Foodborne Illness Prevention Starts
at the Grocery Store

You always thaw meat in the refrigerator. You have separate cutting boards for raw meat and vegetables. You cook food to the proper internal temperature. You do everything possible to prevent foodborne illness at home. But did you know that consumers can help prevent foodborne illness starting at the grocery store, supermarket or any other place food is purchased? Consumers play a key role in preventing foodborne illnesses.

According to the Centers for Disease Control and Prevention, foodborne ailments cause about 325,000 hospitalizations and 5,200 deaths per year. By combining food safety practices from home with these tips while at the grocery store, you can help cut down the number of cases of foodborne illness.

First, check for cleanliness. Purchasing food items from a retailer who follows proper food handling practices helps ensure that the food is safe.

Always separate raw meat, poultry and seafood from other foods in your shopping cart. Consumers should place all raw meat, poultry and seafood in plastic bags to prevent their juices from dripping on other foods. Try to keep these foods separated from other foods during the checkout and bagging process. Do not purchase food in dented or bulging cans or in cracked jars or jars that have loose or bulging lids.

Foods that have been commercially processed are sterile and have an extended shelf life as long as the can or jar is intact. A bulging can or jar lid can possibly mean the food was under-processed and is contaminated. A dent in a can, especially if the dent is near a seam, may damage the seam which could allow contamination. A loose lid on a jar means the vacuum has been lost and the food may be contaminated.

When purchasing frozen foods, make sure the package is not damaged. Packages should not be open, torn or crushed on the edges. If the package cover is transparent, check for signs of frost or ice crystals. This could mean that the food in the package has been thawed and refrozen or has been stored for an extended period of time.

Select frozen foods and other perishables last when grocery shopping in order to ensure food safety. Meat, poultry, fish and eggs should be the last items you place in your cart.

When selecting eggs, open the carton and make sure that the eggs are clean and none are cracked. Be sure to follow the "Safe Handling Instructions" on the carton.

Once consumers get home it is important to refrigerate perishable foods as quickly as possible.
Foodborne Illness Prevention Starts at the Grocery Store

Food safety experts stress the “2-hour rule.” This is the time limit in which harmful bacteria can start to multiply.

Perishable foods should not be left at room temperature for more than two hours. Modify that time frame to just an hour if the temperature is above 90 degrees, as it often is in cars that have been parked in the sun. If it will take more than an hour to get groceries home, pack frozen foods and other perishables in an ice chest. It’s also a better idea to transport foods inside the passenger compartment of the vehicle and not in the trunk.

What Happens to Your Money If Your Bank Goes Under?

Your bank going under is not likely to happen to anyone in Oklahoma, but it is possible as we have seen. What does happen to your loans and deposits if your bank is taken over by the Federal Deposit Insurance Corporation?

The FCIC insured limits are $100,000 per depositor per insured bank. So a couple having joint deposits does not need to worry about losing money until they surpass $200,000 in one bank. This is not each account that they might have at that bank, but total deposits. If you have deposits at two different branches of the same bank, it’s still considered to be one bank.

Certain retirement accounts are the single exception to this rule. They are insured up to $250,000 per owner per bank. If you have deposits in one bank that are split between your name and another legal entity, for example a trust, then they each would qualify as a separate individual owner and each qualify for the $100,000 exemption.

All current loans are not affected by the change in bank ownership. There should be no change in your payment schedule if your loan is up to date. If your loan is past due then you can expect to have problems in the future. There is a good chance that any past due note will not be allowed to continue without some action.

As a rule of thumb, do not let your deposits get anywhere close to those limits in any one bank. Once the limit is being neared, open an account in another institution. The last thing that anyone wants is to find that they have lost any money that they did not need to lose.

Source: Bill Burton, Ag Economist, OSU DASNR
Timely Topics, volume 9, July, 2008.

Don’t Forget About the Upcoming Special Fair Classes

Open Class Recycled Garment and Open Class Recycled Craft—special premiums are sponsored by McClain County OHCE.

Salsa Contest—Entries are taken on Wednesday, September 3, from 2:00-7:00 p.m. and Thursday, September 4, from 10:00 a.m. to noon. Bring one jar of salsa and an additional sample for tasting. Quality premiums will be awarded on taste; Best of Show will be awarded on taste and canning standards. Premiums are sponsored by McClain County OHCE. After judging, the jars of salsa will be donated to the 4-H Scholarship Auction.

