Area, there has been much discussion about scores that are achieved during periodic Technical Assistance Reviews (TARS) of each county. The reviews are very intense and examine every health department’s preparedness plan in minute detail. The Missouri and Illinois state health departments also are reviewed — since the funding for the Cities Readiness Initiative comes from the Federal Centers for Disease Control and Prevention, to the states, and then to the local jurisdictions.

My recent thought has been that we need to be careful when we focus so intently on getting a “good” score that we don’t lose sight of the fact that the score is NOT the reason we do this work. Rather, we are working to improve our level of preparedness to better protect the people we serve. The nice outcome of good plans is that we will achieve a good score, but the score is only an effect of good planning, not the goal of good planning.

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Stay Warm, Safe With Winter Weather Tips

When temperatures drop below normal and winter storms bring precipitation, staying warm and safe can be difficult. Extremely cold temperatures and brisk winds can lead to life-threatening situations; while snowy or icy roads can make transportation treacherous.



Exposure to freezing temperatures, even for just a short while, can lead to hypothermia or frostbite. Hypothermia occurs when the body's temperature drops too low and impacts brain function. Warning signs of hypothermia include: extreme shivering, confusion, slurred speech, drowsiness or low energy, and bright red, cold skin. If you notice any of these signs and the body temperature is lower than normal, begin warming the person with blankets, beverages and shelter and seek medical attention. Frostbite is the actual freezing of body parts and is usually indicated by numbness and white or greyish skin. Seek immediate medical attention in cases of frostbite and gradually warm the affected areas.

To prevent hypothermia or frostbite, adults and children should take extra precaution to stay warm and dry. Wear layers to trap warm air and allow for removal of clothing if you become overheated. Wearing a hat, scarf

and mittens or gloves will prevent heat from escaping through extremities. Lastly, avoid alcohol and caffeine, as these cause your body to lose heat more rapidly.

Traveling in winter weather can be another challenge. When walking, be extra careful in icy areas and avoid waterways. When sledding or exercising, know the surrounding area to prevent impact injuries and avoid overexertion that can lead to hypothermia or heart strain. If you do need to drive in snow or ice, be extra careful on bridges or overpasses that can be covered in hidden "black ice" and be aware of other drivers. If you become stranded in your car, it's advised to stay where you are and use a cell phone to call for help.

Plan ahead to be safe when traveling. Listen for weather reports of travel advisories. Pack extra supplies like blankets, jumper cables, a radio, flashlight, clothes, and food in your car in case you do become disabled. And, be sure to alert someone to your route and destination in case you become lost or stranded.

For more winter weather safety tips, please visit the [Centers for Disease Control and Prevention website](http://www.cdc.gov).

HEALTHY RECIPES

Each month, we'll take a traditional recipe and offer a healthy alternative. This time, we've re-envisioned a classic French dish.

Halibut in Foil

Recipe makes six servings. One 4 oz serving contains 144 calories, 4 grams of fat, 36 mg of cholesterol, 62 mg of sodium, 0 grams of carbohydrates and 24 grams of protein.

Ingredients

- 2 tsp olive oil
- 6 4-oz halibut steaks
- 1/2 cup dry white wine
- 6 thyme sprigs
- 6 thin lemon slices
- 1 1/2 tsp fennel seeds
- 6 parsley sprigs
- Fresh ground pepper to taste
- Aluminum foil

Steps:

1. Preheat oven to 350° F. Tear aluminum foil into six large squares (large enough to wrap each steak). Brush each square with olive oil.
2. Place halibut in the center of the square. Drizzle each steak with some of the wine. Place a thyme sprig, a lemon slice, a few fennel seeds and a parsley sprig on each piece of fish.
3. Grind pepper over fish. Seal foil into a packet. Place all packets on a baking sheet. Bake in oven for 12 minutes (or until desired doneness).
4. Place a packet on each serving plate and let dinner guests open on their own. Pour cooked juices over the fish before eating.

(Recipe courtesy of *Diabetic Meals in 30 Minutes or Less!* by Robyn Webb)



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Give a Natural Gift After the Holiday

After the Yuletide celebration, give one more gift by recycling your natural Christmas tree so that it may be turned into mulch or fish habitat. Again this winter, St. Charles County is partnering with area municipalities to offer residents this free service at various sites in December and January.

