

Lubbock County  
Family Network



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June / July 2018

### Food Handlers class scheduled

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, June 23, 2018 from 9:30 a.m. to 11:30 a.m. at 916 Main Street, first floor 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 Thursday, June 14, 2018. Checks or money orders should be made out to Texas A&M AgriLife Extension Account #230202. (No cash or credit cards please.)

Individuals with disabilities who require auxiliary aide service or accommodation in order to participate in the event are encouraged to contact our office within 5 working days prior to the program. Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

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

### Food and Water Supplies to Have on Hand During an Emergency: Are You Prepared?

With tornado season upon us, now is the time to make sure that you and your family, including pets, have enough food and water on hand in case a disaster strikes.

“A general rule of thumb is to plan for at least 3 days of food and water,” says Jenna Anding, food and nutrition specialist with Texas A&M AgriLife Extension Service. In areas prone to heavy flooding that time may need to be extended to 7 to 10 days.

For water needs, plan on at least 1 gallon of water per person (fluid needs and personal hygiene) and pet per day, says Anding. If there are pregnant women, family members with illness or during the hot summer months, plan for a minimum of 2 gallons per person and pet.

The easiest and most reliable way to take care of emergency water needs is to buy commercially bottled water. Store the bottles at room temperature (or cooler), out of direct sunlight, off the floor, and away from harmful chemicals. Although some bottles may contain a “best-by” date, the International Bottled Water Association ([www.bottledwater.org](http://www.bottledwater.org)) notes that you can safely drink the water after that date as long as the water has been stored properly.

Another option is to store water in a food grade water storage container. These types of containers can be purchased at surplus or camping/outdoor stores. Before storing water in the container, wash with dishwashing soap and water and rinse thoroughly. Then sanitize the container by mixing 1 teaspoon of unscented household bleach with 1 quart (4 cups) of water. Pour the sanitizing solution in the container and shake well to make sure that the solution comes into contact with all surfaces inside the container.

Depending on the size of the container you use, you may need as much as a gallon of sanitizing solution (4 teaspoons of bleach + 1 gallon of water). After shaking, wait 30 seconds, pour out the solution, rinse with water and let air dry completely before filling. After filled, store the container at room temperature (or cooler), away from direct sunlight, off the floor, and away from where harmful chemicals are stored. The Centers for Disease Control and Prevention advises that water stored in containers be replaced every 6 months.

As far as food supplies go, choose those that do not require refrigeration or cooking, as power loss is common during disasters. "Talk with family members when making your emergency food supply to make sure you are including foods that will be eaten," says Anding. Smart choices for an emergency food supply include ready-to-eat canned meats (tuna and chicken), canned pasta, protein and energy bars, dried fruit, peanut butter and jelly, crackers, canned juices and milk, nuts and seeds, dry cereal and granola, and crackers. If there are infants in the family don't forget about their needs which may include formula and baby food. Be sure to have a manual can opener, paper towels and plates, re-sealable bags, scissors and hand sanitizer available. Store emergency food supplies in a covered container and rotate every 4 to 6 months to assure quality.

Being prepared now can help individuals stay resilient if a disaster strikes. For more information on emergency preparedness, contact Kay Davis, County Extension Agent for Family and Community Health at 806-775-1740 or visit the Texas Extension Disaster Education Network at <https://texashelp.tamu.edu>.

### **Seniors Beware!**

The scammers wasted no time coming up with ways to steal the identity of seniors before the newly redesigned Medicare cards without Social Security (or SSNs) started arriving this year. The Centers for Medicare and Medicaid Services, the Coalition Against Insurance Fraud, and local police have reported complaints of callers demanding card recipients pay them cash to get the cards in addition to personal information such as bank account and credit card numbers, numbers off old Medicare cards and Social Security numbers.

New studies show that as people age, they are less able to detect fraud because seniors concentrate more on positives in life. Medicare WILL NOT call you. They only communicate through regular mail. If you haven't received your card, it could mean that your contact information is incorrect. You can log into your Social Security account online or visit your local Social Security office to find out. You can also call 1-800-MEDICARE (633-4227) if you have questions or to report scams. You can also contact the local Senior Medicare Patrol office. Make sure you destroy your old card when the new one arrives so that identity thieves cannot steal your identity from the trash.

## **Growing Vegetables in Containers**

If your vegetable gardening is limited by insufficient space or an unsuitable area, consider raising fresh, nutritious, homegrown vegetables in containers. A window sill, a patio, a balcony or a doorstep will provide sufficient space for a productive mini-garden. Problems with soilborne diseases, nematodes or poor soil conditions can be easily overcome by switching to a container garden. Ready access to containers means that pest management is easier. Container vegetable gardening is a sure way to introduce children to the joys and rewards of vegetable gardening.

