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7 Tips for Avoiding Food Poisoning When Dining Out



At home you take the necessary food safety precautions to avoid getting sick: you make sure food is cooked to the proper temperature, you don't leave perishables sitting out at room temperature and you always clean all food prep surfaces and utensils thoroughly between uses. But how can you ensure that the food you eat while out is handled properly to avoid causing illness? Below are seven tips to ensure food safety when eating out:

1. **Know the score.** All restaurants are inspected by the local health department. The reports are a matter of public record, and you can ask for the score or report of a restaurant you plan to go to.
2. **Be observant.** Look around the restaurant when you arrive. If you notice floors or bathrooms are dirty and your table has food smears on it from a previous diner you may want to go elsewhere to eat.
3. **Look for safe food-handling practices.** In many restaurants and shops, you can see food handlers at work. Workers should be using gloves or utensils to handle food. No one working the restaurant, from the waitstaff to the bussers to kitchen help, should be exhibiting any signs of illness such as coughing, sneezing, or having a runny nose.
4. **Food should be hot or cold—not lukewarm.** Temps between 40 and 140 degrees represent the danger zone where germs that cause food poisoning quickly grow.
5. **Don't eat food that's undercooked.** Meats, poultry, fish, eggs, and other foods need to be cooked to a temperature that's high enough to kill any germs that may be present. This is the reason why many restaurants will not serve rare meats.
6. **Ask about eggs.** If you're ordering dishes such as Caesar salad, custard, hollandaise sauce or tiramisu ask if the restaurant uses pasteurized eggs—these have undergone a process to kill harmful germs that can make you sick.
7. **Get leftovers refrigerated fast.** Make sure your to-go container is in the fridge within 2 hours of leaving the restaurant and 1 hour if the temperature is above 90 degrees. Eat or toss within 3 to 4 days.

Put Together an Emergency Kit for Your Car



No one plans to have their car break down or to get stuck on the side of the road during a bad storm. When the unexpected happens, however, having a well-stocked emergency kit in your car can help keep you safe and comfortable until help can arrive. Below are the items you should have in your car.

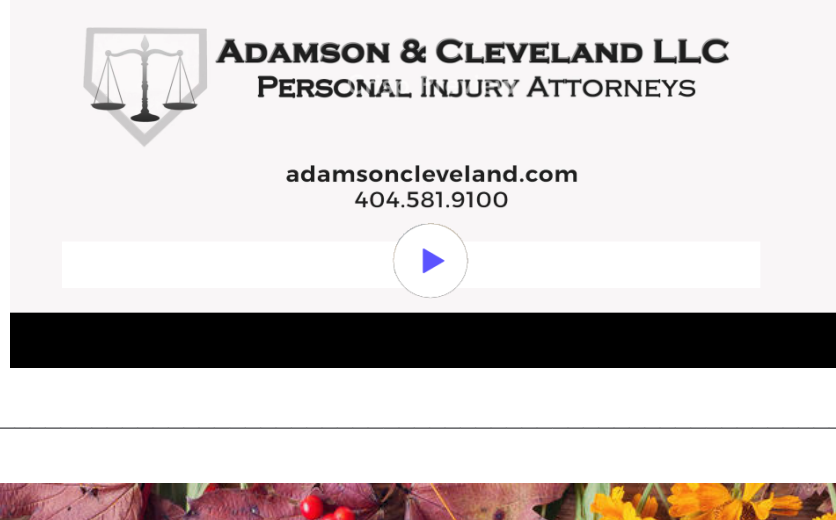
- Spare tire, wheel wrench, and jack
- Can of tire inflator/sealant
- Jumper cables or a portable battery jumper
- Quart of motor oil
- Gallon of coolant
- Flares or reflective triangles
- First aid kit
- Fire extinguisher
- Basic tool kit
- Flashlight with extra batteries
- Blanket to charge your cell phone that doesn't run off the car battery
- Blanket or space blanket
- Drinking water
- Nonperishable snacks like granola or protein bars
- Paper and pen

Keep the smaller items all together in one easy-to-grab bag. Periodically replace the water, snacks, and batteries. Hopefully, you'll never have to use your roadside emergency kit but it's good to know it's there if you need it.

If you or a family member has been injured in an [auto accident](#), [truck accident](#), [motorcycle accident](#), [slip and fall](#), or by any other type of personal injury, or if you have been denied [Workers' Compensation](#), it's important to get an attorney experienced in these types of cases involved immediately. Call 470-558-0318 for your initial free consultation. [Adamson & Cleveland, LLC, injury attorneys in Georgia](#), can help you determine whether you need a lawyer for an accident or any personal injury case.

Core Values

Core Values at Adamson & Cleveland are fostering teamwork in a family environment, trying to do good in our community and providing ethical and professional representation to our clients. Watch this quick video to hear more...



Recipe of the Month Sweet Potato, Zucchini & Chickpea Salad



Warm or cold, main dish or side, this salad topped with a zesty lemon tahini dressing is the perfect choice for your favorite fall farm veggies.

