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Spiff Up for the Holidays!



If you have your owner's manual, follow their recommendations for easy cleaning.

Prepping for the holidays includes many tasks. One task on your "to do" list should be cleaning out the refrigerator. Here are some tips from the American Cleaning Institute®.

Inside the Refrigerator:

1. Unplug the fridge and use a narrow brush to remove dust behind the kick plate.

2. Empty out the food. Toss anything past its use-by date or spoiled.
3. Remove drawers and shelves. Wash with warm, soapy water and dry.
4. Clean cabinet surface with a multi-surface cleaner. Use a toothbrush to get into cracks.
5. Plug the fridge back in, return shelves and drawers. Clean food packages before putting them back in the fridge.
6. Reduce odors with a small open box of baking soda.

Outside the Refrigerator:

1. For stainless steel, use a microfiber cloth and stainless steel cleaner.
2. For enameled steel, use a multi-surface spray and paper towels.

Source: www.cleaninginstitute.org/clean_living/clean_refrigerator.aspx

Food Safety for Wild Game

Hunting season is in full swing! Safety precautions are important for physical safety. But, food safety is also important when handling your prize catch.

For tips on the care and

handling of large game animals and wild birds, see www.ksre.k-state.edu/foodsafety/topics/animal.html#wild.

If you plan to have the animal processed by a

commercial processor, call ahead to schedule a processing date. To learn how to field dress deer yourself, see "[How to Field Dress a Deer.](#)"

The Sprouted Foods Trend

A new trend showing up in the cereal, bread, pasta, and snack aisles is products made with sprouts. Most people have heard of bean sprouts, but other foods that can be sprouted include grains, legumes, radish seeds, broccoli seeds, and nuts.

The health benefits touted include being higher in vitamins such as B

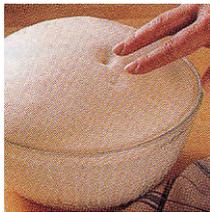
and C and minerals such as zinc and iron, as well as increased digestibility. Currently there is little research on sprouted foods, and the results of these studies show the benefits to be small compared to nonsprouted foods. The few studies that have been done show that vitamin C is slightly higher in sprouted grains, and iron and

zinc may be more easily absorbed. In regard to digestibility, sprouting does break down the seed, which means less work for your digestive system.

The Food and Drug Administration recommends children, the elderly, pregnant women, and persons with weakened immune systems avoid eating raw sprouts.



Sources:
<http://chnr.ucdavis.edu/faq/>
<http://bit.ly/1kpPwJ2>



Test dough by gently pushing two fingers into the dough. If the indentions remain, the dough is ready to go.

Yeast Dough Tip

When making yeast bread, the recipe will tell you to let the dough rise until double in bulk. So how can you tell if that happens?

Get smart with your smart phone! Take a pic-

ture of the dough before you set it aside to rise. Then, check the rising dough with your picture and you should see a difference in size.

In general, the first rise takes about one hour.

After shaping, the second rise takes about 30-45 minutes. Ideal rising temperature is between 80°F-90°F.

Happy baking!

Prepping Safer Produce

Two common sources of foodborne illness are poor personal hygiene and improper food preparation leading to cross-contamination. A new study shows how this happens between different types of produce.

Research conducted at the University of Georgia showed that knives and graters used to prepare produce can transfer bacteria from one food to another. Using the same knife or same grater can move around bacteria. This is the same principle as using the same utensils to prepare raw meat and ready-to-eat foods. Therefore, washing equipment between preparing different produce items is equally as important.

In addition to this study, they found produce brushes and peelers can also move bacteria from food to food.



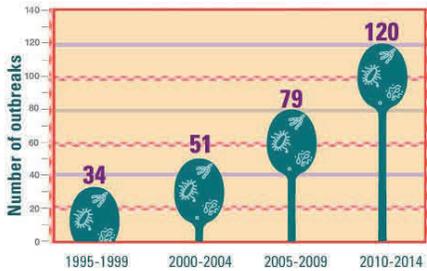
Source: www.sciencedirect.com/science/article/pii/S0740002015001306

Multistate Outbreaks: Less Common, but More Serious

Government and food industries need to work together to make food safer.

More multistate outbreaks are being found

Why? Better methods to detect and investigate, and wider food distribution.



