



### Inside this issue:

Farmers Market Promotion 2

Food Desert Locator 2

The Bad Bug Book 2

Plan for Canning 3

Portable Kitchen 3

Baking in Glass Jars 3

FDA Recall 4

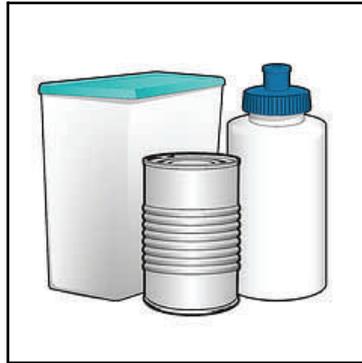
Almonds for Breakfast 4



### More about BPA:

- BPA was first approved by FDA in the early 1960s.
- BPA is found in water and infant bottles, compact discs, impact-resistant safety equipment, and medical devices.
- BPA is also found in air, dust and water.
- BPA can also be found in breast milk.

## BPA Still Being Studied



**BPA in infant foods is much less than previously believed.**

BPA stands for Bisphenol A. It is a chemical used in the production of plastics and resins, such as some water bottles and the coatings of some food cans. It is also used in some consumer goods, such as compact discs and thermal cash register tapes. And, it has generated controversy about its impact on human health and development.



The Food and Drug Administration's assessment is that the scientific evidence at this time does not suggest that the very low levels of human exposure to BPA through the diet are unsafe.

Consumers can limit exposure with these tips:

- Avoid plastic containers with the recycle codes 3 or 7. They may contain BPA.
- Do not put very hot or boiling water in plastic containers that may contain BPA. This may cause BPA levels to rise.
- Throw away all plastic bottles with scratches. These can trap bacteria as well as release BPA into the food.

Learn more at <http://1.usa.gov/IqLJ7j> and [www.niehs.nih.gov/news/sya/sya-bpa/](http://www.niehs.nih.gov/news/sya/sya-bpa/).

## Women's Health Week

### "It's Your Time."

That is the theme for National Women's Health Week, May 13-19, 2012. This observance is to encourage and empower women to get regular

checkups and preventive screenings; get active; eat healthy; pay attention to mental health; and avoid unhealthy behaviors.

The goal is for women to

take time for themselves and care for their well-being for longer, happier lives.

Learn more at [www.womenshealth.gov/whw/](http://www.womenshealth.gov/whw/).



## Farmers Market Promotion Program

The Farmers Market Promotion Program (FMPP) offers grants to help improve and expand domestic farmers markets, roadside stands, community-supported agriculture programs, agritourism activities, and other direct producer-to-consumer market opportunities. Agricultural cooperatives, producer net-

works, producer associations, local governments, nonprofit corporations, public benefit corporations, economic development corporations, regional farmers' market authorities and Tribal governments are among those eligible to apply. Approximately \$10 million in FMPP grants are available in fiscal year

2012. The maximum amount awarded for any one proposal cannot exceed \$100,000.

Applications are due by 11:59 p.m. on May 21, 2012.

Details and how to apply are at

[www.ams.usda.gov/AMSV1.0/FMPP](http://www.ams.usda.gov/AMSV1.0/FMPP).



**For Farmers Markets in Kansas, see**  
[www.ksfarmersmarkets.org](http://www.ksfarmersmarkets.org).

Another resource is the "Food Environment Atlas." You can find county-level statistics on food choices, health and well-being, and community characteristics. See [www.ers.usda.gov/FoodAtlas/](http://www.ers.usda.gov/FoodAtlas/)

## Food Desert Locator

A food desert is defined as a "low-income census tract where a substantial number or share of residents has low access to a supermarket or large grocery store."

The First Lady's *Let's Move!* initiative is working to expand access to nutritious food in food deserts.

Where are the food deserts in Kansas? See the

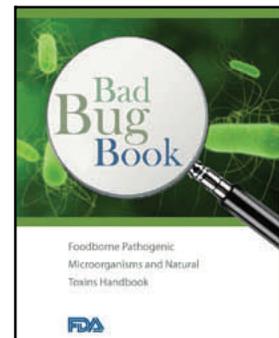
interactive United States map at [www.ers.usda.gov/data/fooddesert/fooddesert.html](http://www.ers.usda.gov/data/fooddesert/fooddesert.html).

## The Bad Bug Book

Looking for information on bacteria? One of the most comprehensive resources is from the Food and Drug Administration, the Bad Bug Book.

