

Lubbock County Family Network



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Raw Dough's a Raw Deal and Could Make You Sick

Do you find it hard to resist gobbling up a piece of raw dough when making cookies, or letting your children scrape the bowl? Do your kids use raw dough to make ornaments or homemade "play" clay? Do you eat at family restaurants that give kids raw dough to play with while you're waiting for the food?



If your answer to any of those questions is yes, that could be a problem. Eating raw dough or batter—whether it's for bread, cookies, pizza or tortillas—could make you, and your kids, sick, says Jenny Scott, a senior advisor in FDA's Center for Food Safety and Applied Nutrition.

According to Scott, the bottom line for you and your kids is don't eat raw dough. And even though there are websites devoted to "flour crafts," don't give your kids raw dough or baking mixes that contain flour to play with.

Why? Flour, regardless of the brand, can contain bacteria that cause disease. The U.S. Food and Drug Administration (FDA), along with the Centers for Disease Control and Prevention (CDC) and state and local officials, is investigating an outbreak of infections that illustrates the dangers of eating raw dough. Dozens of people across the country have been sickened by a strain of bacteria called Shiga toxin-producing *E. coli* O121.

The investigation found that raw dough eaten or handled by some of the patients was made with General Mills flour produced in a Kansas City, Missouri, facility. Subsequent tests by the FDA linked bacteria in a flour sample to bacteria from people who had become ill.

General Mills conducted a voluntary recall of 10 million pounds of flour sold under three brand names: Gold Medal, Signature Kitchen's, and Gold Medal Wondra. (<http://www.fda.gov/food/recallsoutbreaksemergencies/outbreaks/ucm504192.htm>) The varieties include unbleached, all-purpose, and self-rising flours. Flour has a long shelf life, and many people store bags of flour for a long time. If you have any of these recalled items in your home, you should throw them away.

Some of the recalled flours had been sold to restaurants that allow children to play with dough made from the raw flour while waiting for their meals. CDC is advising restaurants not to give customers raw dough.

Why Flour?

People often understand the dangers of eating raw dough due to the presence of raw eggs and the associated risk with *Salmonella*. However, consumers should be aware that there are additional risks associated with the consumption of raw dough, such as particularly harmful strains of *E. coli* in a product like flour.

"Flour is derived from a grain that comes directly from the field and typically is not treated to kill bacteria," says Leslie Smoot, Ph.D., a senior advisor in FDA's Office of Food Safety and a specialist in the microbiological safety of processed foods. So if an animal heeds the call of nature in the field, bacteria from the animal waste could contaminate the grain, which is then harvested and milled into flour.

Common "kill steps" applied during food preparation and/or processing (so-called because they kill bacteria that cause infections) include boiling, baking, roasting, microwaving, and frying. But with raw dough, no kill step has been used.

And don't make homemade cookie dough ice cream either. If that's your favorite flavor, buy commercially made products. Manufacturers should use ingredients that include treated flour and pasteurized eggs.

Symptoms and Who Gets Sick

Common symptoms for Shiga toxin-producing *E. coli* are diarrhea (often bloody) and abdominal cramps, although most people recover within a week. But some illnesses last longer and can be more severe, resulting in a type of kidney failure called hemolytic uremic syndrome (HUS). HUS can occur in people of any age, but is most common in young children under 5 years, older adults, and people with weakened immune systems.

Parents of young children should be particularly aware. For instance, if your child is in day care or kindergarten, a common pastime may be art using "play" clay that is homemade from raw dough. Even if they're not munching on the dough, they're putting their hands in their mouth after handling the dough. Childcare facilities and preschools should discourage the practice of playing with raw dough.

Handle Foods Safely

FDA offers these tips for safe food handling to keep you and your family healthy:

- Do not eat any raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.
- Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- Keep raw foods separate from other foods while preparing them to prevent any contamination that may be present from spreading. Be aware that flour may spread easily due to its powdery nature.
- Follow label directions to chill products containing raw dough promptly after purchase until baked.

Source: Consumer Health Information www.fda.gov/consumer

Summer Food Safety

As the temperature rises, so does our excitement over picnics, family barbeques, and other outdoor festivities. Unfortunately, cases of foodborne illness rise too. As you plan your summer outings, it is extremely important that you keep food safety in mind.