Pie & Cake Contests—Entries are taken between 10:00 a.m. and 12:00 p.m. on Thursday, September 4. Pies and cakes are donated to the 4-H Auction.

Food Preservation Awards—The “Ball® Fresh Preserving” award will be given to the two best entries submitted for fruit, vegetable, pickle and soft spread categories. Entries must be preserved in Ball® jars, sealed with Ball® lids and bands. Soft spread entries will be limited to recipes prepared using Ball® pectin: Original, No Sugar Needed or Liquid. A proof of purchase for Ball® pectin must be provided at time of entry.
Special Fair Classes (continued)

Oklahoma Wheat Hearts Bread Baking Contest-
Classes include: White Bread, Whole Grain Bread
(no white flour included), Dinner Rolls, Wheat
Breads (Other), Sweet Breads and Bread Machine
Breads. The recipe must accompany all entries.
County winners are eligible to compete at the
Oklahoma State Fair.

**McClain County Free Fair**

**Schedule of Events**

**Saturday, August 23**

7:30 a.m.  Registration for Horse Judging.
8:00 a.m.  Horse Judging Contest.
8:00 a.m.— 9:00 a.m.  Check in for Horse Show.
10:00 a.m.  Horse Show.

**Wednesday, September 3:**

2:00 p.m.— 7:00 p.m.  Enter building exhibits. Enter Salsa
Contest entries.

**Thursday, September 4:**

8:00 a.m. — 9:00 a.m.  Enter baked goods and fresh flowers.
10:00 a.m.  Judging Building Exhibits.
10:00 a.m. — 12:00 p.m.  Entries for Pie & Cake Contests.
1:00 p.m.  Pie, Cake & Salsa Judging.
1:00 p.m.— 2:00 p.m.  Check in for Dairy Goat Show.
3:00 p.m.  Dairy Goat Show.
3:00 p.m.  Commercial & Educational Displays Complete.
4:00 p.m.  Equine Judging Contest.
5:30 p.m.  Entertainment.
6:00 p.m.  Bean Supper -Kiwanis.
6:30 p.m.  Pie, Cake & Salsa Auction.
7:00 p.m.  Kiddie Tractor Pull.

**Friday, September 5:**

9:00 a.m.  School Children's Day. Tours.
9:00 a.m.  All livestock in place & all beef
weights and papers turned in.
10:30 a.m.  Dairy Show & Dairy Showmanship.
1:00 p.m.  Beef Show (Prospect, Market,
Bucket Calf, Heifers & Bred &
Owned). Beef Showmanship.
3:30 p.m.  Registration for Livestock Judging
Contest.
4:00 p.m.  Livestock Judging Contest (time
approximate; contest will be held at
conclusion of Beef Show & Beef
Showmanship).
4:30 p.m.  Rabbits entered and Registration for
Rabbit Showmanship Contest.
5:00 p.m.  Exhibition Square Dance.
5:30 p.m.  Rabbit Showmanship.
5:30 p.m.  Gospel Singing.
6:00 p.m.  Barbeque Sandwich Supper, Ice
Cream and Entertainment.
7:00 p.m.  Rabbit Show.
7:00 p.m.  All swine, sheep and market goats
weights turned in.

**Saturday, September 6:**

8:00 a.m.  Swine Show; Bred & Owned; Swine
Showmanship.
8:00 a.m.  Poultry Registration.
8:30 a.m.  Dog Registration.
9:00 a.m.  Dog Show.
Poultry Show.
Check-in for Market Goat Show.
10:00 a.m.  Registration for Best Dressed Pet.
Goat Show (30 minutes after Swine
Show).
10:30 a.m.  Best Dressed Pet Contest.
11:30 a.m.  Registration for Children's Barnyard.
12:00 p.m.  Children's Barnyard Events.
12:00 p.m.  Sheep Show (30 minutes after
Market Goat Show); Bred & Owned;
Sheep Showmanship.
3:00 p.m.  All building exhibits released.
Open Class Premiums

Premiums will be paid this year for Open Class Building exhibits as follows: 1st place will receive $3.00; 2nd place, $2.50; 3rd place, $2.00; 4th place, ribbon. Everyone is encouraged to participate.

