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Geary County

K-State Research and Extension News

Knowledge
for Life

Ask the Agent

Q: What are some common reasons food is recalled?

A: A food recall occurs when there is reason to believe that a food may cause consumers to become ill. A food manufacturer or distributor initiates the recall to take foods off the market. In some situations, food recalls are requested by government agencies (USDA or FDA).

Some reasons for recalling food include:

- Discovery of an organism in a product which may make consumers sick
- Discovery of a potential allergen in a product

Mislabeling or misbranding of food. For example, a food may contain an allergen, such as nuts or eggs, but those ingredients do not appear on the label.



For more information call the Geary County K-State Research and Extension office at:

785-238-4161

Sunflower Seeds— The Effect of Food Recalls

June 2016

A food recall is always a serious concern. But when that recall expands multiple times over a 6 week period, it gets a person's attention even more so. I get food recall notices in my email as soon as they are made public. This service, provided by the United State Department of Agriculture (USDA), helps me know what foods are being recalled off the shelves or out of the U.S. food system so that I can answer consumer questions should they arise.



One of the most recent recalls that has had a fairly wide-spread reach with a variety of products is that of sunflower seeds. The first company to voluntarily recall their sunflower seed products was TreeHouse Foods on May 2, 2016. They sold sunflower seeds under the brands names of Publix, Super Value, Our Family, HyVee, Great Value, Meijer, Roundy, Nature's Harvest, and others. This recall, and the many subsequent recalls are due to possible Listeria contamination. On the heels of this first recall, another manufacturer of sunflower seeds announced their own voluntarily recall. SunOpta announced the recall of their sunflower seeds on May 4, 2016.

Additional recalls have followed the original May 2nd notice to include products that contain sunflower seeds. For example, Kroger recalled Salad Toppers Sunflower Kernels, Kroger Sunflower Kernels, and Kroger Cranberry Delight Trail Mix on May 4, 2016 and Kroger Broccoli Raisin Salad because it contained sunflower seeds on May 9, 2016. Kashi and Bear Naked recalled granola bars for possible Listeria on May 31, 2016.

The initial recall included kernels from sunflower seeds produced at the Minnesota-based SunOpta facility between the dates of February 1, 2016 and February 19, 2016. The expanded recall now includes seeds and kernels produced from February 20 through April 21, 2016.



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Resource Management

Car Insurance

Humans are creatures of habit and we don't usually get too excited about change. These two facts can often be costly to our pocketbook because they become a barrier to us looking at better options when it comes to insurance. We use the same insurance company we used where we once lived or perhaps the same coverage type our parents had. Maybe we even stick with the same agent our family has had for quite some time. I am as loyal as the next person, but I also have to live within a budget. It is important to make it an annual or at least bi-annual practice of shopping around for your car insurance. It doesn't make you a bad person to ask for quotes from other auto insurance companies to compare with your current policy.

Here are some things to consider as you compare car insurance:

Do your homework. Take some time to check out the history and rating of the companies you want to compare. Make sure the company is financially sound and has the type of customer service you need.

Some customers are willing to pay a little higher premium to be able to talk to a person rather than an automated machine. Research the companies complaint record.

Know what is required by law in Kansas.

The Kansas Insurance Commission has a great resource available online or upon request titled KIC Auto Insurance Buyer's Guide that identifies the four areas of personal auto insurance that are mandatory in Kansas: Bodily injury liability provides coverage for medical expenses, rehabilitation and other covered costs if you and/or your family are negligent in causing injury to another person in a motor vehicle accident. It also covers claims brought against you regarding settling lawsuits and the costs of your legal expenses.

Property damage liability provides coverage when you and/or other insureds in your household are negligent in causing damage to another person's personal property following a motor vehicle accident. Coverage applies for repair or actual cash value of the other party's personal property. Actual cash value (ACV) is the amount it would take to repair or replace property after depreciation (wear and tear). It also covers any legal expenses brought against you and/or other insureds in your household. Personal injury protection (PIP)/Kansas no-fault provides coverage for medical expenses, rehabilitation, funeral expenses, lost wages and in-home assistance for you and your passengers injured in a motor vehicle accident, regardless of who could be held at fault for causing the accident. To receive PIP benefits, a passenger injured in your motor vehicle would file a PIP claim with his or her respective insurance company. Uninsured/underinsured motorist protection provides coverage for expenses associated with bodily injury caused by an uninsured or underinsured motorist.

Source: <http://www.ksinsurance.org/autohome/auto/autoins.php>

Check several sources for the best deal. When getting quotes, make sure you are asking for the same coverage package so that you are comparing similar products.

Ask your insurance agent about discounts. If you have a proven safety record when it comes to driving, you may be able to reduce your premiums. Some company's offer a lower rate if you are driving a car with specific safety features.

Consider a higher deductible. Changing your deductible by as little as \$250 can make a big difference in the monthly premium you pay.

