

Family & Consumer Science News

Family & Consumer Science News Ford County

Contact Information
Ford County Extension Office
100 Gunsmoke
Dodge City, KS 67801
620-227-4542

Hours:
8:30 am - 12 noon
1:00 pm - 5:00 pm

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Family & Consumer Sciences
Andrea Burns, CEA
Ag & Natural Resources

4-H & Youth Development

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The mission of KSU
Cooperative Extension Family
and Consumer Sciences is to
link education with life
experiences to help people
improve their lives, their
families, and their
communities

*“Knowledge
for Life”*

Here are several upcoming meetings you might be interested in attending!

Knowledge for Life in Ford County

I am hosting a meeting series in March/April at the Dodge City Public Library on **Tuesdays, March 4, 11, 18, 25 and April 1, 8 and 15 from 2:00 to 3:30 pm.**

- **March 4** will be on Wills and Estates presented by Megan McCann from Davis and McCann Law Office.
- **March 11** will have Debbie Cox, Ford County Clerk, providing information on property taxes and what are all the taxes listed there.
- **March 18** will have Sheriff Bill Carr, with information on Scams being reported in our community.
- **March 25** will be Cooking for 1 or 2, presented by myself. This will include information for those cooking for the first time (college students) or a couple experiencing the empty nest or a new widow/widower cooking for themselves.
- **April 1** will have information on Falls Prevention by Amy Dunn, Prairie Home Health physical therapist.
- **April 8** will have Michelle Panteleo, Executive Director with the Southwest Kansas Area Agency on Aging, explaining what they all do and offer to our area.
- **April 15** is the last program on Assistive Technology, presented by myself. We all use some type of technology whether it be glasses/contacts or a large handle can opener. Come learn what else is out there.

I hope you will plan to attend any or all of these educational programs. We will be in the Lois Flannagan meeting room at the Dodge City Public Library, 1001 2nd Street, Dodge City. Check out the flier included in the newsletter. If you have questions please contact me.

If you have suggestions for future topics, please let me now.

Cierra Blackwell—New Office Professional



Our new Office Professional started in January. Please welcome Cierra to our staff. She was raised in Dodge City and graduated from Dodge City High School in 2021. Then continued her education at DC3.

Walk KS 2025, March 30 – May 24

Again, this year we will be registering Walk Kansas teams using an online system. We will also have paper registration for those that prefer to complete the registration by paper and then return to the office.

Registration deadline is April 7. Captain information and individual registration is available now in our office. Register online starting March 3 at <http://www.walkkansasonline.org/> or contact us for assistance.

Radon In Your Home

There will be a public presentation on Radon held on Thursday, March 13, at the Dodge City Public Library, 2-4:00 pm. This presentation is sponsored by the Kansas Radon, Kansas Dept. Health and Environment and Ford County Extension. If you are unsure what Radon is and how to deal with it, plan to attend the informational meeting. This is the ideal time to test your home for radon, a colorless, odorless radioactive soil gas which enters homes through cracks in the foundation. Radon is a leading cause of lung cancer in the US. Call the Extension Office for more details for the meeting.

A simple radon test kit is available at the Extension Office for \$9.25. To learn more, go to the following website, www.kansasradonprogram.org/home or by calling Kansas Radon Hotline at 1-800-693-5343.

Barn Quilt Painting Workshop

Have you thought about painting a colorful Barn Quilt? Well here is your chance to do it.

Mary Harden, Bucklin, will be the instructor for the Saturday, April 12 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and conclude sometime in the afternoon around 4-5 p.m., depending on when you complete your board. Registration and barn quilt pattern are due by April 1 to the Extension Office. Registration fees range between \$30 - \$130 depending on the size of board size. Registration includes the pattern drawn by the instructor on the board, paints, brushes and all other supplies. You just need to come, bring your lunch, apply tape and paint! I have several patterns available that have been used in the past. You are welcome to look through. If you have one you would like to use we will need it by the registration deadline.



Call the Extension if you have questions or email me at eschnewe@ksu.edu.

