



Dear Risk Reducer:

As flood recovery continues please remember your local County Extension Office as a resource you can turn to... Iowans will as always rise to the occasion and Iowa State Extension is here to help.

Garden Produce in Floods

The garden was covered by flood water, are the fruits and vegetables that were growing safe to eat? The safety of unharvested fruits and vegetables depends on:

- Kind of produce
- Maturity of produce at the time of flooding
- Time of year flooding occurred
- Severity of flooding (depth of water and silt)
- Duration of flooding
- Bacterial content of floodwater
- Likelihood of contamination from sewage or other bacterial contaminants

In general, fruits and vegetables that were immature at the time of flooding should be safe to eat by the time they are ready to harvest. This would include vegetables in the blossom or pre-blossom stage. For additional safety, wash thoroughly and cook before serving.

If fruits and vegetables were ready for harvest and came in contact with flood water, they should not be used.

Flood-damaged Foods

Examine metal cans and retort pouches of food carefully. Metal cans that are free of dents or rust can be saved if the following steps are followed.

- Remove the labels and re-label each can with a permanent marker
- Wash the unopened cans in a strong detergent solution, use hot water if available
- Use a brush to remove all silt

- Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation
- Sanitize them by immersion in one of the following two ways; place in water and allow the water to come to a boil and continue boiling for 2 minutes, or place in a freshly made solution consisting of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes.
- Allow cans to thoroughly air-dry before opening or storing.
- Discard the following foods if flood water has dripped on, or seeped into the package.
- Containers of nuts, spices, seasonings, and flavoring.
- Canister or bags of grains, flour, sugar salt, coffee and tea.
- Food in paper, plastic, cloth fiber or cardboard packages (i.e., pasta, cereal, crackers, mixes).
- Jars or bottles of food that have screw-top of crimped topped lids.
- Any porous items that are used with food or come in contact with the mouth.

Safe and Savory Burgers this Summer



Finally, it is beginning to feel like summer and outdoor home chefs are working overtime to grill tasty burgers for their families. But most home chefs are missing the key to a successful burger – an internal temperature of 160° F.

As backyard cooks head outdoors and fire up their grills, it's important to keep ground beef safety top of the mind.

- Always cook ground beef to 160° F. This ensures ground beef isn't under – or over-cooked and any harmful bacteria are destroyed.
- Stop eyeballing the doneness of your burgers. Rather than relying on colors or juices, get an instant-read meat thermometer, which gives an accurate temperature reading much quicker than an oven-proof thermometer.
- Use your instant-read meat thermometer properly. Always insert the meat thermometer sideways into the thickest portion of the patty to ensure it has reached 160° F. And to make sure you get an accurate reading, hand wash your thermometer instead of using the dishwasher

Buy Fresh, Buy Local

You wouldn't buy a new car with high miles, so why eat food with high miles? Fresh produce travels on average 1500 miles from a U.S. farm to an Iowa table. Just one more good reason to buy fresh, buy local.

Common Food Allergies

About 90 percent of all food allergies are caused by the following eight foods: Milk, Fish, Wheat, Peanuts, Soy, Shellfish, Eggs, and Tree Nuts.

Helping Your Kids Eat Healthy

Dark lettuce leaves have more nutrients. Add lettuce to sandwiches. Add spinach to your salads, trim off the small stems and just roll the leaves tightly like a jelly roll. Slice like you would a loaf of bread, this makes it easy to add the "spinach strips to you salad – even "non-eating spinach" children will enjoy this.

Ask your child to "invent" their own salad. Let them pick out the vegetables and other toppings they want to use.

Salmonella and Tomatoes



Salmonella is a type of bacterium. The type of Salmonella causing illness recently reported in tomatoes is relatively uncommon. Fruits and vegetables that come into contact with Salmonella may become contaminated with it, causing illness if eaten. Salmonella lives in the intestinal tracts of some animals, and can live in the soil and water for months. Once Salmonella has contaminated something, it can be spread from surface to surface. For example, a tomato contaminated with Salmonella can spread the bacterium to the hands of a person who cuts the tomatoes and to the cutting board on which the tomato is sliced, for example.

For more about the Salmonellosis Outbreak in tomatoes and to see regions that have been ruled out as sources of contamination, check out this website: <http://www.cfsan.fda.gov~dms/tomatqa.html>

Great Grilling

Grill a berry-filled dessert – slice a ripe peach in half, remove the pit, and fill the peach with blueberries. Sprinkle each half with brown sugar and lemon juice, wrap in aluminum foil, and place on the grill for 15 minutes, turning only once.

Grill your own potato bites, dice potatoes with olive oil, sprinkle with seasoning, wrap in aluminum foil and place on the grill.



Healthily Yours, Written by: Barbara Anderson,
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Money for Life

July 2008

Dear Readers,

Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property. You should know how to respond to severe weather or any disaster that could occur in your area - tornadoes, earthquakes, extreme cold, flooding, or terrorism. You should also be ready to be self-sufficient for at least three days. This month's newsletter provides tips from FEMA and the American Red Cross to help you prepare financially for a disaster situation.



Insurance and Vital Records

Review existing insurance policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family for all possible hazards. Store insurance policies, deeds, property records, and other important papers in a safe place, such as a safety deposit box away from your home. Make copies of important documents for a disaster supplies kit.

Think about the records you would want to take with you if you suddenly had to evacuate your home during a disaster. These records should go into a disaster supplies kit that you could grab either on your way out of your home or bring with you into the safe room if you go there. Consider making copies of all the records you have stored in your bank safe deposit box or home safe and put them in a portable, fire-resistant, waterproof box that you keep nearby at all times. (You might even want to keep irreplaceable keepsakes and photographs in this box.)

