

FaithCommunities**alive!**

A partnership of NDSU Extension Service, Cass County Extension Service and community partners.

Issue 41 June 2017

MISSION:

To transform our faith communities to make active living and healthy eating the easy choice.

VISION:

Individuals and families in the FM community will embrace the concept of health within a Faith Community setting, as it encompasses body, mind and spirit.

GOAL:

To engage the Fargo-Moorhead/Cass-Clay Community in “Faith Communities Alive!” by providing collaborative training, education, tools and support to faith communities addressing healthful eating and physical activity to promote overall well-being.



Happy June! We hope you are enjoying the beautiful greenery that greets us when we step outside. I have “herds” of bunnies in my yard eager to chomp on my greenery (but they are kind of cute when they are not eating my plants). Check out the food safety quiz in this newsletter to test your knowledge of preparing food for outdoor summer events. See how to strengthen your brain with diet and activities. Check out the featured recipe and the handout about lactose intolerance and milk allergies, which includes some additional recipes.

Have you used the Faith Communities Alive Toolkit sponsored by Sanford Health Foundation? It includes many items to help with summer programming, including some fun snack ideas, outdoor recreational activities, tools to explain portion sizes, poster sets to put on display boards, gardening information – and even weed identification. We also have printable table tents for the various seasons, including summertime, on our “FaithCommunitiesalive” website.

Thank you for your ongoing commitment to promoting health in a faith-based setting! We often do not realize the difference we are making in people’s lives, whether your efforts involve offering fruit as a choice on the refreshment line or large-scale endeavors such as launching a community garden. We can assure you: You are making a difference. I enjoy hearing about your successes. Keep up the good work!

Faithfully yours,
Julie Garden-Robinson and the rest of the team

Note from Bev

Congratulations! We are at the end of year 4 with our FCA program as of this month. I'm excited to see how our FCA program will continue to thrive with all of you! It has been an honor to be a part of your journey so far – watching your health ministry make a difference in people's lives is just awesome! I hope you are finding your FCA binders helpful. Remember, just take one section at a time when you are seeking ideas; the work has already been done for you. Please know that I am available for support, resources or even just brainstorming over a cup of coffee! FCA as a team, has a desire for a faithful approach to providing our communities with healthful support and information so the "healthy choice is the easy choice" to those we serve. Please know that I am just a phone call or text message away (701-866-9868). I would love to hear from you.

Blessings for a happy and healthy summer,
Bev

June is National Safety Month

Megan Boe, Dietetic Intern - NDSU

As the warm weather approaches and the summer family gatherings begin, June's designation as National Safety Month makes good sense! Safety not only applies to occupational safety but also food safety. We all enjoy a nice barbeque but we all must take steps to prevent the outbreak of a foodborne illness.

Foodborne illnesses may be caused by bacteria, viruses, parasites, or chemicals. According to the Food and Drug Administration, 48 million cases of foodborne illnesses, 128,000 hospitalizations, and 3,000 deaths occur each year related to food. Anyone can get sick but some populations are more susceptible to these illnesses. If you provide food for infants, children, pregnant women, older adults and people with weak immune systems, some special precautions may be necessary. Take steps to be food safe. Visit www.ag.ndsu.edu/food and click on "food safety" for more information about preparing food for all age groups.



Check out the resources on the FaithCommunitiesAlive! website, which includes recipes, gardening resources, energizers for kids and a learning module to engage more volunteers in your efforts.



The next café will be held on Sunday, June 25 from 11 a.m. to 2 p.m. at Josie's Café (524 N. Broadway in Fargo). It's a café where all are welcome. Pay what you can afford, pay a suggested amount and/or pay it forward to help a neighbor – or volunteer your time for a meal. Check it out on Facebook: Heart-n-Soul Community Café.

Take the Summer Food Safety Quiz

Julie Garden-Robinson, Ph.D., R.D., Food and Nutrition Specialist, NDSU

When the weather warms, people like to enjoy the outdoors by cooking and eating outside. Bacteria grow quickly at warm temperatures, so we need to take precautions to keep food safe. Try these questions to see what you know about summer food safety. The answers are at the bottom.



