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It's Fair Season!



Fairs and petting zoos are a great way for adults and kids to interact with animals. Unfortunately, these events sometimes get linked to illness. Recently, a Whatcom County, WA dairy festival held in April sickened 45 people with Shiga toxin-producing *E. coli* O157:H7. This event hosted over 1,300 first-grade children.



As county fair season approaches, here are some reminders for fairgoers:

- Before eating or drinking, always wash your hands!
- Know where to wash your hands.
- Provide portable handwashing stations.
- Use signs to remind people to wash their hands.
- Keep food stands away from animal areas.
- Supervise children around animals.
- Anyone working in food stands must wash their hands prior to working and handling food.

For more information: www.cdc.gov/features/animalexhibits/

<http://bit.ly/1RIMe5o>

<http://1.usa.gov/1bUrIYF>

Party Planning

Spring and summer parties are here! Planning food for large groups can be daunting.

A good resource for planning and recipes is the book *Food for Fifty* by Mary Molt. The recipes are based on 50 servings.

There are many reference charts to calculate smaller or larger quantities.

Other resources for quantity cooking include:

- [Cooking for Group: A Volunteer's Guide to Food Safety](#)

- [Food Safety and Sanitation: Guidelines for Volunteer Group Functions](#)

- [Steps to Easier Quantity Food Production](#)



Fighting Bacteria with Silver

Preventing foodborne illness is an ongoing challenge. To help consumers reduce potential problems, there are textiles with added silver nanoparticles to kill bacteria. It is widely used in the medical field. This technology is also being used for sports uniforms and other products. So what does silver do?

Silver nanoparticles deliver silver ions to bacteria. The ions attach to the bacteria, break the cell walls, and destroy the bacteria. Without the nanoparticles, the silver ions are not effective when in the presence of chloride, phosphate, protein, or other components.

Using silver to fight bac-

teria is expensive. It is also important not to underuse or overuse the treatment.

Silver added to fabrics helps reduce odor and/or mildew growth. They still must be laundered properly. Food contact surfaces still need proper cleaning to reduce contamination.

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



An easy sanitizer is 1 teaspoon bleach in 1 quart of room temperature water.

Rapid Response Center Website Update

The Rapid Response Center website, www.rrc.ksu.edu, has a new look!

Based on user activity from the old site, this new version has been

reorganized to bring the most popular topics to the forefront.

Topics that were rarely used were deleted. New sections include "Publications" to help you

access food-related publications. New sections in food preservation include "Food Business" and "Recipes."

Take a look!



Cooking Basics with the Create Series

For some, cooking from scratch is an overwhelming task. For others, it is easy and rewarding. To help relieve the stress of cooking, try the **Create Series** from Food Sense at Utah State University.

The Create Series will teach consumers how to make easy casseroles, sandwiches, soups, omelets and more without a recipe, or having to make a trip to the grocery store. The lessons teach you how to cook with what you have on hand and without a recipe. Handouts are in English and Spanish.

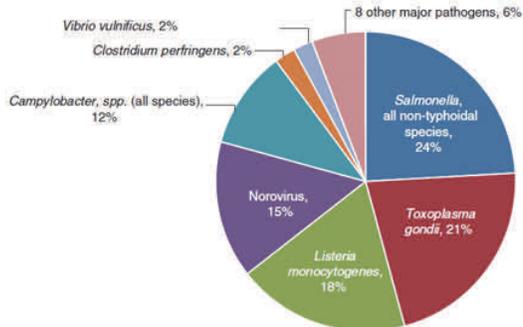
To learn how to make meal time less of a stress and more of a success, check out <http://extension.usu.edu/foodsense/htm/cook/cooking-basics>.



Shop your pantry first for easy meals.

Economic Burden of Foodborne Illness

Mean cost of illness for foodborne illnesses acquired in the United States (\$ 2013) from 15 leading pathogens



Source: Computed by authors based on: Hoffmann et al. 2012, ERS, Cost Estimates of Foodborne Illnesses [http://www.ers.usda.gov/data-products/cost-estimates-of-foodborne-illnesses.aspx].



Foodborne illness can result from pathogens, allergens, and chemicals. It is estimated that 1 in 6 people will become sick from foodborne illness each year.

Based on 2013 data, foodborne pathogens alone cost over \$15.5 billion each year. Only five pathogens cause 90 percent of this cost. They are *Salmonella* species, *Toxoplasma gondii*, *Listeria monocytogenes*, Norovirus, and *Campylobacter* species. While Norovirus caused almost 5.5 million cases, *Salmonella* cost just over \$3.6 billion. Economic burden is based on the outcome of an illness from infection to recovery or death. This includes factors such as lost wages, time lost, pain and suffering.

To read the entire report, go to www.ers.usda.gov/publications/eib-economic-information-bulletin/eib140.aspx.

How Clean is Your Desk?

Think about this. Your office desk may contain 400 times more germs than a toilet seat. And if you share work space, that number increases.

If you store food in a

desk drawer, keep the quantity of food small. Clean it often to reduce the "bacteria cafeteria" with a disinfecting wipe. Clean your desktop regularly for the same reason.

Keep single serve, nutritious, options available and rotate often. Office temperatures will also affect storage life.

Source: <http://food.unl.edu/emergency-office-munchies>

Using disinfectant wipes can reduce bacteria 25% in office environments.



Job Opportunities Expected to Grow

A report by the Purdue University and the USDA shows that in the next five years, college graduates with a bachelor's or higher degrees in the fields of food, agriculture, renewable natural resources, or the environment will see 57,900 average annual openings in the next five years.

About half of these positions will be management or business related. Other jobs will be in science, technology, engineering, and math (STEM). Technical and professional skills will open more options to graduates. College experiences such as internships or work experience also increase hiring options. Employers will also look for expertise in biology, business administrations, education, communication and consumer sciences.

This report can be found at www.purdue.edu/usda/employment.

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Make a Healthy Splash!



Caption describing picture or graphic.

Summer fun is almost here! But recreational water illnesses (RWIs) can ruin fun quickly. Take steps now to learn how to stay healthy around pools, lakes and other water sources.



RWI occurs when germs are spread by swallowing, breathing in mists, or having contact with con-

taminated water. RWI can also be caused by chemicals in or from water. Diarrhea is the primary RWI from *Cryptosporidium*, *Giardia*, norovirus, *Shigella*, and *E. coli* O157:H7. Other illnesses include skin, ear, respiratory, eye, neurologic, and wound infections.

To help prevent RWI, remember to:

- Stay out of the water if you have diarrhea.
- Shower before getting in the water.
- Not pee or poop in the water.
- Not swallow the water!

Source: <http://1.usa.gov/18hmvZ4>.



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On the Web at
www.rrc.ksu.edu



What is Your Health Worth?

If you have more time or some extra dollars, what health-related changes would you



This is the 10th anniversary of the Food & Health Survey by IFIC.

make? According to the 2015 IFIC Food & Health Survey, getting more exercise and spending time with family and friends made

up 67% of responses. If they

had a spare \$100 per month, most wanted to improve their financial health instead of buying groceries or eating out.

Consumers want to know what they *should* eat. Food purchasing decisions are primarily affected by expiration data and the Nutrition Facts panel.

Read more about this survey at www.foodinsight.org/2015-food-health-survey-consumer-research.