



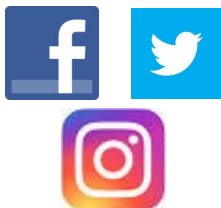
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30 Years of Food Safety Changes



Always use a food thermometer to check doneness of meat.
Photo: USDA

Thirty years ago, a foodborne illness outbreak of *E. coli* O157:H7 contaminated ground beef, at Jack in the Box restaurants, changed the safety of food forever. Lives were lost, lives were changed, and the emphasis on handling food safely grew exponentially. Besides meat products, other foods have been linked to foodborne illness such as leafy greens, eggs, deli meats and raw flour.

Prevention is a key strategy to reduce food safety problems. More training and

education is key to mitigating foodborne illness from occurring. From handling food safely at home, to food service workers, to food manufacturers, changes such as monitoring temperatures, better cleaning practices, how food is handled on the farm and more has changed the food industry. Every person has a role in keeping food safe.

As we move into late spring and summer months, keep food safety in mind for your outdoor events and gatherings. When packing for a picnic or cookout, always pack a food thermometer. These three temperatures are key to safely cooked meat and poultry.

- Steaks, roasts, chops—145°F
- Ground meat such as beef, pork, lamb—160°F
- All poultry—165°F

For more information on safe food handling, see [At-Home Safe Food Handling: It's in Your Hands](#).

From Freezing to Canning: The Role of Temperature in Preserving Food

North Dakota State University Extension offers a webinar series entitled [Field to Fork](#). This series offers education about growing, preparing, preserving and selling vegetables and fruits. Presenters for these webinars are from several universities in the North Central region.

A couple of interest to home food preservation include:

- [Safely Using a Steam Canner to Preserve the Bounty of Harvest](#)—Dr. Barb Ingham, University of Wisconsin

- [From Freezing to Canning: The Role of Temperature in Preserving Food](#)—Karen Blakeslee, M.S., Kansas State University

See the Field to Fork website for the archives of all webinars and sign up for remaining webinars.

Kansas 4-H State Fair Rule Change

For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. Calculation must be attached to entry, or the placing will be lowered one ribbon when judged. Frosting and fillings need to contain more than 65% sugar for safety. Examples on how to calculate this percentage are included in the publication located at:

<https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>.

While the concept has been encouraged and taught in recent years, it has not been a required item or stated in the rules. It has been added to the [2023 4-H Kansas State Fair book](#). If possible, you are encouraged to adopt this rule at local county fairs. We realize the timing may be a bit late, considering some

fair books have already been printed. Please continue to stress the importance of the safety of frostings and fillings at all fairs and clarify that this new rule will be enforced at the 2023 Kansas State Fair in the 4-H Foods Division. Questions may be directed towards Amy Sollock at asollock@ksu.edu or Karen Blakeslee at kblakesl@ksu.edu.



Photo: KSRE

Judging Foods and Food Preservation at Fairs

We thank you for being a judge at fairs! This is your opportunity to educate exhibitors and share your knowledge.

As the weather warms up, plans are being made for local fairs to exhibit many foods and food preservation items.

A three-part series is about to wrap up on how to judge food and food

preservation exhibits at fairs. If you have been a judge or are new to judging, please review all materials so you are up-to-date.

All recordings and information can be found on

the [Rapid Response Center—Judging at Fairs](#) website. Please contact your local Extension office for more information.

Kansas Micro-Internship Program

Are you a small business or organization with more ideas than time? If you can segment your work into “projects,” the [Kansas Micro-Internship Project](#) can help.... and your first two projects are free. There are more than 1,000 Kansas College students registered and waiting to help. Micro-Internships are short-term, paid, professional assignments similar to those given to new hires or interns. These projects enable Career Launchers to demonstrate skills, explore career paths, and build their networks as they seek the right full-time role. Unlike traditional internships, Micro-Internships can take place year-round, typically range from 5 to 40 hours of work, and are due between one week and one month after kick-off. Micro-Internships are used by companies ranging from those in the Fortune 100 to emerging start-ups, and go across departments including sales, marketing, technology, HR, and finance.



Photo: Canva.com



Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.

