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Celebrate Earth Day on April 22!

Green Your Home:
Small Changes Make a Big Impact

- Replace inefficient incandescent light bulbs with energy star bulbs – reduce your carbon footprint by 450 pounds a year
- Keep your tires properly inflated and get better gas mileage – reduce your carbon footprint another 20 pounds for each gallon of gas saved
- Change your car’s air filter regularly
- Run your dishwasher only when it’s full
- Move your thermostat down two degrees in winter and up two degrees in the summer – reduce your carbon footprint by 2,000 pounds
- Use cold water to wash your clothes – reduce your carbon footprint by 500 pounds a year
- Buy Energy Star appliances
- Weatherize and insulate your home, and consider double pane windows
- Buy certified organic food because the chemicals used in modern agriculture can pollute the water supply, and require energy to produce
- Keep your water heater insulated and the thermostat no higher than 120°F
- Plant a tree because trees suck up carbon dioxide and make clean air for us to breath
- Use a low-flow showerhead because the less water you use, the less energy required to heat the water – reduce your carbon footprint 350 pounds a year
- Buy locally and reduce the amount of energy required to drive your products to your store – The Historic Marion Tailgate Market will open again by July
- Buy products with less packaging and recycle paper, plastic and glass – reduce your garbage by 10% and you’ll reduce your carbon footprint by 1,200 pounds a year
- Car pool, use public transportation or drive a fuel efficient car – reduce your carbon footprint by 1 pound for every mile you do not drive
- Turn off what you’re not using and even unplug electronics you’re not using – reduce your carbon footprint by thousands of pounds a year
- Clean or replace dirty air conditioner filters as recommended
- Paper or Plastic? Neither! – Purchase or make your own reusable shopping bags

Want to find out just how big your ecological footprint really is? The Ecological Footprint Quiz at http://www.myfootprint.org/ estimates the area of land and ocean required to support your consumption of food, goods, services, housing, and energy and assimilate your wastes.
Sometimes the cure can be worse than the condition. For thousands of vitamin D-deficient people in the U.S., can obtaining this so-called "sunshine vitamin" actually endanger health?

Vitamin D has been a mainstay in the news recently, with stories claiming it protects against everything from high blood pressure to cancer. Though its ability to prevent these conditions remains unproven, vitamin D is essential for bone health, immune system functioning, and more.

An organic compound, Vitamin D is fat-soluble (meaning some dietary fat is necessary for its absorption). A lack of the vitamin puts us at risk for painful, weak muscles, inadequate bone mineralization, and skeletal deformities in children (rickets), as well as mineral loss and soft bones in adults (osteomalacia).

**Ultraviolet (UV) Exposure Is Not the Answer**

Our bodies manufacture vitamin D when the sun's ultraviolet B (UVB) rays interact with 7-dehydrocholesterol (7-DHC) present in the skin. "However, we can produce only a limited amount of vitamin D from UVB. A few minutes at midday are sufficient for many Caucasians," says Roy Geronemus, MD, clinical professor of dermatology at New York University Medical Center and director of the Skin/Laser Division at the New York Eye & Ear Infirmary. "After reaching the production limit, further exposure actually destroys the vitamin, decreasing vitamin D levels."

Finally, prolonged exposure to UVR is linked to skin cancer, immune system suppression, photoaging (sun-induced skin aging), cataracts, and other eye damage. Therefore, The Skin Cancer Foundation recommends obtaining vitamin D largely from food or supplements while continuing to follow the Foundation’s skin cancer Prevention Guidelines.

**Good Sources of Vitamin D**

While oily fish are the best food source of Vitamin D, several other foods supply significant amounts also. Look for products labeled "for bone health" or "with calcium"; these usually contain vitamin D to aid in calcium absorption.

So maximize your health by getting enough vitamin D the safe way and your body will thank you!

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FDA Warns Consumers:
Don’t Eat Recalled Peanut Products and
Avoid Pistachios

Although hundreds of recall notices have been posted for thousands of peanut products since mid-January, due to possible Salmonella contamination, the Centers for Disease Control and Prevention (CDC) reports that a small number of cases of salmonellosis continues to occur.

FDA has advised consumers not to eat products that have been recalled and to throw them away in a manner that prevents others from eating them. Foods that might have been recalled, depending on the source of the peanut ingredients, include peanuts (e.g., dry and oil roasted), peanut products (e.g., peanut paste, peanut butter, peanut granules, and peanut splits), as well as any foods that contain peanuts and/or peanut products as an ingredient. Examples of products that might contain such peanut ingredients are cookies, crackers, cereal, candy, and ice cream, among others. (Major national brands of jarred peanut butter found in grocery stores are not affected by the PCA recall.)

The FDA is now investigating Salmonella contamination in pistachio products sold by Setton Pistachio of Terra Bella Inc, Calif. The company has stopped all distribution of processed pistachios and will issue a voluntary recall involving approximately 1 million pounds of its products.

The contamination involves multiple strains of Salmonella. Thus far, several illnesses have been reported by consumers that may be associated with the pistachios. It is not yet known whether any of the Salmonella strains found in the pistachio products are linked to an outbreak.

FDA’s suggestion is to avoid all pistachios for now as recalls related to this problem will grow: "Our advice to consumers is that they avoid eating pistachio products, and that they hold onto those products," said Dr. David Acheson, assistant commissioner for food safety. "The number of products that are going to be recalled over the coming days will grow, simply because these pistachio nuts have then been repackaged into consumer-level containers."

