

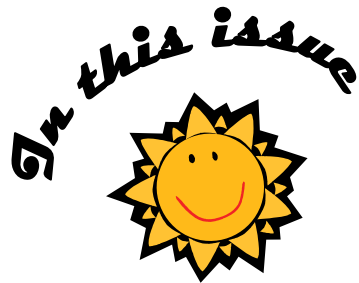


NEOHOMA

The NEW Oregon HOmeMAker

Quarterly Newsletter for Coos County Family Food Education Program
Oregon State University Extension Service

<http://extension.oregonstate.edu/coos/FFE/ffe-news.php>



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Summer Food Safety

Who doesn't love summer picnics...hot dogs, hamburgers, potato salad, watermelon? Of course, packing it up and dragging it to the beach, picnic area or family's house is sometimes a pain.

But illness associated with bacteria and other pathogens can certainly take the fun out of your summer. Taking precautions to protect yourself and your family from foodborne illness is definitely worth the effort. Here are some food safety tips to help you enjoy your delicious summer fare without worries.

- When buying groceries, get them home FAST. If you have a long drive, keep cold items in a cooler for the trip home. Put them in the refrigerator quickly and check your fridge temp (below 40° F) to make sure things are kept cold.
- Start with a clean kitchen. What you find on your hands, counters, utensils can literally make you **sick**. Can you pass the kitchen safety test? See page 3.
- Transport your food to your destination in a cooler. Keep in shaded areas with the lids down tight to preserve cooler temps.
- Like your burgers rare? Do you also like e-coli and intestinal distress? Thorough cooking kills bacteria. If you forget your meat thermometer, cook your meat well done and you'll most likely reach that internal temp of 160° required to kill the bacteria.
- Take care to prevent raw meat bacteria from contaminating cooked meats and other foods. Store raw meats in closed containers to keep juices from leaking on salads, etc. Use a clean plate and clean utensils for cooked meat and keep separate from plates and utensils used to handle the raw meats.

Continued on page 3

MESSAGE FROM THE PROGRAM ADMINISTRATOR

Stephanie Polizzi, MPH, RD

Summer Love

My first summer love was NOT the gorgeous blond boy with the gleaming smile and motor scooter for two. Ron was undeniably a hunk worth remembering but my first true love was really ice cream. We had a local stand that served HUGE cones so piled with ice cream, the cones would literally break under the pressure. Life was good.

It just wouldn't be summer for me without the delectable frozen treat. With all the warnings about saturated fat, we would be wise to monitor our intake, but like the song says, "comes love, nothing can be done." If you're an ice cream-lover like me, licking your favorite flavor while it melts in the summer heat transports you back to your happy childhood days. And sometimes that's worth the extra hour of exercise it would take to burn it off.

This summer, as you are making efforts to improve your health, remember sometimes it's emotionally healthy to relive memories that improve your state of mind. You can take a vacation in your mind every day by remembering smells, tastes and textures you love. Go ahead and have that summer affair. It may be better for you than you thought. So happy licking and have a great summer!



FAMILY FOOD EDUCATION PROGRAM GOALS

- Assist the general public in the safe preparation and preservation of food, through scientifically tested methods.
- Promote healthful eating via research based nutrition information and food selection guides; and other information designed to encourage healthful eating.

These services are disseminated via classes, workshops and publications.

Summer FFE Calendar

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- | | |
|-----------|---------------------------------------|
| Jul 19 | Drying and Freezing Workshop |
| Jul 24-28 | Coos County Fair Booth |
| Jul 26-29 | Curry County Fair Booth |
| Aug 9 | Pie Filling & Canning Fruits Workshop |
| Aug 16 | Jams and Jellies Workshop |
| Sep 15 | Canning Fish Workshop |
| Sep 29 | Canning Meats Workshop |

Call your local Extension office for more information on Coos and Curry FFE events

NEOHOMA is the newsletter for the Coos County Family Food Education Program and is published quarterly (March, June, September, December). Special issues will be published on an as needed basis. This newsletter is published in compliance with the Oregon State University Extension Service guidelines, by Coos County Extension Service's Family Food Education Program.

Stephanie Polizzi, MPH, RD
Publisher
Miller Chappell
Editor

Summer Food Safety *Continued from Page 1*



- Did you know Salmonella can live on the outside of your melons? When you cut them open, bacteria from the rind can be spread throughout the fruit via the knife. Wash the outside of your melons well before slicing. Melon also requires refrigeration to reduce bacteria. Don't let those wedges of watermelon sit out on the table without putting on ice.
- Everybody knows you shouldn't leave potato salad sitting out in the sun. But that's just the beginning. Don't leave **any foods** sitting out for people to pick on all day. Two hours is max. Pack away in the coolers or refrigerator and pull them out when you want them later. If the ice is melted, food may not be safe. Don't take chances with your family's health. When in doubt, throw it out!

Summer is a great time to enjoy friends, family and food. Keep your family safe by following these tips and contact OSU Extension or your local Family Food Education Volunteer if you have any questions or special concerns.