Send copies of vital records to an out-of-town friend or relative, as well as to anyone named in a document, such as a trustee or a beneficiary.

In addition, maintain a written and photographic inventory of your possessions, including model and serial numbers, so you can estimate the value of your property for insurance or tax purposes if it is damaged or destroyed in a disaster. Receipts provide even better proof. Put one copy of the inventory in a portable disaster supplies kit, another in your safe deposit box, and send a third to an out-of-town relative or friend.

When you take photos of your possessions or videotape them, remember to include your property's exterior, your vehicles, and the contents of your garage, closets, and attic. Don't forget inexpensive items as well as precious belongings. If you're videotaping, audibly describe the item, when you bought it, and how much it cost. Finally, get a professional appraisal of jewelry, collectibles, artwork, or other items that are difficult to value, and update the appraisal every two or three years. There are professionals who will videotape your possessions for a reasonable fee; ask your insurance agent for a referral. Then, once or twice a year, go through your safe and disaster supplies kit to make sure your records are up to date. Be sure to update your records after making major purchases or completing major remodeling projects. Plan to keep a written record of events to help substantiate your expenses and losses to the insurance adjuster.



Your Job

When preparing for the possibility of a disaster, you need to consider how it may affect your job. To get information from your employer about how disasters are handled, talk to your manager, the human resources department, the benefits director, or the payroll department. A larger corporation may even have an Employee Assistance Program (EAP) that can provide information.

How a disaster is handled depends on the employer.

Here are some questions to ask:

- Does the organization have a disaster plan? If so, what is it? If I'm unable to get to work after a disaster, will I continue to be paid? If so, for how long?
- If the business must shut down temporarily, will I continue to be paid? If so, for how long?
- Would I be able to use or substitute sick leave pay, vacation pay, or any employer-paid emergency assistance?
- Would I be eligible to collect unemployment compensation? If so, when?
- If I'm injured in a disaster, what medical and disability benefits does the company provide and for how long?
- If I'm injured on the job during a disaster, would I be covered by workers' compensation?



Cash Flow

Since power may be out after a disaster, ATMs and credit card processing machines may not be working. In addition, banks may be closed or you may not be able to return home. To get through this time, stash a sufficient amount of cash, traveler's checks, and a roll of quarters (to use in pay phones) in a disaster supplies kit that you keep at home and can get to quickly. To determine how much money to set aside, estimate how much your family would need for three days if you could not return home,

the power remained out, or if you were unable to get cash from an ATM or bank.

It's also important to set aside extra money in an emergency fund.

Many financial experts advise saving enough money to cover your bills for three to six months. Place the money in an account that you can get to easily, such as a bank savings account or money market account, and then leave it there until you face an emergency or unexpected expense. Consider depositing some funds in a financial institution that is outside of your local area to decrease the chances of it being affected by the same disaster.

Sources:

Federal Emergency Management Agency
www.fema.gov

American Red Cross- www.redcross.org

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JULY 2008



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9 Webster County Fair Farmer's Market 2-6pm	10 Webster County Fair	11 Webster County Fair	12 Webster County Fair Farmer's Market 8:30-1
13 Webster County Fair	14 4-H Fair Dance	15	16 Farmer's Market 2-6pm	17	18	19 Flea Market @ Fairgrounds Farmer's Market 8:30-1
20 Flea Market @ Fairgrounds	21	22	23 Farmer's Market 2-6pm	24	25	26 Farmer's Market 8:30-1
27	28	29	30 Farmer's Market 2-6pm	31 Celebration Iowa Singers		

AUGUST 2008



					1 Tax-Free Shopping	2 Tax-Free Shopping Farmer's Market 8:30-1
3	4	5	6 Farmer's Market 2-6pm	7 Iowa State Fair	8 Iowa State Fair	9 Iowa State Fair Farmer's Market 8:30-1
10 Iowa State Fair	11 Iowa State Fair	12 Iowa State Fair Leasing Meeting 1:30-3:30 (\$20/Ind. Or \$30/couple)	13 Iowa State Fair Farmer's Market 2-6pm	14 Iowa State Fair ServSafe Food Safety Class	15 Iowa State Fair Canner Dial Gauge Testing 10-Noon	16 Iowa State Fair Farmer's Market 8:30-1 Flea Market @ Fairgrounds
17 Iowa State Fair Flea Market @ Fairgrounds	18	19	20 Farmer's Market 2-6pm	21	22	23 Farmer's Market 8:30-1
24	25	26	27 Farmer's Market 2-6pm	28	29	30 Farmer's Market 8:30-1
31						

Food Preservation Publications are available at the Webster County Extension Office or online at: www.extension.iastate.edu/publications.

Healthy Meals in A Hurry – is a new publication available at the Webster County Extension Office for \$2.50. It provides recipes for 14 quick healthy entrees that can be cooked to eat now or directions for freezing them for later.

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“Local Tastes Good”

The local Farmer’s markets are really a special source of quality food. The growers pick vegetables every day, often hours before you buy. Many are grown with little or no chemicals and are field ripened.

The producers work hard, battling: too much rain and mud; nuisance weeds; uneven ripening and mosquitoes. The income for the local grower is spent in the community at local businesses. For me, the biggest reason my wife and I buy at the Farmer’s Markets is the taste, the texture and the quality of the produce. I don’t have a garden but this allows me to have special meals.

The Fort Dodge Farmer’s Market is held on Wednesdays from 2:00 p.m. – 6:00 p.m. and on Saturdays from 8:30 a.m. – 1:00 p.m. at the northwest corner of the Crossroads Mall.

Check out the Farmer’s Market in your community, I think you will be pleasantly surprised.

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