

Commodities Newsletter

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For questions regarding the commodities, please call 269-445-0231.

This project has been partially funded with Federal funds from the USDA, Supplemental Nutrition Assistance Program (SNAP) by way of the MI Department of Human Services (DHS) and the Family Nutrition Program (FNP) at Michigan State University. SNAP provides nutrition assistance to people with low income; it can help to buy nutritious foods for a better diet. FNP provides nutrition education to SNAP participants. To find out more, contact your local DHS office, check online at <http://www.mfia.state.mi.us/mars/index.asp>. In Michigan, you can also call the Center for Civil Justice Food Stamp Hotline (1-800-481-4989).

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Preventing Foodborne Illness

Cooperative Extension Service—The University of Georgia College of Family and Consumer Sciences cooperating with the College of Agricultural and Environmental Sciences

What is Foodborne Illness?

We may know it by many names—upset stomach, flu or even “some kind of bug”. What ever name we use, those symptoms of diarrhea and perhaps nausea, vomiting, fever, chills, aches and flu-like symptoms may be caused by something we ate. There are two main types of foodborne illnesses: (1) intoxication or “poisoning” and (2) infection. The symptoms we suffer depend on the type of illness and the particular organism that causes the problem.

Who is at Risk for Foodborne Illness?

Anyone can get foodborne illness. Certain groups, however, are more at risk than others. For example, infants and young children are more at risk than healthy adults because their immune systems that help them fight disease are not as fully developed as those of adults. The elderly are more at risk because their immune systems have weakened with age. People whose immune systems are not functioning properly, such as those suffering from cancer, AIDS or other diseases, are also more likely to get a foodborne illness than healthy adults. Pregnant women and their fetuses are more at risk for certain foodborne illnesses.

Is Foodborne Illness Serious?

Most foodborne illnesses are of short duration and are not life threatening. However, it is known that certain types of foodborne illnesses can have long-term health effects such as arthritic conditions, heart complications, kidney failure and central nervous system disorders. In some cases, foodborne illness may even cause death.

What Causes Foodborne Illness?

Foodborne illnesses are caused by certain types of bacteria and viruses. They can be associated with any food product that is carelessly handled, but are more often a problem with foods of animal origin.

Here are some examples of poor food handling practices:

- Not washing hands before handling food.
- Not keeping utensils and food preparation areas clean.
- Not keeping raw products separated from cooked foods.
- Not cooling hot foods properly.
- Not thawing foods properly.
- Not cooking foods thoroughly to the proper temperature and without interruption.
- Not holding foods at the proper temperature.



What Can I do to Prevent Foodborne Illness?

Keeping foods safe is easy if you follow a few simple rules.

Rule 1: Prevent food from becoming contaminated.

- Always wash your hands with soap and warm water for at least 20 seconds before handling food.
- Clean utensils and work areas thoroughly and immediately after use by washing with hot, soapy water and rinsing. Next, use a mixture of 1 tablespoon household bleach per gallon of water to sanitize or reduce the number of bacteria that may be present to a safe level. Allow utensils such as knives and cutting boards to soak in this mixture for at least 1 minute.
- Keep raw foods separate from cooked foods. When storing items in the refrigerator, cover cooked foods and place them on the top shelves. Place raw products, especially meats, on the bottom shelves where juices cannot drip onto other foods.

Rule 2: Use temperature to control the growth of bacteria.

- Thaw foods in the refrigerator.
- Marinate foods in the refrigerator.
- Do not leave perishable foods like meats, egg dishes, poultry and sauces at room temperature for more than two hours.
- Cook and reheat foods thoroughly and without interruption. Use thermometers to test for doneness. Re-heat solid leftovers such as meat to 165°F and liquid leftovers such as soups to a rolling boil before serving. Eating certain foods raw such as eggs and shellfish can pose a food safety risk.
- Foods to be cooled should be divided into smaller portions and cooled in shallow pans less than 3 inches deep. Place the hot foods directly in the refrigerator, but be careful not to overload the refrigerator with hot foods. This allows the food to cool more quickly.
- Serve foods safely by keeping cold foods cold (below 40°F) and hot foods hot (above 140°F).

Preventing foodborne illness is simple when you handle foods properly. If you are unsure if foods are safe or how they have been handled, follow the most important rule of food safety:

When in Doubt, Throw it Out!

