

In Good Health

Johnson County

September 2023
Vol 1 Issue 8

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

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

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

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



Serve with
Greek yogurt
and/or maple
syrup

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.

Nutrition Facts	
12 servings per container	
Serving size	1 pancake
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 380mg	17%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 124mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted
from Martha
Stewart Living

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