INSIDE THIS ISSUE:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answer Corner: Tips to Reduce Your Risk of <em>Salmonella</em> from Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Egg Storage Chart</td>
<td>3</td>
</tr>
<tr>
<td>How Can I Tell if My Eggs Have Been Recalled?</td>
<td>3</td>
</tr>
<tr>
<td>Ideas From Nutrition Program Educators: Souper Soups for Fall</td>
<td>4-5</td>
</tr>
<tr>
<td>Flavor That Food!</td>
<td>6</td>
</tr>
<tr>
<td>Secrets to Aging Well</td>
<td>7</td>
</tr>
<tr>
<td>Kids and Food Allergies</td>
<td>8-9</td>
</tr>
<tr>
<td>Americans Concerned About Their Weight</td>
<td>10-11</td>
</tr>
<tr>
<td>Satisfy Your Sweet Tooth Without All the Sugar</td>
<td>11</td>
</tr>
<tr>
<td>New Credit and Gift Card Protections Take Effect</td>
<td>12</td>
</tr>
<tr>
<td>Cyber-Leaf Peeping</td>
<td>13</td>
</tr>
<tr>
<td>Why Do Leaves Change Color in the Fall?</td>
<td>13</td>
</tr>
<tr>
<td>Wash Reusable Cloth Bags</td>
<td>14</td>
</tr>
<tr>
<td>Eating Healthy on a Budget Website</td>
<td>14</td>
</tr>
<tr>
<td>Eat³ Continues</td>
<td>15</td>
</tr>
</tbody>
</table>

Opportunities

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.

*Source: Helen Keller*
Herkimer County Living

Tips to Reduce Your Risk of Salmonella from Eggs

Recent recalls of eggs make it more important than ever to understand proper use of eggs. A bacterium, Salmonella Enteritidis, can be on both the outside and inside of eggs that appear to be normal, and if the eggs are eaten raw or undercooked, the bacterium can cause illness.

What can I do to reduce my risk of getting Salmonella Enteritidis from eggs?

Eggs, like meat, poultry, milk, and other foods, are safe when handled properly. Shell eggs are safest when stored in the refrigerator, individually and thoroughly cooked, and promptly consumed. The larger the number of Salmonella present in the egg, the more likely it is to cause illness. Keeping eggs adequately refrigerated prevents any Salmonella present in the eggs from growing to higher numbers, so eggs should be kept refrigerated until they are used.

Cooking reduces the number of bacteria present in an egg; however, an egg with a runny yolk still poses a greater risk than a completely cooked egg. Undercooked egg whites and yolks have been associated with outbreaks of Salmonella Enteritidis infections. Both should be consumed promptly and not be kept warm or at room temperature for more than 2 hours.

What are the specific actions I can take to reduce my risk of a Salmonella Enteritidis infection?

✓ Keep eggs refrigerated at ≤ 45° F at all times.
✓ Discard cracked or dirty eggs.
✓ Wash hands, cooking utensils, and food preparation surfaces with soap and water after contact with raw eggs.
✓ Eggs should be cooked until both the white and the yolk are firm and eaten promptly after cooking. Scrambled eggs should not be runny and no “over-easy” or “sunny side up” unless pasteurized eggs are used. Egg mixtures such as casseroles should be cooked until the center of the mixture reaches 160° F when measured with a food thermometer.
✓ Do not keep eggs warm or at room temperature for more than 2 hours.
✓ Refrigerate unused or leftover egg-containing foods promptly.
✓ Avoid eating raw eggs. That means any products like homemade ice cream, Caesar dressing, or cookie dough that contains uncooked or unpasteurized eggs.

Who is most at risk for getting Salmonella Enteritidis?

Pregnant women, infants and young children, elderly, and those with weakened immune systems or debilitating illnesses may have a more severe reaction. In these patients, the infection may spread from the intestines to the bloodstream, and then to other body sites and can cause death unless the person is treated promptly with antibiotics.

How do I know if I have Salmonella Enteritidis?

A person infected with the Salmonella Enteritidis bacterium usually has fever, abdominal cramps, and diarrhea beginning 12 to 72 hours after consuming a contaminated food or beverage. The illness usually lasts 4 to 7 days, and most persons recover without antibiotic treatment. However, the diarrhea can be severe, and the person may be ill enough to require hospitalization.

Source: Center for Disease Control and Prevention, cdc.gov

See “Egg Storage Chart” and “How Can I Tell If My Eggs Have Been Recalled” on page 3.
## Egg Storage Chart

