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### Be Food Safe—for special audiences:

- [African Americans](#)
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## Food Safety for the Most Vulnerable



**Using a thermometer is important for preparing food safely**

For consumers who have an increased risk of foodborne illness, preparing and eating safe food is critical to their health. To help these consumers, six booklets are available to help older adults, transplant recipients, pregnant women, cancer patients, those with diabetes and those with HIV/AIDS.



Each booklet is filled with practical guidance to prevent foodborne illness. They contain easy-to-read charts, illustrated how-to guides, and information why these people are more susceptible to foodborne illness.

Also in the booklets, there are quick-reference tips for grocery shopping, cooking at proper temperatures, eating out at restaurants and more.

These booklets are being mailed to physicians who treat people in these categories. They are also available to the public free of charge. Additionally, the booklets are downloadable in PDF format at [www.foodsafety.gov/poisoning/risk/index.html](http://www.foodsafety.gov/poisoning/risk/index.html). To order booklets for your home, office, or organization, call the toll-free USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) weekdays between 10 a.m. and 4 p.m. ET, or email requests to [fsis.outreach@usda.gov](mailto:fsis.outreach@usda.gov).

## 2013 National Festival of Breads

The third National Festival of Breads competition will be held June 22, 2013 in Manhattan, KS.

Submit recipes online starting Sept. 1. A new category is being added

for youth ages 12-17. Youth categories include:

- Rolls
- Whole Grain Breads

Current categories for adults include:

- Ethnic Breads
- Rolls
- Time-Saving and Simple Breads
- Whole Grain Breads

Learn more at [www.nationalfestivalofbreads.com](http://www.nationalfestivalofbreads.com)



## We Can!®

The National Heart Lung and Blood Institute has created We Can! (**W**ays to **E**nhance **C**hildren's **A**ctivity & **N**utrition) to help children 8-13 years old stay at a healthy weight.

This program provides information and many resources to improve the health of the family. Topics include nutrition

basics, portions and servings, budgets and grocery shopping, cooking and recipes, milk and milk products, diabetes resources and nutrition related curricula. Materials are also available in Spanish.

There is also information on reducing screen time with computers and television. Experts say

these activities should be limited to two hours or less each day.

You too can partner with We Can! A few sites are active in Kansas already. Categories are based on the level of activities that will be used.

Learn more at <http://1.usa.gov/2VeHsE>



To safely can tomatoes, following instructions from "Preserving Tomatoes" at <http://www.ksre.ksu.edu/library/fntr2/MF1185.PDF>.

## What are French Canned Tomatoes?

While this may sound glamorous and easy, it is **NOT** safe to can with this method.

Tomatoes are left whole with peels and cores intact. They are washed and placed into jars. A slice of onion and herbs

are added. Then apply the lid and ring.

Filled jars are placed into a water bath canner and processed for 1 1/2 hours. Hold down the jars with a weight or they will bob around in the water. They are cooled in

the canner with the water. Tomatoes will shrink dramatically only leaving a half-filled jar.

Again, this is **NOT** a safe method of canning.

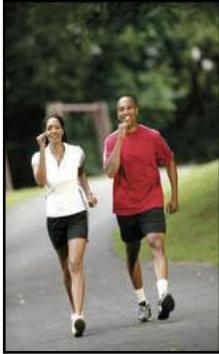
Source: <http://www.linesfromlinderhof.com/search/label/tomatoes>

## Canning Pumpkin Butter

Gelled preserves rely on the natural acidity present in most fruits for safe food preservation. Most fruits have natural acids so resulting jams or jellies can be safely canned in a boiling water bath process. Pumpkin, however, is a low acid vegetable and cannot be safely canned in the boiling water bath process. A jam or sweetened preserve would have to have enough sugar and/or added acid to be treated safely without concerns about botulism. A certain acidity level is also required to cause the pectin molecule to form a gel structure. The USDA currently does not have any tested recipes to recommend for safely canning pumpkin preserves (jams, jellies, conserves, or pumpkin butter) and storing them at room temperature. These pumpkin products must be stored in the refrigerator or freezer and treated the same as fresh pumpkin. Refer to [http://www.homefoodpreservation.com/publications/uga/pumpkin\\_butter.html](http://www.homefoodpreservation.com/publications/uga/pumpkin_butter.html) for more information.



