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NSF Household Germ Study Results



Home kitchen appliances and other equipment are analyzed by NSF International to verify manufacture cleaning instructions and other items for easy of cleaning and best safety. A piece of equipment carrying the NSF mark is a sign of a safer, easy-to-clean product.



NSF International recently completed the 2013 International Germ Study on 14 common kitchen items to look for *E. coli*, *Salmonella*, yeast and mold, and

Listeria. The top six items harboring bacteria included:

- Refrigerator vegetable drawer
- Refrigerator meat drawer
- Blender gasket
- Can opener
- Rubber spatula
- Storage containers with rubber seals

The top 6 items perceived by volunteers as the "germiest" included:

- Microwave keypad
- Can opener
- Refrigerator meat drawer
- Refrigerator vegetable drawer
- Flatware storage tray
- Knife block

Source: <http://bit.ly/14AOMYA>

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Pack an A+ School Lunch

Get an A+ grade with these lunch box tips:

- Keep it cold—Pick non-perishable foods or use ice packs to keep food cold.
- Wash! - Not only your

hands but food prep surfaces and reusable lunch boxes.

- Wash fruits and vegetables—Use plain running water and scrub if needed.

- Avoid lunch leftovers—they may sound like an afternoon snack but may be unsafe. Toss any leftover perishable foods.

Source: www.eatright.org

Boosting Frozen Broccoli Nutrition

Fresh broccoli contains a cancer-fighting phytochemical called sulforaphane. But when broccoli is frozen, the blanching process inactivates all enzymes.

Researchers at the University of Illinois found a way to put sulforaphane back into frozen broccoli. Sulforaphane is formed by the enzyme myrosi-

nase. When fresh broccoli is chopped or chewed, the precursor glucoraphanin and myrosinase are combined to form sulforaphane. To restart this reaction in frozen broccoli, they used food sources of myrosinase from cruciferous vegetables in undetectable amounts to taste buds. The food source

used was the daikon radish. It is heat stable and survives typical home cooking methods for frozen broccoli.

The researchers hope that food companies will apply this process to improve the benefits of eating frozen broccoli.

Source: <http://bit.ly/18gVX5m>



National Food Safety Education Month



September is National Food Safety Education Month. This is sponsored by the National Restaurant Association.

The 2013 theme is **Allergens: Avoid a Reaction**

by Taking Action!

There are an estimated 15 million people who have food allergies. It affects 1 in 13 children.

Education is important for those with food aller-

gies, and for parents, educators, food service, food industry and others.

Look for more information soon at www.foodsafetymonth.com

New Apple Varieties

It's almost apple season! Research at Cornell University has brought forth two new apple varieties. They are called SnapDragon and RubyFrost.

The SnapDragon apple has a crispy texture and sweet flavor which is great for snacking. The crisp juicy flavor comes from the Honeycrisp variety. It is ready in early September with a long storage life.

The RubyFrost apple ripens in late fall. It is like an Empire or Granny Smith apple. It boasts a pretty skin and pleasant balance of sugar and acid that is refreshing.

The new varieties should be in stores by 2015.



Photo courtesy Cornell Chronicle

Source: <http://bit.ly/1cvE4Tz>

Final Rule on Gluten-free Labeling



Read more about this new rule at <http://1.usa.gov/15AiKsq>

The Food and Drug Administration (FDA) has issued a final rule that defines what characteristics a food has to have to bear a label that proclaims it "gluten-free." The rule also holds foods labeled "without gluten," "free of gluten," and "no gluten" to the same standard.

This rule has been eagerly awaited by advocates for people with celiac disease, who face potentially life-threatening illnesses if they eat the gluten found in breads, cakes, cereals, pastas and many other foods.

As one of the criteria for using the claim "gluten-free," FDA is setting a gluten limit of less than 20 ppm (parts per million) in foods that carry this label. This is the lowest level that can be consistently detected in foods using valid scientific analytical tools. Also, most people with celiac disease can tolerate foods with very small amounts of gluten. This level is consistent with those set by other countries and international bodies that set food safety standards.



The Secret to Pretzel Buns

They have the taste of a hard pretzel and the softness of a traditional bun. The combination has sparked a new trend in sandwiches, burgers, and hot dog dining.

To get the dark color and

pretzel flavor, the dough is dipped in a baking soda water bath. The baking soda increases the pH of the dough surface making it more alkaline. This allows a deep brown color to form during baking.

When baking soda is mixed into baked goods, like cookies, it leavens the product and also aids in browning.

Source: How Baking Works, Paula Figoni



[Pennsylvania Dutch Pretzel Slider Buns](#)



Photo: USDA

Eggplant—"The Mad Apple"

Dating back to the fifth-century, eggplant was once linked to causing insanity. The egg-shaped vegetable has transformed from decoration to an edible food.

Eggplant is also called egg fruit, guinea squash and aubergine. It is a botanical cousin to the tomato, potato and pepper. Besides the classic deep purple, they can also be red, yellow, white and striped.

The spongy texture and mild flavor absorbs other added flavors easily. It can be roasted, grilled, fried, steamed, sautéed or cooked. Eggplant preserves best by freezing.

Source: <http://bit.ly/1ckvNnT>

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ARSENIC IN FOOD:

WHAT YOU SHOULD KNOW

FACTS ABOUT ARSENIC

Arsenic is one of many naturally occurring elements found in the air, water, and even in rocks and soil.

Trace amounts of arsenic are present in a variety of foods grown with organic and conventional farming methods.



ARSENIC IN FOOD: WHAT YOU SHOULD DO

- Make half your plate fruits and vegetables.
- Diets rich in fruits, vegetables and whole grains are part of the building blocks for a healthy diet.



- The FDA is continually monitoring the level of naturally occurring arsenic in foods to ensure the safety of consumers.
- To date, no health or safety concern has been indicated from sampling.
(Source: U.S. Food and Drug Administration)



Source: International Food Information Council—<http://bit.ly/15XvWtX>



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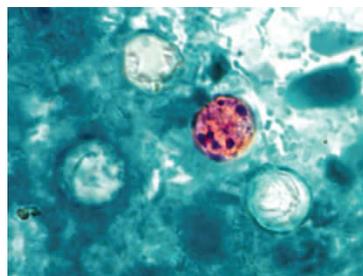


On the Web at
www.rrc.ksu.edu



What is Cyclospora?

Cyclospora is a parasite which is spread by consuming food (often produce) or water contaminated with infected feces.



Cyclospora—CDC Public Health Image Library

It usually takes one week from the time the contaminated food is consumed until the per-

son becomes sick. Symptoms include persistent watery diarrhea with frequent bowel movements, which can last an average of 60 days if not treated.

Diagnosis is made through stool samples. Medical treatment with antibiotics is the recommended treatment.

For more information, see www.cdc.gov/parasites/cyclosporiasis/.