<table>
<thead>
<tr>
<th>Product</th>
<th>Refrigerator</th>
<th>Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw eggs in shell</td>
<td>3 to 5 weeks</td>
<td>Do not freeze. Instead, beat yolks and whites together, then freeze.</td>
</tr>
<tr>
<td>Raw egg whites</td>
<td>2 to 4 days</td>
<td>12 months</td>
</tr>
<tr>
<td>Raw egg yolks</td>
<td>2 to 4 days</td>
<td>Yolks do not freeze well.</td>
</tr>
<tr>
<td>Raw egg accidentally frozen in shell</td>
<td>Use immediately after thawing</td>
<td>Keep frozen; then refrigerator to thaw.</td>
</tr>
<tr>
<td>Hard-cooked eggs</td>
<td>1 week</td>
<td>Do not freeze.</td>
</tr>
<tr>
<td>Egg substitutes, liquid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unopened</td>
<td>10 days</td>
<td>12 months</td>
</tr>
<tr>
<td>Egg substitutes, liquid</td>
<td>3 days</td>
<td>Do not freeze.</td>
</tr>
<tr>
<td>Opened</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg substitutes, frozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unopened</td>
<td>After thawing, 7 days or refer to “Use-By” date</td>
<td>12 months</td>
</tr>
<tr>
<td>Opened</td>
<td>After thawing, 3 days or refer to “Use-By” date</td>
<td>Do not freeze.</td>
</tr>
<tr>
<td>Casserole with eggs</td>
<td>3 to 4 days</td>
<td>After baking, 2 to 3 months.</td>
</tr>
<tr>
<td>Eggnog</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commercial</td>
<td>3 to 5 days</td>
<td>6 months</td>
</tr>
<tr>
<td>Eggnog</td>
<td>2 to 4 days</td>
<td>Do not freeze.</td>
</tr>
<tr>
<td>Homemade</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pies (Pumpkin or pecan)</td>
<td>3 to 4 days</td>
<td>After baking, 1 to 2 months.</td>
</tr>
<tr>
<td>Pies (Custard and chiffon)</td>
<td>3 to 4 days</td>
<td>Do not freeze.</td>
</tr>
<tr>
<td>Quiche with filling</td>
<td>3 to 4 days</td>
<td>After baking, 1 to 2 months.</td>
</tr>
</tbody>
</table>

Source: FoodSafety.gov

### How Can I Tell if My Eggs Have Been Recalled?

Get the most up-to-date list of recalled egg brands, including the dates and codes stamped on the egg carton. Check your egg cartons against this online list - and don't eat recalled eggs!

[www.fda.gov/Food/NewsEvents/WhatsNewinFood/ucm223536.htm](http://www.fda.gov/Food/NewsEvents/WhatsNewinFood/ucm223536.htm)
With cool fall days ahead, soups are ideal for busy on-the-go families whose members eat at different times. They are relatively low in calorie density; can be made with very healthful ingredients like legumes/beans, whole grains and vegetables; and don’t require a lot of time or cooking skill.

When you make soup yourself, you can keep them low in sodium. They are great for dinner and as a lunch leftover too. Soup is inexpensive and a great dish to use up leftovers. Soup recipes can be doubled or tripled and the extra frozen for future meals.

For soups with old fashion goodness, the flavor can’t be beat when you start with a homemade broth. Flavors improve when soup is made one day and reheated the next day.

Soups can be made using chicken, beef or vegetable stock. Some secrets to a successful and flavorful stock are:

- Use a high proportion of meat/bones and vegetables to water.
- Start with cold water.
- Bring broth mixture to a slow boil to release more meat juices. A fast or quick boil will only seal the juices into the meat.
- Add favorite seasonings to broth like basil, sage, dill, turmeric, etc.
- If needed during cooking time, add just enough hot water to keep meat and vegetables covered as they simmer.
- To strain a stock, use cheese cloth or a dampened paper towel or large coffee filter over a bowl. It is better not to press meat or vegetables when you are straining stock if you want a clear broth.
- The easiest way to remove fat from broth is to chill broth in refrigerator and use a spoon to remove hardened fat from broth’s surface.
- To remove fat from hot broth, you will need to use ice cubes to congeal fat or absorb fat by floating a lettuce leaf or slice of bread on top of soup; remove and discard.
- Broth can be refrigerated for 1 or 2 days or frozen in containers up to 6 months. Be sure to leave enough headspace for expansion.

**Chicken Broth**

2-1/2 pounds bone-in chicken pieces
2 ribs of celery – leaf included, cut into chunks
2 onions, quartered
2-3 medium carrots cut into chunks
2 bay leaves
1/2 teaspoon crushed dried rosemary
1/2 teaspoon dried thyme
8 peppercorns (optional)
8 cups cold water

Place all the ingredients into soup pot. Bring to a boil slowly, reduce heat. Skim foam. Cover and simmer for 2 to 3 hours. Remove chicken and vegetables from pot and set aside*. Strain broth. Refrigerate – skim fat and use as desired. When chicken is cool enough to handle, remove meat from bones – discard bones and skin. Makes about 8 cups broth.

*Note that the chicken and vegetables can be used for soup or frozen for later use.

This broth can be used also in casseroles, rice dishes and other dishes calling for chicken broth.

Yield: 10 servings; serving size 1 cup (130 calories, 7 gram fat, 0 grams trans fat, 1 gram fiber, 65 mg sodium). Analysis includes the chicken and vegetables. To cut fat and calories, prepare using skinless chicken.