While food safety is imperative for everyone, it is of special importance to aging adults and young children. As we age, it is normal for our bodies to not work quite as well as they used to. It is expected that changes in our body systems and organs will occur as we age. These changes often make us more susceptible to foodborne illness. Young children do not have developed immune systems.

How Can I Keep my Food Safe This Summer?

Most people know to keep their potato salad cold. But there is so much more to food safety! Here are some tips to keep your food safe and reduce your risk of contracting a foodborne illness:

Bringing Food to a Picnic or Cookout:

- Use an insulated cooler filled with ice or frozen gel packs to keep cold foods cold.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and lunch meat or sandwiches; summer salads, such as tuna, chicken, egg, pasta, or seafood; cut up fruit and vegetables; and perishable dairy products.
- Use separate coolers for food and beverages. Chances are, the beverage cooler will be opened more often, causing cold air to escape. Keep your food cooler closed until ready to cook/serve.

Cooking on the Grill:

- Use separate cutting boards and utensils for raw meat and fruits and vegetables.
- Keep perishable food cold until ready to cook. (41° F or below)
- Use a food thermometer to ensure meat and poultry are cooked thoroughly to their safe minimum internal temperatures for at least 15 seconds:
 - Cooked fruits, grains, vegetables and legumes: 135° F.
 - Beef, pork, lamb, and veal (steaks, roasts and chops) 145° F.
 - Ground meats: 155° F.
 - Poultry, stuffed meats and reheated foods: 165° F.
- Always use fresh plates and utensils for serving cooked food. Never reuse items that previously touched raw meat or poultry to serve cooked food.
- Keep hot food hot (135° F or higher).

Serving Food Outdoors:

- Perishable food should not sit out for more than 2 hours.
- In hot weather (above 90° F), food should NEVER sit out for more than one hour.
- Keep hot food HOT and cold foods COLD.
- Keep coolers out of direct sunlight and avoid opening the lid more often than necessary.
- Keep food covered! This will keep flies and other bugs from landing on your food and transmitting pathogens.

Some additional tips:

- always wash your hands before and after handling food, especially raw meat.
- Always separate cooked foods and raw foods.
- pay attention to expiration dates.
- When purchasing dairy products and juices, make sure the word Pasteurized is on the label.
- When in doubt, throw it out!

Sometimes, despite our best efforts, foodborne illness does occur. It is important to be able to recognize the signs and symptoms of a foodborne illness so you can seek appropriate treatment as soon as possible. While symptoms vary, foodborne illness often presents itself with flu-like

symptoms, including:

- Nausea
- Vomiting
- Diarrhea
- Fever

If you suspect you have a foodborne illness, it is important to seek immediate medical attention. If left untreated, some foodborne illnesses can be deadly.

Summer is a time for fun in the sun with family and friends. By following these simple tips, you can help ensure that your food is safe and significantly reduce the risk of foodborne illness for you and your families.

Source: <http://www.mayoclinic.org>; <http://www.usda.gov>; and <http://www.fda.gov>

Created by Brianna Bush, TTU Dietetic Intern 2016

Building Strong Families Conference

The Building Strong Families Board meets monthly to plan the 2016 conference. The speakers committee is working on the marketing brochure, which should be ready by August.



The 2016 Conference will be held on Thursday, October 27, 2016 at the First United Methodist Church, 411 Broadway, Lubbock TX. Look for more information soon.

FOOD HANDLERS CLASS Set for August 13

The “Texas Food Establishment Rules (TFER)” was revised and updated and was effective October 11, 2015. A major change in the revision now requires all food employees to complete an accredited food handlers training program within 60 days of employment, effective September 16, 2016.

A food handlers course accredited by the Texas Department of State Health Services is being offered by Texas A&M AgriLife Extension Service, Lubbock County Office. The two-hour class *Food Safety: It's In Your Hands* is scheduled for Saturday, August 13, 2016 from 9:30 to 11:30 a.m. at the Extension office at 916 Main St., First Floor Lobby Meeting Room, Lubbock, TX 79401.

