



Oldham County Family & Consumer Science

SEPTEMBER NEWSLETTER

IN THIS ISSUE

National Food Safety Education Month

Do you know how to keep food safe at home? The easy lessons of clean, separate, cook, and chill will help you protect your family from foodborne illness and teach them how to be food safe. Foodborne illness is a serious public health threat and all of us are susceptible. Consider the numbers: Each year, approximately 76 million cases of foodborne illness occur in the United States alone, according to the Centers for Disease Control and Prevention. Of those cases of foodborne illness, more than 325,000 people are hospitalized and approximately 5,000 people die – that is almost 13 people every day. That is why it is critical that people understand the dangers of foodborne bacteria and learn how to Fight BAC!® We are all dependent upon food, which means every single American can help to ensure that the food we eat is safe. From farm to table, we all have a role in keeping our food safe. Farmers and ranchers must be committed to raising only the very best – and safest – food products. Food companies and food processors must continue to be vigilant about ensuring that food is processed in accordance with the stringent Federal standards that are in place to ensure safety. Federal, State, and local government agencies must enforce the food safety laws that are on the books to ensure the food we

eat is safe, wholesome, and correctly labeled and packaged. But the last line of defense against foodborne illness is in our own kitchens. The four basic safe food handling behaviors; clean, separate, cook, and chill – will empower consumers with the knowledge to be food safe. **Clean** – Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs. **Separate** – Keep raw meat and poultry apart from foods that won't be cooked. Use different cutting boards for meat, poultry, seafood, and veggies. **Cook** – You can't tell it's done by how it looks! Use a food thermometer to be sure meat and poultry have reached a safe minimum internal temperature. - Poultry should be cooked to 165 °F. - Ground beef should be cooked to 160 °F. - Egg dishes should be cooked to 160 °F. - Steaks and roasts should be cooked to 145 °F. - Fish should be cooked to 145 °F. **Chill** – leftovers and takeout foods within 2 hours and keep the fridge at 40 °F or below to keep bacteria from growing. So, the next time you are cooking up something in the kitchen – whether you are preparing for a large dinner party, feeding your family, or fixing yourself a snack – remember to keep these four simple messages in mind – clean, separate, cook, and chill –so you and your family will Be Food Safe.



4-H Spotlight

See what our local 4-H chapter has been up to this summer! Get the scoop on upcoming events too!

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Home Food Safety Mythbusters

Find out about common household mistakes we all make when it comes to the kitchen. Learn more about how to correct these issues or gain a new perspective when handling your food!

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Meet Your New Agent

Chelsev Eicke

Hello Oldham County! Prior to graduating ENMU with my bachelor's degree and marrying the man of my dreams, who happens to be a local farmer; I grew up in a small town in New Mexico along the border of Texas's Oldham County. I was raised in a faith based community of strong morals, work ethics and a huge focus on family. Aside from my desire to further my education to establish a personally rewarding career, the purpose in my choice of degree plan was to eventually wind up in the same type of community. Upon my first official trip through Vega; seeing the genuine smiles on the faces of community members along with all of the Route 66 memorabilia, I feel right

at home! I am truly excited to begin this venture as your Family and Consumer Science Extension Agent; not only from a career perspective but as a new found community member. Family and Consumer Science offers a diversified position on the industry that is the people; whether urban or rural. I feel this outreach program serves as a connection for the public by educating individuals on elements that arise in life and strategies that can be developed to build upon and carry into their personal lifestyle as well as their household, academics, organizations, career and more. It is my desire to enhance education in this field in a way that is tailored to the needs of the community in order to benefit the overall vision of generating efficient and productive members of society. I hope to become involved within the communities of Oldham County and better serve you through my dedication to service, creativity and professionalism. I look



forward to meeting and serving all of you to the best of my ability!

4-H Spotlight

Oldham County 4-H is currently experiencing many exciting changes. After receiving two new agents, Round Up was awaiting our 4-Her's. We had an excellent turn out for the decorating of the float and help with our annual drink booth. Our club really enjoys participating in various events within the community; we would like to say a huge thank you to everyone that helped make that possible this year. The kids as well as parents have been gearing up for a new year of membership registration. With the recently

modified Texas 4-H Connect system in place, the County decided to host an enrollment night at Christ's Community Fellowship where members, parents and volunteers alike came to receive a 2016 membership packet, play games, tour the connect site, enroll, eat snacks and learn about all that 4-H can offer them in the upcoming months. Our first meeting will be held September 14th at 6:00pm in the County's AgriLife ExtensionOffice. We will be electing club officers, overviewing contests, scheduling practices and beginning our planning process for the year!