Although the book is intended primarily for scientific and technical readers, each chapter now also includes a separate section for consumers. The consumer sections are written in everyday language and focus on food safety, including tips on how to reduce the risk of foodborne illness.

The updated edition of the Bad Bug Book is available on the FDA web site at <http://1.usa.gov/HjmV3n>.



## Start Planning for Canning Now!

Gardeners are eager to plant! And now is the time to make sure canning equipment is ready for the food preservation season. Here are some reminders.

- Get dial pressure gauges tested. The Presto Pressure Gauge tester will test most gauges. The exception is All American brand gauges. If the test shows more than one pound of pressure off, it should be replaced.
- Check your jars for cracks, chips, etc. Decide how many new lids to buy.
- Make sure rubber gaskets on pressure canners are not cracked and are still pliable.
- Look for new tested recipes to try!
- For more information, see [www.rrc.ksu.edu](http://www.rrc.ksu.edu). Click on "Food Preservation" on the right hand side.



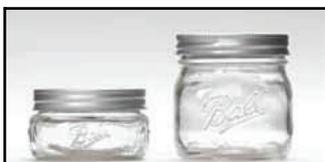
## Make Your Own Portable Kitchen

The Home Baking Association can help you pack a portable kitchen for classrooms, clubs and camps. One kit will contain enough items for six individuals or teams.

In a large plastic tub with a lid and hand grips, it can hold around \$500-\$750 of supplies. The site should supply water, hand washing access, three 6-foot tables, paper/cloth towels, dinner-

ware, electricity, wireless access (optional), and a dry-erase board or poster board and markers.

See the kit at <http://bit.ly/Ik9EoP>.



Ball® Collection Elite

## Baking in Glass Canning Jars

Ideas to bake cakes, breads or other desserts in glass canning jars are on many cooking websites. While the ideas sounds fun and trendy, is it a good idea?

The manufacturer of canning jars, Jarden Home Brands, Inc., does not recommend using canning jars in the oven. The variable heat from the oven thermostat cycling on and off may cause the jars to break. The glass in canning jars is annealed so that when the glass breaks, they will not shatter into tiny pieces but in big chunks.

From a food safety standpoint, breads or cakes should not be home-canned. This is where the product is baked in the jar, covered with a canning lid, and not further processed. This can lead to foodborne illness.

Source: Jarden Home Brands, Inc. and [http://nchfp.uga.edu/publications/uga/uga\\_can\\_breads.pdf](http://nchfp.uga.edu/publications/uga/uga_can_breads.pdf)

Kansas State University  
Research & Extension

Rapid Response Center  
221 Call Hall  
Manhattan, Kansas 66506

Phone: 785-532-1673  
Fax: 785-532-3295  
Email: kblakesl@ksu.edu



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary M. Pierzynski, Interim Director.

## Mission Foods Recall



Kroger Taco Dinner Kit

Mission Foods announced April 13, 2012 a voluntary recall of its Taco Dinner Kits distributed by Kroger, and other grocery chains because they may contain undeclared milk. People who have an allergy or severe sensitivity to milk run the risk



of serious or life-threatening allergic reaction if they consume this product. The affected product was distributed in Kansas, Missouri, Nebraska and other states. The Kroger product is sold in Dillon's stores.

The recall is precautionary. It includes the following product:

Kroger Taco Dinner Kit, 12-count, containing 12 crisp shells, sauce and seasoning with UPC code 0-11110-85474-2 dated GA AUG 10 12.

Consumers should return the product to the store where it was purchased for a refund.

Source: <http://1.usa.gov/HZ69At>



Karen Blakeslee,  
M.S.

On the Web at  
[www.rrc.ksu.edu](http://www.rrc.ksu.edu)



## Add Almonds to Breakfast

You've heard it before. Breakfast is the most important meal of the day. But the breakfast food market has been cautious to offer any new items. Nearly two-thirds of consumers believe leading name brands do not offer healthy options.



Add almonds to hearty oatmeal for crunch.

Photo: USDA/ARS

Enter the simple almond. This tree nut adds nutrition, crunchy texture, flavor and function. They are a leading source of vitamin E, fiber and unsaturated fat. Almonds are associated with reduced risks of chronic diseases such as obesity, heart disease and diabetes.

So add almonds to your breakfast. Sprinkle on cereal, yogurt, and in fruit. Enjoy!

Source: Cereal Foods World, Mar-April 2012