



EFNEP TRAVIS  
COUNTY

## Important

## Announcements

- 3rd Annual Women's Conference November 4, 2017  
Time: 9am-2pm  
Consulate General of Mexico-Austin  
FREE!

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# The Daily Apple

A quarterly newsletter for friends and participants of EFNEP– Travis County

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## Food Safety During Emergencies

By Hannah Flicker

Emergencies such as a hurricane, flood, and fire have the ability to risk the safety of our food. It is very important to know how to decide whether food is safe or not. That will decrease the risk of foodborne illness. It is also very important to know how to keep food safe during these events so that we don't lose food when we may need it the most.

Foods such as meat, poultry, eggs, and seafood should be at 40° F or lower in the refrigerator and frozen foods should be at 0°F or lower in the freezer. Refrigerated food should be safe as long as power is out no more than 4 hours. In the case of a power outage for a long period of time, keep the refrigerator and freezer doors shut unless needed.

Food such as canned goods, bottled water, boxed/canned milk, baby

formula and food, pet food, and foods with a long shelf life should be stocked. If you live in an area that can flood, keep emergency foods on shelves to prevent them from being contaminated by flood waters. If food has been in contact with flood waters, discard any foods that are not in waterproof containers. Food packages that are not waterproof include: screw tops, pull tops, crimped tops, and snap lids. Canned foods are safe unless the can is damaged. Can damages include: bulging, leakage, rusting, and severe denting. Remember; keep an extra manual can opener with the

emergency foods. Never taste food to determine its safety!

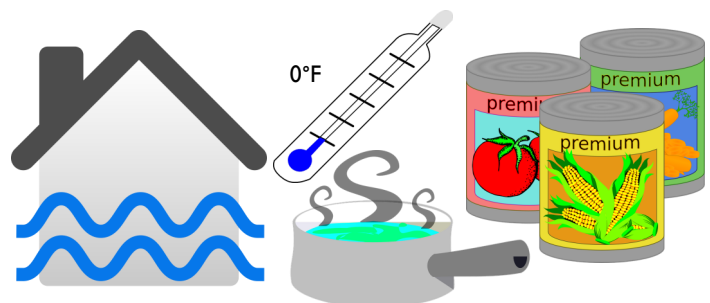
Bottled water is safe to drink if it has not come into contact with contaminated water. Boiling water for 1 minute will also kill off most bacteria.

These simple and necessary tips will ensure you are prepared to keep food safe for you and your family in the event of an emergency.

*Hannah Flicker is an Adult Nutrition Education Assistant*

Source: [USDA Food Safety and Inspection Service](#), [CDC](#)

**Make sure food and water are safe after an emergency!**



## EFNEP TRAVIS COUNTY

The EFNEP program provides nutrition education to low income families and children throughout Travis County.

### Adult

A series of eight classes are offered to adults in a variety of settings and class topics include:

- Intro to EFNEP
- MyPlate
- Fruits, Vegetables & Dairy
- Power of Planning
- Setting your Limits
- Plate it Safe
- Mealtime Miracles
- Choice is Yours- Setting Goals

### Youth

A series of six classes are offered to youth aged 5-18 in schools and at after school locations. Class

topics include:

- MyPlate
- Make Half your Grains Whole
- Vary Veggies and Focus on Fruits
- Get your Calcium-Rich Foods
- Go Lean with Protein

If you or your organization is interested in speaking with a local nutrition educator to schedule classes, please call:

(512) 385-0990

Maria Rosario-Mejias,  
Extension Agent- EFNEP

TEXAS A&M  
AGRI LIFE  
EXTENSION

## In Season: Pumpkin

The ideal pumpkin color of choice is bright orange even though other colors are available. The bright orange color is normally an indicator that the pumpkin is ripe. Other ways to check if the pumpkin is ripe is by slapping in search for a hollow sound and checking the stem on the pumpkin to make sure it's dark. Pumpkins come in different sizes and are loaded with beta-carotene, which is an important antioxidant that converts to Vitamin A in our body. There are many ways in preparing meals with pumpkins which include preparing soups, baking, grilling, sautéing or even fresh.

### Cranberry Pumpkin Muffins

#### Ingredients:

- |                            |                          |
|----------------------------|--------------------------|
| -2 cups flour              | -1/3 cup vegetable oil   |
| -3/4 cup sugar             | -2 eggs (large)          |
| -3 teaspoons baking powder | -2 cups cranberries      |
| -1/2 teaspoon salt         | (fresh/frozen)           |
| -3/4 teaspoon allspice     | -2 cups pumpkin (canned) |



Cranberry Pumpkin Muffins

#### Directions:

Preheat oven to 400°F. 1. Sift together dry ingredients- flour through allspice. Set aside. 2. Beat oil, eggs, and pumpkin together until well blended. 3. Add wet ingredients (pumpkin mixture) to dry ingredients all at once. Stir until moistened. 4. Fold in chopped cranberries. 5. Spoon into paper lined muffin cups. 6. Bake for 15-30 minutes.

Retrieved from [What's Cooking? USDA Mixing Bowl](#)

## Volunteer Spotlight

The EFNEP program has had the pleasure of working with Todd Kassens, the Curriculum Coordinator for Extend a Care for Kids (EAC) for the pasted 12 years. EAC has both after school and summer programs for elementary aged children from 4 to 12 years. They have many locations in Austin, Del Valle and Hays County ISD's, charter schools and preschools throughout Travis and Hays County. Extend a Care for Kids has provided its families high quality and affordable programming since 1969. Last year, 2016-17, we



Todd Kassens, Extend-A-Care  
for Kids

served over 2300 students in 52 different locations in both Austin and Del Valle. Kassen has shown his passion and dedication to our program here at EFNEP by being a member of EFNEP's

advisory committee. He knows how important a healthy diet and exercise is for young children. It is especially concerning these days with the rise in obesity and diabetes the US. His efforts have helped us be able to provide our program to the limited resource families; some of the most vulnerable to childhood obesity. We appreciate all the help Todd Kassens has provided us throughout the years and are looking forward to many more years of collaboration.

Daneda Hansen

Administrative Associate II