

Lubbock County  
Family Network



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**TALK TO YOUR TEENS ABOUT DRIVING –  
THEY ARE LISTENING!**

National Teen Driver Safety Week is October 16-22, 216  
(but anytime is good to talk about driving safety.)

Motor vehicle crashes are the leading cause of death for 15-to-19 year olds in the U.S. In fact, in 2014, there were 2,679 teen (15-19 years old) drivers involved in fatal motor vehicle traffic crashes. An estimated 123,000 teen passenger vehicle drivers were injured in motor vehicle traffic crashes. Yet, a recent survey shows that only 25 percent of parents have had a serious talk with their kids about the key components of driving. Parents need to take the time to talk with their kids about the many dangers of driving, which includes alcohol, seat belts, texting, speeding, and extra passengers.

This year's campaign, "5 to Drive," is putting an emphasis on parents talking to their teens about the risks they face while driving. Research shows that parents play an important role in increasing their teens driving skills, as they have the greatest influence over their teen's behavior. In fact, leading experts believe parents play a key role in preventing teen car crashes and deaths. Teens with parents who set rules, monitor their driving, and are supportive, are half as likely to crash and twice as likely to use seat belts as teens with less involved parents. Parents can help by talking with their teens about safe driving practices.

The education and awareness campaign identifies the five most important rules all teen drivers need to follow. Parents need to start talking to their teens about the 5 to Drive, and make certain teens understand these rules before they hit the road:

1. **Alcohol:** No Drinking and Driving. Compared with other age groups, teen drivers are at a greater risk of death in alcohol-related crashes, even though they're

too young to legally buy or possess alcohol. Nationally in 2014, one out of five teen drivers (15-to-19 years old) who were involved in fatal crashes had been drinking. Remind your teen that driving under the influence of any impairing substance, including illicit or prescription drugs, could have deadly consequences.

2. **Seat Belts.** Buckle Up. Every Trip. Every Time. Front Seat and Back. Teens are not buckling up, and neither are their passengers. In 2014, 59 percent of all the young (15-to-19 year old) passengers of teen drivers who died in motor vehicle crashes were not restrained. When the teen driver was also unrestrained, the number of all passengers unrestrained increased to almost 86 percent.
3. **Distracted Driving:** Put It Down. One Text or Call Could Wreck It All. In 2014, among teen drivers involved in fatal crashes, 10 percent were reported as distracted at the time of the crash.
4. **Speeding:** Stop Speeding Before It Stops You. In 2014, almost one-third (30 percent) of teen drivers involved in a fatal crash were speeding.
5. **Extra Passengers:** No More Than One Passenger at a Time. Extra passengers for a teen driver can lead to disastrous results. Research shows that the risk of a fatal crash goes up in direct relation to the number of teens in a car. The likelihood of teen drivers engaging in risky behavior triples when traveling with multiple passengers.

Texas A&M AgriLife Extension Service reminds parents to take advantage of the national teen Driver Safety Week and to talk to their teens about staying safe on the road.

Statistics show that teens are most likely to have a crash during the first six months after getting their license, which is primarily due to their inexperience. A Study by the Texas A&M Transportation Institute (TTI) reports that drivers ages 15-to-17 years old are not only at a disadvantage due to their lack of experience, but also due to the incomplete development of the prefrontal cortex of the brain- the part of the brain that helps weigh the consequences of risky behavior. According to the study's author, Russel Henk, this is the last part of the brain to develop.

TTI also reports that teens are eight-times more likely to be in a fatal crash when they are carrying two or more teen passengers. The Texas Graduated Driver's License (GDL) law is designed to limit the number of teen passengers that can legally ride with a novice driver. The GDL provides parents with the controls to help keep their teen drivers safe. However, many parents are not aware of the provisions of this law, which are divided into two phases. During phase one, the teen driver must always be accompanied by a person at least 21 years of age. During phase two, teens cannot operate a motor vehicle with more than one passenger who is younger than 21-years-old, unless the additional passengers are also family members. Driving is prohibited between midnight and 5 a.m., unless the teen is driving to attend work or a school-related activity, or responding to an emergency situation. Cell phone use is also prohibited during both phases of the GDL and for all drivers under the age of 18. Making sure your teen follows the GDL law can help get a teen safely through the most critical time when driver inexperience can lead to crashes.