To search for recalled peanut products, go to: http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm.

The FDA will also provide a searchable database of affected pistachio products at http://www.fda.gov/pistachios/ and will continue to update the public.

Those who do not have internet access can get this information by calling FDA's Information line at 1-888-SAFEOOD during regular business hours or by calling CDC's information line at 1-800-CDC-INFO, which is staffed 24 hours a day.
Do You Know FAT TOM?

Not that Tom! F.A.T.T.O.M is an acronym that explains the 6 factors which allow food-borne pathogens to grow: Food, Acidity, Time, Temperature, Oxygen, and Moisture. Keep these factors in mind whether you are preparing food at home or eating out.

**Food**—The nutrients available in food often determines whether microorganisms will grow. While some microorganisms have simple nutrient requirements, some pathogens require a complex diet, including proteins. Moist protein-rich foods, such as meat, milk, eggs and fish, are potentially hazardous.

**Acidity**—The degree of acidity or alkalinity (base) of a substance is measured by its pH. pH is measured on a scale from 0 to 14. An environment with a pH of 7.0 is exactly neutral. Foods with a pH below 7.0 are acidic; a pH above 7.0 is alkaline. The lower the pH, the higher the acidity; the higher the pH, the lower the acidity. Microorganisms **thrive** in a pH range between 6.6 and 7.5.

**Time**—Also known as the “2-hour rule”. Pathogenic microorganisms reproduce by cell division. One becomes two. Two become four. Small numbers of pathogens may be present in foods, but they pose a very low risk to consumers, especially if the food is cooked. However, when low acid and high protein available foods (neutral or alkaline pH) are abused by placing them in the TEMPERATURE DANGER ZONE (TDZ) (41° to 135°F) for more than **two hours**, pathogens will have multiplied to such high levels in the food, eating this food will make people ill rapidly. Restricting the time low acid and high protein foods stay in the **TDZ to two hours or less** prevents growth of large numbers of pathogens.

**Temperature**—Microorganisms grow and reproduce quickly between the temperatures of 41° and 135°F (5° to 57° c). During the two-hour period in the TEMPERATURE DANGER ZONE (TDZ), minimal growth and reproduction will occur especially if there is a neutral environment and protein source.

**Oxygen**—Microorganisms that need oxygen (air) to grow are called aerobic. When foods such as meat, spaghetti sauce or vegetables are canned, oxygen is excluded from the environment. Therefore, growth of aerobic organisms is controlled and the food is preserved; these foods are shelf stable and do not require refrigeration until they are opened. Some microorganisms will grow only in **anaerobic** conditions (in the absence of oxygen). Botulism, a rare type of food-borne illness, is caused by a specific type of bacteria called clostridium botulism that grows only in anaerobic conditions. Improperly preserved home canned foods are a typical source of botulism.

**Moisture**—All microorganisms must have an abundant supply of water to grow. Perishability of a food is related to the moisture content, and the water activity level. Water activity (a_w) is the amount of water available for use and is measured on a scale of 0 to 1.0. Bacteria, yeast, and molds multiply rapidly with a high water activity level, above 0.86. Meat, produce and soft cheeses are examples of foods with a_w in this range between 0.86 and 1.0. Foods preserved with salt or sugar, such as beef jerky or jams and jellies have a lower a_w because salt and sugar deprive microorganisms of water and inhibit their reproduction. These products are shelf-stable (i.e. they do not need refrigeration, unless opened). Pathogenic bacteria have difficulty growing in foods such as dry noodles, flours, candies and crackers, where a_w is below 0.85.
Recipe courtesy Paula Deen, 2007

Hash Brown Quiche

Prep Time: 5 min                         Cook Time: 55 min
Serves: 6 to 8 servings

Ingredients:
3 cups, shredded frozen hash browns, thawed and drained                    3/4 cup diced cooked ham
1/2 cup diced green onions                                                                         1 cup shredded Cheddar
Salt and freshly ground black pepper      1 cup half-and-half
3 large eggs, beaten                                  4 tablespoons (1/2 stick butter, melted)

Directions:
Preheat oven to 450 degrees F.  Gently press the drained hash browns between paper towels to
dry them as best as possible.  In a 9-inch pie plate, toss the hash browns with the melted butter
into the plate.  Press them into the bottom and up the sides to form a crust.  Bake for 20 to 25 min-
utes until golden brown and starting to crisp.

Meanwhile, in a large mixing bowl, combine the remaining ingredients.  When the hash brown
crust is ready, pour the egg mixture over it and return to the oven.

Lower the oven temperature to 350 degrees F and bake for about 30 minutes until the quiche is
light golden brown on top and puffed.

Apple Coleslaw

Prep Time: 10 min. plus refrigerating          Makes: 12 servings, ½ cup
each

Ingredients:
3/4 cup Miracle Whip Light Dressing
1 Tbsp. honey
1 pkg. (16 oz.) coleslaw blend
2 apples (preferably 1 red and 1 green), chopped

Directions:
Mix dressing and honey in large bowl.  Add remaining ingredients; mix lightly.
Refrigerate for 1 hour.
SAVE THE DATES!!
Free Community Seminars
Corpening Memorial YMCA
6:00-8:00 pm

Parenting Teens 1: April 20th
What is normal behavior?
Love & Logic

Parenting Teens 2: April 27th
How to avoid power struggle
Discipline and your teenager

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