



# Horizons

A publication of Purdue Extension Hamilton County

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[www.extension.purdue.edu/hamilton](http://www.extension.purdue.edu/hamilton)



April 2021

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Dear Extension Homemakers,

As I read through the Horizons from one year ago, it was full of information on staying safe, staying connected, and checking on each other. A year later, no one could predict the many changes that would occur in our world. With the arrival of spring, we hope we can soon have some normalcy. As things begin to come back to "in person," we will continue to follow the Hamilton County Health Department, CDC, and Protect Purdue policies to promote safety for everyone.

We look forward to seeing you at upcoming events such as Achievement Day and possibly the fair. Thank you for all that you have done in this last year to take care of others in our community. You are "difference makers."

Stay Well!

Susan L. Peterson  
County Extension Director  
Extension Educator, HHS



Dear Extension Homemakers,

It has been challenging yet fun finding ways to get information to you. We have all gotten better with technology or at least feel more comfortable joining in on virtual events.

The board and council are still discussing how Extension Homemakers can and will be involved at the 2021 Hamilton County 4-H Fair. We will let you know updates, guidelines, and changes soon so keep the fair dates open in July and watch for volunteer opportunities.

This issue of *Horizons* contains directions for some community service projects you can make individually or as a club. There are also ways you can participate in Home & Family Conference. It is local so think about attending one event, one day, or the whole thing. You will also find information on milk, blueberries, kitchen food safety, and helping your body's immunity. Did you know the USDA rewrote the Dietary Guidelines by age? See the chart included.

I look forward to seeing you all again soon. Details on Achievement Day will be coming next month. Let's celebrate YOU!

Spring is here!



Bernie Huber  
Program Assistant  
Health & Human Sciences

## CALENDAR 2021

May 10	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
May 14 May 14-28	Cultural Arts to Extension Office Cultural Arts voting	
June 1 - 3	Home & Family Conference Embassy Suites, Plainfield	
June 2	Melody Makers at Home & Family Conference	7:00 p.m.
June 14	Board Meeting Council Meeting	9:30 a.m. 10:30 a.m.
June 24	Achievement Day (details coming soon)	6:00 p.m.

## Message from the president

Dear Extension Homemakers,

Well here we are near the end of the 2020-2021 IEHA year. Oh my, what a roller coaster! Plans are being made for a "live" Achievement Day. I hope most of you can attend.

I am planning to attend Home and Family Conference June 1 - 3. The 4-H Fair is around the corner. We will keep you updated as plans get made.

My concern for our Hamilton County Extension Homemakers is that membership is getting low. Last count we had 157 members, with four regular clubs and four associate clubs. Please let me know of any ideas to help us grow. We are still working on getting a Mailbox Club started too.

I always love spring - it seems all my plants get a good welcome with my annual "pep talk" as they come out of the ground. Hope this spring finds you all well!

Blessings,  
*Betty Clark*



You can receive this newsletter *IN COLOR*  
-e-mail Bernie (bchuber@purdue.edu)  
OR  
-contact the office at 317-776-0854.



### Mailbox Members

Remember when we had mailbox members in nursing homes who could not attend meetings or get out? They paid dues, were invited to county events, and received the newsletter. Can we increase membership by creating guidelines for members interested in being an Extension Homemaker but cannot attend club meetings?





We have a facebook page called **Hamilton County IN Extension Homemakers**  
Let us know what you are doing. If you have club photos, stories, or events to post, share them with Bernie then look for it on our page.

“like” it to receive information on your personal facebook news feed  
“follow” it to make it easier to find in a news feed

Email: [bchuber@purdue.edu](mailto:bchuber@purdue.edu).



### **CULTURAL ARTS - Due in office May 14**

**Quilts** – full sized quilts, crib/baby quilts

**Needlework** – needlepoint, counted cross stitch, embroidery, crewel embroidery

**Crafts/Miscellaneous** – all items not included in one of the above categories

### **SPECIAL PROJECT—aprons**

### **Home and Family Conference Announcement**

“It is the state board’s decision to hold the 2021 Home & Family Conference as planned with some guidelines. Registration due May 1. Reserve your hotel room by April 30.

Registration form on the ieha website.