Submitted by Mary Ann Walrath, Nutrition Program Educator, retired
Late Summer Vegetable Soup

4 ears corn, husks and silks removed (2 cups corn kernels)
2 Tablespoons olive oil
1 medium onion, chopped (3/4 cup)
black pepper to taste
5-1/2 cups vegetable or chicken broth (or 3 cans - 14.5 ounces each reduced-sodium broth)
1 small zucchini, halved lengthwise and thinly sliced (3 cups)
8 ounces green beans (stem ends removed), cut into thirds (2 cups)
1 can (14.5 ounces) diced tomatoes in juice
1/2 cup orzo, or favorite pasta

Cut off tip of each ear of corn. One at a time, stand ears in a wide bowl. With a sharp knife, carefully slice downward to release kernels. Discard cobs; set kernels aside. In a Dutch oven or 5-quart pot, heat oil over medium heat. Add onion, season with black pepper to taste. Cook, stirring frequently, until onion is translucent, 3 to 5 minutes. Add broth; bring to a boil. Add zucchini, green beans, corn, tomatoes (with juice), and orzo; cook, uncovered, until orzo is tender, 8 to 11 minutes. Season with black pepper, if desired.

Yield: 15 servings; serving size 1 cup (70 calories, 2 gram fat, 0 grams trans fat, 2 grams fiber, 180 mg sodium)

Fall Root Vegetable Soup

1 large head cauliflower, chopped, including stems (5 cups)
1 large onion, diced (1 cup)
2 cups carrots, chopped
2 cups celery, chopped
3-1/2 cups chicken broth (or 2 cans - 14.5 ounces each reduced-sodium broth)
2 cups water to cover, if needed
1 can (12-ounce) fat-free evaporated milk
1 Tablespoon corn starch

Place vegetables and chicken broth in Dutch oven or large pot. Simmer until vegetables are tender.

Mix corn starch with the evaporated milk until corn starch is dissolved. Pour into soup, stirring until it boils and thickens. Puree for smoother soup, if desired.

Garnish each serving with cheese, if desired.

Yield: 16 servings; serving size 1 cup (50 calories, 0 gram fat, 0 grams trans fat, 2 grams fiber, 80 mg sodium)

Butternut Squash Soup

1 Tablespoon butter
1 onion, chopped (1/2 cup)
2 garlic cloves, minced (1-1/2 teaspoons)
3 carrots, diced (1-1/2 cups)
2 celery stalks, diced (1 cup)
1 potato, peeled and diced (1 cup)
1 butternut squash, peeled, seeded and diced (3 cups)
5-1/2 cups chicken broth (or 3 - 14.5 ounce cans low sodium broth)
1/2 cup honey
1/2 teaspoon dried thyme leaves, crushed

In a large pot, melt butter over medium heat. Stir in onions and garlic. Cook and stir until lightly browned, about 5 minutes. Stir in carrots and celery. Cook and stir until tender, about 5 minutes. Stir in potatoes, squash, chicken broth, honey and thyme. Bring mixture to boil; reduce heat and simmer 30 to 45 minutes or until vegetables are tender. Remove from heat and cool slightly. Transfer mixture to blender or food processor; process until smooth. Return pureed soup to pot. Season to taste. Heat until hot and serve.

Yield: 10 servings; serving size 1 cup (130 calories, 2 gram fat, 0 grams trans fat, 2 grams fiber, 125 mg sodium)
Flavor That Food!

Make foods tasty without using salt or adding extra fat or sugar by adding these spices and herbs. Approximate equivalent amounts of different forms of herbs are:

1 tablespoon finely cut fresh herbs
1 teaspoon crumbled dried herbs
1/4 to 1/2 teaspoon ground dried herbs

Begin with 1/4 teaspoon of most ground spices or ground dried herbs for these amounts; adjust as needed. Use more herbs when using a crumbled dried or a fresh form.

4 servings
1 pound of meat
1 pint (2 cups of soup or sauce)

Start with 1/8 teaspoon for cayenne pepper and garlic powder; adjust as needed. Red pepper intensifies in flavor during cooking; add in small increments.

When doubling a recipe, do not double spices and herbs. Increase amounts by 1-1/2 times. Add more if needed.

As a general rule, add fresh herbs near the end of cooking or just before serving. Prolonged heating can cause flavor and aroma losses.

**More delicate fresh herbs** can be added a minute or two before the end of cooking or sprinkled on food before serving. Examples include basil, chives, cilantro and dill leaves.

**Less delicate fresh herbs** can be added about the last 20 minutes of cooking. Examples include dill seeds, rosemary, tarragon and thyme.

<table>
<thead>
<tr>
<th>Meat, Poultry and Fish</th>
<th>Beef</th>
<th>Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb</td>
<td>Curry powder, garlic, rosemary, mint</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td>Garlic, onion, sage, pepper, oregano</td>
<td></td>
</tr>
<tr>
<td>Veal</td>
<td>Bay leaf, curry powder, ginger, marjoram, oregano</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Carrots</th>
<th>Cinnamon, cloves, marjoram, nutmeg, rosemary, sage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>Cumin, curry powder, onion, paprika, parsley</td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme</td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>Onion, pepper</td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td>Ginger, marjoram, onion, parsley, sage</td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td>Dill, garlic, onion, paprika, parsley, sage</td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td>Cloves, curry powder, marjoram, nutmeg, rosemary, sage</td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td>Cinnamon, ginger, nutmeg, onion</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper</td>
<td></td>
</tr>
</tbody>
</table>

Source: Adapted in part from “Salt and Sodium in Your Diet,” National Heart, Lung and Blood Institute; reprinted from University of Nebraska-Lincoln Extension
Secrets to Aging Well

Staying healthy in life’s later years can be a challenge, but close examinations of centenarians—people who have lived 100 years or more—have given Iowa State University researchers insight on what people can do to live a long and successful life.

