Upcoming Events

Join us for a class, visit us at an event!

**Dig Your Dinner:**
Amazing Apples and Cool Cucumbers
Sept 20th | 12:00 PM - 1:00 PM (virtual)

**Adult Class:**
Cooking Under Pressure and Beyond... The Next Step
Sept 21 | 6:00 PM - 8:00 PM

**Pop-up Farmers Market:**
Sept 26th | 11:00 AM - 1:00 PM

**Adult Class: Savory Soups and Stews**
October 19th | 6:00-8:00 PM

**Shawnee Mobile Wellness Fair:**
October 21st | 9:30-11:30 AM

Featured Article

Food safety is one of those things that we all know we should do and take seriously but one that we maybe do not follow best practices are recommendations exactly. We think, I will be fine, I won't get sick. But the truth is that in the US, approximately 1 in 6 people (about 48 million) get sick from consuming contaminated foods every year. These are only the reported cases but there may be thousands more who never seek medical care. Many of us may have ate something and suspected we maybe had a foodborne illness from something we ate but never went to the doctor. Bacteria that has ideal growing conditions can double in as little as 20 minutes. So a once harmless bacteria now two hours later could be quite dangerous, if not deadly. To make sure bacteria does not have ideal growing conditions, you want to keep it out of the temperature danger zone which is 40 °F to 140 °F. If food is left out at room temperature for more than two hours it is recommended to throw it away. So how do you keep your food safe? There are four simple steps to follow to help keep you and others safe.

1. Clean - wash hands, surfaces, and kitchen equipment like utensils and cutting boards frequently with warm soaping water.
2. Separate - keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods that won't be cooked.
3. Cook - cook foods to the correct temperature and always use a food thermometer to check internal temperature of foods.
4. Chill - refrigerate perishable food within 2 hours, or within 1 hour if food is in temperatures above 90°F.

Even if you follow the four steps to food safety sometimes the products we purchase from the store are already contaminated and may make us sick. Stay up to date on the latest food recalls at https://www.fsis.usda.gov/recalls.

In Good Health,
Chelsea Reinberg, MPH, RD
Nutrition, Food Safety & Health Agent

Scan the QR code or visit bit.ly/EMFVEvents to Register!

K-STATE
Research and Extension
Master Food Volunteer
Johnson County

Need a speaker? Have questions about food or nutrition or our classes? Contact Us!
foodhelp@jocogov.org
Recipe of the Month

Sheet Pan Pancakes
Serves 12

Ingredients
2-1/4 cups unbleached all-purpose flour
1/4 cup plus 1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon kosher salt
2 large eggs
2 cups buttermilk
4 tablespoons unsalted butter, melted
1 cup blueberries, divided
1 cup raspberries, divided

Preparation
1. Preheat oven to 450°F. Coat a 12-inch by 17-inch rimmed baking sheet with nonstick cooking spray.
2. In a large bowl, whisk together flour, 1/4 cup sugar, baking powder, baking soda, and salt.
3. In another bowl, whisk together eggs, buttermilk, and melted butter. Stir into dry ingredients until almost fully incorporated (there should be some small lumps). Gently fold in 3/4 cup blueberries and 3/4 cup raspberries.
4. Pour batter into prepared sheet pan; spread evenly to edges.
5. Sprinkle with 1 tablespoon sugar. Bake until pancake is set and pulls away from sides of sheet pan, about 12 to 14 minutes.
6. Switch oven to broil; cook, rotating pan once, until browned (about 2 to 3 minutes).
7. Cut into squares and serve with remaining berries.

Fun Food Facts

September is Better Breakfast Month

Individuals who eat breakfast regularly are more likely to have a better diet overall. In an article from usatoday.com, the favorite breakfast dish of Kansans was yogurt parfait and Missouri was doughnut. Do you agree with this survey?! What ever your preferred breakfast is, make sure you make it a balanced one rich with nutrition. Aim for at least three out of the five food groups such as protein, whole grains, and fruit.

Kitchen Corner

Reading a nutrition facts label is a great way to become an informed consumer and make smarter food choices. However, navigating the nutrition facts label can be a little overwhelming. Here are 4 important things to look for on the label:

1. Check serving size - this based on amount usually eaten at one time. You may consume more or less based on your nutrition needs.
2. Check for added sugar! You want to minimize added sugar in your diet. Aim for no more than 24 grams per day for women and 36 grams per day for men of added sugar.
3. Aim for higher % Daily Value in these nutrients: dietary fiber, vitamin D, calcium, iron, and potassium.
4. Aim for a lower % Daily Value in these nutrients: saturated fat, sodium, and added sugar.

Recipe adapted from Martha Stewart Living