<https://ieha-families.org/>

Follow us on facebook

<https://www.facebook.com/IndianaExtensionHomemakersAssociation/>



## **Installation of Officers at Achievement Day**

Silvernotes will perform  
with Melody Makers  
June 2, 2021  
\$5.00 fee to attend

### **2021 – 2022 Slate of Officers**

President	Betty Clark, Fall Creek Home Arts
Vice President	Iris Beechler, Roaring 20's
Secretary	Ginny Hughes, East Wayne
Treasurer	Pat Copeland, Fall Creek Home Arts
Asst. Treasurer	Beth Oberbeck, Roaring 20's
Recorder	Candy Voit, Fall Creek Home Arts
Education	Iris Beechler, Roaring 20's
Leadership	Jan Plummer, Roaring 20's
Volunteer Community Support	Candy Voit, Fall Creek Home Arts
Public Relations	Valerie Carson, Roaring 20's
Past President	Sue Coshaw, Harbourites

## *In Loving Memory.....*



**Sydney Pontius**  
**1934-2021**

County President

1987-1988

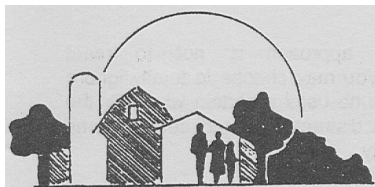
1990-1991

2007-2008

State President

1996-1997

Designed the Horizons logo



**Stephanie Geyer**  
**1950-2020**

County President

2010-2011

2012-2013

PURDUE EXTENSION  
**GET WALKIN'**  
PROGRAM



Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Walking is accessible to almost anyone and doesn't require specific skills or fancy workout clothes and equipment. Need some motivation but don't have time to attend a class? Perfect. We can help! Get WalkIN' is a free e-mail based walking initiative being offered through Purdue Extension. Participants can sign-up, walk on their own, and receive e-mailed support and information. Participants will be asked to complete two short online surveys.

To register, contact Georgia Marshall at [glmarsha@purdue.edu](mailto:glmarsha@purdue.edu) or call 317-776-0854 by **April 30**.

It's FREE!



### **Mommy and We Program**

Our state IEHA president, Anne Moore, would like Extension Homemaker clubs across the state to incorporate the Mommy and We program that was started in Kosciusko County to encourage young adults to become members of local clubs.

The program has each member of the local home extension club to pair up with a young person in their community. Invite them to your club and have a program that would interest them. For example, Kosciusko County had a meeting with the lesson "Making Spaghetti" in an instant pot, then they had a craft making dog toys out of old jeans. They worked together. They also made scrappy quilts, then donated them to their local women's center.

Areas where you can find youth or young women are as follows: Local 4-H clubs, FFA clubs, Junior Leaders, Girl and Boy Scouts, Nancy Chance with Good Samaritan, and local food pantries.

Contact Iris Beechler (Roaring 20's) for more information.





## Be a 4-H Plaque Sponsor



I would like to sponsor the following awards.

I have listed the project areas requested in order of preference. I know that in some cases I may not get my first choice.

### QUANTITY

Division Champion (\$10)	_____	x \$10.00	=	\$ _____
Reserve Grand Champion (\$10)	_____	x \$10.00	=	\$ _____
Grand Champion (\$20)	_____	x \$20.00	=	\$ _____
		TOTAL		\$ _____

Project Area Requested: \_\_\_\_\_

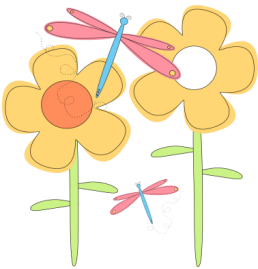
\_\_\_\_\_ I wish to receive a receipt for tax purposes (Check if yes)

Sponsor's Name: \_\_\_\_\_

Sponsor's Mailing Address: \_\_\_\_\_

Sponsor's Telephone Number: \_\_\_\_\_ email \_\_\_\_\_

Please return this form to: Purdue Extension Hamilton County Office, 2003 Pleasant Street, Noblesville, IN 46060-3697

