

***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

Agents:
Ethel Schneweis, CEA
Family & Consumer Sciences
Andrea Burns, CEA
Ag & Natural Resources

4-H & Youth Development

e-mails:

eschnewe@ksu.edu

aburns@ksu.edu

rlix@ksu.edu

csanko@ksu.edu

web: www.ford.ksu.edu

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"*

FCE and Club Member News **2019 Spring Awards Program**

FCE Council would like to invite all Extension and FCE Club Members to their annual Spring Awards Program, Tuesday, April 2 at the Dodge City Senior Center, 2408 Central, Dodge City. The program will begin at 6:00 p.m. with registration and refreshments.

The theme is "Spring is Blooming", so the possibilities are endless!

The program for the evening will be presented by Ann Torrey, Nature's Corner and she will be talking on Spring Flowers!

Each club is asked to decorate one table using the program theme and provide finger food item (any type) to serve 25 people. Please check with your Council Representative and ask what you can do to help. We would appreciate everyone's help with clean up after the event.

District FCE Meeting - "May Day"

The District FCE Meeting will be held on Wednesday, May 1 in Dodge City at the Ford County Fair Building. Registration starts at 9:30 a.m. with refreshments and the program beginning at 10 a.m.

Registration and meal ticket will be \$12 (meal \$10 & registration \$2) and can be purchased at Spring Awards Program. Pre-registration is required by April 24th. Each Ford County FCE/Club is asked to help with decorations and one cake. Enjoy a special day of awards, a program on a recent African Trip and friendship with other FCE members from the Southwest Area. Let the Extension Office know if you want to purchase a ticket but are unable to attend the Spring Awards Program.

Walk Ks 2019, March 17 - May 11

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 bring to the office.

Registration deadline is March 22. Captain packets are available now in our office. You can register online at <http://www.walkkansasonline.org/> or come into the office.

Knowledge at Noon Programs

The final Knowledge at Noon program for this year will be in April. The program starts at approximately 12:10 p.m. and conclude around 12:50 p.m. Coffee and water will be available, bring your own lunch. This program is co-sponsored by the Extension Office and the Dodge City Public Library.

***April 11 – “Dodge City Public Library E-Resources”.** Michael Biltz, DC Public Librarian

Have you checked out the electronic resources available through the Dodge City Public Library? Electronically you can read books, magazines, newspapers and oh, so much more! Come learn what they have to offer with just your library card!

4-H Flea Market

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, March 30** 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 and also check out merchandise from many of the vendors.

Are Easter Eggs Safe?

Sometimes eggs are decorated, used as decorations, and hunted at Easter. Here are some safety tips for Easter eggs.



- **Dyeing eggs:** After hard cooking eggs, dye them and return them to the refrigerator within 2 hours. If eggs are to be eaten, use a food-safe coloring. Wash your hands before and after handling eggs.
- **Hunting Eggs:** Hard cooked eggs that have been lying on the ground can pick up bacteria, especially if the shells are cracked. If the shells crack, bacteria could contaminate the inside. Hide eggs in locations protected from dirt, moisture, pets, and other sources of bacteria. Hide and hunt for the eggs within 2 hours. The “found” eggs must be washed, re-refrigerated and eaten within 7 days of cooking. Learn more about egg safety at www.foodsafety.gov/keep/types/eggs/

County Fair Judges Training

Ford County will be hosting an area wide County Fair Judges training on Saturday, April 13. This training will have several project areas available. If you have ever thought about judging at a county fair, this is your chance to hear from current judges and Extension Agents on what to look for, judging criteria, ribbon meanings, etc. Training will start at 9:30 a.m. and conclude around 12:30 p.m.

Registration fee is \$10 to help cover the cost of materials and snacks. Judging areas includes Foods and Food Preservation, Clothing, Fiber Arts, Arts and Crafts, Photography and Quilts. Please contact the Extension Office for more details and for a registration form.

Egg Safety from Hen to Consumer



When buying eggs, always open the carton and check eggs for cracks or other damage.

Eggs are very nutritious and versatile. But, they also bring a food safety risk due to *Salmonella* contamination. This risk can occur inside the egg and on the egg shell.

If a chicken is infected with *Salmonella*, it can contaminate the egg when it is formed inside the chicken. Farmers, big and small, must be vigilant to identify infected chickens and separate them from the rest of the flock. Chickens are messy, and they can pick up pathogens anywhere in their environment. Keeping coops clean is important.

Eggs are refrigerated for safety. If temperature abuse happens, that causes the egg to sweat and the porous shell will pull any contamination from outside the shell into the egg interior through osmosis.