A team of researchers led by Peter Martin, professor in human development and family studies and director of the gerontology program, have developed the concept of resilience, or the ability to adapt well under difficult circumstances.

Resilience is classified through a three-tiered model: personal resilience, cognitive resilience, and social/economic resilience. These factors play a critical role in determining whether a person lives to be an “exceptional survivor,” and each is important at different stages of life.

20s-30s: During these years, people should invest into their future by investing their dollars. While exercise is always encouraged, fitness is less important than economic resilience at this stage of life in relation to long-range survivorship.

30s-40s: These are the years to develop social resilience. Social groups offer support and a sense of community, Martin said.

“Af you don’t have a social group in your 30s, people aren’t going to flock to you when you are 80.”

60s-70s: As age begins to affect physical and mental health, it is more important than ever to increase mental activity through reading, writing, and participating in stimulating cognitive activities. Martin suggests trying challenging endeavors such as learning a foreign language or how to play a new instrument.

80s-100s: Physical fitness is vital at this stage in life, as the body may weaken. To compensate for the decline, Martin suggests dumbbells and daily physical activity.

“For older people, just getting out of a chair is difficult if you don’t have the arm strength,” he said. “Although it’s hard work, now is the time people need to exercise.”

While each component—cognitive, economic, social, and physical—is integral to optimal aging, the key may be personal resilience, which at its core is an individual’s personality. Highly resilient people tend to have low anxiety and are open to new experiences, which affects other aspects of life including physical and mental well-being.

“We think these types of personalities help people deal with tough situations,” Martin said.

“If you can optimize these areas—stay physically healthy and fit, engage your mind, keep socially engaged, and keep track of you economic well-being, then you have a good chance of being an exceptional survivor.”

Source: Peter Martin, Professor of Human Development & Family Studies, Iowa State “College of Human Sciences Matters” Summer 2010
Kids and Food Allergies: Facts, Tips and Resources

If your child has a food allergy, they’re not alone. It's estimated that up to 5 million children in the US have a food allergy. That's no fun for anyone, but you and your child can handle it together when you team up to learn the facts about food allergies along with tips for managing them.

Food Allergy Basics

A food allergy is a reaction of the body's immune system to something in a food or an ingredient in a food - usually a protein. Common symptoms include skin irritations such as rashes, hives, and eczema, and gastrointestinal symptoms such as nausea, diarrhea, and vomiting, sneezing, runny nose, and shortness of breath.

Some people experience a more severe reaction called "anaphylaxis," which is a rare but potentially life-threatening condition in which several different parts of the body experience severe allergic reactions at the same time. Symptoms usually appear rapidly and may include itching, hives, swelling of the throat, difficulty breathing, lower blood pressure, and unconsciousness. Immediate medical attention is necessary when an anaphylactic reaction occurs. Standard emergency treatment often includes an injection of epinephrine (adrenaline) to open up the airways and blood vessels.

The "Big 8" Allergen Foods

The most common allergen foods - often called the "Big 8" - are peanuts, milk, eggs, soy, wheat, fish, crustacean shellfish, and tree nuts such as walnuts and almonds. These eight foods cause more than 90 percent of all food allergic reactions. Among children, allergy to milk and eggs are most common. Many children can actually outgrow their food allergies by age five, if the allergic foods are removed from their diets for a few years. Your doctor can tell you if it is safe to reintroduce a food, and when and how to do so.

It's now a whole lot easier to tell whether a food contains one of the eight major food allergens thanks to a federal law that went into effect in the United States on January 1, 2006. This law requires all food labels to declare in "plain English" the presence of these allergens, which helps you and your child avoid foods that contain these ingredients.

The Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004:

Under the Food Allergen Labeling and Consumer Protection Act of 2004, the food label must declare the presence of a major food allergen in plain language on the ingredient list or via the word "Contains" followed by the name of the major food allergen (milk, wheat, or eggs for example); or as a parenthetical statement right after the ingredient in the list of ingredients, e.g., "albumin (egg)." The type size can be no smaller than the type size used in the list of ingredients.

For more information refer to the FDA's Information about Food Allergen Labeling at www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/UCM059116

Tips for Managing Food Allergy

• Get a professional diagnosis. Don't try to diagnose a food allergy yourself. If you suspect that your child has a food allergy, discuss this with your primary care physician. Your doctor can advise you accordingly and may refer you to a board-certified allergist for additional testing and treatment if needed. You should work with your doctor and/or allergist to develop an action plan for managing the allergy through indicating which foods your child should avoid, and possibly prescribing medication, such as an antihistamine or, for severe reactions, self-injectable epinephrine (EpiPen® or Twinject®). To find an allergist/immunologist in your area, go to the American Academy of Allergy Asthma & Immunology Web site at http://aaaai.org/ or ask your primary care physician to refer you to one.