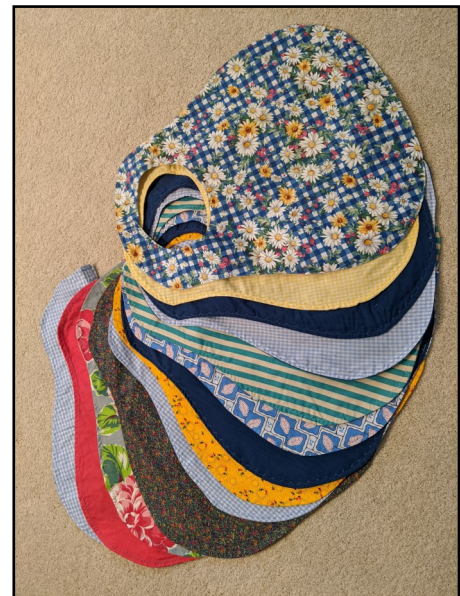


### SPRING REMINISCING

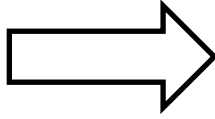
- ◇ What was spring like when you were a kid?
- ◇ What were springtime activities like?
- ◇ How did springtime make you feel?
- ◇ Did you ever have spring fever?
- ◇ Did you have Spring Break from school?
- ◇ What is a special memory of spring in your past?
- ◇ Did you participate in a spring sport?
- ◇ Were there any spring sports you enjoyed watching? Do you enjoy spring sports now?
- ◇ How do you feel about spring now? Is it your favorite season?

## *Volunteer Community Support*

North Adams members are sewing adult bibs.  
Many of the fabrics are from a box of donations  
in the Extension Office.



# How to Repurpose T-shirts into Jump Ropes



Do you have extra t-shirts laying around that you will never wear again? Here is a way to upcycle them into something useful and fun.

Need a visual? WATCH HERE.

<https://www.youtube.com/watch?v=IF-qEfxEveg>

or here

<https://www.youtube.com/watch?v=omXir82AUgE>

## Materials needed:

- \*Lots of old colorful t-shirts (the larger the t-shirts, the fewer you will need)
- \*good pair of scissors

Gather all your t-shirts (even those with rips and stains). They can have any amount of pictures and printing on the front. It won't matter at all when the t-shirts are cut into pieces. Wash and dry all the shirts to get rid of the musty smell from storage.

## Instructions:

- ◇ Lay the t-shirt out on a flat surface or cutting mat.
- ◇ Start cutting a 1 1/2" strip horizontally across the body of the shirt starting from the very bottom hem of the shirt. Go around and around, cutting one continuous length of t-shirt "rope."
- ◇ Continue cutting until you reach the armpit.
- ◇ Once the full t-shirt strip is cut, run your hand along the entire length of the t-shirt strip, stretching it. The "raw" edges begin to curl in on itself. Roll it into a ball so it is easier to braid.
- ◇ Tie three different color strips together in one big knot. This will be your first handle.
- ◇ Then begin to braid the t-shirt "rope" together. If they are not long enough, you can attach additional lengths.
- ◇ Once your t-shirt jump rope is as long as you would like, tie the three strips together and make a large knot again (your second handle).

## Suggested lengths:

- 7 - 8 feet for ages 5 through 10
- 9 - 10 feet for ages 10 and up

Try making a really long rope to jump with a friend.

Hint: Another option is to cut straight strips across the shirt about 1" wide instead of a continuous strip. When you get near the end, tie another 1" t-shirt loop and keep braiding. You will need about 5-6 strips of each color per jump rope.

Have fun experimenting!



## Another VCS Opportunity - TOTE BAGS

The Cicero United Methodist Church is still packing shoeboxes for [samaritanspurse.org](http://samaritanspurse.org) to send to children in Africa. They have asked the homemakers if we could make tote bags to include in the box. The kids carry their supplies to school in the bags. The finished bag should be 13" wide x 13.5" deep with two handles 1.5" x 20.5" attached 2" from each seam edge.

Bags should be made of material that is appealing to school age children.

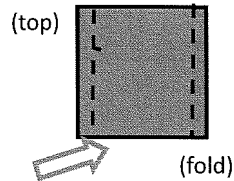
It may be a lined bag or a heavier weight (denim) fabric with finished seams. Bags are needed in early October.

(Bernie has more details and a sample.)

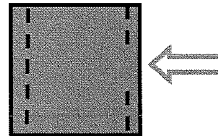


### TOTE BAG

1. Fold bag right sides together. Stitch side seams 1/2". Finish, if desired.



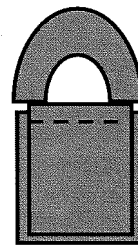
2. Fold lining right sides together. Stitch sides seams leaving an opening in one side for turning.