In some locations, consumers are demanding cage-free egg production. This type of production only removes the cages. The chickens are still under one roof. The debate is ongoing whether this will be an advantage to make eggs safer.

Source: Food Safety Magazine, Dec. 2018/Jan. 2019, <https://bit.ly/2CjvFqy>

A Potential Vaccine for Celiac Disease

The possibility is getting closer for a potential vaccine to treat celiac disease. The therapeutic vaccine, Nexvax2®, is an immunotherapy treatment to use the body's own immune system to treat celiac disease. The immunotherapy is given in several treatments to build up resistance in the immune system and to the HLA-DQ2.5 gene most commonly associated with celiac disease.



The treatment essentially tricks the immune system to accept gliadin, the protein that commonly causes celiac disease, to be a normal part of the diet. This reprograms the immune system to learn to accept gluten.

As of January 2019, the FDA has put this vaccine on the fast-track to speed up development and review because celiac disease is a serious or life-threatening condition. Learn more at www.beyondceliac.org/celiac-disease/vaccine/.

Got Pain or Inflammation? Eat a Banana!

Playing sports or general exercising can cause pain and inflammation. Many reach for a sports drink or an over-the-counter drug for relief. But, what if there was a food that can help both issues? Initial research conducted at the North Carolina Research Campus has found that bananas can relieve pain and inflammation just as well. Bananas eaten during exercise are equal to sports drinks and they contain metabolites that function like ibuprofen. Dopamine is one primary molecule that acts like a COX-2 inhibitor, but there are other compounds that are adding to this effect. They also found that banana peels contains 50 times more dopamine and could be incorporated into food products. More research is needed to verify these results.



Tractor Safety Training

Tractor Safety Training is Saturday, May 4 for all teenagers who would like to attend. Registration is \$20 and is due by April 26. The training is from 8:30 a.m. to 5:00 p.m. at the Dodge City Community College. Please contact the Extension Office for more details.



Tips to Shop Safe at Farmers Markets

Safety tips at the market

Food type/category	What to look for
Fresh produce	Clean, looks fresh, no cuts or nicks
Cut or peeled produce	Surrounded by ice Looks fresh and cold
Meats, eggs, cheeses	Product is in cooler or on ice
Milk	Must be pasteurized (KS/MO regulation)
Home canned foods	Ask how it was prepared and handled
Booth, personal cleanliness	Vendors have clean clothes, hands, no wiping nose, etc.
All products	Ask vendors about their food safety practices

Safety tips on the way home

- Keep raw meat separate from other foods
- Make the market your last stop
- Use cooler/insulated bags, especially if it takes more than 1 hour to get home

Safety tips at home

- Wash produce under running water even if you are not eating the peel as dirt can transfer outside to inside
- Keep raw meat, poultry, seafood, and eggs below and separate from all other foods in the refrigerator
- Refrigerate or freeze perishables within 2 hours to prevent microbial growth

Could Quinoa Be A Fountain Of Youth?



Quinoa is known as a superfood because it is a complete protein and has positive effects on metabolism and energy balance. Now research from Rutgers University and North Carolina State University, has found that quinoa could slow down the aging process.

The research study used a nematode worm, *C. elegans*, which has a short lifespan but age comparably to humans. They found improvements in lifespan, locomotor function, and mitochondrial bioenergetics. They found reductions in body fat and advanced glycation end products which worsen degenerative disease such as diabetes, kidney disease and Alzheimer's disease. They also found lower reactive oxygen species, or oxygen radicals, which can damage DNA, RNA, and proteins leading to cell death.

More research and clinical studies are needed to confirm these findings.



2019 National Festival of Breads

Save the date! The 2019 National Festival of Breads will be held on June 8, 2019 at the Hilton Garden Inn in Manhattan, KS.

This year, the contest will feature two categories. One is designated for food bloggers who are actively blog about wheat foods and yeast bread. The second category is for home bakers. A new feature this year will be LIVE judging! Come watch the judging process, hear the comments from judges, and find out who wins!

More information about the events that day will be announced soon. Details can be found at <http://nationalfestivalofbreads.com> or on Facebook [@NationalFestivalOfBreads](https://www.facebook.com/NationalFestivalOfBreads).

ServSafe Training (Food Safety)

A ServSafe Manager's Class is being held in Dodge City on March 27. This is an all-day class that teaches Food Safety. Please contact Ethel for more information and to register.

The ServSafe® program is a national certification program designed to teach safe handling practices to foodservice employees and others who handle and serve food to the public.

The Ups & Downs Of Retirement

Coming in at 10th in the list of life's most stressful events – after events like divorce, bankruptcy, and death of a spouse or child – is retirement.