### **Vegetable Selection**

Almost any vegetable that will grow in a typical backyard garden will also do well as a container-grown plant. Vegetables that are ideally suited for growing in containers include tomatoes, peppers, eggplant, green onions, beans, lettuce, squash, radishes and parsley. Pole beans and cucumbers also do well in this type of garden, but they do require considerably more space because of their vining growth habit.

Variety selection is extremely important. Most varieties that will do well when planted in a yard garden will also do well in containers. Some varieties of selected vegetables which are ideally suited for these mini-gardens are as follows:

Carrot - 1 gallon, 2-3 plants. Use pots 2 inches deeper than the carrot length

*Scarlet Nantes, Gold Nugget, Little Finger, Baby Spike, Thumbelina*

Cucumber - 1 gallon, 1 plant

*Burpless, Liberty, Early Pik, Crispy, Salty*

Eggplant - 5 gallons, 1 plant

*Florida Market, Black Beauty, Long Tom*

Green Bean - 2 gallons minimum, space plants 3 inches apart

*Topcrop, Greencrop, Contender, (Pole) Blue Lake, Kentucky Wonder*

Green Onion - 1 gallon, 3-5 plants

*Beltville Bunching, Crystal Wax, Evergreen Bunching*

Leaf Lettuce - 1 gallon, 2 plants

*Buttercrunch, Salad Bowl, Romaine, Dark Green Boston, Ruby, Bibb*

Parsley - 1 gallon, 3 plants

*Evergreen, Moss Curled*

Pepper - 5 gallons, 1-2 plants

*Yolo Wonder, Keystone Resistant Giant, Canape, Red Cherry (Hot), Jalapeno*

Spinach - 1 gallon, 2 plants  
*Any cultivar*

Squash - 5 gallons, 1 plant  
*Dixie, Gold Neck, Early Prolific Straightneck, Zucco (green), Diplomat, Senator*

Tomato - 5 gallons, 1 plant  
*Patio, Pixie, Tiny Tim, Saladette, Toy Boy, Spring Giant, Tumbling Tom, Small Fry*

**What's free, takes just seconds,  
and prevents one of the leading causes of death?  
Click It or Ticket Mobilization is May 21 - June 3, 2018**

Taking those few seconds to buckle your seat belt is the most crucial step you can take to protect yourself in a crash. Those few seconds can save your life and save your friends and family from having to go through a needless tragedy. Fortunately, most Texans now buckle up, but some groups of motorists continue not taking the message to heart by not consistently using their seat belts. The demographic of motorist most likely to be unrestrained are men and young adults, especially pickup truck drivers and their passengers. In 2016, the use of seat belts in passenger vehicles saved an estimated 14,668 lives of occupants ages 5 and older. Sadly, in 2016, there were 10,428 unbuckled passenger vehicle occupants killed in crashes in the United States.

In Texas, among teens ages 13-to-15 years old, 62 percent of passenger vehicle occupants who were killed in traffic crashes were not using restraints in 2016. Nationally, among young adults 18-to-34 years old killed in crashes in 2016, more than half (57 percent) were completely unrestrained – one of the highest percentages for all age groups. And, men make up the majority of those killed in motor vehicle traffic crashes. In 2016, 65 percent of the 23,714 passenger vehicle occupants who were killed were men. Men wear their seat belts at a lower rate than women do – 52 percent of men in fatal crashes were unrestrained, compared to 40 percent of women.

Buckling up is not just important during the daytime. Between 6 p.m. and 6 a.m. is when more crashes and fatalities happen. Crash stats from the Texas Department of Transportation show that the majority (57 percent) of fatal crashes in Texas happen at night. In 2017, of all Texas crashes in which people died and weren't wearing a seat belt, 57 percent of those happened at night as well. It is important to wear your seat belt, day and night, to be protected in the event of a crash.

Unbuckled passengers are also dangerous to others in the vehicle. In the event of a crash, the unbuckled passenger become a large projectile flying around the vehicle who can injure or kill other occupants in the vehicle – including those who are buckled up!