INTERNAL TEMPERATURES OF FOOD REQUIRED FOR SAFETY

<i>Raw Food</i>	<i>Internal Temperature</i>
Ground Products	
Hamburger	160°F
Beef, veal, lamb, and pork	160°F
Chicken and turkey	165°F
Beef, veal, lamb roasts and steaks	Medium-rare 145°F
	Medium 160°F
	Well-done 170°F
Pork chops, roasts, ribs	Medium 160°F
	Well-done 170°F
Ham	160°F
Fresh sausage	160°F
Poultry	
Chicken and whole pieces	180°F
Duck	180°F
Turkey (unstuffed)	Whole 180°F
	Dark meat 180°F
	Breast only 170°F
	Stuffing (cooked separately) 165°F
Eggs	
Fried, poached	Yolk and white Firm
Casseroles	160°F
Sauces, custards	160°F

Check foods with a meat or test thermometer to make sure they are thoroughly cooked. Thorough cooking to the temperatures listed on this chart kills harmful bacteria.

RECIPES

Peanut Butter & Jelly Rollups

8 flour tortillas
2 oz. light cream cheese, softened
1/4 c jelly or preserves
Peanut butter (smooth, not crunchy)

Remove tortillas from refrigerator. Let stand at room temperature while preparing jelly. In a small bowl, combine cream cheese & jelly. Spread one tortilla with a thin layer of jelly mixture. Top with another tortilla. Spread top tortilla with peanut butter. Gently roll up tortilla.

Wrap each roll in plastic wrap. Refrigerate one hour or overnight. To serve, slice rolls in half or into 1-inch bite-size pieces.

Source: University of Arkansas Cooperative Extension Service

Peanut Butter Cookies

1/2 c granulated sugar
1/2 c packed brown sugar
1/2 c peanut butter
1/4 c shortening
1/4 c stick margarine
1 egg
1 c flour
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt

1. Mix sugars, peanut butter, shortening, margarine and egg in a bowl. Stir the rest of the ingredients in. Refrigerate for 90 minutes or until ready.
2. Heat oven to 375°F.
3. Make one-inch balls with dough, and place the balls on the cookie sheet. Flatten with a fork.
4. Bake for 10 minutes, until the cookies brown. Then let the cookies cool and eat them.

Source: <http://www.iwu.edu/~sander/Recipes/jacobsen.html>

Peanut Butter Oatmeal Chocolate Chunk Cookies

1/2 c all-purpose flour
1/2 c whole wheat flour
1 c quick-cooking oats
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
1/2 c butter, softened
1/2 c granulated sugar
1/2 c packed brown sugar
1/2 c peanut butter
1 egg
1 1/2 tsp. vanilla
1 1/2 c chocolate chunks

1. Preheat oven to 375°F. Mix flour, oats, baking soda, baking powder and salt; set aside.
2. Beat butter, sugars and peanut butter in large bowl with electric mixer on medium speed until light and fluffy. Add egg and vanilla; mix well. Gradually add flour mixture, mixing until well blended after each addition. Stir in chocolate.
3. Drop heaping tablespoonsful of dough 2-inches apart, onto ungreased baking sheets.
4. Bake 10-12 minutes or until lightly browned. Cool 1 minute; remove from baking sheets to wire racks. Cool completely.

Source: University of Nebraska Lincoln Extension

On-the-Go Fruit Wrap

1 whole wheat tortilla
2 Tbsp. peanut butter
3-4 apple slices (quartered)
1 Tbsp. raisins

1. Spread tortilla with peanut butter.
2. Top with apple, raisins.
3. Roll up.

Peanut Butter Bananas

Makes: 14 (1-inch) pieces
Preparation time: 5 minutes

2 bananas, peeled
1/2 c peanut butter
1/4 c crushed nuts

1. Spread the entire outside of each banana with peanut butter.
2. Roll the bananas in the crushed nuts.
3. Cut the bananas in one-inch slices.
4. Store in the refrigerator or freezer until ready to serve.

Be creative!
Roll the banana sandwiches
in shredded coconut or crushed cereal.

Nutrition Facts: Serving size 2, 1-inch pieces (61g). Servings: 7
Calories 170, Calories from fat 110,
Total Fat 12g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrate 13g, Dietary Fiber 2g, Sugars 7g, Protein 6g.

Source: University of Arkansas Division of
Agriculture Cooperative Extension Service

Peanut Butter Bars

3/4 c firmly packed dark or light brown sugar
3 c powdered sugar
1/2 c salted butter, softened
2 c smooth peanut butter
2 c semi-sweet chocolate chips
1 Tbs. salted butter

1. In a large bowl, combine the brown sugar, powdered sugar, butter, and peanut butter; beat them with an electric mixer until they are smooth and well blended. Pat into an ungreased 15 1/2 x 10 1/2 x 1-inch pan. Roll the mixture flat on top with a rolling pin.
2. Melt the chocolate chips and butter on top of a double boiler or in the microwave. Spread the chocolate mixture over the peanut butter mixture and cut into squares while the chocolate is still warm and soft.
3. Chill the mixture for about 15 minutes and remove the squares from the pan. Store in the refrigerator.

Source: Wellness at UC Irvine School of Medicine

