

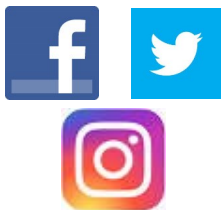


Inside this issue:

<i>Cronobacter</i>	2
Asparagus	2
Canning Jars	2
Produce Stickers	3
Blanching	3
Bird Flu	3
Alpha-gal Allergy	4
Temporary Food Stands	4

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2022 IFIC Food and Health Survey Highlights



The 2022 survey involved 1,005 adults from ages 18-80.
Photo: USDA Flickr

For 17 years, the International Food Information Council (IFIC) has surveyed consumers about many topics related to food and health. This year, changes were revealed that are generational shifts and pandemic related factors.

Gen Z has emerged as a strong influence in driving changes in food and health choices and decisions. Their biggest concern is the environmental impact of food choices. This includes choosing “plant-based” or “small carbon

footprint/carbon neutral” products. On the other hand, Gen Z is not as concerned about food waste as older adults.

Gen Z consumers see emotional/mental health improvement by choosing healthy foods, beverages or nutrients. They are also more likely to use mindfulness and meditation to reduce stress.

How Gen Z consumers shop is creating a shift in shopping methods. Online grocery shopping is a favorite tool for 35% of Gen Z and 37% of Millennials. Overall, online grocery shopping has increased from 20% in 2021 to 25% in 2022.

The annual IFIC survey seeks to learn consumer behaviors in many food areas such as eating patterns and diets, health benefits of food purchased, beliefs on food production, food technology, food safety and much more. Download the survey results for free at <https://foodinsight.org/2022-food-and-health-survey/>.

World Food Safety Day

Safer Food Handling, Better Health. That’s the theme for [World Food Safety Day](#) on June 7, 2022. The Partnership for Food Safety Education is hosting a live event to focus on safe handling of poultry.

Special guest is Dr. Jennifer Quinlan, Drexel University to speak about research on consumer handling of poultry, the “why” behind not rinsing raw poultry and meat, and how to improve food safety handling methods.

Learn more about this event on the [Partnership for Food Safety Education](#) website and [take action now!](#)

What is Cronobacter?

At the center of the current baby formula shortage is the contamination of baby formula linked to *Cronobacter sakazakii*. Illnesses from this bacteria are rare, but can lead to deaths, especially in infants.

The Centers for Disease Control and Prevention receives reports of two to four infections in infants per year. This is likely underreported.

Cronobacter thrives in dry environments. It can live in dry foods, such as baby formula, powdered milk, herbal teas, and starches. Most states are not required to report cases, so doctors are not required to report cases of *Cronobacter* to health departments.

This bacteria lives naturally in the environment. Food can become contaminated with *Crono-*

bacter in several ways, such as during manufacturing, from contaminated raw materials, or contamination from the home environment. So simply laying the measuring scoop on a contaminated countertop, using contaminated water, or a contaminated bottle can lead to problems.

Source: [Cronobacter and Powdered Infant Formula Investigation—CDC](#)



Handle baby formula safely, just like any other food.
Photo: Canva.com



Harvest asparagus when it is between four and 10 inches long.

Got Asparagus?

Fresh asparagus is popping up in many gardens to welcome spring! This perennial vegetable is a treat at any meal.

If you have an abundance of asparagus, what is your plan to preserve it? Asparagus can be

canned, pickled or frozen. For instructions for all three methods see [Preserving Vegetables MF1181](#).

Store freshly harvested asparagus in the refrigerator to keep it tender and naturally sweet. It is

best to eat or preserve it the day it is harvested. Wrap spears in a damp paper cloth, then place in a perforated plastic bag in the refrigerator. An option is to place spears in a tall container of water in the refrigerator.

Canning in Odd Sized Jars

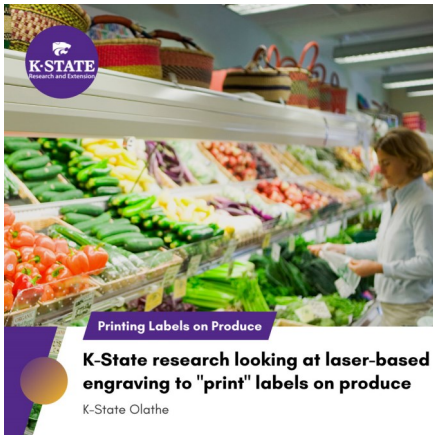
Besides the traditional quart, pint and half-pint canning jars, there are other sizes available. So how can they be safely used? First, and foremost, **do not use a jar size larger than what is stated in a recipe**. This can affect the processing time and lead to an underprocessed product. But, it is possible to use a smaller jar.

