



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

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Ask the Agent

Q: Can I can meat with the bones left in it?

A: It certainly depends on what you are canning but as a general rule, the answer is NO. Karen Blakeslee, K-State Research & Extension Specialist shares this helpful information:

Chicken can be preserved with or without bones, either pints or quarts.

Red meat (beef, pork, lamb, venison) - since there are no instructions to include the bone, canning these proteins is not an option. It is either in strips/cubes/chunks or ground, all either pints or quarts.

I recommend reading through the guidance for canning chicken and other meats at the National Center for Home Food Preservation which can be found on their website at: https://nchfp.uga.edu/how/can5_meat.html#gsc.tab=0

You can also find more food preservation resources on the Geary County K-State Research & Extension website at: <https://www.geary.k-state.edu/health-home-family/food-preservation.html>

For more information call the Geary County K-State Research & Extension office at: 785-238-4161

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The Big 8 & Soon to be Nine!

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Millions of Americans and their families are affected by food allergies and other types of food hypersensitivities. The Federal Drug Administration (FDA) states that food allergies occur when the body's immune system reacts to certain proteins in food. Food allergic reactions vary in severity from mild symptoms involving hives and lip swelling to severe, life-threatening symptoms, often called anaphylaxis that may involve fatal respiratory problems and shock. Research is being done to develop prevention and therapeutic strategies, but food allergies currently cannot be cured.



To protect consumers from the potential of a food allergy reaction, the FDA regulates food labeling on packaged foods and beverages. For those foods or substances that cause allergies or other hypersensitivity reactions, there are additional, specific labeling requirements.

Nearly a decade ago, Congress passed the Food Allergen Labeling and Consumer Protection Act of 2004. This law identified eight foods as major food allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. At that time, the eight major allergens accounted for 90% of food allergies and serious allergic reactions in the United States. However, another food allergen has emerged on the scene. On April 23, 2021 the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act was signed into law, declaring sesame as the 9th major food allergen recognized by the United States. This change will come into effect on January 1, 2023, so labeling of sesame as an allergen will not be required until that time. Like the original eight food allergens, the labels of the food source that contains sesame must appear 1) in parentheses following the name of the ingredient "lecithin (soy)," "flour (wheat)," and whey (milk)" OR 2) immediately after or next to the list of ingredients in a "contains" statement such as "Contains soy, wheat, and milk."

As we approach the upcoming fall and winter holiday season, knowing what is in the foods you prepare is important to your family and friends who might have food allergies.

Reading the label as you purchase food ingredients is critical!

"So first look for a 'Contains' statement and if your allergen is listed, put the product back on the shelf," says Carol D'Lima, food technologist with the Office of Nutrition and Food Labeling at the U.S. Food and Drug Administration (FDA). "If there is no 'Contains' statement, it's very important to read the *entire* ingredient list to see if your allergen is present. If you see its name even once, it's back to the shelf for that food too."



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Family & Consumer
Sciences

Are Supplements the BEST Source of Nutrients?

Family Nutrition



Vitamin and mineral supplements are the most common dietary supplement used by approximately 40% of adults and 30% of children in the United States. Despite popularity of supplements, many individuals are capable of obtaining all the required vitamins and minerals through a healthy diet alone. In fact, those who consume a multivitamin or multimineral on a

daily basis may be at risk for excessive intake, or toxicity of certain nutrients. Additionally, supplements can be very expensive—as evidenced by the \$30 billion (2016) that Americans spend annually on all forms, a number that continues to grow every year.

Here are some quick facts to consider when deciding whether or not to include dietary supplements in your daily regimen:

- ◆ Most individuals can obtain all the vitamins and minerals needed to meet the recommended dietary allowances and adequate intakes by eating a variety of foods.
- ◆ Dietary supplements, including multivitamins and multiminerals, do not guarantee protection against disease.
- ◆ Large doses of either single nutrient supplements or high potency vitamin and mineral combinations may be harmful.
- ◆ Although vitamin deficiency is rare, it may occur when nutrients are limited in one's diet, or as a result of a secondary deficiency caused by tobacco, alcohol use, or disease.
- ◆ Consult a medical professional before taking any self-prescribed single nutrient supplements.

Photo by [Mariana Rascão](#) on [Unsplash](#)

In general, relying on supplements to meet your nutritional needs is NOT the most effective way to maintain the right balance of vitamins and minerals in your body. However, there are exceptions to this statement.

Pregnant women or women who are planning to become pregnant are often prescribed prenatal vitamins to ensure that both mom and baby are getting the additional nutrients needed during pregnancy.

Vegetarians or vegans need to ensure adequate intake of vitamin B12, vitamin D, calcium, iron, and zinc. Dietary supplements can provide these targeted nutrients.

Women who experience unusually heavy menstrual bleeding need to consume extra iron to help replace that which is lost due to blood loss.

Most adults who are on a restrictive diet (1,600 calories or less) will not consume all the necessary vitamins and nutrients required to meet the body's needs. These individuals should consume a multivitamin or multimineral supplement based on counsel received from their doctor.