(Continued on page 9)
Pass around the plan. Give your child's food allergy action plan to people who regularly see your child, including relatives, caregivers and their friends' parents. You can download a Food Allergy Action Plan form from the Food Allergy & Anaphylaxis Network Web site at www.foodallergy.org/. The form, which must be signed by your allergist, lists the symptoms of an allergic reaction and gives step-by-step instructions on how to treat it.

See a Registered Dietitian (RD). An RD can help you and your child identify foods and ingredients to avoid, and develop an eating plan to ensure your child gets all the nutrients needed to grow and develop properly. For example, if your child is allergic to milk, the RD will recommend other calcium-containing foods and beverages. To locate an RD near you, go the American Dietetic Association Web site.

Always read food labels. Always read food labels to see if the product contains any of the eight major allergens, or other ingredients your child is allergic to. Since food and beverage companies continually make improvements, read the label every time you purchase a product. Teach your child how to read labels, too.

Get support at school. Meet with staff at your child's school to review and distribute your child's food allergy action plan. At minimum, involve your child's primary teacher, the school nurse, and key food service staff. Make sure all supervisory staff your child sees during the school day and during after-school activities have a copy of the plan. It is highly recommended that school administrators, teachers, and even food service staff are aware of the food allergy action plan in the absence of a school nurse.

Be cafeteria cautious. Go over the school lunch menu with your child to identify foods to avoid. Work with food service staff to plan substitutions or pack a lunch for your child to take to school. Remind your child not to share or trade food with others and make sure they know which staff can help if they have questions about a food, or if they have a reaction to a food. Be sure your school food service staff has copies of the School Foodservice and Food Allergies information sheet and review it with them when you talk to them about your child's food allergies.

Ask questions when eating out. Most life-threatening allergic reactions to foods occur when eating away from the home. Explain your child's situation and needs clearly to your host or food server—and teach your child to do the same when you're not with them. If necessary, ask to speak with the chef or manager. Some fast food restaurants provide a list of the ingredients in their menu items, as well as information on whether any of the eight major allergens are present.

Keep an allergy-safe kitchen. Rather than singling out your food-allergic child, prepare allergy-free recipes the whole family will enjoy. Visit the Food Allergy & Anaphylaxis Network Web site for featured monthly recipes and a list of shopping and cooking resources.

Make peers "allergy allies." Encourage your child to talk openly with friends and classmates about their allergy, what foods they must avoid, and what could happen to them if they don't. Suggest that your child enlist their friends in helping them "stay on the alert" for foods in question so they won't get sick.

Most importantly, be ready for emergencies. Teach your child the possible symptoms of a serious allergic reaction (anaphylaxis), such as difficulty breathing or swallowing, or tingling in the hands, feet, lips or scalp. If they experience symptoms after eating a food, make sure they know to immediately call 9-1-1 (or an ambulance) and, if prescribed by your allergist, use their medication to treat the reaction. If possible, have your child wear a medical alert bracelet or necklace that identifies the specific allergy. Every few months, "role play" an allergic reaction to make sure your child knows what to do.

Source: Food Insight, International Food Information Council Foundation, March 9, 2010
Americans Concerned About Their Weight

Today, there is more of a need than ever to understand consumers’ perceptions of nutrition and food safety issues. For the first time, The 2010 Dietary Guidelines for Americans will be written for an overweight and obese American population and advocate a “total diet” approach for improving health. There are also ongoing initiatives to address childhood obesity from the White House to Main Street, including First Lady Michelle Obama’s Let’s Move initiative. Landmark healthcare legislation was signed into law requiring calorie counts at restaurant chains and on vending machines. And, there is pending food safety legislation before the U.S. Congress.

The 2010 Food & Health Survey: Consumer Attitudes toward Food Safety, Nutrition & Health, commissioned by the International Food Information Council Foundation, is the fifth annual national quantitative study designed to gain insights from consumers on important food safety, nutrition, and health-related topics (1024 American adults were surveyed in April/May 2010).

While the 2010 Food and Health Survey suggests that many different messages about the importance of a healthful lifestyle are being heard, the Survey also shows disconnects in consumers’ awareness of the relationship between diet, physical activity, and calories.

Most Americans (70 percent) say they are concerned about their weight status, and an overwhelming majority (77 percent) is trying to lose or maintain their weight. When asked what actions they are taking, most Americans say they are changing the amount of food they eat (69 percent); changing the type of foods they eat (63 percent); and engaging in physical activity (60 percent). Further, 65 percent of Americans report weight loss as a top driver for improving the healthfulness of their diet; 16 percent report improving their diet to maintain weight. Similarly, losing or maintaining weight is the main motivator (35 percent) for Americans who are physically active, yet a large majority of people (77 percent) are not meeting the U.S. Department of Health and Human Services’ Physical Activity Guidelines.