Retirement can be a rollercoaster of emotions and adventures, both fun and nerve-wracking. The Stages of Retirement highlight what some retirees may experience during their retirement years:

Honeymoon. Retirees enjoy their newfound freedom and spend their time relaxing and engaging in activities that their previous working schedule did not allow.

Disenchantment. Retirees may find a lull in their retirement, realizing that it may not be as exciting as what they had hoped. They may feel bored or lack a sense of purpose, missing the stimulation that work and colleagues provided. Retirees might ask themselves, "Did I retire too soon?"

Reorientation. During this phase, retirees will reassess their retirement, engage in new activities, and reinvigorate their sense of purpose. They might also develop a more realistic plan for their retirement years.

Retirement Routine. Retirees in this stage will effectively adapt to their new retired life and will feel content with their activities and purpose.

Termination. Some retirees may terminate their retirement by returning to work, either part- or full-time. For most people, however, termination occurs when individuals become too sick or fragile to live their life independently.

If you are already retired, where do you think you fit in these stages? It is important to be aware of these stages and understand that you might experience ups-and-downs during retirement.

Despite this, retirement is an amazing opportunity to thrive and enjoy your life. Check out the FCS lesson on retirement for more information and some ideas to consider for making your retirement the best it can be.

SANDWICH DINNER PLATE

This quick recipe is designed to use common ingredients found in almost any grocery store, from a big suburban one to a tiny urban local mart.

Directions:

Make the slaw: Toast the peanuts in the oven or on the stove for just a few minutes. Place the mayonnaise in a bowl and add the vinegar and sesame oil. Then toss in the toasted peanuts and the slaw mix. Mix well.

Toss the chicken in a little barbecue sauce and heat in a microwave or on the stove.

Cut the rolls in half. Place a half roll on each of 4 plates. Top with chicken.

Slice carrots and cucumbers and place them on the plate.

Add the slaw to the plates.

Serve immediately.

Chef's Tips:

We used wasabi mayonnaise for outstanding flavor. You can also use 4 tablespoons of ready-made dressing.



Ingredients:

- ❖ 2 cups leftover cooked chicken
- ❖ 2 rolls, cut in half
- ❖ 6 cups of sliced cabbage or slaw mix (we found one with Brussels sprouts and kale in Trader Joes)
- ❖ 1/4 cup of peanuts
- ❖ 2 tablespoons light mayonnaise
- ❖ 3 tablespoons cider or red wine vinegar
- ❖ Optional: 1/2-1 tsp sesame oil
- ❖ 2 cups carrots
- ❖ 1 cucumber

Nutrition Information:

Serves 4. Each 2-cup serving: 309 calories, 10g fat, 2g saturated fat, 0g trans fat, 61mg cholesterol, 245 mg sodium, 27g carbohydrate, 7g fiber, 10g sugars, 28g protein

Ten Signs of “Junk Science”

1. Recommendations that promise a quick fix
2. Dire warnings of danger from a single product or regimen
3. Claims that sound too good to be true
4. Simplistic conclusions drawn from a complex study
5. Recommendations based on a single study
6. Dramatic statements that are refuted by reputable scientific organizations
7. Lists of “good” and “bad” foods
8. Recommendations made to help sell a product
9. Recommendations based on studies published without peer review
10. Recommendations from studies that ignore differences among individuals or groups

Source: Food and Nutrition Alliance (FANSA),



APRIL FOOLS QUIZ

Don't let food myths and misinformation fool you this April! Use the following quiz to increase your nutrition knowledge to sort out food fact from food fiction. These nutritional facts can keep you well informed to reduce the risk of cancer, heart disease and other chronic diseases.

1. Certain diets and supplements detoxify your body.
___ True or ___ False?
2. You should not decrease your fruit and vegetable intake to avoid pesticides.
___ True or ___ False?
3. Taking a phytochemical supplement is a good substitute for not eating fruits and vegetables. ___ True or ___ False?
4. Healthy omega-3 fatty acids are only found in animal sources such as salmon, mackerel and sardines.
___ True or ___ False?
5. Eating spinach is good for your eyes and may decrease blindness as you age.
___ True or ___ False?
6. Ginger helps relieve nausea from motion sickness. ___ True or ___ False?
7. Irradiation of food is unsafe and may cause cancer. ___ True or ___ False?
8. Nuts should be avoided as part of a healthy diet. ___ True or ___ False?
9. Drinking tea is a good substitute for drinking coffee and colas.
___ True or ___ False?

