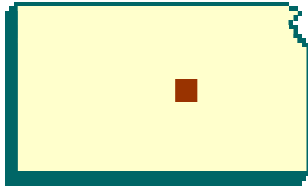


McPherson County



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JUNE 2017



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



National Festival of Breads A Fun, Free Family Festival

Live Music | Children's Area | Door Prizes | Bread Samples
| Baking Demos | BBQ Sessions
June 17, 2017 | 8:30 a.m. - 3:00 p.m.
Hilton Garden Inn, Manhattan, Kansas
Bread, BBQ...Talk About a Perfect Saturday!



The National Festival of Breads is a fun, educational day for the whole family! Inside the ballroom will be baking demonstrations, eight finalists competing for the title of 2017 NFOB champion, a children's area, bread samples, new recipes and much more! Outside at the Blue Earth Plaza you'll find demonstrations by national BBQ champion Rod Gray, a food truck and live music. Plus, it's FREE! Visit nationalfestivalofbreads.com for a complete schedule of events.

Grillmasters!
Do you have the right tools?

When you're getting out your BBQ tongs, spatulas and platters, don't forget to include the tool critical for a safe and delicious BBQ - a food thermometer.

Safe Minimum Internal Temps	
160°F	Ground Beef
165°F	Poultry, including ground poultry
145°F	Beef, veal, lamb, pork & roasts

The Partnership for Food Safety Education - fightbac.org

Grill with the Right Tools!

Grab the tongs, platters, spatulas, and don't forget a food thermometer! Taking the temperature of food is the safest way to check for doneness.

The best types of thermometers for grilling are digital instant-read thermometers or the thermometer-fork combination. Both read temperature in less than 10 seconds. Insert it into the thickest part of the food, but work well for thin foods too. Learn more at www.fightbac.org/grill-master/

The Scoop on Kitchen Sponges

Kitchen sponges are notorious for trapping food particles which can lead to bacterial growth. This can lead to cross contamination and foodborne illness.



In a recent study, researchers evaluated polyurethane foam sponges and cellulosic sponges and different treatments to help clean and sanitize them. The polyurethane foam sponges disinfected with chlorine reduced pathogenic *E. coli* up to almost 90%. Cellulose sponges reduced chlorine levels by 24% after 30 minutes of soaking. This reduces the effectiveness of disinfection. Total numbers of bacteria and *E. coli* were less in both antimicrobial polyurethane sponges and regular polyurethane sponges.

Bottom line, if using sponges, try polyurethane types, keep them disinfected, and replace them often.

Source: Karen Blakeslee, Rapid Response Center newsletter Food Protection Trends, Vol 37, No. 3. p. 170-175

Powerful Tools FOR Caregivers

Participants in this 6-week program a weekly workshop. It's a chance for those in different caregiving situations to come together to share and learn from each, and are involved in a variety of exercises and activities.

The sessions will be offered on Wednesday evenings in June, starting on June 7 from 6:30 to 8 p.m. There is a \$15 registration fee to help cover the cost of the books. If you are interested, please contact the McPherson County Extension Office at 620-241-1523.

This workshop is not for the person receiving care, it is for the Caregiver. It is vital that the Caregiver take care of themselves, and this class provides tools to help.



Remember, Jana is a Senior Health Insurance Counselor of Kansas (SHICK) and is willing to provide free, unbiased, confidential

information on Medicare and help you know the options that are available to you. It is important to have a good understanding of the different Parts – A, B, C and D – and Medicare Supplement Plans (Plans A - N) as they pertain to you. You have guaranteed issue in your Initial Enrollment Period (the three months before your birth month, your birth month and the three months after). Please, call 620-241-1523 or email jmckinne@ksu.edu to set up an appointment.



EAT breakfast
control p-o-r-t-i-o-n-s
DRINK H₂O
fruits and vegetables on 1/2 the plate
choose whole grains
choose low fat or fat free dairy





Welcome to Prairie Land Food! Try it...new management

We specialize in bringing you quality food at affordable prices. The Prairie Pak includes a wide assortment of frozen meats, and a variety of seasonal fresh fruits and vegetables – just like you see in major grocery stores.

And at a savings of up to 50% off retail prices! Additional packages, including meat packages and specialty packages are also available. You can pay for your purchases with cash, checks, SNAP (food stamps) at local sites, or online with a bank draft, debit or credit card (Visa, MasterCard & Discover) and PayPal.

Prairie Land Food partners with churches, schools, and community organizations to create "host sites" to make picking up your purchases as convenient as possible.

It's as easy as 1-2-3

1. Select your food packages
2. Place your order at your local host site or on line. (Ask us at Extension Office)
3. Pick up your purchase on the designated distribution date

If you are unable to order through the web site because your paycheck comes in too late, call June, who will be happy to assist you with your order and work out arrangements for a delayed payment to meet your families pay check schedule.

More information available at www.prairielandfood.com or you can call the McPherson County Extension Office at 620-241-1523. There has been a change in organization – if you haven't tried it recently – please, try it again!

You do not have to do participate every month. It is not a club that you must join. It is not income based. It is just a great way to get great food at a great price!

Food Safety Training

Everyone plays a role in food safety. Preparing high-quality, safe food begins with well-trained and knowledgeable food service workers.

Focus on Food Safety seminars are designed to help food service workers focus on those items that are critical to safely preparing, cooking, holding and storing food. The voluntary course is designed to help identify basic steps to help prevent foodborne illness.

