The big game is almost here and it’s time for a party! And where there’s a party, there’s food! Be the MVP of your party with these food safety tips:

Clean: Prepare for the win!
- Start by washing your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

Separate: Your best defense!
- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

Cook: A game winner!
- Use a food thermometer to check for doneness
  - All poultry—165°F
  - Burgers and sliders—160°F
  - Soup and reheated foods—165°F

Chill: Don’t let the clock expire!
- Keep hot foods hot and cold foods cold.
- Put out food in batches.
- Follow the 2-hour rule.

Be the MVP of your Super Bowl Party!

Don’t Wing It

Chicken wings have become a popular snack at many game day parties. The Partnership for Food Safety Education has some new resources to help keep those tasty wings safe to eat.

The Don’t Wing It campaign includes a short video; brochures for parents and seniors; an infographic; and some tasty recipes using chicken and turkey. There are many resources in Spanish.

Learn more about the Don’t Wing It Campaign and share their resources at www.fightbac.org/food-safety-education/dont-wing-it/.
Working to Reduce Food Waste

Did you know that of the total waste that ends up in landfills, 21 percent is food waste? Because of this, food is the primary contributor to total U.S. methane emissions, a potent greenhouse gas, that comes from landfills.

So what do you do to reduce food waste? What does your community do to reduce food waste? You monitor your appliances and can help determine food safety if the power goes out. Keep foods covered to prevent cross-contamination and reduced food quality.

Store foods properly. Do you have a thermometer in your refrigerator or freezer? This can help you monitor your appliance and can help determine food safety if the power goes out. Keep foods covered to prevent cross-contamination and reduced food quality.

Learn more about how you and your community can help reduce food waste at www.ksre.k-state.edu/foodsafety/topics/food-waste.html.

At-Home Safe Food Handling: It’s in Your Hands

You...yes YOU...are in control of safely handling and preparing food in your home. The home is the final stop in the farm-to-table continuum. So be proactive and take charge of your food!

The publication At-Home Safe Food Handling: It’s in Your Hands (MF2465) has been updated to help you safely prepare and handle food. It covers the topics of shopping, storing, preparing, cooking, serving, and leftovers. It includes storage charts and cooking temperature guidelines.

Use this to help you safely prepare and serve food to your family.

Could Quinoa be a Fountain of Youth?

Quinoa is known as a superfood because it is a complete protein and has positive effects on metabolism and energy balance. Now research from Rutgers University and North Carolina State University, has found that quinoa could slow down the aging process.

The research study used a nematode worm, *C. elegans*, which has a short lifespan but age comparably to humans. They found improvements in lifespan, locomotor function, and mitochondrial bioenergetics. They found reductions in body fat and advanced glycation end products which worsen degenerative disease such as diabetes, kidney disease and Alzheimer’s disease. They also found lower reactive oxygen species, or oxygen radicals, which can damage DNA, RNA, and proteins leading to cell death.

More research and clinical studies are needed to confirm these findings. Source: www.sciencedirect.com/science/article/pii/S1756464617304048
**Got Pain or Inflammation? Eat a Banana!**

Playing sports or general exercising can cause pain and inflammation. Many reach for a sports drink or an over-the-counter drug for relief. But, what if there was a food that can help both issues?

Initial research conducted at the North Carolina Research Campus has found that bananas can relieve pain and inflammation just as well. Bananas eaten during exercise are equal to sports drinks and they contain metabolites that function like ibuprofen. Dopamine is one primary molecule that acts like a COX-2 inhibitor, but there are other compounds that are adding to this effect. They also found that banana peels contain 50 times more dopamine and could be incorporated into food products. More research is needed to verify these results.

Making Plant-based Milk

Coconut milk is the oldest form of plant-based milk from India and Southeast Asia. Soy milk was discovered in 1365 in China. Today, many forms of plant-based milk are available including almond, rice, and oat. So how are they made?

Growing and harvesting conditions can greatly affect the final product. Climate, soil, other vegetation and storage of harvested products are crucial to the final product.

Source: Food Technology, December 2018

2019 National Festival of Breads

Save the date! The 2019 National Festival of Breads will be held on June 8, 2019 at the Hilton Garden Inn in Manhattan, KS.

This year, the contest will feature two categories. One is designated for food bloggers who are actively blog about wheat foods and yeast bread. The second category is for home bakers. A new feature this year will be LIVE judging! Come watch the judging process, hear the comments from judges, and find out who wins!

More information about the events that day will be announced soon. Details can be found at http://nationalfestivalofbreads.com or on Facebook @NationalFestivalOfBreads.