Ingredients

For the salad

- 2 yams or sweet potatoes, diced into 1-inch pieces
- 1 zucchini, diced into 1-inch pieces
- 1 can chickpeas, rinsed and drained
- 2 garlic cloves
- 3 sprigs parsley, leaves finely chopped
- 2 scallions, thinly sliced on bias
- olive oil

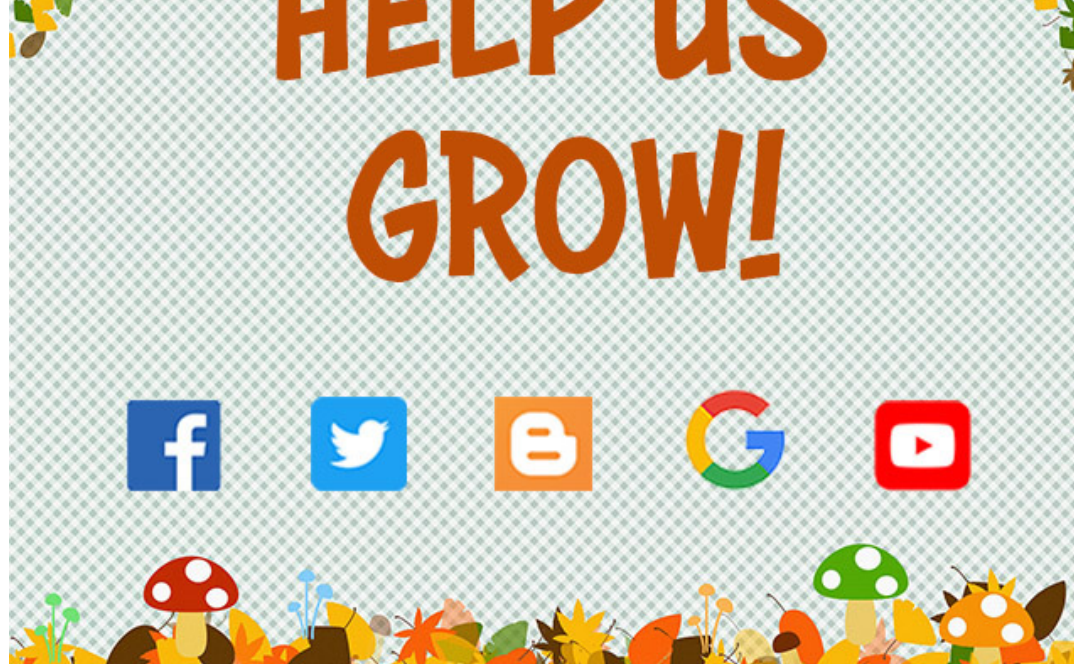
For the dressing

- 1 tablespoon tahini
- zest and juice of 1 lemon
- salt and pepper
- 1 tablespoon olive oil

Directions

1. Preheat oven to 400 degrees. Line rimmed baking sheet with parchment or silicone.
2. Spread diced sweet potatoes in a single layer on prepared baking sheet, drizzle with olive oil, and sprinkle lightly with salt and pepper. Roast 35-40 minutes, then add zucchini and roast an additional 10-15 minutes, until both vegetables are softened inside and caramelized in spots. If vegetables haven't caramelized at that point, pop them under the broiler for 3 minutes, and they'll brown plenty.
3. In a small frying pan over medium heat, sauté chickpeas and whole garlic cloves in 1 tablespoon of olive oil (just enough to moisten) for about 3 minutes, until the chickpeas dry out a bit and are warmed through. Remove garlic cloves, chop finely, and reserve for dressing.
4. In a medium bowl, mix chickpeas with yams and zucchini. Add parsley and scallions and toss to combine.

Recipe courtesy of food52.com



What's Happening in & Around Norcross & Athens

[Bela Fleck & Abigail Washburn](#)
University of Georgia Performing Arts Center

[2021 AthHalf Half Marathon & 5K](#)

[Dance ATHENS Dance Festival](#)
Morton Theatre

[Trick or Treat](#)
J&J Flea Market

[Bear Hollow Zoo](#)

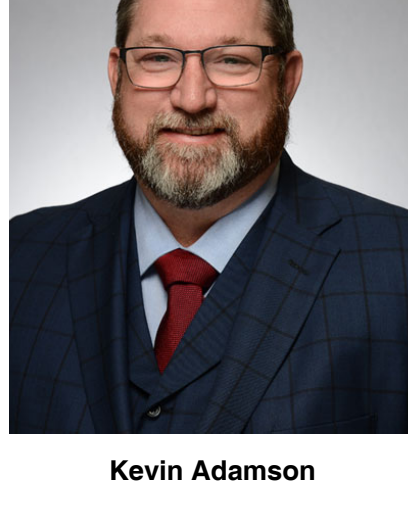
[Athens Farmers Market](#)

[Northside Trail](#)

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 Weekends : By Appointment

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