Spending as much time driving with your teen in many different driving situations can significantly impact your teen's future driving practices.

- Practice driving with your teen as often as possible.
- Discuss your rules of the road, and create a Parent-Teen Driving Agreement.
- Model good driving behavior for your teen by always using seat belts and never using a cell phone while driving.
- Share your rules with other parents and teens.

For more information about Teen Driver Safety Week and the *5 to Drive* campaign visit:

<http://www.safercar.gov/parents/TeenDriving/teendriving.htm>

## **SLOW COOKER SEASON IS HERE!**

Slow cookers are countertop appliances that cook foods slowly at low temperatures - generally between 170° F and 280° F. The direct heat from the pot, lengthy cooking and steam created within the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Eatright and USDA/FSIS provide sound advice for slow cooker food safety.

Source: Partnership for Food Safety Education

## **UNPASTEURIZED CHEESE MAKING RECORD NUMBER SICK IN TEXAS**

There have been 13 brucellosis infections in residents so far this year, affecting patients between 6 and 80 years old, according to a health advisory released in September. Brucellosis is a illness related to consuming unpasteurized dairy products.

All of the patients reported eating the cheese brought into the U.S. from Mexico by friends or relatives, consuming the cheese while traveling in Mexico or eating unidentified cheese products from local street vendors, officials said.

Source: Julie Prouse, RS, Extension Assistant - FPM, Texas A&M AgriLife Extension Service, Nutrition and Food Science

[http://www.dallascounty.org/department/hhs/documents/DCHHSBrucellosisAdvisory\\_091316.pdf](http://www.dallascounty.org/department/hhs/documents/DCHHSBrucellosisAdvisory_091316.pdf)

## **RECALLS**

*Nestlé recalls drumstick ice cream treats because of Listeria.*

Nestlé USA Inc. Has launched a national wide recall of an undisclosed volume of ice cream Drumstick cones that were "inadvertently" distributed after the company found *Listeria monocytogenes* in its Bakersfield, CA, production plant.

<http://www.foodsafetynews.com/2016/10/nestle-recalls-drumstick-ice-cream-treats-because-of-listeria/#.WAeLcU0zXoo>

*Trout recall for E. Coli blamed on General Mills flour*

Distribution details for the Clear Springs Foods Sun-Dried Tomato & Roasted Garlic Trout product were not provided in the recall notice.

<http://www.foodsafetynews.com/2016/10/trout-recall-for-e-coli-blamed-on-general-mills-flour/#.WAeMCK0zXoo>

Source: Julie Prouse, RS, Extension Assistant - FPM, Texas A&M AgriLife Extension Service, Nutrition and Food Science

## Selling Yard Eggs In Texas

Backyard egg producers may sell their eggs under certain conditions set by the Texas Department of Agriculture (TDA) and the Texas Department of State Health Services (DSHS).

Producers selling eggs from their own flocks to the end customer must obtain a license from DSHS or their local health department. You also need a license to sell eggs to restaurants or retailers or to resell other producers' eggs.

If you sell at a farmers market, you must meet all the requirements set by state and other local jurisdictions. The eggs must always be stored at 45°F or lower. Unlicensed producers must label their egg cartons *Ungraded* followed by *Produced by [producer's name]*, along with the producer's address in legible, printed, boldface type.

The egg cartons must include a Safe Handling Instructions statement inside the lid or on the principal display panel (the part of a label that is most likely to be displayed or examined under customary conditions of display for retail sale) or information panel (any panel next to the principal display panel):

**SAFE HANDLING INSTRUCTIONS: To prevent illness from bacteria: keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly.**

If this statement appears inside the lid, the words *Keep Refrigerated* must appear on the principal display panel or information panel (Fig. 1).