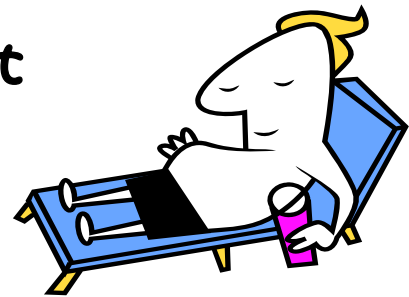
Can you pass the kitchen safety test?

Take this quiz and find out! For the complete quiz, go to the FDA website at www.fda.gov/fdac/features/895_kitchen.html

1. The temperature of your home refrigerator is:
 - A) 50° F
 - B) 40° F
 - C) I don't know
2. The last time we had leftover cooked stew or other food with meat, chicken or fish, the food was:
 - A) cooled at room temp, then put in the refrigerator
 - B) put in the fridge immediately after the food was served
 - C) left at room temp overnight or longer
3. The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:
 - A) wiping them on a towel
 - B) rinsing them under hot, cold or warm tap water
 - C) washing with soap and warm water
4. If a cutting board is used to cut raw meat, fish or poultry and is going to be used to chop another food, the board is:
 - A) used as is
 - B) wiped with a damp cloth
 - C) washed with soap and hot water
 - D) washed with soap and hot water then sanitized
5. I realize people should be careful about eating raw seafood and undercooked meat if they have:
 - A) diabetes
 - B) HIV infection
 - C) cancer

See page 5 for scoring

3 Simple Summer Exercises that **BOOST** your Metabolism



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Wouldn't you like to burn more Calories just lying on the beach?

The more muscle you have, the greater your Caloric burn. Here are some quick exercises you can do anywhere to increase your muscle mass and generate some metabolic HEAT!

- 1 **Front lunges** Stand with feet together and take a large step forward with right leg. Bend your knee until you are in the position below. Then push back to starting position in one smooth motion. Do 12 repetitions and then change legs.

Tip: Be careful not to let your knee go over your toes. Instead, keep it over your ankle for knee safety. This is great form.



- 2 **"Table" push ups** Put your hands shoulder width apart on table or sink edge and back your feet away staying on your toes. Drop your hips until your head, hips, knees and ankles are in a straight line. Now bend your elbows until your upper chest reaches the table. Return to start position. Do 12 reps. The lower the table, the more difficult the push up.



Tip: If you hit your neck, bring your toes closer. If you hit your lower chest, back your toes up. (I think the guy in this illustration on the left needs to back his toes up a little.)

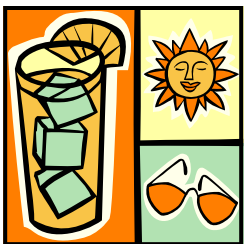
- 3 **Triceps push ups** Ever wondered how to tighten that wobble on your upper arm? Stand in front of a stable chair or bench. Put your hands behind you on the edge of the bench with your fingertips facing toward you and elbows going directly back. Bend your elbows and drop your butt as far as you can, keeping your back close to the chair. Return to start position and do 12 reps.

Tip: The closer your feet are to your hands, the easier. Make them harder by moving you feet out or even putting on an elevation.



Scoring Your Kitchen Safety

1. Your refrigerator should stay at 40° F or less. Give yourself 2 points if you answered B. The only way to know your refrigerator temperature is to have a thermometer so if you answered C, you get nothing until you get yourself to the hardware store.
 2. Answer B is the best practice and you get 2 points if you picked this. If you picked A or C, you may have given yourself a good dose of foodborne illness. Remember, to make B the best practice, food should be cooled in shallow pans or cut into small pieces so temperatures drop quickly. The longer the foods take to cool, the greater chance of bacterial growth.
 3. The only correct practice is answer C for 2 points. Hand-washing has such a great impact on healthy practice that this is your best defense against illness. Any other choice is really poor practice so deduct 2 points.
 4. Give yourself 2 points if you chose answer D, zero points for B or C, and minus 2 points for A. Be sure to read the directions on your counter anti-bacterial cleaners. You must leave the cleaner on the surface for at least 15 seconds before wiping to kill harmful bacteria.
 5. You should avoid raw or undercooked meats if you have any of these conditions. Give yourself 2 points for knowing one or more of these risky conditions.
- 8-10 points You can feel confident you are following safe practices.
- 4-6 points It may be time to reexamine your food safety practices.
- 0-2 points Take immediate steps to correct food handling. Current practices are putting you and your family in danger of foodborne illness.
- For more information, you can call FDA's food information line at 1-888-SAFEFOOD (723-3366)



Summer Hydration Tips

● You already know you should be drinking at least 8 glasses of water a day, but did you know that some foods help your body hydrate? Fruits & veggies are high in water content and can help you stay properly hydrated while providing nutrients we need on a daily basis. So drink, rather **eat** up!

- Reduce drinks high in caffeine (coffee, cola) because they act as a diuretic and may reduce your body's hydration status.
- Dilute high sugar drinks, like juice, with sparkling water for a tasty, refreshing and low calorie drink that hydrates your body.
- Save those sports drinks for after your 90 minute high sweat work-out. Drinking sports drinks if you're not sweating profusely may contribute to dehydration instead of improving it. Water is really the best way to replace fluid loss.