District FCE Meeting

Ford County FCE Council and Stitch n' Chatter FCE club will be hosting the District FCE Meeting on Thursday, April 24 here in Dodge City at the Ford County Fair Building. Registration will begin at 9:30 am with the meeting starting at 10 am. The Stitch n' Chatter members are planning the meeting where there will be a guest speaker, awards presentations and a noon lunch. Anyone is welcome to attend by calling or emailing Ethel Schneweis at the Extension Office. Please register by April 10 to the Ford County Extension Office, eschnewe@ksu.edu or 620-227-4542.

K-State Garden Hour

Even during the heart of winter, a popular online gardening series is drawing hundreds of Kansans to its monthly, lunch-hour programs.

Organizers of the [K-State Garden Hour](#) say the 2025 lineup— will continue a tradition of providing updated information on gardening topics that Kansans have asked for.

A [one-time registration](#) gives viewers free access to all of the sessions and archived recordings, which include: Establishing a Native Prairie Stand at Home; Methods to Increasing Vegetable Yield; Heat Loving Perennials for Kansas; Native and Ornamental Grasses for Kansas; Cutting Edge Efforts in KS Demo Gardens; Innovations in Horticulture Research at K-State; and Shrubs that Thrive in Kansas.

SERVSAFE MANAGER'S CLASS

Gray County FCS Agent, Sharon Erickson Fryback and myself will be offering a ServSafe Food Manager's Class this Spring. This is a recognized Food Safety certification class for anyone involved with food service. Call if you need more information.

4-H FLEA MARKET/GARAGE SALE and Soup/Dance Recital

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, March 29** at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available. Come down and support the exchange group by having something from the concession stand. Also check out merchandise from many of the vendors. Contact the office if you are interested in having a booth, we may still have a few available.

That evening the group will be hosting a Soup and Little Feet Dance Academy Dance Recital at the Fair Building. It will start at 5:00 pm with the meal and then the Dance recital.

DINING WITH DIABETES CLASSES

I have scheduled Dining With Diabetes Classes to start on Friday, April 4 and continue the next Fridays, April 11, skip Good Friday, and then April 25, and May 2, 10:00-11:45 am at the Dodge City Senior Center, 2408 Central, Dodge City. Registration deadline is March 21. Call the office or email me at eschnewe@ksu.edu to register or for more information. There is a required minimum number of participants to hold the series.



Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.



The program is designed for people with diabetes and their family members, caregivers, and support persons. There is a registration fee of \$25 to help cover meeting supplies.

Aging Expo - April 2, Great Bend

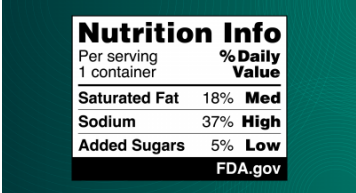
"Estate Planning" is the theme for an upcoming event open to seniors, their families and their caregivers. K-State Research and Extension will sponsor the event, titled "Aging with Attitude: Estate Planning on Your Own Terms" It will take place Wednesday, April 2nd, 9:30 am- 3:30 pm in Great Bend at The Page, 2920 10th St. Great Bend, KS. Registration is \$25 per person or \$40 for two family members, and the pre-registration deadline is March 18th. Lunch is included with the registration, along with a packet of estate planning information and publications. Please contact me if you want more information on how to register.

Ford County 2025 Fair Dates July 17-21

Mark your calendar, the **Ford County Fair will be July 17 through July 21**. Our theme this year is "All American Fun at the Ford County Fair". Plan to bring entries and participate in the many Fair events and activities.

FDA Proposes Front-of-Pack Labeling

The Food and Drug Administration has proposed a new addition to food products by adding nutrition information on the front of packages. The goal is to give consumers “at-a-glance” information when choosing foods. It will only give information for saturated fat, sodium, and added sugar. It will also show the amounts as high, medium or low in value.



Nutrition Info	
Per serving 1 container	% Daily Value
Saturated Fat	18% Med
Sodium	37% High
Added Sugars	5% Low
FDA.gov	

Current federal dietary recommendations advise U.S. consumers to limit these three nutrients to achieve a nutrient-dense diet within calorie limits. This proposal is currently in the comment phase to get more information from contributors.