Here are some of the myths about seat belts:

- **Vehicle type:** There seems to be a misconception among those who drive and ride in pickup trucks that their large vehicles will protect them better than other vehicles would in a crash. The numbers say otherwise. Nationally, 61 percent of pickup truck occupants who were killed in 2016 were not buckled up. That's compared to 42 percent of passenger car occupants who were not wearing seat belts when they were killed. Regardless of vehicle type, seat belt use is the single most effective way to stay alive in a crash.
- **Seating position:** Too many people wrongly believe they are safe in the back seat unrestrained. Forty-seven percent of all front-seat passenger vehicle occupants killed in crashes in 2016 were unrestrained, but 57 percent of those killed in back seats were unrestrained.
- **Rural versus urban locations:** People who live in rural areas might believe that their crash exposure is lower, but in 2016, there were 13,732 passenger vehicle fatalities in rural locations, compared to 9,366 fatalities in urban locations. Out of those fatalities, 49 percent of those killed in the rural locations were not wearing their seat belts, compared to 46 percent in urban locations.

This year's "Click It or Ticket" Campaigns is scheduled for May 21 - June 3, which includes Memorial Day weekend. During this time, extra law enforcement will be on the road day and night enforcing the seat belt and child restraint laws in an effort to save lives. Those officers are not out to write tickets, but instead want to help prevent the needless tragedy of motor vehicle accidents.

Remember: Buckle up day and night and save your life – not just during "Click It or Ticket," but every day of the year!

### **Cheese Facts**

Cheese is a food source that most people love. Cheese comes in many varieties and offers an abundance of tastes, depending on the type of cheese you choose. It is also a food that is versatile in that it compliments many main dishes, is an excellent snack food, and is great with sandwiches, soups, burgers, and even some desserts.

Natural cheeses can be ripe or unripe and are categorized according to hardness:

1. **Soft:** These include Brie, cottage, ricotta, and others.
2. **Semi-soft:** Includes Gouda, Havarti, and Jack.
3. **Semi-hard:** Includes cheddar cheeses.
4. **Hard:** Includes Parmesan, Asiago, and others suitable for grating.

Processed cheese is a blend of fresh and aged natural cheeses. It has a milder flavor and melts better than natural cheese.

## Calories:

It is difficult to list an exact calorie count in cheese because of the many varieties of cheese and the ways in which they are made. However, cheese can be a useful part of a healthy meal plan because it provides us with protein, calcium, and vitamin B12.

## Storing Suggestions:

After purchasing cheese, store the cheese in its original wrapping until you're ready to use it. Once the cheese is removed from its original packaging, wrap it tightly with plastic wrap or foil or double-wrap the cheese and place it in a sealed container before refrigerating after each use.

Generally, hard cheese have longer shelf lives than softer. Hard cheeses will normally keep for several months while softer cheeses will keep from one to three weeks after opening. Unopened packages of processed cheese can be used up to six months if refrigerated properly. Open packages should be used within one to three weeks.

Tip: Shred cheese or cut it into small pieces prior to melting for best results.

## Recipe Corner

**This hearty soup is filling and versatile. Add ham, chicken, or other meat for more protein.**

### **Cheese and Corn Chowder (6 servings)**

- 2 cups of potatoes (diced)
- 1 cup of sliced carrots
- 1 cup of chopped celery
- ½ cup of chopped onion
- ¼ teaspoon of pepper
- 1 can of cream-style corn
- 1 ½ cups of non-fat milk
- ½ cup of shredded cheddar or American cheese



1. Combine the potatoes, carrots, celery, onion and seasonings in a pan. Add 1 cup of water. Cover and simmer for 10 minutes.
2. Add the corn and pepper. Cook for 5 more minutes or until the vegetables are cooked.
3. Add the milk and cheese. Stir until the cheese melts and the chowder is heated through. Do not boil.
4. Serve Hot.

Nutrition Information: 164 calories, 4g Total Fat, 2g Saturated Fat, 7g Protein, 118 mg Sodium, 28g Carbohydrates, 3g Dietary Fiber, 168 mg Calcium

Source: *Better Living For Texans* May 2018 Newsletter

Sincerely,

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

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Community Health  
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

# 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, June 23, 2018**

**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://counties.agrilife.org/lubbock/files/2018/05/Food\\_Handlers\\_Ind\\_RegForm.pdf](http://counties.agrilife.org/lubbock/files/2018/05/Food_Handlers_Ind_RegForm.pdf)

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

You must be paid in full by June 14th.

**Registration is transferable but not refundable.**

**Make Checks or Money Order (no cash or credit cards please) to:**

**Texas A&M AgriLife Extension Account #230202**

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

**Registration Deadline is June 21**

**Bring Form and Payment to:  
916 Main Street, Suite 401  
Lubbock, TX 79401**

**or Mail to**

**Texas A&M AgriLife Extension  
Service**

**PO Box 10536**

**Lubbock, TX 79408**