The Balancing Act of Diet and Physical Activity

Americans continue to show a lack of understanding of “calories in” and “calories out” and their relationship to weight. For example, when it comes to calories consumed versus calories burned, most Americans (58 percent) do not make an effort to balance the two. In addition, of those who say they are trying to lose or maintain weight, only 19 percent say they are keeping track of calories, which can be a tool for those trying to manage weight. The Food & Health Survey continues to find that few Americans (12 percent) can accurately estimate the number of calories they should consume in a day. Furthermore, many Americans do not know how many calories they burn in a day (43 percent) or offer inaccurate estimates (35 percent say 1000 calories or less).

Awareness and Use of Federal Programs such as the Dietary Guidelines for Americans and MyPyramid

- Americans have at least heard of the Dietary Guidelines for Americans (71 percent, consistent with findings from 2009).
- Most have heard of MyPyramid (85 percent), but the majority of Americans (71 percent) have not used it.

Consumer Perceptions of Food Components included in the Dietary Guidelines

- More than half of Americans (53 percent) are concerned with the amount of sodium in their diet and more are likely to look for sodium content on the Nutrition Facts Panel (NFP).

(continued on page 11)
Americans Concerned About Their Weight, continued

- Americans seem to be less focused on dietary fat than in previous years, with significant decreases in the number who report looking for total fat on the NFP.
- Americans embracing dietary recommendations and state that they are trying to consume more fiber (72 percent) and whole grains (73 percent).

Food Safety Practices and Confidence in the Safety of the U.S. Food Supply

- When asked, “to what extent, if at all, are you confident in the safety of the U.S. food supply,” 47 percent of Americans reported that they are very confident or somewhat confident, similar to previous years.
- Americans still have room for improvement when it comes to practicing good food safety at home including:
  - 72 percent (vs. 79 percent in 2008) properly store leftovers within two hours of serving.
  - 78 percent (vs. 92 percent in 2008) wash cutting boards with soap and water or bleach.
  - 89 percent (vs. 92 percent in 2008) wash their hands with soap and water regularly when handling food.

The Impact of the Economy on Food and Beverage Purchases

- Price continues to have a great impact on consumers’ food and beverage purchasing decisions (73 percent in 2010 vs. 64 percent in 2006).
- As in previous years, taste remains the biggest influence on purchasing decisions (86 percent) followed by price (73 percent), healthfulness (58 percent) and convenience (55 percent).

Consumer Food Shopping Preferences

- The majority of Americans (88 percent) conduct most of their food shopping at a Supermarket/grocery store compared to a warehouse shopping club (4 percent) or a discount retailer (4 percent).
- Most Americans are either somewhat or extremely satisfied with the healthfulness of products offered at their supermarket (73 percent).

The 2010 Food & Health Survey also covers consumer attitudes on protein, use of the Nutrition Facts Panel and other forms of food and beverage labeling, as well as low-calorie sweeteners, caffeine, and food additives.

For a copy of the 2010 Food & Health Survey Executive Summary go to www.foodinsight.org/Resources/Detail.aspx?topic=2010_Food_Health_Survey_Consumer_Attitudes_Toward_Food_Safety_Nutrition_Health

Source: Food Insight, International Food Information Council Foundation, August 2010

Satisfy Your Sweet Tooth Without All the Sugar

Many of us love our sweets, but there are a lot of ways to satisfy your palate without going overboard. Here are three easy ways to get a sweet treat without all the sugar:

- **Go for dark chocolate.** In general, the higher the percentage of cocoa, the less the sugar content. In addition, dark chocolate is a source of antioxidants and some research suggests it may help lower blood pressure and protect your heart.

- **Don’t drink your sugar.** Sweetened coffee drinks and sodas can contain as much sugar as the dessert tray. Try no-sugar or low-sugar beverages instead.

- **Go for naturally sweet options.** Enjoy the sweetness of fresh fruit or look for recipes for baked goods with refined sugar substitutes, such as apple sauce or fruit juice.

Eating healthy doesn't mean you can't enjoy your favorite sweets in moderation. Just watch your portion sizes and enjoy small indulgences.

Source: eatright.org
Credit Cards

Effective August 22, 2010, credit card users are shielded from unreasonable late payment and other penalty fees. Such fees must thereafter be "reasonable and proportional" to the consumer's violation of the terms of the account. Further, credit card issuers will be required to review interest rate increases imposed since the beginning of last year.

In addition, the rules:

- Prohibit credit card issuers from charging a penalty fee of more than $25 (adjusted annually by the Federal Reserve Board according to the Consumer Price Index) for paying late or otherwise violating the terms of the account unless the consumer has engaged in repeated violations ($35 for an additional violation of the same type during the next six billing cycles) or the issuer can demonstrate that a higher fee represents a reasonable proportion of the costs its incurs as a result of violations.
- Prohibit credit card issuers from charging penalty fees that exceed the dollar amount associated with the consumer's violation. For example, card issuers will no longer be permitted to charge a $39 fee when a consumer is late making a $20 minimum payment. Instead, the fee cannot exceed $20.
- Ban "inactivity" fees, such as fees based on the consumer's failure to use the account to make new purchases, and other fees when there is no dollar amount associated with the violation.
- Prevent issuers from charging multiple penalty fees based on a single late payment or other violation of the account terms.
- Require issuers that have increased interest rates since January 1, 2009, to evaluate whether the reasons for the increase have changed and, if appropriate, to reduce the rate no later than 45 days after completing the reevaluation. The evaluation occurs every six months.