3. Layer strap pieces right sides together. Sew long edges using a 1/4" seam. Turn right side out. Press. Topstitch.

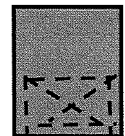


4. Place lining inside bag right sides together. (May insert straps at markings now if you want - raw edges even.) Be sure NOT to get them caught in seam.



5. Stitch top seam 1/2". Turn right side out and press seams. Topstitch.

OR Lay straps at markings and topstitch around rectangle and from corner to corner of strap to reinforce.



6. Stitch lining opening closed by machine stitching or hand sewing.





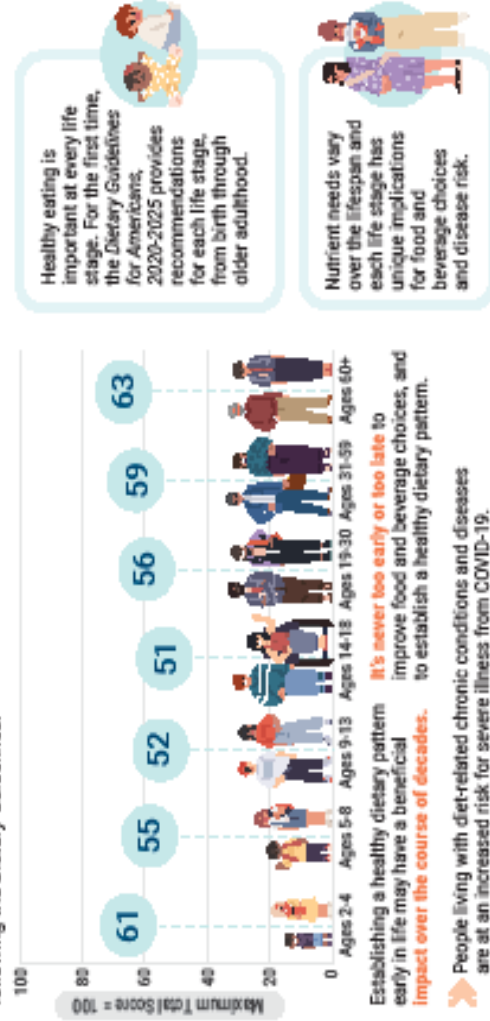
## Make every bite count with the Dietary Guidelines for Americans

### 1 Start with the 4 Guidelines:



### 2 The foods and beverages we consume have a profound impact on our health. Yet we're still not following a healthy dietary pattern.

While the science linking food and health has only become stronger, our Healthy Eating Index (HEI) score has remained low. The HEI measures how closely food and beverage choices align with the Dietary Guidelines. Our HEI score is higher early in life and in older adulthood, but we all fall far short of following the Dietary Guidelines.



### 3 How do we "make every bite count"?

Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.



**Daily Goals:** Most of a person's daily calories are needed to meet food group recommendations with nutrient-dense foods and beverages.



### And follow these three key dietary principles:

- 1** Meet nutritional needs primarily from nutrient-dense foods and beverages.
- 2** Choose a variety of options from each food group.
- 3** Pay attention to portion size.



# What “Milk” is in the Milk Aisle?



For the past few weeks, we’ve been reviewing what’s available in the various aisles of the grocery store. If you’ve been shopping online, you’re likely sticking to your usual list and either picking things up or having them delivered to your door. If you’re physically going inside the grocery to shop, you may be in a hurry to get through to reduce your risk of COVID exposure. Either way, you may be missing new products that are out.

For many of us, the term “milk” meant one product- cow’s milk. Over the years, consumer demand for plant-based milks grew due to lactose intolerance, dairy allergy or the desire to follow a vegan or animal-free lifestyle. According to a recent survey by Cargill, roughly 50% of consumers use plant-based milks. <sup>1</sup>

But not all kinds of milk are created equal. This week we’ll take a look at what’s out there in the dairy and non-dairy world.

## **Cow’s milk**

Cow’s milk, as most of us know it, comes in four varieties. Whole milk or full-fat milk contains 3.5% milk fat and has a fuller, creamier texture due to its high saturated fat content. It’s also higher in calories yielding 150 calories per serving. Two percent milk fat, often seen with a dark blue cap and known as low-fat milk, provides half the fat of whole milk and 120 calories per 8 oz. serving. One percent milk is even lower in fat and calories, providing 100 calories and 2.5 grams of fat. Skim milk, also known as fat-free milk, is the lowest in calories at 90 calories per serving and zero grams of fat.