The proposed FOP nutrition label, also referred to as the “Nutrition Info box,” provides information on saturated fat, sodium and added sugars content showing whether the food has “Low,” “Med” or “High” levels of these nutrients.



FDA Bans FD&C Red No. 3

Photo: Canva.com

As announced on January 15, 2025, the Food and Drug Administration is banning the use of FD&C Red No. 3 in any food product or drugs that are ingested. What foods does this affect? Any food or ingested drug that has a bright, cherry-red color. Food examples include candy, cakes and cupcakes, cookies, frozen desserts, and frosting or icings. Two studies have shown cancer in laboratory male rats when exposed to high levels of FD&C Red No. 3 due to a rat specific hormonal mechanism. There are no scientific studies that have shown the relationship of consuming FD&C No. 3 causing cancer in humans or other animals. According to the Delaney Clause, if any food additive or color additive is proven to induce cancer in humans or animals, it cannot be used.

Manufacturers using FD&C Red No. 3 must reformulate their products by January 15, 2027 or January 18, 2028 based on sales. Imported foods into the U.S. must comply with FDA regulations and not contain this ingredient. Examples of colors to replace FD&C Red No. 3 may include red beet extract or paprika extract.

Sources:

<https://www.fda.gov/food/hfp-constituent-updates/fda-revoke-authorization-use-red-no-3-food-and-ingested-drugs>

<https://www.fda.gov/industry/color-additives/fdc-red-no-3>

<https://www.federalregister.gov/documents/2025/01/16/2025-00830/color-additive-petition-from-center-for-science-in-the-public-interest-et-al-request-to-revoke-color>

What is Norovirus?

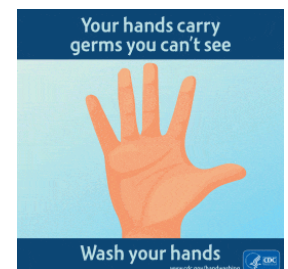
Wash your hands often for 20 seconds.

Besides the flu, COVID, and RSV illnesses occurring this time of year, there has been an increase in Norovirus across the country. The typical peak season is December to March. Norovirus is very contagious and causes vomiting and diarrhea. Some may call it the “stomach flu” or “stomach bug.” But it is not related to the flu. It is the leading cause of vomiting and diarrhea, and foodborne illness. People of all ages can get infected. Norovirus causes about half of the all outbreaks of food-related illness.

One of the simplest prevention measures is proper and frequent handwashing. Clean and disinfect contaminated surfaces. Wash laundry in hot water if possible. Stay home to prevent the spread to others. Most people will recover in 1 to 3 days. There is no medication to treat Norovirus.

Be sure to drink plenty of liquids to reduce dehydration. If dehydration becomes severe, seek medical care.

Source: <https://www.cdc.gov/norovirus/index.html>



FORD COUNTY EXTENSION PRESENTS

Knowledge for Life

IN FORD COUNTY



Programs are FREE to the public!



Presented at

Dodge City Public Library

1001 N. 2nd Ave., Dodge City
All programs are 2:00 - 3:30 pm

March

Tuesday, March 4

Wills & Estates

Presented by Megan McCann,
Davis & McCann Law Office

Tuesday, March 11

Property Taxes - What are They?

Presented by Debbie Cox,
Ford County Clerk

Tuesday, March 18

Be Aware of Scams

Presented by Sheriff, Bill Carr

Tuesday, March 25

Cooking for 1 or 2

Presented by Ethel Schneweis, Ford County
Extension Agent

April

Tuesday, April 1

Fall Prevention

Presented by Amy Dunn,
Prairie Home Health Physical Therapist

Tuesday, April 8

SWKAAA?

What Do They All Do?