Photo By Angela Spinhirne

KITCHEN HACKS



Sponge Solution

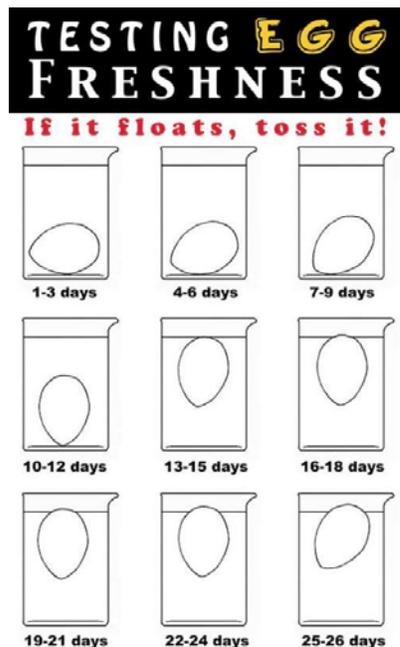
If that old school sponge has you more worried about soggy contamination more than being a cleaning aid, here's a trick for you! Rinse out your sponge in hot water then clip the edge and fold the taps down to let dry free standing.



Simple Snack Idea

If you're a mom on the go trying to beat the heat or just flat out busy, try these for a simple snack! Puncture your favorite yogurt with a popsicle stick, place in the freezer and go! Mess free and delicious!

For Your Reference



I love recipes like this one! Mac n Cheese is a dish that is a favorite among kids as well as adults. Often we think of it as a side dish rather than a meal; starting with a great basic Mac n Cheese can lead to so many different main dishes with equally diverse nutritional value. Add bacon and pesto on the top of each serving or bake a chicken breast, shred it up and mix it in for some more protein and a heartier feel. Even sneak veggies in when the kids aren't looking!
-Chels

From the Recipe Box

by Picky Plate Blog via Pinterest

Momma's Homemade Mac N Cheese

Prep time: 20 min | Cook time: 20 min

Ingredients

- 1 pound dry pasta
- 1/2 cup unsalted butter
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 cups whole milk plus 1 cup, divided
- 1 cup mild shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 8 ounces prepared pesto
- 1 1/2 pounds cooked bacon, crumbled

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Place butter into a medium saucepan over medium heat. Swirl pan until butter is melted then whisk in flour, salt and pepper. Whisk for 2 minutes, until bubbly and thick.

3. Slowly whisk in 3 cups milk until well combined. Continue whisking and stirring until thickened, 2-3 minutes.
4. Reduce heat to low and stir in cheeses until melted. Place cooked pasta into a large dutch oven or pot over low heat. Pour in cheese sauce, stirring to combine. Stir in pesto then add bacon pieces saving 1 cup for garnishing plates. Stir until combined. Season with additional salt and pepper to taste.
5. Serve warm. Mac and cheese will set and get thick if not served immediately. To loosen sauce add splashes of additional milk to desired consistency.

Makes 8-10 Servings

Myth (1):

I know my refrigerator is cold enough – I can feel it when I open it! Anyway, I have a dial to adjust the temperature.

Fact: Unless you have thermometers built into your fingers, you need to use a thermometer to ensure your refrigerator is at or below 40 °F. And that dial? Important, but it is not a thermometer.

As many as 43% of home refrigerators have been found to be at temperatures above 40 °F, putting them in the food safety “danger zone” where harmful bacteria can multiply and make you and your family sick! Slow the growth of bacteria by using a refrigerator thermometer to tell if your refrigerator is at 40 °F or below. And if it isn’t? Use that dial to adjust the temperature so it will be colder. Then, use your refrigerator thermometer to measure again.

Myth (2):

Cross-contamination doesn’t happen in the refrigerator – it’s too cold in there for bacteria to survive!

Fact: Bacteria can survive and some can even grow in cool, moist environments like the refrigerator.

In fact, Listeria bacteria can grow at temperatures below 40 °F! A recent study showed that the refrigerator produce compartment was one of the “germiest” places in the kitchen, containing Salmonella and Listeria.

To reduce the risk of cross-contamination in your refrigerator:

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and

eggs

- Clean up food and beverage spills immediately, and

- Clean your refrigerator regularly with hot water and liquid soap. Don’t forget to

clean therefrigerator walls and the undersides of shelves!

Myth (3):

I left some food out all day, but if I put it in the fridge now, the bacteria will die. Fact: Refrigerator temperatures can slow the growth of bacteria, but will not stop the growth of bacteria in food.

If food is left out at room temperature for more than two hours, putting it into the refrigerator will only slow bacterial growth, not kill it. Protect your family by following the 2 hour rule -- refrigerate or freeze meat, poultry, seafood, eggs, cut fresh fruits and vegetables, and all cooked leftovers within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature is above 90 °F. While refrigeration does slow bacterial growth, most perishables will only keep for a few days in the refrigerator. To keep perishables longer than a few days-- like most meat, poultry and seafood-- you can freeze them.

Myth (4):

I don’t need to clean my refrigerator produce bin because I only put

fruit and vegetables in there.

FACT: Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator.

A recent NSF International study found that the refrigerator produce compartment was the #1 “germiest” area in consumers’ kitchens! To prevent the buildup of bacteria that can cause food poisoning, it is essential to clean your produce bin and other bins in your refrigerator often with hot water and liquid soap, rinse thoroughly, and dry with a clean cloth towel or allow to air dry outside of the refrigerator.

