



Southwind FCE News

Spring/Summer Edition 2017

Operation Red File



First responders may have an easier way to help you or your loved ones in a crisis with a new program called Operation Red File. The Kansas Department for Aging and Disability Services' is partnered with K-State Research and Extension and local sponsors to launch this program in each county across Kansas.

Operation Red file is a distinctive, red magnetic file folder designed to be placed on refrigerators for instant access, where first responders will know to look for it.

Participants are encouraged to put copies of their medical information and other critical documents in the file folder, such as a current photograph, a medication list, and medical coverage information.

First responders and emergency staff can use the information placed in the red file folder to:

- Instantly access medical history and medication records
- Avoid delays caused by trying to get information from a patient
- Ensure that the family or responsible party will be notified quickly

Get started using this life- saving program, Operation Red Files for Allen, Bourbon, and Neosho county residents are available in each of the Southwind District Extension offices.



National Festival Of Breads

Lots of baking has been taking place at the Wheat Innovation Center to select the top finalists for the 2017 National Festival of Breads! Mark your calendar now for June 17, 2017 to come and enjoy the festival in Manhattan, KS at the Hilton Garden Inn.

New this year is the Enrich Your Life 5K & 1 mile Fun Run. A portion of the event proceeds will be donated to the Flint Hills Breadbasket.

Admission to the festival is free with a donation of a canned or nonperishable food item. These donations will also go to the Flint Hills Breadbasket.

The tentative schedule and link to sign up for the 5K is at <http://nationalfestivalofbreads.com/hints-and-happenings/2017/06/17/festival-schedule>.

FCE Dates to Remember:

July 13 – 16 National FCE Conference, Omaha NE

July 17 – 21 Bourbon County Fair

July 20 – 24 Neosho County Fair

July 27 – 31 Allen County Fair

Aug. 28 – 29 State EPC training, Salina KS

Oct. 2 – 4 State FCE Conference, Salina KS

Oct. 8 – 14 KAFCE Week

Nov. 9 SE Area Fall Council/Lesson Day





2017 County Health Rankings

The County Health Rankings were released March 2017 and the Kansas Health Institute has created individual data sheets for each county in Kansas (link is below). This can be a useful tool for identifying and communicating about the health-related needs and priorities in your counties. Johnson County ranks healthiest in Kansas and Labette County is the least healthy county in the state, according to the eighth annual County Health Rankings, released today by the Robert Wood Johnson Foundation (RWJF) and the University of Wisconsin Population Health Institute (UWPHI). KHI has developed individualized data sheets for each Kansas county are available. Learn where your county ranks at www.countyhealthrankings.org.

Hydration Challenge



July 2- 29, 2017 Hydration is a vital part of life. Staying well hydrated is beneficial for both your body and your mind. Join the Hydration Challenge to boost your water intake. The Hydration challenge is an extension of the Southwind Walk Kansas Health Challenge. The challenge will not be based on teams but as individuals. How it works: 1) If you are currently a registered participant for the 2017 Walk Kansas Southwind District (Allen, Bourbon, or Neosho County) Health Challenge, email Joy Miller @ joymiller@ksu.edu and type Hydration Challenge in the Subject line. –or Register @ www.walkkansas.org under Allen, Bourbon, or Neosho County (Southwind District). Register as an individual and choose 1. Walk Across Kansas. 2) Starting July 1st, track the ounces of water you drink. Record your activity online each day or use the paper tracking form and record later. 3) An educational webinar will be recorded to learn more about water and hydration. 4) A newsletter will be e-mailed each week. If you have questions or need more information, please contact Joy Miller, Family and Consumer Science Extension Agent at 620-223-3720 or joymiller@ksu.edu.

Don't let food poisoning CRASH your wedding!

ASK YOUR CATERER THESE FOOD SAFETY QUESTIONS

<p>WHO on staff is a certified food handler?</p> <p>Certification means proper training in safe food handling methods.</p>	<p>WHAT potential allergens will be in the food served?</p> <p>Notify guests of common allergens, such as milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.</p>
<p>WHERE will the food be prepared?</p> <p>If offsite, have plenty of knives, cutting boards, dish towels, and dish soap available for onsite preparation.</p>	<p>WHEN will the food be served and how long will it sit?</p> <p>Don't let food sit out for more than 2 hours. This is very important for buffet-style meals.</p>
<p>WHY should hors d'oeuvres only be served for an hour?</p> <p>Perishables can only be left out for 1 hour during hot (90°F and up) summer temperatures.</p>	<p>HOW will food be transported?</p> <p>Store cold food at or below 40°F, hot food at or above 140°F, and separate raw food to prevent cross contamination.</p>

Want more food safety tips? WWW.FSIS.USDA.GOV

BY THE TIME YOU'RE THIRSTY YOU'RE ALREADY DEHYDRATED

Grillmasters!

Do you have the right tools?



When you're getting out your BBQ tongs, spatulas and platters, don't forget to include the tool critical for a safe and delicious BBQ -

a food thermometer.

Safe Minimum Internal Temps	
160° F	Ground Beef
168° F	Poultry, including ground poultry.
145° F <small>15 min. rest time required before carving.</small>	Beef, veal, lamb, steaks & roasts.



Why You Shouldn't Can Like Grandma Did

"Vintage" may be trendy, but there are good reasons why you shouldn't can like your grandmother did. When it comes to food preservation, older isn't better. Using up-to-date canning equipment, procedures and resources is important for quality and safety. Your rusty, warped water bath canners and heavy old pressure canners may not work well with—and may actually damage—modern ranges, and replacement parts may be difficult or impossible to find. Other old-fashioned methods like open kettle canning or canning in the oven or sun might produce a seal, but food can spoil or become contaminated without proper heat processing. So-called canning powders are useless as preservatives, and don't replace the need for proper heat processing, either. Foods have changed over time, too. Some tomato varieties now have a lower acidity than in Grandma's day, and need additional acid for canning. So have canning recommendations. They were significantly changed in 1994, so recipes older than that may no longer be safe. Simply put, it's time to update your old canning methods to those that scientific research has proven reliable, consistent and safe. Some things get better with age, but not old-fashioned canning methods and equipment. Grandma would probably change her ways if she were canning in the 21st century. You should, too.

Source: National Center for Home Food Preservation, http://nchfp.uga.edu/how/general/equip_methods_not_recommended.html

Don't Get Clipped!



Your love of a good deal could be a deal breaker. Fake gift cards and coupons for Lowe's, Bed Bath & Beyond, Home Depot, Target *and* IKEA have infiltrated the internet. On Facebook, the phishing scam is taking the form of a \$50 coupon for Lowe's and a \$75 one for Bed Bath & Beyond. The coupons appear as posts and ads on the social media site. Once you click on them, you're directed to fake websites or survey pop-ups that instruct you to answer a few questions in order to "earn" the coupons. The surveys ask for your personal information in order to steal your identity. The Better Business Bureau (BBB) is telling consumers to beware of pop-up-type offers and to "watch out for a reward that's too good to be true." It's easy for scammers to mimic a company's website by tacking on a company's logo, using its letterhead or making the website address (URL) look similar. If you're wondering about a particular offer, visit the company's *real* website and see if it's listed there. And remember, \$75 off nothing equals...nothing!