Educational Booth Theme—“Working Together for OHCE”

Each club is encouraged to enter an educational exhibit which should correlate with the theme. The exhibit is to be entered on Wednesday with the other fair entries. See pages 21-22 of the OHCE Yearbook for the criteria for the educational booths and exhibits.

Fair Kitchen Work Schedule

Thursday, September 4
9:00 a.m.—2:00 p.m. Washington
2:00 p.m.—8:00 p.m. HCE of Purcell

Friday, September 5
8:00 a.m.—2:00 p.m. Town & Country
2:00 p.m.—8:00 p.m. Cole

Saturday, September 6
8:00 a.m.—12:00 p.m. Stealey
12:00 p.m.—4:00 p.m. Blanchard

Each club should have someone to work in the Country Store during the time they are assigned to work in the Fair Kitchen.

Cookies & Brownies Needed for Fair Kitchen

Each OHCE club is asked to provide three batches of cookies or brownies. Please bring these items pre-packaged, ready to sell. In each baggie, place two large cookies, three small cookies, one large brownie, etc.

PLEASE BRING THESE BAKED GOODS ON WEDNESDAY, SEPTEMBER 3.

Note: Home-grown tomatoes are needed for the Fair Kitchen. Please bring them on Wednesday, September 3.

It is helpful to have class numbers written on fair entries. Remember, an exhibitor can enter only one item per class.

Oklahoma State Fair Entries

Open class entries for Oklahoma State Fair must be pre-entered by August 15. Entry process is on-line at: www.oklahomastatefair.com. Some of the departments include: Hobbies, Needlecraft, Baking, Flower & Garden, Ceramics and various contests. Feel free to contact the Extension Office for assistance in entering.
**OHCE State Annual Meeting**

McClain County was well represented at the OHCE Annual Meeting held in Oklahoma City July 13-15. JoAnn Wood and Peggy Christian served as voting delegates. Others attending were Peggy Howard, Elaine Dahl, Margaret McKinney and Mary Eggleston.

McClain County was honored with several awards, which included:

- **County**
  - 1st Place County Healthy Living-Breast Cancer Quilt Raffle
  - 2nd Place County Resource Management-Recycling
  - 3rd Place County OHCE Week-Bring a Friend to Council
  - Honorable Mention, County Cultural Enrichment-Cultural Tour
  - Honorable Mention, County Family Issues-4-H Silent Auction
  - Honorable Mention, Photography, Bonnie McCall

- **Local**
  - 70 Year Club Award—Cole
  - 1st Place Local Family Issues, Stealey-Blankets for Kids
  - 2nd Place Local Resource Management, Stealey, Bbs for Nursing Home.

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**Senior Conference a Success**

Thanks to everyone who assisted with and attended the *Tools for Life* Senior Conference. A total of 196 persons participated in the conference. A special thanks to:

- Peggy Christian and Peggy Howard for serving on the committee.
- Bert Mathis, Anita Ballard, Joyce Perry, Margie Moore and Evelyn Ogden for assisting with registration.
- Jennifer Lanzarin, Bonnie McCall, Mary Eggleston, Penny Lewis, Elaine Dahl, Joyce Smith, Phyllis Linker, Dorotha Loveless, Bonita Brakefield, Martha Schrader and JoAnn Wood for acting as workshop hostesses.
- Kay West for manning the OHCE booth.
- All who baked items for the snack table.
- All who provided door prizes.
Training for Local OHCE Officers

On Thursday, September 25, 2008, Grady County OHCE is hosting a Local Officer Leadership Training at the Grady County Fairgrounds, Chickasha. The Grady County OHCE Leadership Development Committee would like to cordially invite local OHCE members from our county to attend this training which will be held from 9:00 a.m. until 12:00 p.m. The goals of the training are to prepare local OHCE officers to become more effective leaders and to introduce leadership roles to potential OHCE members. The purpose of the training is to better equip OHCE local leaders and to encourage other local members to become involved in leadership positions.

Below is a tentative schedule for this training.