Presented by Michelle Pantaleo, MA
Executive Director

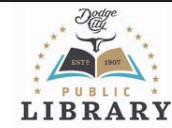
SouthWest Kansas Area Agency on Aging

Tuesday, April 15

Assistive Technology

Presented by Ethel Schneweis, Ford County
Extension Agent

Sponsored By:



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact (Ethel Schneweis) two weeks prior to the start of the event (February 6) at (620-227-4542; eschnewe@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

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Preserve It Fresh, Preserve It Safe

Volume 11, Issue 2

March/April 2025

Spring Clean Your Freezer



March is National Frozen Food Month and a great reason to give your freezer a little love. You might find a few hidden surprises. A good cleaning and full defrost, if required by your appliance manufacturer, will help your equipment work more efficiently and safely.

1. Transfer food to coolers. Check each item for signs of thawing and refreezing. Discard any items that are questionable. Check food packages for signs of freezer burn.
2. Defrost the freezer. Use towels to absorb excess water and plastic tools to chip at the ice (to not damage any finishes).
3. Hand wash any removable items such as shelves and bins.
4. Once fully defrosted, clean and dry the inside.
5. Allow the unit to chill for at least 30 minutes before restocking.
6. Inventory and organize foods, in first in first out order, as you return them to the freezer.

Once you have a full inventory list from your freezer, use this list for future planning. If the freezer is quite full, “grocery shop” and meal plan from the freezer to make space for the produce you want to preserve in the coming months. If you notice you still have a lot of one item left, perhaps freeze less this year. Happy National Frozen Food Month!

Receive this newsletter electronically by signing up at extension.missouri.edu/programs/food-preservation/

Local contact information:

NORTH CENTRAL FOOD SAFETY EXTENSION NETWORK

Celebrating 10 Years



Connect During National Nutrition Month and Beyond

Every March, the Academy of Nutrition and Dietetics, along with food and nutrition professionals nationwide, promote National Nutrition Month. The 2025 theme is “Food Connects Us.”

Food is linked to our cultural traditions and is an opportunity to share food-related experiences with friends and family. You may remember a relative preserving jams, pickles and other foods, and maybe you helped with food preservation. You may have some of their recipes.

Connecting with “historical” canning recipes usually is not good for our health and safety. Science has evolved from the time of our grandparents or great-grandparents. Earlier recipes and canning methods may not hold up to modern methods.

In the spirit of Nutrition Month, what nutritional changes can you make in preserved foods and still have a safe end product? Remember that ingredients such as salt and sugar in recipes may be part of the preservation process or they may be added for flavor. In pressure-canned

vegetables, you can safely omit the salt because it is added for flavor, not safety. In a beef jerky recipe, the salt is present for safety.

Home-canned salsa is a good example of a food with some changes you can make to personalize your recipe and connect with friends, but other changes should not be made.

In home-canned salsa, you may safely:

- Substitute sweet peppers for hot peppers to vary the heat.
- Reduce or eliminate the salt or sugar in a tested canned salsa recipe. These ingredients are present for flavor.
- Use any tomato variety or color in a tested canned salsa recipe.

In home-canned salsa, for safety, you may not:

- Thicken salsa before canning. (You can thicken after opening or strain some of the extra liquid.)
- Reduce the amount or type of acid. (The added acid such as bottled lemon juice helps the salsa stay safe.)
- Reduce the amount of tomatoes.

See the North Central Food Safety Extension Network publication, [“Play it Safe! Safe Changes and Substitutions to Tested Canning Recipes.”](#) This publication provides information for fruits, jams and jellies, meats, pickles and vegetables. Consider participating in a class from Extension to learn more about preserving food safely at home. The [NCFSEN website](#) has links to Extension agencies in 12 states.



Ford County Extension Office
100 Gunsmoke St
Dodge City, KS. 67801

Dear Friends,

This newsletter has information concerning upcoming meetings and activities in our community. Consider supporting and attending some of the meetings and fundraising activities.

The weather has been extremely cold this past month. I hope everyone stayed safe and warm.

If you have questions concerning any of the information within the newsletter, please give me a call or email me. I am always willing to visit with you.

Sincerely,



Ethel Schneweis
County Extension Agent, Family and Consumer Sciences



Ford County
100 Gunsmoke
Dodge City, KS 67801
620-227-4542

K-State, County Extension
Council, Extension
Districts, and U.S.
Department of
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