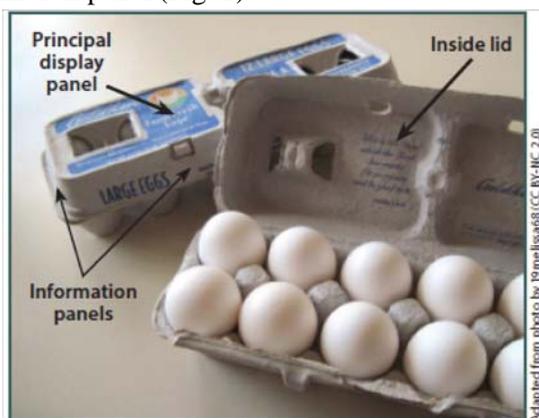


Figure 1. Parts of an egg carton

Only graded eggs of a Grade A or better can be described as *fresh, yard, selected, hennery, new-laid, infertile, or cage*, or with words that have similar meanings. Only certified organic producers can label their eggs as being “organic.”

Licensed producers must submit monthly or quarterly reports to the Texas Department of Agriculture and keep the reports at the licensed location for 2 years. The reports are subject to yearly inspection, and fines may be assessed for noncompliance.

Reports are due by the 10<sup>th</sup> of the month after the end of each reporting period. Producers must report monthly if they buy or sell both graded and ungraded eggs, or if they are the first to assign a grade to the eggs.

A grading fee of 6 cents per 30-dozen case must accompany the monthly report.

In-state licensees may report quarterly if they buy and sell only eggs that have been graded already. Quarters run September–November, December–February, March–May, and June–August.

### Handling and storage practices

Even if you handle the eggs carefully and follow good farm-management practices, a small percentage of eggs will be dirty. Dirty eggs are covered with bacteria that can cause spoilage or illness if they enter the egg.

Wash the eggs properly to minimize the chances of bacteria penetrating the shell. Careless washing can cause more damage than just leaving the dirt on the shell. Take steps to ensure that the eggs sold are safe to consume and of the highest quality:

- If possible, collect eggs at least twice a day, at noon and in the evening.
- Keep the nests clean. Clean nests usually result in cleaner eggs.
- Wash the eggs as soon as possible.
- Use wash water that is at least 20°F warmer than the internal temperature of the egg and at a minimum of 90°F. Using a wash solution that is colder than the egg causes the egg content to contract and draw in polluted water through the shell.
- Choose a detergent that does not impart foreign odors to the egg.
- After washing the eggs, rinse them with a warm water spray containing an approved chemical sanitizer. The water should be slightly warmer than the wash water.
- The washing process removes most of the outer cuticle from the eggshell, which increases the loss of carbon dioxide and moisture from inside the egg. To reduce this loss, many producers spray their eggs with a light coating of food-grade mineral oil. For best results, check the entire oiling system, including spray nozzles, filters, and oil storage reservoir, often to make sure that the equipment is working properly and that the oil is free from contamination.
- Dry, sort, grade, and cool the eggs quickly after washing.

- Refrigerate the eggs, small end down, at 45°F or below. Refrigeration helps preserve the internal quality and reduces the potential for bacterial growth.
- Always use new cartons for storing and selling eggs. It is not permissible to sell eggs in another producer's carton.
- To avoid cross-contamination, thoroughly clean and dry plastic flats after each use.
- Thoroughly clean all equipment and processing rooms at the end of each processing day; make sure that they remain reasonably clean throughout the processing shift.
- Keep the processing equipment far enough away from walls and other equipment that it can be cleaned, maintained, and inspected.
- Provide sufficient overhead lights to facilitate cleaning the room.

Note: These are just basic guidelines. Before selling eggs, review and follow the recommendations outlined in the current version of *Regulations Governing the Voluntary Grading of Shell Eggs*, which is available at <https://www.ams.usda.gov/sites/default/files/media/Regulations%20for%20Voluntary%20Grading%20of%20Shell%20Eggs.pdf>.



### Cooking practices

Consumers should store their eggs in the refrigerator until used. Never eat raw eggs.

The U.S. Department of Agriculture recommends that all eggs and egg dishes be cooked until the yolks are firm or to a minimum internal temperature of 160°F. Use a food thermometer to measure the temperature.

When preparing recipes that call for raw or undercooked eggs, use pasteurized eggs or egg products.