9:00-9:30 a.m.  Registration
9:30-10:00 a.m.  Welcome
10:00-10:15 a.m.  Break
10:15-10:45 a.m.  Officer Workshops—President, Vice-President, Secretary/Reporter, Treasurer, PR/Membership Recruitment, Historian
10:45-10:55 a.m.  Break
10:55-11:15 a.m.  Parliamentary Procedure Skit
11:15-11:45 a.m.  Award Book Preparation
11:45-12:00 noon  Closing Remarks/Evaluation

Local presidents will be receiving additional information about this training.

Education—families
It’s what we’re all about
Oklahoma Home & Community Education

Dues for 2008-2009

OHCE membership dues for 2008-09 will be due to Peggy Howard by October 22, 2008. Dues are $9.50 per member ($7.50 state and $2.00 county). One check per club should be submitted. Membership forms will be available at the County Fair in September.
A Twist on Traditional Oatmeal Cookies

Even the healthiest among us crave a sweet dessert sometimes. There’s no reason to forfeit taste in the name of nutrition. Rich in whole grains, these cookies provide dietary fiber, which is associated with both cancer protection and heart health. Apricots—the surprise ingredient—provide ample beta-carotene, a phytochemical that is also associated with lower cancer risk. But remember, stick to the serving size to indulge your cravings sensibly without widening your waist.

Oatmeal-Apricot Cookies

1/4 cup canola oil          1/2 cup all-purpose flour  
1/4 cup applesauce        1/2 cup whole-wheat flour  
2/3 cup packed light brown sugar  1 cup old fashioned or quick-cooking oats  
1 egg                      1 Tbsp. cinnamon  
2 tsp. vanilla             1 tsp. baking powder  
1/2 cup dried apricots, cut into bite-sized  
                      Pieces  
1/2 tsp. salt  

Preheat the oven to 375°. Set aside two ungreased cookie sheets.

In a small bowl, whisk together the oil, applesauce, sugar, egg and vanilla. Stir in the apricots and set aside.

In a medium bowl, combine the all-purpose flour, whole-wheat flour, oats, cinnamon, baking powder and salt.

Combine the wet and dry ingredients and stir until combined.

Drop the batter by the spoonful onto the cookie sheets. Press each cookie down slightly with the back of the spoon. Bake for 15 minutes, remove and cool immediately on a wire rack.

Makes 16 servings, 2 cookies per serving.

Per serving: 130 calories, 4 g total fat (0 g saturated fat), 21 g carbohydrates, 2 g protein, 1 g dietary fiber.

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Source: AICR Weekly Health e-Recipe.
## McClain County O.S.U. Cooperative Extension Calendar

### August 2008

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<td>5 Washington Busy HCE</td>
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<td>7 Town &amp; Country HCE, 2:00 pm</td>
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<td>9 4-H Achievement Banquet, Union Hill Baptist Church, 6:30 p.m.</td>
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<td>11 Stealey HCE Club</td>
<td>12 Cole HCE</td>
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<td>18 Blanchard HCE Club</td>
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<td>22 Co-Parenting, 9:00 am—2:00pm</td>
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### September, 2008

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<td>2</td>
<td>3 McClain Co. Free Fair, Expo, Entries 2-7pm</td>
<td>4 Town &amp; Country HCE, 2 pm</td>
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<td>9 Cole HCE</td>
<td>10 Washington HCE</td>
<td>11 HCE of Purcell OKC State Fair Begins</td>
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<td>16 Blanchard HCE</td>
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<td>18 HCE Leaders’ Lesson, 1:30 pm</td>
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<td>25 OHCE Officers’ Training, Chickasha</td>
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September Leader Lesson on August 21

*Buying USA Products* is the topic for the lesson to be taught on August 21, 1:30 p.m. in Room 111 of the Courthouse at Purcell. In this lesson we will discuss reasons for buying in the USA, how you know a product is made in the USA, what products are made in the USA, and why we should buy some products from other countries. The lesson will be taught by Mickey Simpson.

October Leader Lesson on September 18

The October lesson will be September 18, 1:30 p.m., Room 111, Courthouse. The lesson is titled, *Gambling—The Risks and the Odds*, and will talk about the gambling industry and the new problems arising from gambling. Phillis Cothren, Garvin County Extension Educator, FCS, will teach the lesson.