Each milk provides 8 grams of protein and 12 grams of carbohydrate. As skim milk has had the fat removed, it is fortified with fat-soluble vitamins, A and D. All varieties of milk provide riboflavin as well as 300 mg of dietary calcium, roughly 30% of the DRI.

## **Plant-based milk**

After several lawsuits from the dairy industry, the FDA determined in 2019 that non-dairy “milk” may be called *milk* according to the first amendment. For a long time, soymilk held the spotlight in the non-dairy category, but then came rice and almond milk. Now, you can find coconut milk, cashew milk, pea protein, and more recently oat milk. <sup>2</sup>

Each milk varies nutritionally. While almond and rice milk are lowest in protein and calories, they are fortified to provide the same (or sometimes more) calcium, and vitamins A and D. Cashew and coconut milk tend to be higher in fat and calorie content while oat milk is equivalent to 2% milk in calorie and fat content, but has the benefit of soluble fiber. Pea protein-based milk, such as Ripple, is another alternative for consumers that is vegan and higher in protein than nut-based milk. Hemp milk is another new milk that’s commercially available. This type contains more heart-healthy polyunsaturated fats and does not separate in hot drinks, making it a good substitute for higher fat coffee creamer.

## Which milk is right for you?

The type of milk you choose (or don't choose) is a matter of taste, tolerance, availability, health benefits, and cost. The consumption of cow's milk is considered safe, though health experts advise low-fat varieties to reduce saturated fat intake as it relates to heart disease and some cancers. Excessive calcium (from *any* source) raises the risk of prostate cancer.<sup>3, 4</sup> Compared to plant-based milk, cow's milk is the least expensive and most widely available. Soymilk is frequently available at most groceries, but you may need to try specialty stores for the newer plant-based milk.

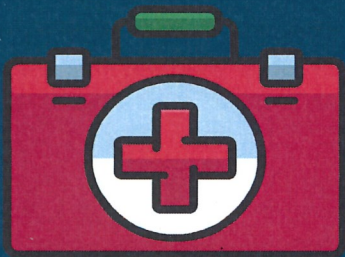
Plant-based milk including soy and nut-based milk is becoming more popular as people move towards a vegan lifestyle, though individuals with soy or nut allergies need to be careful about which milk they choose. Soy milk is the closest (nutritionally) to cow's milk, but some varieties may contain more sugar. Coconut or oat milk may work for those with allergies but will come at a higher price and are less widely available. Almond milk is a good alternative for those requiring a low protein diet, as in kidney or liver disease.

## Ways to use milk

- Use milk in place of coffee or coffee creamer to boost calcium and protein intake with less fat.
- Add soy or other milk to smoothies.
- Try plant-based milk in oatmeal for a smoother texture.
- Substitute almond or oat milk for regular milk if you require a lower protein diet.
- Use coconut or cashew milk in soup or curry-based dishes.
- Have almond milk over your breakfast cereal if you're limiting calories or carbs.
- Try hemp milk to boost polyunsaturated fat intake.

Lisa Andrews, MEd, RD, LD—Food and Health Communications





# How to stay 'immune' to getting sick



## Vitamin D

Vitamin D has been in the spotlight most recently as research suggests that individuals with vitamin D deficiency are more likely to contract COVID and suffer more severe consequences when they do. Get enough vitamin D in your diet through dairy products, fatty fish, or dietary supplementation (if needed) if you can't get enough safely from the sun.



## Protein

Protein is one of three macronutrients and is needed for strong immunity. Protein provides materials for our bodies to make antibodies, white blood cells, and other compounds that help fight disease. Obtain protein in your diet with lean cuts of meat, low-fat dairy products such as Greek yogurt or string cheese, or dried beans and lentils.



## Vitamin C

Vitamin C impacts immunity in a number of ways. Include a variety of fruits and vegetables in your diet daily. Sources of vitamin C include peppers, berries, broccoli, citrus fruits, and spinach.



## Iron & Zinc

Iron is a key component in enzymes that are vital for the normal functioning of immune cells. Zinc has been linked with reduced severity of COVID. Add berries to iron-fortified cereals to boost iron absorption or include peppers and tomatoes in bean dishes. Add whole grains to your diets such as oatmeal, whole-wheat pasta, bran cereal, or quinoa for adequate zinc and fiber.



## Sleep & Exercise

Getting enough sleep, reducing stress, and doing regular exercise also improve our immune systems and should be accomplished every day.



