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Self-Reported Physical Inactivity



Overall prevalence of physical inactivity in the U.S. is 25.3%. Some activity is better than none! - CDC

We all can do so much better with physical activity. New data from the Centers for Disease Control and Prevention (CDC) says that more than one in five adults are inactive in all but four U.S. states.

Physical inactivity is defined as not participating in any kind of physical activity outside of work activity. This includes walking, running, gardening and more. By U.S. region, the South had the highest prevalence of physical inactivity followed by the Midwest, Northeast and

West. In Kansas, the prevalence is between 20%-<25%.

The underlying factors contributing to this problem include lack of safe spaces in communities such as parks, high-speed traffic on unsafe streets with no sidewalks, lack of time, lack of social supports, racial and ethnic disparities.

Steps to take to reverse this trend are comprehensive from the state level to individuals. With efforts to get 27 million Americans more physically active, there could be a reduction in at least 20 chronic diseases.

Learn more at www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html.



Bake for Family Fun Month

Since it's cold outside, warm up by baking with your family!

The Home Baking Association promotes family baking as a way to spend time together. From toddlers to grandparents,

baking can cross generations to build stronger family bonds.

During February, weekly lessons are available with recipes, activities and more. At the end of February, learn about sharing

with others the baking successes you created. Baking for others is a great way to improve wellbeing, reduce stress and more.

Learn more at www.homebaking.org/bake-for-family-fun/.

A Winning Plan for Bowl Game Party Food

Football fans are excited to see who will be in this year's Big Game. Start planning now for your gameday party and remember these food safety tips for a touchdown!

Keep it clean—Wash your hands often. Keep prep tools and surfaces clean to reduce cross contamination.

Cook to the right temperature—A food thermometer will prevent

food safety penalties leading to foodborne illness. Three temperature rules include:

165°F for all poultry
160°F for ground meat
145°F for steaks, roasts, and chops

Watch the clock—Like the quarterback watches the game clock, you keep time on how long perishable food sits at room temperature. Don't get a delay of game pen-

alty for leaving food out for more than two hours!

Serve at the right temperature—keep hot foods hot and cold foods cold. Foods held between 40-140°F can allow bacteria to grow and you could get ejected from the game!

Many food safety resources can be found at www.ksre.k-state.edu/foodsafety/.



See a larger image of this graphic at www.cdc.gov/foodsafety/pdfs/rules-of-the-game-infographic-508c.pdf.

Home Baking Association Educator Award

Do you teach about baking? You could be a winner!

The Home Baking Association is now accepting applications for the educator award from those who teach baking in the

classroom or community. If you are an educator in K-12 classrooms, public organizations, community groups, mentors or other types of educators, you are eligible to enter.

The winner receives

\$1,000 cash and an all-expense paid trip for two to the annual HBA annual meeting.

See the rules for entry and how to apply at www.homebaking.org/educator-award/.



Be Active Like an Olympian!

Olympic athletes can provide inspiration to get up an move! Here's how you can become a winner like an Olympian.

From bobsled to hockey, teamwork is key to a win. Grab a friend or neighbor to help keep you motivated and moving every day!

The sport of curling incorporates many deep knee bends and squats. These can build up your leg strength and balance.

Figure skating involves lots of twists and turns. You can exercise your arms and feet by rotating them in circles in a forward and backward motion. Practice your balance by standing on one leg.

Lots of speed is involved in many winter Olympic sports. Start your physical activity slow and increase your activity each week. You'll be surprised how easy it can be!



February is American Heart Month

American Heart Month is during the month of February to remind everyone to focus on their heart and cardiovascular health. For 2022, the focus is on hypertension, or high blood pressure. This is the leading cause of heart disease and stroke.

For tools to help educate about controlling hypertension, the Centers for Disease Control and Prevention has put together a toolkit of resources for clinical providers, public health professionals, and patients.



Educational resources can be found at www.cdc.gov/heartdisease/american_heart_month.htm.



Nearly 1 in 2 U.S. adults have hypertension,
yet only about 1 in 4 have it under control.

Feeling the pressure? CDC can help.

cdc.gov/heartmonth

KSU Physician Assistant Program Launches!

History is in the making at K-State as the new Physician Assistant Masters program begins. The first class of 35 students are among this program to ultimately reduce health care facility shortages.

This continuous 27-month program prepares graduates to work as part of an intercollaborative health care team. The curriculum includes classroom and clinical education.

Physician Assistants are nationally certified and licensed medical professionals. Learn more about this new program at www.hhs.k-state.edu/academics/pa/.

Physician Assistants work in large and small medical facilities. They are an essential healthcare source in rural communities.



Fair Rules for Food Preservation

After the Kansas State Fair, the rules for all projects are reviewed and updated. For Food Preservation, please note the following important changes:

Removed publication date range "1995-present" and replaced it with "current resources listed below" including these updates in particular:

- USDA Complete Guide to Home Canning, @2015*
- Ball Blue Book Guide to Preserving, Edition 37*
- Ball Complete Book of Home Preserving, @2015 and @2020*

Other changes were grammatical in nature. Please review these and pass along to your 4-H leaders and members. It is important to use up-to-date recipes for food preservation for the best safety and quality.

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Using a Sponge vs. a Starter in Yeast Bread

In some bread cookbooks, you may see the terms sponge and starter used interchangeably. They are not, however, the same product. Let's explore the differences.

In bread, a starter is a form of yeast. It is typically a combination of flour and water that is exposed to air to attract wild yeasts, such as lactobacilli bacteria, to create fermentation. Other ingredients that might be added include rye flour, onion, or potato to add microorganisms. The starter ferments for a few days before using. The variety of microorganisms creates one-of-a-kind flavors for breads. Typically, a portion of the starter is saved, refreshed with flour and water, allowed to ferment, and used in the next batch of bread. Another way to use a starter is to save a piece of the

dough to add to the next day's dough. Baker's pride themselves on how long a starter is kept active, which can be years.

A sponge is an extra step in the bread making process. This involves combining the yeast, some of the flour, and the water. The mixture is somewhat soft. The sponge is allowed to ferment from a 30 minutes to several hours. The sponge usually becomes bubbly and rises. Longer fermentation gives stronger, acidic flavors. After this period, the bread making process continues as usual. Bread sponges may also be referred to as poolish (French for "polish"), pre-ferment, or biga (Italian version). Each of these will have different proportions of flour and water, as well as varying fermentation times.

Sources:

How Baking Works, P. Ficoni
Understanding Baking, J. Amendola and N. Rees



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu

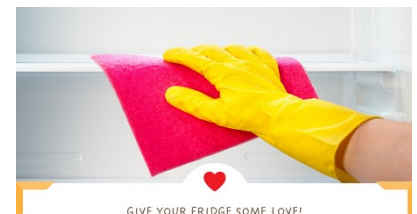


Cleaning a Smelly Fridge

Power outages can lead to spoiled food in the refrigerator or freezer. These spoiled foods lead to smelly odors.

Discard the spoiled food. Wash shelves and drawers in hot water and soap. Rinse with a solution of one tablespoon bleach in one gallon water. Wipe appliance interior, door and gasket with hot water and baking soda. Rinse with the bleach solution. Leave the door open to air dry at least 15 minutes or more. Remember to keep small children away so they don't get trapped inside.

Learn more tips from the [USDA Emergencies and Food Safety](#) resources. And remember, with any questionable food, when in doubt, throw it out!



GIVE YOUR FRIDGE SOME LOVE!

Clean Your Fridge!