

# Human Sciences Extension and Outreach

## REGION 10/11 NEWSLETTER

### ServSafe® Food Safety Training Program

#### Did you know?

The U.S. Centers for Disease Control and Prevention estimates that 48 million Americans (or 1 in 6) experience foodborne illness each year, with 128,000 resulting in hospitalization and 3,000 resulting in death. According to the World Health Organization, most foodborne illnesses come from improper cooking or holding of food, poor health and hygiene practices among food handlers, cross contamination between raw and cooked foods, and obtaining food from unsafe sources.

Food establishments in Iowa are required to designate a Certified Food Protection Manager to oversee the safe handling, preparation, and service of food items. ServSafe meets this requirement and is a nationally-recognized and approved food safety certification program developed by the National Restaurant Association and offered in partnership with the Iowa Restaurant Association.

#### County Highlights

Kelsey Salow, Human Sciences Specialist in Nutrition and Wellness, teaches the ServSafe course in Regions 10 and 11. Since beginning mid-2018, she has had over 580 participants in attendance and held 30 classes in the region. In half of these classes, 90% or more of the participants passed. In 6 classes there was a pass rate of 100%!

Food handlers in attendance represent a variety of establishments in the industry, with each of those food handlers serving 10 to 1000+ meals each day.

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### Regions 10-11 Human Sciences Specialists

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Nutrition and Wellness: [Kelsey Salow](#)

Buy. Eat. Live Healthy:

Family Life: [Danielle Day](#)

Family Finance: [Phyllis Zalenski](#)

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### Upcoming Events

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#### Small Change for Educators

March 2 – Cedar Rapids

March 30 - Davenport

#### KCRG-TV9 Nutrition and Wellness Segment (2<sup>nd</sup> Tuesday)

March 10 at 6:15 am

#### Making Ends Meet

March 13 and 20, Cedar Rapids

#### Food Preservation 101

March 30 - Manchester

#### ServSafe

March 17 - Manchester

March 24 - Cedar Rapids

April 7 - Monticello

#### Strengthening Families Program 10-14

Feb. 27, Mar. 5, 12, 19, 26,

Apr. 9 - Monticello

#### A Journey Through Parkinson's Disease

April 2, 9, 16 - Grand Living, Cedar Rapids

April 14, 21, 28 - Garnett Place, Cedar Rapids

#### Powerful Tools for Caregivers

April 8, 15, 22, 29, May 6, 13  
Cedar Rapids

#### ITERS-3

April 14, 21, 28, May 4  
Cedar Rapids

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