## Water

Drink plenty of water. Water helps keep mucous membranes moist, which helps protect the lining of our lungs and gut from harmful bacteria. Aim for at least 6 to 8 cups of water daily.



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# BERRY FACTS

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Enjoy these tasty and versatile fruits!

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## Trivia Time!

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Blueberries are related to cranberries, azaleas, and even rhododendrons!

95% of commercial blueberries are grown in North America.

Blackberries are native to North America and still grow wild in many areas.

Blackberries and raspberries are aggregate fruits.

Raspberries can be red, yellow, orange, purple, or even black! Their dominant color affects what vitamins and other nutrients can be found in the berries.

According to the study, *Raspberries and human health: a review*, "Red raspberries are a common and important fruit in the Western diet due to their content of essential nutrients and beneficial phytochemicals."

## Packed with Nutrients:

Did you know that blueberries have 26% of your daily value (DV) of manganese in a single cup? They're also loaded with vitamin C, vitamin K, and fiber!

Speaking of vitamin C, blackberries have tons of it — 50% DV in a one cup serving, along with 47% DV manganese, 36% DV vitamin K, 31% DV fiber, and even 12% DV copper. That's all in a 62-calorie package!

That same amount of raspberries has lots of fiber, packed into only 64 calories. Plus, raspberries contain antioxidants, which are linked to disease prevention.







## Home Kitchen Food Safety Best Practices Check-Up

**Part A:** How clean is your kitchen? What grade would a food inspector give it? To find out, take a few minutes to complete this check-up. Check the box beside each number if **all** of the bulleted points are **TRUE** for your kitchen.

### KITCHEN FACILITIES

- ☐ 1) Countertops and Cutting Boards:
  - Countertops and cutting boards have a smooth, corrosion-resistant, non-absorbent, and easily cleanable surface.
  - Countertops and cutting boards do **NOT** have pits, chips, scratches, deep grooves, distortion, or stains.
  - Countertops and cutting boards are clean to sight and touch.
  - Countertops and cutting boards are always sanitized before and after food preparation.
- ☐ 2) Food Preparation Equipment:
  - Equipment is clean to sight and touch.
  - Microwave oven seals and inside cooking space are free of debris (e.g., stains, crumbs, old food, dust).
  - Can opener is clean and free of debris.
- ☐ 3) Cleaning Equipment & Materials:
  - Hot water works.
  - Kitchen sponges/brushes/dishrags look fresh, clean, and visibly free of debris.
  - Paper towels are available.
  - Automatic dishwasher is available and functions.
  - Soap and/or sanitizer is available near kitchen sink.
  - Hands are dried only with paper towels or designated dishtowel that is **NOT** used for other purposes.
- ☐ 4) Overall Cleanliness:
  - Garbage is covered, or if exposed, is in an area at least a few feet from food preparation areas and is **NOT** overflowing from the container.
  - Pets are never in kitchen area or on food preparation surfaces (e.g., counters).
  - There is **NO** evidence of rodents (e.g., droppings) or insects (e.g., brown spots on or near baseboards).

### PERISHABLE FOODS (e.g., dairy, eggs, meat, poultry, fish, and take out foods)

- ☐ 5) Transporting Perishable Foods:
  - Cold perishable foods are transported quickly from the grocery store and, once home, are immediately refrigerated or frozen.
  - Take-out and hot foods are transported quickly from the grocery store or restaurant and, once home, are immediately eaten, refrigerated, or frozen.
- ☐ 6) Preparing Perishable Foods:
  - Frozen meat, fish, and poultry are thawed in the refrigerator, microwave oven, or in cold water.
  - Frozen meat, fish, and poultry are totally thawed before they are cooked.
  - A food thermometer is used to be sure raw ground meat, chicken, and leftovers are heated to at least 165°F.
  - Only pasteurized eggs are used in recipes calling for eggs that are not cooked until the yolk is solid.
  - Immediately after cooking, large containers of hot food (e.g., soup, stews) are served or placed in shallow containers and cooled in the refrigerator or freezer.
- ☐ 7) Holding Perishable Foods:
  - Perishable foods, including those in picnic and packed lunches, are never left at danger zone temperatures (41°F to 135°F) more than 2 hours.
  - Perishable foods are discarded if left at danger zone temperatures (41°F to 135°F) more than 2 hours.
- ☐ 8) Refrigerated Foods:
  - Refrigerated foods are spaced to allow air to circulate freely.
  - Eggs are stored in their original carton.
  - Raw meat/fish/poultry is stored in sealed, non-leaking containers placed below produce and other ready-to-eat food.
  - **NO** refrigerated food is past its expiration date.
  - Leftover foods are labeled with date of preparation (or date purchased).
  - Leftover foods are eaten or discarded within 7 days.
- ☐ 9) Refrigerator:
  - has a working thermometer.
  - has a temperature between 32 to 40°F.
  - is cleaned and sanitized regularly.
- ☐ 10) Freezer:
  - has a working thermometer.
  - has a temperature less than or equal to 0°F.