Older adults (50+), menopausal, and postmenopausal women are additional groups that often require dietary supplements to maintain healthy bones and reduce risk for fractures.

Regardless of age, gender, or health status, you should always consult your physician before beginning a dietary supplement routine. If you have already purchased supplements, you might want to take them with you to your next doctor appointment so they can look over the label to ensure you are not taking something that counteracts with other medications that you are on or that may provide you too much of any one nutrient.

Employee Benefits: A Key Part of Job Compensation

by Dr. Barbara O'Neill, CFP(R) Rutgers University Cooperative Extension, Personal Family Finance Specialist (ret.)

During this "Great Resignation" era when many workers are changing jobs or considering a job change, it is more important than ever to consider various types of employee benefits and their economic value. Also known as "fringe" (short for fringe benefits) or "perks," employee benefits generally equal 25% to 50% of a worker's gross pay. Thus, they are a key part of workers' total compensation package.

Purposes of employee benefits include:

- ⇒ recruit and retain talented employees (e.g., total benefits package)
- ⇒ enhance workers' financial security and health (e.g., health insurance)
- ⇒ improve employee morale (e.g., paid vacation)
- ⇒ increase productivity (e.g., profit sharing) and human capital (e.g., educational benefits and training)
- ⇒ improve an employer's reputation as a good place to work for and do business with (e.g., flexible work hours)

Check in next month when I share the 10 most common employer benefits.

Let's Celebrate!



After 40 years of services to the communities and residents of Geary County and beyond, Chuck Otte is retiring from Geary County K-State Research & Extension.

His experience and knowledge in everything bugs, birds, crops, garden tips and ag leases (to name a fraction of his areas of expertise) has made a lasting positive impact on our county.

We are excited to celebrate the beginning of his new life in retirement with him, even knowing how much we will miss him!

We have planned a retirement reception for him on August 27 at the 4-H/Senior Citizens Building. We hope you can join us!

To Everything, There is a Season

I recently helped my oldest son move into his college housing at K-State as a freshman. It was bitter sweet to say the least, but perhaps the most challenging part was the packing! The amount of clothes that we had to sort through was overwhelming. I stopped helping him sort through his seasonal clothes when he entered high school and that, perhaps, was an error in judgement. Perhaps if I had shared some tips with him four years ago we wouldn't have spent a week trying to get through his closet!

But to everything, there is a season and whether it is the season to send a young man off to college or simply the seasonal change from one set of clothes with another you've got to be prepared to let some things go!

Here are some great tips offered from the University of Georgia Cooperative Extension Service that can help you sort through the clothes in your closet and make room for your fall favorites:

Ask yourself the following questions:

1. Is the item worn-out, out of fashion, or one I never wore?
2. If the garment is worn out, why did I wear it so much?
 - ◆ Was it a flattering color?
 - ◆ Did it fit well?
 - ◆ Was the fabric visually interesting?
 - ◆ Was it comfortable to wear?

Consumer Corner

- ◆ Was it appropriate for many occasions?
 - ◆ Did it go well with other items?
 - ◆ Was it easy to put on and take off?
3. If the garment is out-of-fashion:
 - ◆ Was it a fad?
 - ◆ Was the color fashionable for a limited time?
 - ◆ How long was it worn?
 4. If the garment was never worn or worn only slightly, why was it worn so little?
 - ◆ Was it an unbecoming color?
 - ◆ Did it fit poorly?
 - ◆ Was it an uninteresting style?
 - ◆ Was it an unbecoming style?
 - ◆ Was it not appropriate for many occasions'?
 - ◆ Was it uncomfortable to wear?
 - ◆ Did it not coordinate with other things in the wardrobe?
 - ◆ Did it have limited use?

The purpose of this exercise is to get you thinking about what clothing you do and do not like, and create a closet selection that is appealing and satisfying to you. It's also a great project to tackle before going on a shopping spree—reducing cost by avoiding unnecessary purchases or purchases that don't fit well with your current wardrobe.

Geary County

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Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

September

- 12 Create Better Health Online Class—Join us every Wednesday from 4-5pm! These classes will be held on Zoom and are FREE if you and your family qualify for FDPIR, Free and Reduced Lunch Program, Head Start, Medicaid/Kancare, SNAP, TANF, TEFAP, or WIC. If you would like to start the new year learning new skills from this series, contact Caroline Davis and Ann Katt at snap-edgegearycounty@ksu.edu.
- 13 Dining With Diabetes—This four class series will meet weekly (9/13, 9/20, 9/27, & 10/4) at the Junction City Konza Prairie Community Health Clinic. Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help! Designed especially for people with type 2 diabetes, this program will help you learn the skills needed to promote good health. This class is taught by two highly qualified, caring nutrition professionals who have served the local community for decades: Deb Andres, Geary County Family & Consumer Science Extension Agent and Tracy Sabo, a Registered Dietitian and Program Coordinator at Konza Prairie Community Health Center. For more information go to:

<https://kpchc.org/news/dining-with-diabetes-learn-new-ways-to-make-the-foods-you-love/>



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