The Consumer Protection Board (CPB) advises consumers to check their billing statements carefully for the application of penalty fees and to ask questions of their credit card issuer if they see improper or excessive fees.

For a summary of credit cards reforms that took effect earlier this year as part of the CARD Act, see the CPB's website at www.nysconsumer.gov.

Gift Cards

New Federal Reserve rules restrict the fees and expiration dates that may apply to gift cards sold on or after August 22, 2010.

Dormancy, inactivity and service fees may only be assessed for a gift card if (1) the consumer has not used the card for at least one year; (2) no more than one such fee is charged per month; and, (3) the consumer is given clear and conspicuous disclosure about the fees. [Note: New York law already prohibited monthly fees for non-use of a card until the 13th month after purchasing.]

Expiration dates for the funds on a gift card must be at least five years from the date of issuance, or five years from the date when funds were last loaded.

The expiration date restrictions apply to the funds on a gift card, not to the card itself. However, no fee may be charged for replacing an expired card, or for refunding the remaining balance, if the underlying funds remain valid.

The new rules apply to retail gift cards that can be used to buy goods or services at a single merchant or affiliated group of merchants, and network-branded gift cards.

For more information on purchasing and using gift cards, see the CPB's Gift Card Tips at www.nysconsumer.gov.

Source: NYS Consumer Protection Board
news release 8/19/10
Cyber-Leaf Peeping

As the leaves turn, the Internet can transport you to scenic spots, and you, too, can be among the throngs of "leaf peepers" who descend on New England each autumn. A number of organizations have set up "Leaf Cams" on the Web so you can follow the season's progression, and actually, this time of year, any New England Web Cam is a Leaf Cam.

These Web Cam snapshots and live video images can also be helpful if you are headed out to explore New England in the next few weeks, providing a sneak preview of what you'll see when you arrive. Because many factors influence the speed at which autumn's colors blaze and fade, Internet Web Cams provide up-to-date visual information that can help you to pinpoint the best places for a drive or hike.

Check out this website for resources: http://gonewengland.about.com/cs/fallfoliage/a/aacyberleafpeep.htm

Source: About.com

Why Do Leaves Change Color in the Fall?

Leaves get their green color from chlorophyll, a pigment found in plant leaves that enables them to process sunlight. Fall's shorter days and cooler temperatures cause the chlorophyll to move from the leaves to the branches, trunk and roots, and the yellow and orange pigments that are always present become visible.

Other chemical processes produce the brilliant reds, purples and bronzes. On warm fall days, sugar is produced in the leaves of some trees and then trapped by the chill of night. As sugar accumulates, the leaves turn brighter red.

Factors that influence the amount of fall color the leaves will wear each year include:
- Rain
- Amount of sugar in the leaves
- Wind
- Temperatures

Weeks of cool, bright sunny days and chilly nights (but no frost) create the brightest colors. The side of a tree exposed to bright sunlight might turn red, while the shady side of the same tree may turn yellow. And cool, sunny autumn days produce brighter colors than warm, wet weather.

Trees "inherit" their fall colors, just as we inherit the color of our hair. The color depends on how much iron, magnesium, phosphorus or sodium is in the tree and the acidity of the chemicals in the leaves. Here are the "inherited" colors for some of our most common trees:

ORANGE (caused by the chemical carotene)
Some oaks and maples.

RED (caused by the chemical anthocyanin)
Some oaks, some maples, sumac and tupelos.

YELLOW (caused by the chemical xanthophyl)
Ash, basswood, birch, beech, butternut, elm, hickory, mountain ash, poplar, redbud, serviceberry, willow and some maples (boxelder, mountain, silver, striped and sugar).

RED OR YELLOW Sugar maple, dogwood, sweet gum, black gum and sourwood.

New England enjoys some of the most intense fall colors thanks to its almost pure stands of a few types of trees that all turn color at the same time. Trees are not the only thing that contribute to a colorful autumn, though. Shrubs like burning bush and sumac, and even weeds like poison ivy, can paint the roadsides brilliant colors in fall. In Maine, the blueberry barrens turn a phenomenal fiery red.

Source: About.com
Wash Reusable Cloth Bags

Regular use of cloth bags is considered important to “save the environment,” but it is important to wash them frequently.

A recent joint food-safety research report published by the University of Arizona and Loma Linda University in California stated that reusable grocery bags can be a breeding ground for dangerous food-borne bacteria and pose a serious risk to public health. Coliform bacteria including E. coli were detected in half the bags sampled at a level significant enough to cause serious health problems, even death.

The study found that public awareness of potential risk was low and that 97 percent of those interviewed never washed their reusable bags. Chances are, the problem could create BIG problems for consumers.

