

Description • Consuming foods that could be contaminated with microorganisms/toxins:
 ○ Unpasteurized juice/dairy/soft cheese, raw or undercooked fish/shellfish/meat/fish/poultry/eggs/sprouts/tofu, unheated deli meats or hotdogs

Assess Readiness for Change: with open ended questions

- “You eat sandwiches at lunch. How would you feel about avoiding xx (i.e. cold cut sandwiches) during your pregnancy?”
- “What have you heard about food borne illness from listeria?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“That’s crazy, they are already cooked and fast food uses.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It isn’t something we typically think about. Pregnant women are more susceptible to food poisoning from unheated lunch meat. How would it be for you to choose an alternate hot sandwich, like French dip or meatball instead?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because unheated deli meats can be contaminated with bacteria. It is recommended, pregnant women avoid cold cuts unless they are reheated. What other foods concern you?” • <i>Knowledge: listeria, a bacteria, can cause food poisoning especially in pregnant women; can lead to miscarriage, fetal death</i>
Record Plan or Goal		
<p>Unsure →</p> <p>“I never would have thought about reheating deli meats.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Yes, we mention it, since pregnant, you more susceptible to listeria, a bacteria which causes food poisoning. Where do you eat deli meats (home, restaurant, fast food)?” • “On a scale of 1-10, how concerned are you with safe handling of food to prevent food poisoning?” 	<ul style="list-style-type: none"> • Avoid unpasteurized juice, cheese, milk, and tofu, undercooked foods and raw sprouts- may contain bacteria and cause food poisoning. In pregnancy: <ul style="list-style-type: none"> ○ Only purchase pasteurized products ○ Cook all foods to proper temperatures ○ Reheat deli/lunch meat before serving ○ Follow safe handling practices ○ Wash all fruit/vegs before eating ○ Don’t eat raw/rare meat or seafood
Record Plan or Goal		
<p>Ready →</p> <p>“Are you serious, heating up lunch meat?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “That is safest. Pregnant women and young children are most susceptible to food poisoning. What do you think is the best way to prevent food poisoning?” 	<ul style="list-style-type: none"> • “Sounds like you are good about hand washing. Another thing is when you are thawing meat, do it in the refrigerator, not on the counter.”
Record Plan or Goal		
<p>Mom accepted alert and listeria handout though doesn’t seem concerned. Follow-up nest appointment.</p>		
Record Plan or Goal		
<p>Mom not overly concerned but accepted handout. At minimum will be more cautious of food storage.</p>		
Record Plan or Goal		
<p>Mom hadn’t heard of listeria. Accepted handout. Says will be more cautious of where she eats lunch meats.</p>		

Education Resources	<p>http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/UCM182158.pdf Handout- <i>What Need Know Mercury in Fish</i></p> <p>http://www.fshn.cahs.colostate.edu/extension/files/Listeria_tearsheet.pdf Handout- <i>Listeriosis and Pregnancy- What is your risk?</i></p> <p>http://www.pbchd.com/pdfs/prevention_pointers/listeriosis.pdf Handout- <i>What is listeria- how prevented?</i></p> <p>http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm094783.htm Resource- <i>Food Safety Mom’s to Be</i></p> <p>http://www.dshs.state.tx.us/wichd/nut/pdf/fac26-s.pdf Resource- <i>Food Safety During Pregnancy</i></p>
----------------------------	---