### For more information

**Grading eggs:** Texas A&M Poultry Science Center, 979-845-4319. USDA Egg-Grading Manual, <https://www.ams.usda.gov/grades-standards/shell-egg-grades-and-standards>

**Handling and consuming yard eggs:** County office, Texas A&M AgriLife Extension Service, <http://counties.agrilife.org/>

**Handling yard eggs:** *Small-Scale Egg Handling*, <http://sd.appstate.edu/sites/sd.appstate.edu/files/egghandling.pdf>

**Obtaining an egg license:** Texas Department of Agriculture Egg Quality Program, 512-463-7698, <http://texasagriculture.gov/regulatoryprograms/eggqualityprogram.aspx>

**Obtaining retail permits:** DSHS–Retail Food Establishments Group, 512-834-6753, <https://www.dshs.state.tx.us/foodeestablishments/>

**Organic certification:** Organic certification department, Texas Department of Agriculture, 512-936-4178, <https://www.texasagriculture.gov/RegulatoryPrograms/Organics/OrganicContacts.aspx>

Source: Rebecca Dittmar, Extension Program Specialist for Food Protection Management, Texas A&M AgriLife Extension. Publication Number EFN-049 4/16.

### PUMPKIN FACTS



The pumpkin is much more than a gourd to be used as part of fall decorations. The reality is that the pumpkin is a versatile fruit that offers many nutrients such as potassium, vitamin A, and the anti-oxidant beta carotene. Both vitamin A and beta carotene promote healthy eyes and skin and can help protect against the development of infection.

Pumpkins come in various sizes, with some weighing less than a pound and others weighing over one-thousand pounds. They are in season from September to November (th canned variety is available all year) and are often used to make soups, pies, casseroles, cookies, breads, and pumpkin butter.

Composed of 90 percent water, pumpkins are low in calories. Pumpkin seeds are often roasted to make a healthy snack and, while little known, pumpkin flowers are edible.

When selecting a pumpkin for cooking, the best choice is a “sweet pumpkin.” This variety of pumpkin is smaller than the pumpkins usually used for carving, commonly known as the jack-o-lantern” pumpkin. The flesh of the sweet pumpkin is sweeter and less watery than the jack-o-lantern variety.

When choosing a pumpkin, look for one that has one to two inches of stem left. The longer stem helps to stave off decay. The shape of the pumpkin is not important, as a lopsided pumpkin is not necessarily a bad one. A pumpkin with blemishes or soft spots, however, should be avoided.

When planting pumpkins in the southern region, it is best to start planting in early July so that the harvest is ready in the fall.

Pumpkins can be cooked by boiling/steaming, baking in the oven, or even prepared in the microwave.

## Recipe Corner



### Roasted Pumpkin Seeds

#### Ingredients:

- 1 quart water
- 2 Tablespoons salt
- 2 cups pumpkin seeds
- 1 Tablespoon vegetable oil or melted, unsalted butter

#### Directions:

1. Preheat oven to 250° F.
2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
4. Place the seeds in a bowl and toss with oil or melted butter.
5. Spread evenly on a large cookie sheet or roasting pan.
6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Yield 2 cups.



## Pumpkin Nut Bars

#### Ingredients:

- 1 cup cooked pumpkin puree, fresh or canned
- ½ cup butter or margarine (melted)
- 2 egg whites, slightly beaten
- 2 cups oats
- 1 cup brown sugar, packed
- ½ cup shredded coconut, toasted
- ½ cup wheat germ
- 1 cup chopped salted peanuts, pecans, or almonds

#### Directions:

1. Preheat oven to 350° F. In a large bowl, beat egg whites slightly; add pumpkin and melted butter or margarine beat until smooth.
2. In another bowl combine oats, brown sugar, coconut, wheat germ, and nuts.
3. Fold oat mixture into pumpkin mixture to form stiff dough.
4. Press dough into a lightly greased 15 ½ x 10 ½ inch jelly roll pan.
5. Bake 40 to 45 minutes or until golden brown. While still warm, cut into 2x3 inch bars.

Yields about 30 bars. Serve warm or cool completely.

Source: On The Track to Better Health, Oct. 2016 BLT Newsletter by John Perrott



Sincerely,

A handwritten signature in cursive 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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