1. Circle the example(s) where cross-contamination can happen. Cross contamination occurs when one food can make another food unsafe because of transfer of bacteria from one food to another.
 - a) Storing a package of cookies and a container of lemonade mix in the same picnic basket.
 - b) Storing a package of raw meat on top of beverage cans in a cooler filled with ice.
 - c) Using one cutting board to cut up pieces of meat and a separate cutting board to cut up watermelon.

2. The temperature is 92 F, and you have placed a bowl of potato salad on a picnic table. How long will the food stay safe at this temperature?
 - a) 30 minutes
 - b) 60 minutes
 - c) 120 minutes

*NOTE: To help ensure safety, serve the salad nested in ice!

3. True or False: You *should not* partially cook meat at home and then finish cooking the meat at a picnic site later that day.

4. To what internal temperature should you cook chicken, as measured with a food thermometer?
 - a) 145 F
 - b) 155 F
 - c) 165 F
 - d) 175 F

5. True or False: Always use a clean plate or tray (not the plate or tray that held the raw meat) when retrieving food from a grill.

6. To what internal temperature should you cook burgers (ground beef) as measured with a food thermometer?
 - a) 150 F
 - b) 160 F
 - c) 170 F
 - d) 180 F

7. True or False: You always should marinate foods in the refrigerator -- never on the kitchen counter or outdoors.

See www.ag.ndsu.edu/food/food-safety for more information about food safety.

How did you do? 6 or 7 correct: You're a food safety pro! 4 or 5 correct: Good job but review the rules before your next picnic. 3 or fewer correct: You can do better. Please check out the food safety resources on our website.

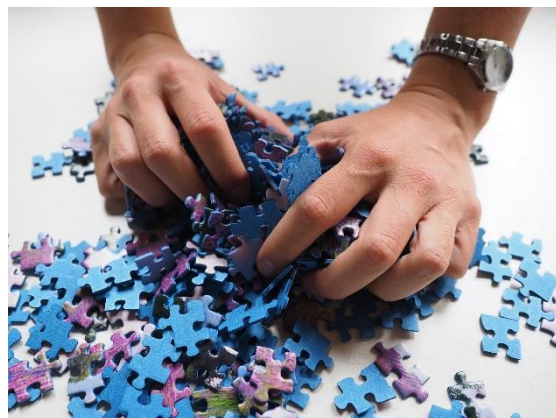
Answers: 1. b; 2. b; 3. True; 4. c; 5. True; 6. b; 7. True

Fuel Up with Brain Food During Alzheimer's Awareness Month

Allison Benson, RD, LRD, Program Assistant – NDSU

June is recognized as Alzheimer's Association Awareness Month. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily living.

Although Alzheimer's disease cannot be prevented, adopting healthy lifestyle and eating habits may reduce your risk of cognitive decline and contribute to brain health. Here are a few tips to try:



Fuel up. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, may contribute to reduced risk of dementia.

- Mediterranean Diet Principles:
 - Focus on fruit, vegetables, nuts and grains.
 - Replace butter with healthy fats such as olive oil.
 - Limit red meat.
 - Use herbs instead of salt to flavor food.
 - Eat fish and poultry at least two times per week.
- DASH Diet Principles:
 - Eat foods that are low in saturated fat and cholesterol.
 - Eat more fruits, vegetables and dairy.
 - Consume whole grains, poultry, nuts and fish.
 - Decrease your intake of fats, red meats, sweets, sweetened beverages and sodium.

Break a sweat. Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Stump yourself. Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

Learn more ways to love your brain at http://alz.org/brain-health/10_ways-to-love-your-brain.asp. If you or a loved one has been diagnosed with Alzheimer's or dementia, you are not alone. Call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900 for reliable information, education, referral and support. Visit www.ndsu.edu/boomers and click on "Brain" for more information

Be Safe in the Sun

Be sun savvy this summer and protect yourself from skin cancer. Follow these steps to ensure you and your family are safe:

- Apply sunscreen with SPF 30+ and reapply every two hours
- Wear a hat with at least a 3-inch brim
- Wear long-sleeved shirts
- Wear sunglasses
- Do not use tanning beds
- Do regular skin examinations and follow the acronym "ABCDE"

Visit www.cancer.org for more sun-safe tips.