This 2-hour course will now be required for all food service employees to help promote the service of safe food. This requirement also includes day care teachers and others who handle serving food to children and adults. The certificate is good for 2 years and is valid anywhere in the State of Texas. The course is a basic overview of food safety practices that are necessary to ensure that safe food is served at your establishment. Practices discussed include good personal hygiene, cross contamination, and time and temperature abuse. Check with your food inspector to determine who needs this certification in your facility.

To register for the course, call the Lubbock County Extension office at 806-775-1740. The cost is \$20.00 per person and must be paid in full by Wednesday, August 10, 2016. Checks should be made out to FPM Account # 230202.

The class is taught in English but Spanish handouts are available if requested in advance.

Volunteer Help Needed at the South Plains Fair!!

Your help is needed to man the Extension exhibit at the South Plains Fair in the Merchants Building September 23-Oct 1, 2016. Shifts are 2-3 hours long from 11:00 a.m. - 10:00 p.m. We need 1-2 people per shift. Free parking and gate passes for each shift will be given.

Please call the Extension Office at 775-1740 and ask for Kay Davis or Rita Wilson to sign up.

The Dangers of Leaving Children Alone In or Around Cars

As we approach summer in Texas, children will be spending more time outdoors and the danger of children being left alone in and around cars increases. When we think of children left alone in cars, our first thought is the danger of children dying in hot cars due to heatstroke. In addition to heat risks, there are other safety concerns with unsupervised children around cars, including back-overs, the risk of children releasing the gear shift or engaging electric windows, and even becoming trapped inside vehicles or trunks. According to the Insurance Institute of Highway Safety, approximately 39 percent of back-over deaths occurred at home in the driveway, an apartment parking lot, or in a townhome complex. Drivers in back-over and front-over deaths are often family members or family friends of the child.

Children are more at risk for heatstroke because a child's body temperature rises three to five times faster than an adult's and heatstroke can occur at body temperatures above 104 degrees. Even mild outside temperatures can pose a threat, but with Texas temperatures climbing into the upper 90s each day, the danger becomes even greater. The problem is that temperatures in parked vehicles rise very quickly. According to figures from San Francisco State University's Department of Geosciences, in just 10 minutes, the temperature inside of a vehicle can increase by almost 20 degrees.

To reduce deaths from heatstroke, Safe Kids USA has launched a campaign titled ACT, which stands for: Avoid heatstroke-related injury, Create reminders, and Take action. The campaign is designed to link together these simple heatstroke prevention steps. It is important that parents and caregivers are on alert to avoid a heatstroke death and that they share the ACT campaign steps with spouses, grandparents, babysitters and other caregivers.

Any change in schedule for drop-off or pickup of a child can lead to a deadly mistake. In more than half of the cases of heatstroke, the death was due to the child being “forgotten” by the caregiver. Such deaths are preventable when parents take precautions to make sure that children are not left alone in vehicles and cannot gain access to unlocked vehicles. Although many parents may think that this will never happen to them, it is a tragedy that can and has happened to many families.

Texas A&M AgriLife Extension Service reminds parents to be extra vigilant to make sure that children are never left alone in or around parked vehicles. Follow these safety tips in this article to be sure that children cannot be harmed in a vehicle.

Children Left in Hot Vehicles

- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Make a habit of looking in the vehicle—front and back locking the door and walking away.
- Carefully check all seats in the van or bus to make sure there are no children sleeping on the seats or hiding under seats.
- Do not let children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Check with the family when a child does not show up for day care to be sure a parent has not forgotten a child in their vehicle.
- Always lock vehicle doors and trunks, and keep keys out of children’s reach.
- If a child is missing, check the vehicle first, including the trunk or storage area.
- If a child is in distress due to heat, get them out as quickly as possible. Cool the child rapidly.
- Call 911 or your local emergency number immediately.

Children around Parked Vehicles

- Walk all the way around your parked vehicle to check for children, pets, or toys before getting in the car and starting the engine.
- Make sure young children are always accompanied by an adult when getting in and out of a car.
- Identify and use safe play areas for children away from parked or moving vehicles.
- Designate a safe play areas for children away from parked or moving vehicles.
- Firmly hold the hand of each child when walking near moving vehicles and when in driveways, parking lots or sidewalks.
- Teach children not to play in and around vehicles.