Jar size	Use processing
4 ounce	1/2 pint
12 ounce	Pint
24 or 28 ounce	Quart



A variety of jars
Photo: KSRE

Produce Stickers May Go High Tech!



Those little stickers on fresh produce may soon be replaced with high tech labels that are “printed” directly on the produce. This research is being conducted at the K-State Olathe campus in the Postharvest Physiology and Food Safety lab.

Using laser technology, the QR code is etched or engraved on to the surface of the food. Research is looking at the quality and safety of the produce and if the engraving affects produce freshness or if it causes problems with microbial contamination. They also want to see if the QR code remains readable from the time the produce is engraved to when it is used.

These stickers, called price look-up (PLU) stickers, are used to track inventory through the supply chain. These new QR codes could help trace recalled food faster and solve foodborne illness outbreaks in a timely manner.

The country of France has banned the use of noncompostable stickers on produce. Therefore, they cannot receive exported produce from the United States.

Learn more at <https://www.k-state.edu/seek/spring-2022/printing-qr-code-produce/>



Blanching Vegetables

Blanching vegetables is defined as scalding vegetables in boiling water or steam for a short time. It is a critical step in freezing vegetables to protect flavor, color and texture.

Blanching also helps re-

move dirt, organisms, brightens up the color, and helps preserves some vitamins. It stops the natural enzymes in the vegetables from continuing to change flavor, color and texture. Under-blanching can cause the

enzymes to become more active and is worse than no blanching at all.

The blanching process is quick and each vegetable has its own blanching method and time.

Learn more about blanching and a list of blanching times for many vegetables from the [National Center for Home Food Preservation](#).



Photo: Canva.com

Bird Flu is Back

Currently, the H5N1 bird flu has been detected in over 1,000 wild birds in 36 states. The impact on commercial poultry facilities and backyard flocks has grown to 37 million birds in 34 states.

The best way to avoid bird flu is to avoid exposure. While people rarely get infected by bird flu, it can happen if it gets in your eyes, nose, mouth or inhaled by breathing. The virus can transmit via air, water droplets, or even dust. If any wild or domestic birds look sick, avoid direct contact when possible. If you touch or handle any sick or dead birds, always wash your hands with soap and water and wear respiratory protection or facemask.

For more information on bird flu, see the bird flu resources from the [Centers for Disease Control and Prevention](#).

Kansas State
University
Research & Extension

Rapid Response Center
221 Call Hall
Manhattan, Kansas 66506

Phone: 785-532-1673
Fax: 785-532-3295
Email: kblakesl@ksu.edu

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What is Alpha-gal Allergy?



Female Lone Star Tick
Photo: CDC Public Health Image Library

The next time you work outside or do outdoor recreation, be aware of ticks and protect yourself from tick bites. The Lone Star tick has been linked to causing allergic reactions after eating red meat.

The Lone Star tick is a vector that can spread disease. Mosquitos and fleas are other insects that spread disease. The Alpha-gal molecule is carried in the saliva of Lone Star ticks. People bit by this tick can become sensitive and produce the im-

munoglobulin E (IgE) antibody. Unlike typical food allergies, which is a reaction to protein, this is a reaction to the carbohydrate galactose- α -1,3-galactose. This carbohydrate is found in most mammals, such as red meat animals. It can also be in products made from mammals. It is not found in poultry or fish.

Symptoms include rash, hives, difficulty breathing, drop in blood pressure, dizziness, fainting, nausea, and severe stomach pain. These symptoms can occur in 3-8 hours after eating red meat.

The Alpha-gal allergy can be severe, and potentially life-threatening. See a healthcare provider immediately for care.

Learn more at www.cdc.gov/ticks/alpha-gal/index.html and www.aaaai.org/tools-for-the-public/conditions-library/allergies/alpha-gal-and-red-meat-allergy



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Temporary Food Stand Guidelines

Fair season is almost here! Here are some reminders from the Kansas Department of Agriculture for serving food safely in licensed food stands.

- Food prepared in private homes may not be used or offered.
- All equipment needed for the intended operation must be on hand.
- Food contact surfaces must be protected from contamination by consumers.
- There must be separate areas for taking money and preparing food.
- Dishwashing must include washing, rinsing and sanitizing equipment.
- A handwashing facility must be available with hot/warm water, soap, and paper towels.
- Only one raw, potentially hazardous food that requires onsite preparation or cooking can be made or served.

For 4-H food stands, see <https://bookstore.ksre.ksu.edu/pubs/MF3472.pdf>

For more information, go to www.ksre.k-state.edu/foodsafety/topics/4h.html.