



This newsletter is produced by the *Nutrition Education Network of Washington*, to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize* shares brief information about programs and materials that support healthful and enjoyable eating.

Tell Us What's New...

What's new with your organization? To submit news to *Energize*, call Martha Marino 206-817-1466, e-mail martha_marino@yahoo.com.

Deadline for submission is the last day of each month.

Subscription Information

Energize can be sent to you electronically each month. There is no charge.

To order or unsubscribe contact: Christa Albice, WSU Puyallup, 253-445-4541. Fax 253-445-4569, e-mail albice@wsu.edu.

Energize is a publication of the *Nutrition Education Network of Washington*. Content of newsletter is up to the discretion of *Nutrition Education Network of Washington* staff.

For more information about the *Nutrition Education Network of Washington* or to access past issues of this newsletter, see <http://nutrition.wsu.edu>.



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

Information provided by Washington State University Extension's NEN of WA. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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This Month's Focus: Food Safety

In the newly released *Dietary Guidelines for Americans 2010* (DGAs), a key recommendation is to “follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.” The DGAs were released in January, and in the same month landmark legislation was passed to ensure food safety in the American food supply. Because of its current heightened awareness, food safety is the focus for this month's *Energize Newsletter for Nutrition Educators*.

New FDA Food Safety Modernization Act – In January, Congress enacted and President Obama signed into law the most significant changes to the US food production system in more than 70 years. The law gives authority to the Food and Drug Administration (FDA) and the Department of Health and Human Services (DHHS) to conduct more inspection of domestic food facilities to enhance detection of foodborne illness outbreaks, and order recalls of tainted foods. Most food companies will be required to write and implement new food safety protocols in order to reduce the risk to the public of potentially unsafe foods. New regulations will be in place to prevent certain foods from other countries from entering the US. This is the biggest change in American food safety laws since the Food, Drug, and Cosmetic Act of 1938. There are certain exemptions: farmers who grow food to sell at farmers' markets are exempt, and so are farmers who sell directly to the public, as well as people who grow their own food at home. It also protects whistle-blowers from being fired when they report possible food safety hazards. For the FDA's Q & A on the law, go to www.fda.gov/NewsEvents/PublicHealthFocus/ucm238506.htm.

Food Safety and the Dietary Guidelines for Americans (DGA) 2010 –



Photo courtesy of Healthy People 2020, CDC

According to the DGAs, foodborne illness affects more than 76 million individuals in the United States, and leads to 5,000 deaths and 325,000 hospitalizations every year. For Americans to follow a healthy eating pattern, they need a safe food supply, which includes proper food handling in the home. Washing hands, rinsing vegetables and fruits, preventing cross-contamination, cooking foods to safe internal temperatures, and storing foods safely in the home kitchen are the behaviors mentioned in the DGAs that are most likely to prevent food safety problems. Some high-risk foods that should be avoided are raw (unpasteurized) milk, cheese, and juices; raw or under-cooked animal foods such as seafood, meat, poultry, and eggs; and raw sprouts. The DGAs devote several pages to messages on keeping food safe, drawn from *Fight BAC!*, the FDA's national food safety campaign at www.dietaryguidelines.gov pages 69-72.

Mercury and Canned Tuna – Eating more fish is a recommendation for good health, but what about the risks of mercury, particularly in affordable canned tuna? The newly published DGAs say that the health benefits from consuming a variety of seafood in the recommended amounts outweigh the health risks associated with methyl mercury, a heavy metal found in seafood. Fish contains a range of nutrients, but the

Food Safety Educational Resources

- *Fight BAC*, www.fightbac.org.
- *Thermy*, www.fsis.usda.gov/food_safety_education/thermy/index.asp and *Is It Done Yet?* (programs on temperature control and thermometer use), www.isitdoneyet.gov.
- *Be Food Safe*, a USDA educational program that focuses on 4 themes: clean, separate, cook, and chill, www.befoodsafe.gov.

IN THE MEDIA

New Nutrition Labels for Meat – In less than a year, Nutrition Facts panels – the ones currently on virtually all processed foods – will be required to appear on 50 cuts of raw meat and poultry. The USDA announced late December that the new federal rule will require the most commonly purchased cuts of poultry, pork, beef, and lamb, such as boneless chicken breast, beef tenderloin steak, ground beef, and ground turkey. The USDA hopes that the labels will help Americans make better-informed decisions about the meat they buy. The new rule goes into effect January 1, 2012.

(Source: www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=2010/12/0673.xml.)

TOOLS OF THE TRADE

Recipes That Are Delicious, Healthful, and FREE – Anyone wanting to promote healthy cooking and eating among adults and kids is encouraged to download individual recipes from *Keep the Beat*. More than 40 recipes that are quick and simple to prepare can be found at <http://hin.nhlbi.nih.gov/healthyeating>. Since the recipes and images are public domain, nutrition educators may find them useful on their blogs, websites, presentations, and marketing materials. The recipes were developed by the Culinary Institute of America in a partnership between the National Heart, Lung, and Blood Institute and the NIH.

WASHINGTON GROWN

Fresh This Month – Since we're in the middle of a cold and soppy winter, we can turn from our usual focus on fresh fruits and vegetables to a particular dried legume: the chickpea. Also called garbanzo beans or ceci beans, these have been a staple in Mediterranean and Middle Eastern diets for centuries, and they are a significant crop in Eastern Washington. The rolling hills of the Palouse have been home to peas, lentils, and wheat for many years. In the 1980's, farmers began to grow chickpeas there and found that the warm, dry region is well-suited for the crop. Thanks to the popularity of hummus, demand for chickpeas has been increasing by about 15% per year. (Source: Washington State University Magazine, Winter 2010).

DID YOU KNOW?

10,000 steps using a pedometer roughly equals five miles (source: www.thewalkingsite.com/10000steps.html). For people who do not own a pedometer to measure everyday steps, knowing the mileage can help translate the activity goal into something measurable. If someone is sedentary, telling them that they need to walk five miles a day isn't likely to be heard or put into action. The Centers for Disease Control and Prevention website includes a number of studies, and here is one example: www.cdc.gov/pcd/issues/2010/mar/09_0035.htm. It may make more sense to talk about the recommendation of 30 minutes of moderate physical activity five times per week. Tips for accomplishing this, including a trail guide for walking and hiking, can be found at the Nutrition and Physical Activity website of the Washington State Department of Health (DOH), www.doh.wa.gov/cfh/NutritionPA/your_personal_health/how_to_be_active/default.htm. According to the DOH, after people have used a pedometer and know how their usual activities and added exercise fits their routine, they stop using a pedometer because they no longer need it. (Contacts: Kate Lynch and James Kissee, Chronic Disease Health Improvement Unit, Office of Community Wellness & Prevention, Washington State DOH, Kate.Lynch@doh.wa.gov, James.Kissee@doh.wa.gov.)

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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