Answers:

1. False - There is no scientific evidence that any diet, or supplement can detoxify the body. The liver and kidneys function as the body's detoxification system.
2. True - According to the Center for Disease Control, the health benefits of eating fruits and vegetables far out weigh the risks

of pesticides. Eat a variety of fruits and vegetables to keep exposure to a single chemical minimal and rinse produce in cold water prior to eating.

3. False - Isolated phytochemical supplements cannot take the place of eating a variety of fruits, vegetables and whole grains. It is impossible to get all the disease-fighting phytochemicals, antioxidants, and dietary fiber found in food sources, in a pill.

4. False - Plant sources of omega-3-fatty acids include flaxseeds, walnuts, olive, canola and soybean oils, green leafy vegetables and tofu.

5. True - Spinach contains lutein and zeaxanthin, antioxidants that can reduce the risk of macular degeneration (a cause of aging blindness) nearly in half.

6. True - The herb ginger helps alleviate nausea associated with motion sickness, pregnancy and cancer treatments. Since it's beneficial effect result from local action on the stomach, ginger works as a digestive aid as well.

7. False - Food irradiation is a safe method to reduce the risk of foodborne illness (bacteria, parasites, yeasts and molds), while increasing the quality and extending the shelf life of food.

8. False - Nuts are a good source of monounsaturated fats, folic acid, antioxidants (vitamin E and selenium) and minerals, which can contribute to a reduced risk for heart disease and other diseases. Being high in fat, nuts should be consumed in moderation.

9. True - Green and black tea contain polyphenols, powerful antioxidants that ward off cancer, heart disease, and rheumatoid arthritis.

By Sandy Hernandez, MS, RD.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Smart Snacking for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugar.

Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.

Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options.



Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

- Make your own trail mix by combining whole grain cereals, nuts or seeds and dried fruit. (Hint: portion into ¼ cup servings)
- Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Bake vegetable chips, like kale or beets.
- Roast chickpeas (or garbanzo beans) and season with spices.
- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- Mash an avocado with salsa and eat with low-fat baked tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Cut up fruit to make kebobs and serve with low-fat yogurt dip.
- Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, ½ cup diced

fresh veggies, and 1 ounce low-fat mozzarella cheese.

- Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with ½ cup fresh or frozen fruit, then sprinkle ¼ cup (or less) low-fat granola on top.
- Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and ¼ cup dried fruit.
- Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- Whip up a quesadilla in the microwave using a whole wheat tortilla, ¼ cup black beans, 1-2 tablespoons low-fat cheese and 1 ounce of salsa.
- Build veggie skewers with cherry or grape tomatoes and cubes of low-fat cheese or cooked tortellini and lean luncheon meat.
- Make a tuna apple sandwich using a 5-6 ounce can of tuna packed in water, 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Nutrition from Head to Toe

The food you eat affects every living cell in your body. From providing energy to padding organs, we need food for every part of our bodies. So, if you're looking for good health, try eating from head to toe...

Brain	Grains fuel your brain with complex carbohydrates.
Eyes	Leafy greens like spinach are full of lutein, which helps prevent macular degeneration.
Teeth	Dairy products provide calcium for strong teeth.
Skin	Fruit provides vitamin C to make collagen that promotes skin elasticity.
Bones	Leafy greens provide vitamin K, known for bone health.
Heart	Oranges are high in potassium, which can help lower blood pressure.
Lungs	Green leafy vegetables like kale contain multiple nutrients that may help prevent lung cancer.
Gallbladder	Oats help bind bile to prevent cholesterol production.
Liver	Fruit provides a variety of antioxidants to protect your liver.
Kidneys	Water helps your kidneys flush out waste products.
Stomach	Citrus fruits and vegetables may inhibit H pylori growth, a cause of ulcers.
Pancreas	Green vegetables like broccoli have antioxidants to protect your pancreas.
Intestines	Yogurt contains probiotics to keep good bacteria healthy, while beans provide fiber to aid laxation.
Legs/Feet	Nuts and seeds contain magnesium and potassium to prevent leg cramps.



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

Dear Friends,

K-State Research and Extension- Ford County provides “*Knowledge for Life*” with a variety of programs. Look inside this newsletter for more details.

I have been working with a community coalition to get a health survey out to our Ford County Community. Please take a few minutes and go to this website and take the short survey. You can also request a paper survey by contacting me. I would also appreciate it if you can please encourage others to take it. Survey link is:

https://kstate.qualtrics.com/jfe/form/SV_dbzsMN7OSO2eTZz

Be more active – think about getting a team for Walk Kansas or learn something new!!!!

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
Agriculture Cooperating

K-State Research and
Extension is an equal
opportunity provider and
employer.

*“Knowledge
for Life”*