If you are a food service worker at a restaurant, deli or fast food establishment, a community meal provider, a member of a church group that serves food, a daycare provider, a participant in fundraisers that serve food or an individual who wants to improve his or her safe food handling techniques, I would be glad to provide an employee level training or a Manager level training.

Topics include food safety, protecting food in preparation, protecting food in serving and cleaning and sanitizing. The employee level takes approximately 1 ½ hours with no test and is free, unless participants wish to purchase their books. This training will qualify participants for a Food Handler's Card which is required to work at The Lord's Diner in Wichita. Manager level is \$40 for the answer sheet for the test, or the book and test is \$110 with the class lasting 8 hours.

If interested in participating, or having a class, please contact Jana at 620-241-1523, or you can email jmckinne@k-state.edu



Clover Corner

Lindsey Friesen
County Extension Agent
4-H Youth Development



Hello!! School is out and we are off and rolling with summer! Discover Days is May 30-June 2 and 4-H Camp is June 10-13! If you are not able to attend this year, be sure to ask your friends about these events and all the fun happenings!

I would like to give a special welcome to our Summer Intern, Christina! Please stop by the office and say hello to her! We are all very excited to have her in the Office all summer and show her how awesome McPherson County 4-H is!

I know it feels like we have barely begun summer, but it will go fast. Spend June working on learning and completing 4-H projects and activities! The 8 weeks before fair will go fast!

~Lindsey

Welcome Christina!

Hey there! My name is Christina Hoffman. I am a junior at K-State majoring in Agriculture Education with a minor in Horticulture. I grew up on a farm about 15 miles South East of Abilene and was apart of the Dickinson County 4-H program for 12 years. I was involved in multiple activities and a variety of projects during my time as a 4-Her. I am excited to serve as the McPherson County Intern this summer. I am looking forward to returning to Rock Springs Ranch, to help with Camp and assisting the county with fair.

Clover Corner Information?

If there is information you would like to share with fellow McPherson County 4-H'ers, let Lindsey know! The deadline to have information included in the July/August newsletter is June 15. Email Lindsey or bring your information by the Extension Office!

4-H Council

The next 4-H Council meeting will be Thursday, June 8 at 6 PM. We will meet at Hopp's Sno Shack. **PLEASE NOTE THE DIFFERENT TIME AND LOCATION!** Pizza will be served during this meeting and Concert for a Cause will begin at 7 PM. Please try to have representatives from your club present, there is a lot on the agenda to decide!

4-H Calendar

June

- 1 Rabbit ID's due into the Extension Office
- 15 District 4-H Horse Show Entries and payment due Online
- 8 Farm Safety Day Camp
- 8 4-H Council, 6:00 pm - Hopp's Sno Shack
- 8 Concert for a Cause- 7 PM- Hopp's
- 10-13 OzSome 4-H Camp, Rock Springs
- 15 State Nomination Deadline for Market Swine, Market Sheep, Meat Goats, & Commercial Heifers/Ewes/Gilts

Concert for a Cause

4-H Youth Development will again be hosting a Concert for a Cause event. Mark your calendars for Thursday, June 8 from 7-9 PM where Sam Unruh will be performing at Hopp's SnoShack. 4-H will be selling popcorn and water, have a prize raffle and all snoCone proceeds will be donated to our organization. Cplan to come have a good time outside with your 4-H friends and supporters!

Upcoming Daycamp

The 4-H Ambassadors are busy planning a daycamp for all youth ages 6-9. This will be held on Tuesday, June 27 from 8-Noon at the McPherson County Extension Office and Fairgrounds. Registration is limited to 30 youth and costs \$5. Pick up registration forms in the Extension Office or Email Lindsey for more information!

McPherson 4-H Fair

4-H Fair Books will be available in print and online soon! Save the dates of July 21-24 for fair activities. There will also be a fairgrounds set-up and supper on July 18 and fairgrounds clean-up and pizza lunch/swimming party on July 25.

Family of the Year Nominations

Each year every club has the opportunity to nominate a family for the "Family of the Year" award. We have lots of deserving families that volunteer a lot of time and energy to the McPherson County 4-H program and to their club. So it is time to recognize those efforts. So at your next club meeting consider which family you would like to nominate for this award. Awards nominations for clubs are due on August 5 to the Extension Office. At the August Meeting of 4-H Council, we will announce the nominations and then council members will take it back to their clubs for a vote before voting as a 4-H Council. So get your nominations ready, nomination forms are available at www.mcpherson.ksu.edu. Remember there are other awards nominations as well later in the fall as we get ready for Achievement Banquet.

PROJECT NEWS



Horse - State Horse Judging Contest will be held Thursday, June 22 at the Salina Fairgrounds. Rule and registration can be found at <http://www.kansas4-h.org/p.aspx?tabid=441> Due June 15

Photography - Remember, when preparing for the fair, mounting boards can be purchased at the Extension Office for \$1 each and plastic sleeves for 25 cents each.

Rabbit - There will be a rabbit meeting on June 25 at the Extension Office Meeting Room at 2:00.



Reminder... State Livestock Nominations are due on June 15th for Sheep, Meat Goats, Swine, and Commercial Heifers

Members that are wanting to animals for the KJLS or State Fair must now turn in DNA hair samples in addition to the paper forms. These are due to the State Office by June 15th to nominate an animal to show at KJLS or State Fair (Market Beef were due May 1st). Our office has the envelopes needed to do the DNA samples but the rest of the forms are available at www.youthlivestock.ksu.edu