This is the final draft 2015 Home Food Safety Myths and Facts from the Partnership for Food Safety Education.

by Shelley Feist, sfeist@fightbac.org

**2015 Home Food Safety
“Mythbusters”
Partnership for Food Safety
Education**

Got Any Plans? Save the Date!

Tri State Fair Exposition of Amarillo

September

15th

4pm Art
4pm Textiles

16th

8am Pinterest Inspired Contest-Wood Pallets
10am Textiles
12pm Ceramics/Porcelain Art
12pm Culinary
12pm Photography
2pm Art

17th

7:30am Culinary
10am Ceramics/Porcelain Art
10am Pinterest Inspired Contest-Wood Pallets
10am Textiles
12pm Photography
1pm Art
6pm Equine

18th

Daily Deals & Discounts
4-H Best of Show
Ag Mechanics
District 1 4-H Council Display
Fair Tickets & Info
Panhandle Agriculture Exhibit
TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits

19th

1:30pm TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
8am Equine
8am Livestock Judging Contest
8:30am Ag Mechanics
9am Garden & Agronomy Show
9am Small Animals

20th

3pm TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
8am Equine
9am Open Beef Cattle
9:30am Quick Quack Exotic Petting Zoo
1pm Mountain Dew Midway
2pm Special Culinary Contests

21th

TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
6:30pm Mutton Bustin'
9am Open Beef Cattle
9am Senior Citizen's Day
9:30am Quick Quack Exotic Petting Zoo
12pm Equine

22th

Fair Tickets & Info
TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
8am Equine
9am Open Beef Cattle
9:30am Quick Quack Exotic Petting Zoo
4pm Mountain Dew Midway
9pm Bud Light Stage

23th

TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
12:30pm PRCA Rodeo
9am Boer Goat
9:30am Quick Quack Exotic Petting Zoo
10am The Pride of the Panhandle
4pm Mountain Dew Midway

24th

7pm Fair Tickets & Info
TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
8am PRCA Rodeo
7pm Mutton Bustin'
9:30am Quick Quack Exotic Petting Zoo
12pm Dairy Goat
12pm Youth Dairy Goat

25th

7pm PRCA Rodeo
7pm Fair Tickets & Info
TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
7pm Mutton Bustin'
9:30am Dairy Goat
9:30am Quick Quack Exotic Petting Zoo
9:30am Youth Dairy Goat

26th

7pm Fair Tickets & Info
TAF-Magic Show/SW Dairy Farmers/TX Farm Bureau Exhibits
7pm Mutton Bustin'
7pm PRCA Rodeo
8am Small Animals
8am Youth Livestock Shows
8:30am Youth Dairy Goat

AROUND TOWN



Orphan for a Night – Sep. 19th

The Christ's Community Fellowship Church is hosting their annual fundraiser for Streams of Water Ministry. Oldham Co. 4-H is taking donations in order to receive cardboard that will be used as the only means of building material for their shelter that Saturday night!



High Plains Mobile Distribution

The High Plains Food Bank continues to team up with our local Extension's Better Living for Texan's Program! If you qualify for assistance through the County Court House and are already on the distribution list don't forget to stop by the County Barn once a month for your Box! Please see our County Court House if you are interested in learning about how to qualify for this service.

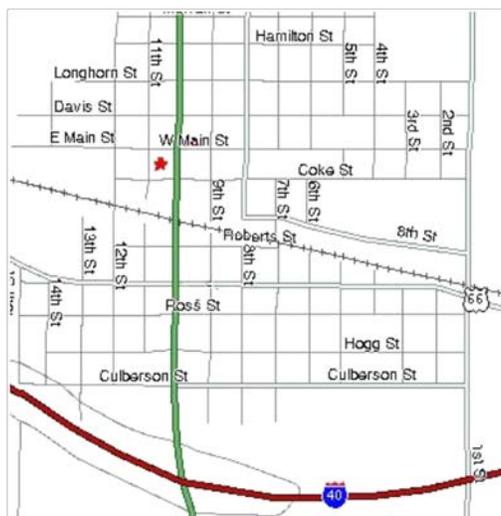


TEEA to meet in the future

I am excited to get the TEEA group of Oldham County up and going once again! If you are interested in participating or would like information on how to join let me know!

How Can Extension Serve You?

I am thrilled to be in a position to serve you as your Family and Consumer Science Agent! I sincerely believe that what people tend to get out of an experience reflects what they were willing to put into it. With that said, I am dedicated to making the Extension team of Oldham County not only the middle man between the educational information you need and implementing it in your daily lives; but doing that in an effective way that is tailored to best suit you, the consumer! In doing so, I would love to hear input from the community; what do you feel are areas that need to be strengthened in our youth, what are engaging topics for our adult programs, what are areas in the community you would like to see us take an active role in, when and how often would you like to meet in structured committee meetings and anything of this nature. Collaboration is the key to successful programs and I wouldn't want to provide you with anything short of that. Let us know how we can use our resources to reach the full potential of this community! In the future if I can ever answer any questions or be of any help please do not hesitate to call me or any of the ladies at your local extension office, we are here to serve you! I look forward to continuing to meet the faces that make up Oldham County! Thank you,



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