SOURCES: CDC National Outbreak Reporting System, 1995-2014.
Source: CDC Vital Signs MMWR, November 2015.

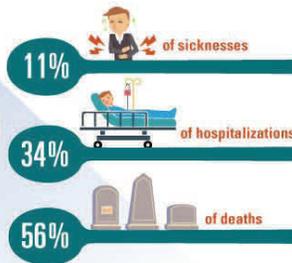
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Multistate outbreaks: less common, but more serious

Why? The deadly germs *Salmonella*, *E. coli* and *Listeria* cause **91%** of multistate outbreaks.

Only 3%

of all US foodborne outbreaks are multistate, but they cause more than their share of outbreak sicknesses, hospitalizations and deaths:



Vital^{CDC}**signs**SM

www.cdc.gov/vitalsigns/foodsafety-2015



Multistate outbreaks cause **56% of deaths** in all reported foodborne outbreaks.

An average of **24 multistate outbreaks** are reported a year, each involving from 2 to 37 states.

46% of multistate foodborne outbreaks result in product recalls.

Source: www.cdc.gov/vitalsigns/foodsafety-2015/index.html

Food Pantries and Food Banks

Food pantries and food banks are currently building inventory to serve communities in need. But food safety needs to be at the forefront to give out safe food.

To help, North Carolina State University has videos, examples of operating procedures, volunteer guidelines, and signage to help participants choose safe food.

Learn more at <https://foodsafety.ces.ncsu.edu/food-pantries-and-food-banks/>.

More resources include:

[Indiana's Emergency Food Resource Network](#)

[Food Safety for Food Pantry Donations](#)



Winter Menu Ideas

Stuck in a rut on what to eat this winter? Many ideas can be found at [Fruits & Veggies More Matters®](#) to help get you out of your boring routine.

They have 37 Winter Menu ideas for the entire day. They also have a Holiday Rush menu, Budget-Friendly Dinners (especially after gift shopping!), Healthy Breakfast Ideas, Very Low-Sodium Healthy Menu Ideas, and many more. Most importantly, recipes are included!

Check out these menus for winter and for other seasons at www.fruitsandveggiesmorematters.org/healthy-menu-ideas-winter.

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Prep Bakeware for Holiday Goodies



Does your bakeware have "recipe residue" on them? Try these tips to get them in shape for holiday baking and cooking.

Glass and/or Ceramic Bakeware:

- Soak in a solution of liquid dishwashing soap and/or baking soda and water
- Scour gently with a mild abrasive cleanser, baking soda or plastic mesh scrubber.

Pots and Pans:

- Fill pan with solution of 1 quart water and 2-3 tablespoons cream of tartar, lemon juice or vinegar.
- Heat and boil for 5-10 minutes
- Empty pan and scour gently with steel wool soap pad.

Non-stick Cookware:

- Fill pan with solution of 1 quart water + 1/4 cup coffee pot cleaner OR 3 tablespoons oxygen bleach.
- Heat to simmering and simmer for 15-20 minutes.
- Wash, rinse and dry.
- Recondition the pan with cooking oil or shortening before using.

Source: www.cleaninginstitute.org/clean_living/holiday_dishwashing.aspx



Baking Substitutions for any Holiday!

Instead of:

Butter, margarine, shortening, oil

Full fat dairy products

Chocolate (milk or white)

Cream

Cream cheese, full fat

Eggs (1 egg)

Fruit in heavy syrup

All purpose flour

Frosting

Fudge sauce

White or brown sugar

Regular chocolate chips or chunks

Try this:

1/2 of the fat in the recipe + 1/2 cup pureed fruit, vegetable or low-fat yogurt

Low-fat or fat-free dairy products

Dark chocolate

Evaporated skim milk

Low-fat or fat-free cream cheese OR pureed low-fat cottage cheese

1 tablespoon ground flax seed + 3 tablespoons water; 2 egg whites

Fresh fruit or fruit canned in water or its own juice

Replace half with whole wheat flour

Pureed fruit or dusting of powdered sugar

Chocolate syrup

In cakes or cookies, try 1/2 the called-for amount

Mini chocolate chips, reduce amount

Source: [MD Anderson Cancer Center, 15 Healthy Holiday Baking Substitutes](http://MDAndersonCancerCenter.com)



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On the Web at
www.rrc.ksu.edu