Change can be difficult, but if it means you may have more cash in your pocket, it may be worth the time and effort it takes to shop around.



A Taste of Summer—Cantaloupe Cooler

Cool down in the heat with this fruit cooler. Refreshing orange juice mixed with sweet cantaloupe create the perfect, easy-to-make drink! You can even get creative and use any fruit you please!

Ingredients:

1 ripe cantaloupe
2 1/2 cups orange juice (chilled)
2 tablespoons sugar (granulated)
crushed ice

Preparation:

1. Cut the melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes. 2. In blender, blend melon cubes with 1/2 cup orange juice until smooth. 3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved. 4. Pour into glasses filled with crushed ice.

Nutritional Information:

Total Calories: 74; Total Fat: 0 g; Protein: 1 g; Carbohydrates: 18 g; Dietary Fiber: 1 g; Saturated Fat: 0 g; Sodium: 13 mg

Source: "What's Cooking?" USDA Mixing Bowl



Healthy Habits

According to information provided by the USDA, Listeriosis can cause fever, muscle aches, headache, stiff neck, confusion, loss of balance, and convulsions and is sometimes preceded by diarrhea or other gastrointestinal symptoms. An invasive infection spreads beyond the gastrointestinal tract. In pregnant women, the infection can cause miscarriages, stillbirths, premature delivery or life-threatening infection of the newborn. In addition, serious and sometimes fatal infections in older adults and persons with weakened immune systems. Listeriosis is treated with antibiotics. High risk populations include older adults, pregnant women, and people with weakened immune systems. Persons in the higher-risk categories who experience flu-like symptoms within two months after eating contaminated food should seek medical care and tell



The Dangers of Listeriosis

the health care provider about eating the contaminated food. The Centers for Disease Control report that an estimated 1,600 people get sick from Listeria germs each year in the United States. Of these, 260 die. Listeria is the 3rd leading cause of death from food poisoning.

For more information on Listeria, check out the CDC information page at:

<http://www.cdc.gov/vitalsigns/listeria/>

Listeriosis is one of many reasons a food may be recalled. If you hear about a recall that may affect food purchases you have made, the best step you can take is to check out the food recall list posted on the U.S. Food Safety website at:

<http://www.foodsafety.gov/recalls/recent/>. From there, you will be able to get the specific information you need to verify if your product is recalled as well as recommendations on what steps you need to take.

Being Well, Living Well



Through my involvement in the recently formed Live Well Geary County coalition, I have been delving in to a variety of research publications and websites that address the concept of wellness. It is a myth that wellness is confined to the areas of healthy eating and regular exercise. It is much more holistic than that narrow perception of the word. The Substance Abuse and Mental Health Administration, (SAMSHA), describes wellness as both good physical health and good mental health. They explain: *Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being. Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.*

SAMSHA, a federal program under the direction of the U.S. Department of Health and Human Services, developed a wellness wheel that illustrates 8 dimensions of wellness: Social; Emotional; Spiritual; Intellectual; Physical; Environmental; Financial; and

Occupational Wellness. Think about what strategies you are using in your daily living to ensure your own wellness. If you are concerned that perhaps there is more you could be doing, here are some suggested strategies to help you work toward your wellness goals:

Follow a Healthy Lifestyle

Don't smoke or use addictive substances.

Limit alcohol intake. Eat healthy foods and exercise regularly. Monitor your weight, blood pressure, sleep patterns, and other important health indicators including oral (teeth and gum) health.

Work with a Primary Care Doctor

Communication between people with mental health problems, mental health professionals, and primary care providers is essential. See a primary care physician regularly (at least twice a year).

Ask Questions!

Know about medications or alternative treatments. Review and act on results of check-ups and health screenings. Monitor existing and/or new symptoms. Speak up about any concerns or doubts.

Taking care of yourself is the greatest gift you can give your loved ones. Make it a priority so that you can enjoy many happy memories with family and friends!



K-STATE

Research and Extension

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Upcoming Geary County Extension Programs

**Requires pre-registration.

JUNE

- 7—28** MPI Parenting Class**—Junction City YMCA, 1703 McFarland Road, Junction City, is a 6-session class open to any parents with children ages toddler to teen to help support and equip parents with the challenging task of raising children. Please call the Geary County Extension Office to register for the program—785-238-4161. The class consists of 6 consecutive sessions held from 5:30—7:30 p.m. on Tuesday evenings. A \$10/session registration fee is required before the class begins. The total cost for the class is \$60.00 per individual or \$90.00 for the parent and a partner/support person. The class continues through June 28.

JULY

- 18-21** Geary County Free Fair—Stop by the Geary County Extension Office to get your free copy of the Open Class Fair book. There's something for everyone at the Geary County Free Fair, 1025 S. Spring Valley Road, Junction City, Kansas. Doors are open by 8:00 a.m. daily!

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Geary County Office information: <http://www.geary.ksu.edu/>
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