Be sure to remove the tree stand, decorations, and plastic bag or cover before leaving your tree at one of the locations below:

St. Peters

- Laurel Park (upper parking lot) off McClay Rd. St. Peters Golf & Recreation Center
200 Salt Lick Rd.
- St. Peters Earth Centre, 115 Ecology Dr.
*Locations open 7:30 a.m. to 5 p.m.,
Monday thru Saturday, Dec. 28 to Jan. 18*

Wentzville

- Progress Park (parking lot), 968 Meyer Rd.
Location open 7 a.m. to 3:30 p.m., Dec. 26 to Jan. 18

O'Fallon

- Civic Park (upper parking lot), 400 Civic Park Dr.
- O'Fallon Sports Park, 3589 Hwy. K
Locations open from dawn to dusk, Dec. 26 to Jan. 18

Lake Saint Louis

- Founders Park, 7 Freymuth Road
Location open during daylight hours, Dec. 26 to Jan. 17

St. Charles County

- Quail Ridge Park (Group Picnic Area)
5501 Quail Ridge Pkwy. (Wentzville)
Location open 7 a.m. to sunset, Dec. 26 to Jan. 22

Another great idea for your used Christmas tree is to place it in your backyard as a bird feeder and sanctuary. Fresh orange slices, strung popcorn or other treats will attract birds. The branches can provide shelter from the icy winter winds. Be sure all decorations, hooks, garland, and tinsel strands are removed.

For an even "greener" Christmas next year, get a rooted (ball and burlapped or containerized) tree. When the holidays are over, plant it in your yard.

For information about St. Charles County recycling programs, please call 636-949-1800 or click [HERE](#).



Connect Yourself To St. Charles County

DID YOU KNOW:

- you can learn about the health department through our [TWITTER](#) feed?
- you can get periodic St. Charles County departmental newsletters sent directly to you by signing up through the "Notify Me" tab at www.SCCMO.org?
- you can follow St. Charles County on [FACEBOOK](#)?



Cell phones and other electronic devices have enhanced our lives by increasing the speed of staying connected and improving how we receive information. This is also true in health, where social media tools like Twitter, Facebook, email, texting and podcasts have become a preferred means for the two-way distribution of messages.

St. Charles County offers several ways for the community to discover the latest information about the health department and its activities. Regular posts on the department's Twitter feed and the county's Facebook page provide links to interesting press releases and other important news topics, as well as links to websites offering a more detailed look at an issue. The health department website is continually updated with statistics and information that will help you to protect your family and business. Also, the county streams video from its video production staff, where you can view council meetings, informational programming and other features about the people, places and stories within St. Charles County.

Click on one of the links to the left to sign up to receive health information on your phone or computer, or visit www.sccmo.org and www.scchealth.org.

Follow us! @SCCHealth

twitter



St. Charles County is on Facebook! Become a fan:
www.facebook.com

Set **SMART** Goals To Achieve New Year's Results

At the start of another new year, many will strive to improve themselves. Whether your New Year's Resolution calls for losing weight, stopping smoking, volunteering in the community, becoming a better member of your family or something else, you must make certain that your decision is **SMART**.

SMART goal setting is the best way to ensure that you will reach your target and to truly make this a part of your regular routine. There are five keys to **SMART** goal-setting:

S - The first step is to focus on a goal that is **SPECIFIC**. You have to know what you're trying to achieve to make it happen. As opposed to just losing weight, your goal should be to drop a specific number of pounds and to set a plan of attack for meeting this.

M - The second step is a goal that is **MEASURABLE**. Knowing how close you are to matching the results and keeping track of the accomplishment you've achieved will keep you on target and reward your effort.

A - The third characteristic of a good goal is to make something that's challenging, yet **ATTAINABLE**. If your goal is large, it might be easier to set smaller chunks that will collectively build to the final target.

R - The fourth step is to make your goal **REALISTIC**. You won't lose 50 pounds in the first week of your effort, but you can make simple changes to reach it on a reasonable schedule.

T - The final step is to make the goal **TIMELY**. Give yourself a target time to meet the goal, so that you can stay on track and reward yourself for finishing.

For healthy resolution ideas or tips on meeting your goal, click [HERE](#).



Need Room For Your New Holiday Toys?

If you're among one of the lucky families who received a new flat-screen television, gaming system, computer or appliance this holiday, you've probably already found the perfect place to display your new electronic device.

But, what did you do with the old unit? Each year, nearly 2 million tons of electronics are tossed in the trash as we make way for newer and improved resources. In addition to overloading landfills, these devices often contain harmful materials like lead or mercury that can further pollute our environment.

Recycling your electronic equipment enables its parts to be re-used by others. For example, computer keyboards, mice and cables can be purchased by or donated to area schools to enhance



their student labs. And, parts from your refrigerator, radio or television can be the exact piece your neighbor has been searching to find to make their device hum again.

You can safely and conveniently discard your old appliance by taking it to either of the county's [Recycle Works](#) locations in St. Peters or Wentzville. Open Monday through Saturday, these facilities recycle used electronics and parts for little to no cost, depending upon the item.

Among the items that may be recycled at the Recycle Works facilities are:

- computers (complete systems and individual parts)
- televisions
- most small appliances
- refrigerators
- VCR, CD and DVD players
- cell phones
 - microwave ovens (from St. Charles County residents only)
 - washers and dryers
 - air conditioners
 - batteries

For more information about electronics recycling in St. Charles County, please visit our website [HERE](#) or call (636) 949-7415.