Know the early signs of #skincancer to contact your Dr!

ABCDE System-
Identifying a suspicious mole:

Asymmetry

Borders: Irregular

Color: Color changes

Diameter: Larger than a pencil eraser

Evolution: The mole changes in appearance.

Healthy Cooking Classes at Family Wellness Center

Check out the schedule for cooking classes at the Family Wellness Center.

Details including pricing are available at

<http://www.familywellnessfargo.org/wellness/healthy-cooking/>

Kids and Family Cooking Classes:

- Homemade Ice Cream – Monday, June 5, 2017 from 6:00 to 7:00 p.m.
- Grilled Flatbread Pizza and Smoothie - Monday, June 12, 2017 from 6:00 to 7:00 p.m.
- Patriotic Fruit Pizza – Monday, June 26, 2017 from 6:00 to 7:00 p.m.

Adult Healthy Cooking Classes:

- Summertime Side Dishes – Tuesday, June 6, 2017 from 6:30 to 8:00 p.m.
- Freezer to Grill Meals – Monday, June 19, 2017 from 6:30 to 7:30 p.m.
- Grilled Veggies – Tuesday, June 20, 2017 from 6:30 to 8:00 p.m.

Please register 48 hours in advance to the start of the class. Sign up online, at the Front Desk or call 234-2400.

For additional details call Angie at 234-7294 or e-mail her at angela.hasbrouck@sanfordhealth.org

Connect With Us!



Find us on the web

www.ag.ndsu.edu/faithcommunitiesalive



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Recipe of the Month

This recipe is perfect for your next barbecue or picnic.

Herbed Red Potato Salad

2 lbs. small new potatoes, sliced into ¼-inch thick rounds

Salt (optional)

¼ c. olive oil

½ c. lightly packed fresh parsley, roughly chopped

½ c. green onion, roughly chopped

2 Tbsp. fresh lemon juice

2 tsp. Dijon mustard

2 cloves garlic, roughly chopped

Freshly ground black pepper

3 stalks celery, chopped



In a large saucepan, combine sliced potatoes and salt. Cover with water by 1 inch. Bring to a boil over high heat, then reduce to medium-low and cook until potatoes are easily pierced by a paring knife, about 5 to 6 minutes. Reserve ¼ cup cooking water, then drain. Transfer potatoes to a large mixing bowl. In a small food processor or blender, combine remaining ingredients except celery. Process until the herbs have been chopped into small pieces, then drizzle in the reserved cooking water and blend just until emulsified. Drizzle potatoes with olive oil mixture and mix well. Let the potatoes rest for ten minutes, tossing every few minutes. Add celery to the bowl, along with a few tablespoons of chopped parsley and green onions. Toss again. Season to taste with salt and pepper and serve.

Makes eight servings. Per Serving: about 160 calories, 7 grams (g) of fat, 3 g protein, 21 g carbohydrate, 2 g fiber and 45 milligrams sodium

Project Engagement Committee

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All About Food Allergens:

Milk



Rosie Grant, NDSU Dietetic Intern

Julie Garden Robinson, Ph.D., R.D., L.R.D.,
Professor and Food and Nutrition Specialist

What is the difference between a milk intolerance and a milk allergy?

A food allergy causes a reaction of the immune system that affects multiple organs. Food intolerance symptoms typically are not life-threatening and may include intestinal discomfort (pain, gas, diarrhea). A person with a milk allergy must avoid all milk-containing foods.

On the other hand, a person with lactose intolerance lacks an enzyme to digest the sugar in milk (lactose). This is different from a milk allergy. Typically, those with lactose intolerance can drink lactose-free milk or take a lactase enzyme pill before they consume foods containing lactose. Some people with lactose intolerance tolerate cheese or smaller amounts of milk (such as 1 cup) with meals.

What are the symptoms of a milk allergy?

- Hives
- Wheezing or impaired breathing
- Vomiting
- Loose stools that may contain blood
- Diarrhea
- Abdominal cramps
- Itchy skin rash (commonly around the mouth)

What ingredients/foods should I avoid if I am allergic to milk?