Reusable bags, if not properly washed between uses, create the potential for cross contamination of foods. This happens when raw meat products and foods traditionally eaten uncooked (fruits and vegetables) are carried in the same bag, either together or in subsequent uses. Large numbers of bacteria were found in the bags when packaged meats leaked. Researchers also found that storing reusable bags in the back seat or trunk of the car for two hours increased bacteria growth 10-fold.

The solution is simple – wash cloth bags regularly. Results showed that simply washing reusable cloth bags between uses in the machine or by hand with soap and water was just as effective as using bleach. Washing reduced bacteria by 99.9 percent.

Source: “Nutrition News” Kansas State University August 2010

Eating Healthy on a Budget Website

The “Spend Smart. Eat Smart.” website is a great site to help families make healthy meals on a budget.

"3 Easy Steps to Healthy Meals" is the tagline that encompasses the three main areas that the site is divided into:

- **Plan:** This section of the website helps families save money on groceries, by providing tips on how to plan ahead to reduce food expenses.
- **Shop:** Finding nutritious items at the store, as well as money-saving tips to use while shopping, is the focus of this section.
- **Eat:** Recipes and tips for saving at home are included here, along with tips to use when eating out.

The “Spend Smart. Eat Smart.” website can be accessed at www.extension.iastate.edu/foodsavings. Other ways to engage with “Spend Smart. Eat Smart.” staff include visiting the website’s blog, which is updated weekly, and Facebook page, or by following updates on Twitter.

Source: Iowa State University 8/26/10
Eat³ Continues

As shared in our last issue of Living, Eat Well, Eat Local and Eat Together (nicknamed Eat³) describes a campaign that has a goal to help families choose, prepare, and enjoy healthy meals together using locally-grown produce.

One meal is featured July through November to give you ideas to help you Eat 3. The website www.eat3.org features these monthly meals along with more recipes, tips, and games.

Here are the featured recipes for September:

**Beef and Vegetable Stir Fry**

3/4 pound lean beef boneless round steak  
1 teaspoon vegetable oil  
1/2 cup carrots, sliced  
1/2 cup celery, sliced  
1/2 cup onion, sliced  
2 medium zucchini, cut in thin strips  
1 tablespoon light soy sauce  
1/8 teaspoon garlic powder  
1 dash of pepper  
1 tablespoon cornstarch  
1/4 cup cold water

Trim all fat from steak. Slice steak into thin strips. Heat oil in frying pan. Add beef strips and stir-fry over high heat. Reduce heat. Add carrots, celery, onion, zucchini and seasonings and cook until vegetables are tender.

In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

Nutrition Information: 4 servings; serving size 8 ounces (160 calories, 5 grams fat, 0 grams trans fat, 2 gram fiber, 210 mg sodium)

**Peach Cinnamon Crisp**

4 peaches (4 cups sliced)  
2 tablespoons unsalted butter  
3/4 cup quick-cooking oats  
1/2 cup sugar  
1/4 cup flour  
2 teaspoons cinnamon  
1 teaspoon lemon juice

Preheat oven to 375°F. Slice peaches. Melt butter. In small bowl, combine all ingredients except peaches.

Place peaches in 9-inch baking pan and spread oat mixture on top. Bake 20 minutes.

Nutrition Information: 8 servings; serving size 1/2 cup (150 calories, 3.5 grams fat, 0 grams trans fat, 2 gram fiber, 0 mg sodium)

See www.eat3.org for more recipes
“LIVING”
September / October 2010

Editor: Linda Robbins
Production: Barbara Johnson Rachel Shaver

Living is published six times a year by Cornell Cooperative Extension of Herkimer County. Newsletter fee $5.00 to help defray expenses.

Whenever trade names are used herein, it is with the understanding that no discrimination is intended and no endorsement by Cornell Cooperative Extension is implied.

Reprinting: Unless otherwise noted, permission is granted to reproduce material appearing in this magazine upon notification of the author, providing that full acknowledgement is made of the source and no charge is made without approval.

Looking for back issues of Living? See: www.cce.cornell.edu/herkimer/2009/04/02/herkimer-county-living-newsletter/

Readers’ comments are always welcome. Please contact: Cornell Cooperative Extension of Herkimer County 5657 State Route 5 Herkimer, NY 13350 Phone: 315.866.7920 Email: herkimer@cornell.edu Visit us on the web at www.cce.cornell.edu/herkimer

Herkimer County CCE Staff
Executive Director/Agriculture Bernard Armata
Assistant Director/Nutrition Education Linda Robbins
Nutrition Staff Joan Clanton Melissa Graepel Lorrie Serow Valerie Walrath
4-H Program Jennifer Collins JoAnn Richards
Administrative Assistants Veronique Stormes Barbara Johnson Rachel Shaver
CNY Dairy & Field Crops Team Kevin Ganoe David Balbian
Precision Feed Management Project Matthew Korona

We’re on the Web! www.cce.cornell.edu/herkimer

Cornell Cooperative Extension of Herkimer County provides equal program and employment opportunities