Children Left in Running Vehicles

- Lock vehicles at all times, even in the garage or driveway.
- Never leave keys in the car.
- Store keys out of children’s reach.
- Engage your emergency brake every time you park.
- Check to see if your vehicle has a Brake Transmission

Safety Interlock (BTSI), which is a safety technology to prevent children from accidentally putting a vehicle into gear. Check your owner’s manual to see if your vehicle is equipped with BTSI. After Sept. 1, 2010, all vehicles with an automatic transmission with a PARK position must have BTSI.

- Use drive-thru services when available. Use your debit or credit card to pay for gas at the pump.
- Lock the power windows so that children cannot play with and cannot get caught in them. Power windows can strangle a child or cut off a finger.

Following these safety tips can make all the difference in avoiding needless tragedy.

Rethinking Snacks

Summer brings many images to mind. Among them are children running, jumping, and playing. Summer is time for families to spend leisure time together at the ballpark or an amusement park.

As any parent knows, active kids are constantly looking for a snack. The problem is that many kids will reach for a bag of chips, a candy bar, or other options that offer poor nutrition value. Attending a ballgame or going to a theme park can be great fun, but trying to find nutritious snacks at the concessions stand can be a real challenge.

The good news is that, as a parent, you can control the snack options available to your kids, no matter where you are. Many snack options are both nutritious and delicious. Consuming such snack items will leave you and your kids satisfied with their snack choices.

One of the best things about making a healthy snack is that you don’t really need a recipe. All you need is a good imagination and some healthy ingredients in your pantry. From there, it’s up to you to create and serve!

Popular ingredients to get started on creating your unique snack are:

- Banana chips
- Tropical dried fruit mix
- Whole grain cereals
- Chocolate chips
- Pretzels
- Raisins
- Dried cranberries
- Sunflower seeds
- Popcorn
- Fresh vegetables (carrot sticks, celery)
- Whole grain crackers
- Nuts

When creating your snack, it is a good idea to include a variety of flavors, colors, and sizes. This will make the snack more appealing to the eye and will expose you and your kids to more nutrients.

Safety tip: If you bring a snack to a sporting event or amusement park, pack any perishable items (i.e. sandwiches and dips) in a cooler with ice.

It is a good idea to eat ballpark snacks within 2 hours or place any leftovers in a cooler.



Recipe Corner

Home-made freezer pops

Materials: Small paper cups, straws

Ingredients: Low-fat yogurt or juice, fresh fruit

Pour low-fat yogurt or juice into the paper cup. Add fresh fruit and place a straw in the middle. Freeze until the “pops” are frozen. To eat, peel back the paper cup and enjoy!

Sweet & Salty Trail Mix

1 ½ cups oat circles cereal

1 ½ cups corn squares cereal

½ cup whole almonds (chopped)

½ cup raisins

½ cup small pretzels

½ cup chocolate chips

Mix all ingredients in a large bowl.

Store in an airtight container or re-sealable plastic bag.

Sincerely,

A handwritten signature in cursive script that reads "E. Kay Davis".

E. Kay Davis, M.S., L.D.

County Extension Agent -Family and Consumer Science
Lubbock County

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TEXAS A&M AGRI LIFE EXTENSION

Texas Department of State Health Services accredited food handlers program is now being offered here! This class is now required for all food service employees to help promote the service of safe food. The class is a basic overview of food safety practices that are necessary to ensure you serve safe food at your establishment. Some practices discussed are:

- Good Personal Hygiene
- Cross Contamination
- Time and Temperature abuse

If you would like to learn more, please come

Date: Saturday, August 13, 2016

Time: 9:30 A.M. - 11:30 A.M.

Cost: \$20.00

Food Handlers class

**Food
Safety**
it's in your hands



Registration Form can be found at:
http://lubbock.agrilife.org/files/2011/03/Food_Handlers_Ind_RegForm.pdf

Or give us a call and one can be mailed to you.

You must be paid in full by **August 10th**.

Registration is transferable but not refundable.

Make checks to: FPM Account # 230202

**Contact person: Kay Davis, CEA-FCS
806-775-1740**

Registration Deadline is Aug 10th

**Bring Form and Payment to:
916 Main Street, Suite 201
Lubbock, TX 79401**

or Mail to

**Texas A&M AgriLife Extension
Service**

**PO Box 10536
Lubbock, TX 79408**