- Butter or butter products
- Casein, whey or milk protein products
- Cheese, cottage cheese, sour cream
- Creams, custards and puddings
- Lactose, lactulose, lactoferrin
- Milk or milk products
- Yogurt

If you are allergic to milk, look for “contains milk or milk products” after the ingredient list on food labels. If you are at a restaurant, make sure the staff are aware of your allergy so they can show you options that are safe for you to eat. If you are unsure if a product contains milk, do not eat it.

Note: People allergic to cows’ milk often need to avoid milk from other domesticated animals such as goats because goats’ milk protein is similar to cows’ milk.

How much of a food allergen can cause a reaction?

The amount of milk needed to cause an allergic reaction can vary for each individual. Sometimes consuming trace amounts can cause people to have an allergic reaction, but in more severe cases, even skin contact with dairy can cause an allergic reaction.

How soon will a reaction start after eating a food?

Symptoms of a milk allergy can occur within minutes or up to a few hours after eating a food. Sometimes two sets of symptoms may appear. First, a symptom may occur and then go away after a while, but then a more severe reaction may occur hours after the first.

What are businesses/food manufacturers doing to avoid reactions?

A variety of new codes and standards have been set for food manufacturing. These businesses must avoid cross-contact of foods. Many labels state the other foods made in the factory. Restaurants may label their menu with items free of certain allergens.

NDSU EXTENSION
SERVICE

North Dakota State University, Fargo, North Dakota

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What is the best treatment for a severe reaction to a food allergy?

Severe reactions require immediate medical intervention, so call 911. Epinephrine is the first-line treatment for anaphylaxis, a rare but severe whole-body allergic reaction that causes severe symptoms, including tightening of the airway. After a food allergy diagnosis is made, your allergist likely will prescribe an epinephrine auto-injector and teach you how to use it.

Recipes

Key to abbreviations:

c. = cup
Tbsp. = tablespoon
tsp. = teaspoon

g = gram
mg = milligram

*These recipes are prepared without cows' milk; "milk" derived from almonds is used as a substitute.
Note: Be sure to check the ingredient statements on food package labels to avoid allergens in these recipes.



No-bake Cookies (Milk-free)

- ½ c. almond milk
- ½ c. peanut butter
- ½ c. cocoa
- 1 tsp. vanilla
- 1½ c. sugar
- 2½ c. quick-cooking oats
- ½ c. canola oil

In 2-quart saucepan over medium-high heat, mix milk, cocoa, sugar and oil. Bring to a boil and boil for two minutes. Remove from heat and stir in peanut butter and vanilla, then add oats. When dough is well-blended, put into a greased 8- by 8-inch pan and cut into bars or drop by teaspoonful onto waxed paper. Let cool.

Makes 20 servings. Each serving has 170 calories, 10 g fat, 3 g protein, 22 g carbohydrate, 2 g fiber and 35 mg sodium.



Strawberry Banana Smoothie (Milk-free)

- 2 c. fresh strawberries (frozen can be used)
- 1 banana
- ¼ c. unsweetened almond milk
- 2 Tbsp. honey (optional)
- 1 c. ice cubes

Add all the ingredients to a blender or food processor and blend until smooth.

Makes four servings. Each serving has 90 calories, 0.5 g fat, 1 g protein, 22 g carbohydrate, 2 g fiber and 15 mg sodium.



Banana Pancakes (Milk-free)

- 2 eggs
- 1 banana, mashed
- ½ c. oats (quick oats)
- ¼ c. applesauce
- 1 tsp. vanilla
- ½ tsp. cinnamon

Blend oats in blender or food processor until ground. Add remaining ingredients and mix until blended. Cook on a nonstick electric griddle or in a fry pan.

Makes four servings. Each serving has 120 calories, 3.5 g fat, 5 g protein, 17 g carbohydrate, 2 g fiber and 35 mg sodium.

More Information

Visit the U.S. Department of Agriculture Food and Nutrition Information Center at www.nal.usda.gov/fnic/allergies-and-food-sensitivities.

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