Fish	Red Meat	Ground Meat	Egg Dishes	Poultry
				
145°F	145°F <small>(with a 3-minute rest time)</small>	160°F	160°F	165°F
	Beef, Pork, Veal & Lamb (Steaks, Roasts & Chops)	Beef, Pork, Veal & Lamb (Ground)		Turkey, Chicken & Duck (Whole, Pieces & Ground)

Have more questions? Visit our website at www.FSIS.USDA.gov or contact the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) or MPHHotline@usda.gov

Is It Done Yet?

The USDA Food Safety and Inspection Service has updated its magnet called "Is It Done Yet?" This magnet is easy to read and shows the three safe minimum internal temperatures for meat, fish, poultry and eggs.

These magnets are 5" x 7" and are available in English and Spanish. The form to order them is at www.fsis.usda.gov/sites/default/files/media_file/2022-06/FSIS_Publication_Request_Document.pdf. There are a few other items available to order. There is no cost for these items.

For more information, contact USDA FSIS at FSIS.Outreach@usda.gov or call 1-888-674-6854.

Source: www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/brochures-publications



Attention Professional Sourdough Bakers!

Are you a professional sourdough baker? Do you know someone who is in the business? Colorado State University is looking for input to help researchers understand more about sourdough and gluten sensitivity.

They have a 10-minute survey to gather information. In order to participate, you must be 18 years of age and an owner or operator of a bakery that produces sourdough products.

To participate in this survey, go to https://colos-tate.az1.qualtrics.com/jfe/form/SV_6g9QZFLaU80Mii2?Q_CHL=qr

Responses to this survey are anonymous.



Information on this recall can be found at www.cdc.gov/salmonella/infantis-03-23/index.html
Photo: Canva.com

Salmonella in Raw Flour

Another recall has been issued linked to raw flour that has been found in 11 states, caused 12 illnesses and three hospitalizations. It is another reminder that any flour is a raw product and can cause foodborne illness. This outbreak results from people eating raw dough or batter. Currently, no specific brands of flour have been identified as the source of this recall.

Some reminders when handling raw flour include:

- Do not eat any raw dough or batter in any amount. Always bake or cook foods made with any type of raw flour before consumption.
- Wash your hands, equipment and surfaces that have touched raw flour.
- Keep raw flour, dough, and batter away from ready-to-eat foods.

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Extension Districts, and United States
Department of Agriculture Cooperating,
Ernie Minton, Director.

What is Hepatitis A?



Handwashing is an important prevention method to reduce the spread of hepatitis A and other illnesses.

Photo: USDA FSIS

A recent [recall of organic frozen strawberries](#) has been linked to hepatitis A.

Hepatitis A is a contagious liver infection caused by the hepatitis A virus. The hepatitis A virus is found in the stool and blood of people who are infected. The hepatitis A

virus is spread when someone ingests the virus, usually through close personal contact with an infected person or from eating contaminated food or drink.

Symptoms of hepatitis A can appear in two to seven weeks after exposure. Signs of illness include yellow skin or eyes, no appetite, upset stomach, pain in the stomach, throwing up, fever, dark urine, joint pain, diarrhea, and fatigue.

People who get hepatitis A may feel sick for a few weeks to several months but usually recover completely and do not have lasting liver damage. In some people, though, the illness may be so severe that the patient needs to be hospitalized.

Source: www.cdc.gov/hepatitis/hav/index.htm

ask
an EXPERT



Karen Blakeslee, M.S.



On the Web at
www.rrc.ksu.edu



Making Fruit Leather

Making homemade fruit leather is a great way to use up extra fruit and have a healthful snack. But fresh fruit can harbor bacteria that can cause foodborne illness. It is best to heat the fruit for safety and better retain color.



Pureed fruit on a dehydrator tray.

Photo: University of Georgia

North Dakota State University Extension recommends heating fresh fruit in a double boiler to steam

heat the fruit. It takes about 15 -20 minutes and the temperature should reach 160°F with a food thermometer. An alternative is to use canned fruit that is pureed, applesauce, or strained baby fruit.

Fruits choices for fruit leather include apples, apricots, berries, cherries, nectarines, peaches, pears, pineapple, plums and strawberries.

Learn more at www.ndsu.edu/agriculture/extension/publications/food-preservation-making-fruit-leathers.