



Food Safety Monthly Update

Information from the desk of State Extension Consumer Food Safety Specialist

January- March 2014

Welcome to the fifth edition of the Kansas State University/University of Missouri Extension Food Safety update. This update is intended to provide timely, credible food safety information to county/district FCS agents, regional Food and Nutrition Specialists, as well as anyone else interested in such information. I hope this is helpful to you- please let me know any comments or questions you may have on this newsletter or any other food safety matters.

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Slow cooker safety press release

The winter months seem like a particularly good time for using slow cookers (although they are great to use year-round!) This press release provides tips on using a slow cooker safely. Brief TV video clips with the same information are also available- contact me if you are interested in those.

www.ksre.ksu.edu/news/story/slow_cooking021114.aspx

Fact sheet on Using Breast Milk Safely

We recently prepared a fact sheet on using breast milk safely, a topic which is of great personal interest to me currently! It is available from:

www.ksre.ksu.edu/FoodSafety/doc16867.ashx

KS Farmers Market vendor guidance document

This document was prepared in close collaboration with the Kansas Department of Agriculture to update a previously used publication from 2010. The document contains information on statewide Kansas regulations, as well as best food safety practices applicable to all farmers market vendors. It is available for free download [here](#).

In Missouri, good resources for farmers market vendors are currently available from:

<http://health.mo.gov/safety/foodsafety/retail.php> and
<http://agrimissouri.com/pdf/fmhandbook.pdf>

Upcoming Events

- **SE KS Farmers Market vendor workshop**

Pittsburg, KS; Saturday, March 29, 2014, 9AM-3PM.

This workshop will be useful for any vendors selling in Kansas. Registration and more information [here](#).

Agents in Kansas- let me know if you think there may be interest in your area in having such a training next year and we can work to arrange something.

- **Better Process Control School (BPCS)**

In both KS and MO, food producers that want to sell acidified foods (such as salsa, pickles, hot sauce) need to attend a Better Process Control School (and also get their recipe/process approved by a process authority such as the [KS Value-Added Foods Lab](#)). BPCS will be offered in Columbia, MO on March 24-25, 2014. Registration information is [available](#). Processors can also take the BPCS course online (or in person) from [UC Davis](#) or other approved entities. Note that the University of Missouri will also be offering a [HACCP course](#) for interested processors from March 26-28, 2014. It is also offered in June in Manhattan, KS and October 2014 in Olathe, KS.

- **Current Issues in Nutrition online learning**

Iowa State University is presenting an online learning session (with 3.0 CEUs) on "Fear of Food: What is really safe?" The presentations will be available online to those registered (cost \$35) after April 1 and an interactive online Q&A session will be held on May 1. More information is available [here](#).

- **Online course on Food Safety in Ethnic Food**

The University of Missouri is offering an online summer course (for credit or for 3 CEUs) on Ethnic Foods: Food Safety, Food Protection and Defense Challenges. More information on the course is [here](#).

Food Safety Q&A

Q. Should I wear gloves when doing a food demo?

According to both the MO and KS Food Code (regulations), there should be no bare hand contact with ready-to-eat food; instead use gloves, tongs or

similar item. However, when washing fruits and vegetables, there isn't a need to wear gloves. If touching raw meat or frozen foods that will be subsequently cooked, there isn't a need to wear gloves, but you could as long as there is no cross-contamination by using the same gloves to touch raw meat and then a ready-to-eat food or surface where ready-to-eat food will touch.

Please note that even if wearing gloves, you still need to wash your hands before putting on the gloves and must change gloves between activities (such as after touching the trash, money, or raw meat).

Q. What type of cutting board is best?

Consumers can choose either wood or a nonporous surface cutting board such as plastic, marble, or glass. However, these nonporous surfaces are easier to clean than wood. Bamboo boards are more resistant to bacteria than other woods. The most important thing with cutting boards is to keep them clean and discard them if they develop hard-to-clean grooves. Also, be sure to use separate cutting boards- or clean well in between- for raw meats and ready to eat foods. Clean cutting boards with hot soapy water after use, then rinse with clear water. Source: [USDA](#)

Q. Why have chicken breasts increased in size so much in the past years? Is it due to hormone use?

Poultry genetics and production practices have improved dramatically in the past years, which has caused poultry breast size to increase. Breeders select their stock based on growth rate and breast size. Also, poultry nutrition and raising practices have improved, so that the poultry can grow faster and larger. Additional hormones are NOT used in poultry production, as explained in this video featuring a University of Arkansas Poultry Extension specialist: <http://www.realtruthaboutchicken.com/>

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