Learn more about preserving pumpkin at <http://nchfp.uga.edu/tips/fall/pumpkins.html>



**2011 State Obesity rates are now available at**  
<http://1.usa.gov/nUm8Zf>



## Walk to Better Health

More than 145 million adults now include walking as part of a physically active lifestyle. More than 6 in 10 people walk for transportation or for fun, relaxation, or exercise, or for activities such as walking the dog. The percentage of people who report walking at least once for 10 minutes or more in the previous week rose from 56% (2005) to 62% (2010).

Physical activity helps control weight, but it has other benefits. Physical activity such as walking can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Improving spaces and having safe places to walk can help more people become physically active.

For more information on this and ideas to increase physical activity by walking, see <http://www.cdc.gov/vitalsigns/Walking/index.html>.

## Global Handwashing Day

The American Cleaning Institute® is sponsoring the fourth Global Handwashing Day on October 15, 2012.

The simple task of handwashing can be the most

effective and inexpensive way to prevent the spread of disease. This initiative is to help people across the world wash their hands with soap.

So join the effort!

Through 4-H, FCCLA, SNAP and many other programs, you too can help encourage handwashing.

Learn more at <http://bit.ly/qrluym>.



## Home Canned Beets Cause Botulism

Three confirmed cases of botulism were reported in July 2012 from a private barbecue dinner in Oregon. The illness resulted from improperly home canned beets.

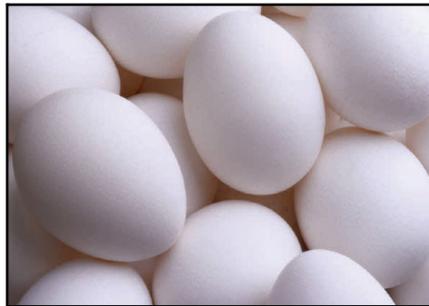
This is a reminder to always follow current procedures and up-to-date recipes for any kind of home food preservation. Many more people are doing home food preservation, but are using dangerous methods or old recipes that are not safe.

Illness from botulism toxin can occur within a few hours or days. Symptoms include double vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth and muscle weakness. It can lead to paralysis and death.

Source: <http://bit.ly/OYV47w>



## Egg Allergy Tips for Baking



Eggs are one of the eight most common food allergies. It affects about 1.5% of young children, but it can be outgrown as they grow older.



Since many commercially made foods contain eggs, many families make homemade products to avoid

eggs. Here are some substitutions for eggs. They work best when substituting 1 to 3 eggs.

- 1 teaspoon baking powder + 1 tablespoon liquid + 1 tablespoon vinegar
- 1 teaspoon yeast in 1/4 cup warm water
- 1 1/2 tablespoons water + 1 1/2 tablespoons oil + 1 teaspoon baking powder
- 1 packet gelatin + 2 tablespoons warm water
- 1 tablespoon pureed fruit
- 1 tablespoon ground flaxseed + 3 tablespoons water

Sources: <http://bit.ly/QX880r>  
<http://bit.ly/amTcFe>



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



## Gifts for the Home Food Preserver

Holiday shopping season is just around the corner. So for those who are new to home food



**Using a jar lifter to safely handle hot jars.**

preservation, here are some gadgets to help the work become easier.

- Jar lifter—to get jars in and out of hot canners.

- Funnel—to help fill canning

jars cleanly.

- Lid Wand—a magnet on the end to get hot lids out of hot water.

- Bubble Freer—a plastic tool to remove air bubbles from jars. One end also has increments for measuring headspace.

- Other— A boiling water bath canner, a pressure canner, canning jars, lids, and basic kitchen equipment.

Source: [http://nchfp.uga.edu/tips/fall/holiday\\_gifts.html](http://nchfp.uga.edu/tips/fall/holiday_gifts.html)