## STORAGE

- ☐ 11) Dry Foods (e.g., packaged and canned foods):
  - appear to be wholesome and safe to eat.
  - are in tightly closed packages (packages are **NOT** torn or damaged; canned foods do **NOT** have dents in a seam or edge, deep dents in any part of the can, or bulging lids).
  - are stored in clean, cool, dry locations and **NOT** stored under a sink or near drains/pipes.
  - are stored at least 6-inches above floor.
  - are rotated on a first-in, first-out basis (i.e., one box is used up before another is opened).
- ☐ 12) Poisonous Substances (e.g., household cleaners, sanitizers, and other household chemicals):
  - are stored away from foods to prevent contamination of food and food preparation equipment or utensils.
  - are in their original containers; containers are intact and clearly labeled.
  - when used, insect/rodent-bait stations are covered and tamper resistant.

## PERSONAL HYGIENE

- ☐ 13) Handwashing:
  - You always wash your hands with soap & water
  - **BEFORE** preparing food or eating.
  - **AFTER** handling raw meat/poultry/fish or raw produce.
  - **AFTER** smoking, eating, or drinking.
- ☐ 14) Food Preparation:
  - You minimize touching foods with your bare hands and avoid preparing food when you are sick (i.e., have diarrhea, fever, vomiting, open sores, or persistent cough/sneezing/runny nose).
  - Raw produce is washed thoroughly. Melons are washed before being sliced.

## So, just how food safe is your home kitchen?

Count the number of boxes you marked for Part A, and then check your grade! If you got anything less than an A, look over the items you **did not** check and make changes to get your **whole** kitchen as food safe as it can be!

Score	Grade	Evaluation
0-3	F	<b>FRIGHTENING!</b> Don't make another meal until you do some serious cleaning and improvement of your behaviors! The many food safety violations in your kitchen are hazardous to your health. Review the items you <b>did not</b> check and immediately make changes.
4-6	D	<b>DANGER!</b> Your kitchen and food habits pose many food safety dangers. Review the items you <b>did not</b> check and make changes right away!
7-9	C	<b>CAUTION!</b> Some parts of your kitchen and your behaviors are food safe, but not all. Review the items you <b>did not</b> check and make changes to get your <b>whole</b> kitchen and self in top food safety shape.
10-13	B	<b>BETTER!</b> Overall, your kitchen and habits are in good shape; but there are areas where you can improve. Take steps to get your <b>whole</b> kitchen and self in awesome food safety shape.
14	A	<b>AWESOME! KEEP UP THE GOOD WORK!</b>

## Part B: What do you know about safe food? Answer these questions and find out!

- 1) To make ground meat, chicken, and leftover food safe to eat, cook until its internal temperature is at least:
  - ☐ a) 140°F
  - ☐ b) 165°F
- 2) To keep meat, fish, poultry, eggs, dairy, and cooked foods safe to eat, keep them above or below these danger zone temperatures no longer than 2 hours:
  - ☐ a) 140°F and 165°F
  - ☐ b) 41°F and 135°F
- 3) The 3 ways to safely defrost meat, fish, and poultry are:
  - ☐ a) on the counter, in the sink, in the microwave
  - ☐ b) in the refrigerator, in cold water, in the microwave
- 4) The best way to sanitize a sponge or dish cloth/towel is to:
  - ☐ a) soak it in hot water for 10 minutes
  - ☐ b) wet it, then microwave it for 1 minute
- 5) The correct recipe for making a sanitizing solution is:
  - ☐ a) ½ ounce of bleach in 1 cup of water
  - ☐ b) 1 ounce of bleach in 1 gallon of water

**Score mostly A's?** Hit the books and learn more about food safety.

**Score mostly B's?** Good, but review the ones you missed.

**Score all B's?** Right on, smarty pants! Now share the knowledge.