OFNP UPDATE

OFNP is a Federally funded grant that provides nutrition education to families who qualify for food stamps.



Summer Food Fun in Coos County with Jessica

Summer nutrition is going strong. 4-H Camp Myrtlewood was an ice cold blast! The kids made a healthy version of home-made ice cream using rolling balls they kicked and rolled outside in the summer heat. Then we all enjoyed a cool snack and a quick lesson about healthy snack choices and staying active.

With another 4-H program, Growin' Yer Grub, just around the corner, we will be reinforcing the importance of healthy eating and daily activity as part of a healthy lifestyle. Kids will be using a car racing format to help with strategies and decisions about nutrition and exercise. One of our FFE volunteers, Connie Wood, will be helping the kids at Growin' Yer Grub learn more about nutrition by teaching food labels and how to read them.

Plans are in the works for more school education this fall using the Start Smart Eating and Reading curriculum. We've added Coquille and Powers and will continue with Myrtle Point. The students also loved the Nutrition Expedition curriculum with Little D, the sickly dragon who learns about healthy eating, so we'll be using that again this school year.

We will also be having nutrition education going on at the Coos County Fair. Stop by for handouts, brochures and healthy recipes for you and your family. Meet our volunteers, look through our various materials and see what we have in store for your children's nutrition education this year.

New Nutrition Program Assistant in Curry County

We would like to introduce Becky Conary, Curry County's new Education Program Assistant. Becky joined our team in May and will be providing nutrition education to Curry schools and families from Brookings to Port Orford.

Becky is a graduate of OSU with a degree in history. She came to us from Utah where she grew up and lived with her husband and beautiful 3 year old daughter. They relocated to Brookings for a healthy atmosphere for their family and of course, their love of the sea.



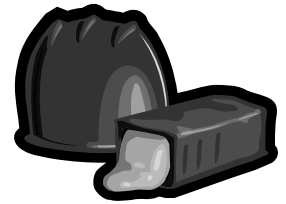
Becky's message:

I look forward to working with the community and Oregon State University to teach our children and their parents the value of good nutrition and food safety.

You go, girl.



Age By Chocolate



If you love chocolate (who doesn't?)
and can do a little math, we can determine your age.

Sound nuts? Chocolate covered maybe... or is it more like *magic*???

Start Here: Determine how many times a week you eat (or wish you could eat) chocolate. It must be a number from 1 to 10.

- | | |
|--|-----------------------|
| 1. Let's say you eat chocolate 8 times a week (we won't tell) | 8 |
| 2. Multiply that number by 2 | $8 \times 2 = 16$ |
| 3. Add 5 to the previous result | $16 + 5 = 21$ |
| 4. Multiply that by 50 | $21 \times 50 = 1050$ |
| 5. Add 1757 if you've already had a birthday this year (1756 if you haven't) | |
| Let's say your birthday hasn't passed yet | $1050 + 1756 = 2806$ |
| 6. Subtract your birth year. Assuming you were born in 1975... | $2806 - 1975 = 831$ |

↪ You'll end up with a 3 digit number.

- The first digit is how many times a week you eat (or wish you could eat) chocolate, right?
- The next two numbers are your age! **The person in this example is 31 years old.**

Note: This will only work in 2007! For 2008, in Step 5, add 1758 if your birthday went by and 1757 if it hasn't yet.

Isn't Chocolate Magic? Like you didn't know that already!!!

Read on if you want to destroy the magic...or satisfy your insatiable curiosity...

Why it works: This works for anyone from 1 to 99 years old, although the chocolate part is just for fun. Here's how the mathematics work.

- Select a number between 1 and 10. Multiply by 2, add 5, and multiply by 50. These steps are just a fancy way to push your random number out into the hundred's place.
- Add 1757 or 1756, if your birthday hasn't happened yet this year. This yields the year of your last birthday (2006 or 2007) plus 100 times your chosen number.
- Subtract the year of your birth and get your age plus 100 times your chosen number.
- Put another way:

$$[\text{Yr of your last birthday} + (100 \times \text{your chosen number})] - \text{Year of your birth} = \text{Your age} + (100 \times \text{your chosen number})$$



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Growin' Yer Grub Day Camp

A Coos County Extension Service Program

In Cooperation with Master Gardeners, 4H Youth Development and Family Food Educators

Open to anyone who has just completed 3rd, 4th or 5th grade

Coquille > **August 6-9**, Pioneer Methodist Church, 180 N. Baxter

North Bend > **August 13-16**, Church of Christ, 2761 Broadway

10:00 A.M. to 5:00 P.M. — Monday through Thursday

\$35.00 for the week (Includes swimming fee)

Information/Registration Coos County Extension Office — 572-5263

Or on-line at <http://extension.oregonstate.edu/coos/>



The Growin' Yer Grub summer day camp program is a fun adventure where you will learn to grow your own food and how to cook it after you have grown it. It is a great way to have fun and make new friends.

