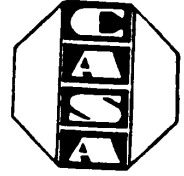




SKIPJACK



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NEWSLETTER OF THE BALTIMORE CONFERENCE OF CASA

WINTER EDITION

VOL 2008-1

PRESIDENT'S MESSAGE

Greetings everyone and welcome to the latest edition of *The Skipjack*! We hope that you will find this edition to be very helpful and informative. For those of you that could not attend the 92nd Annual Conference you missed an interesting and educational conference. This year it was hosted by our neighbors in the Northeastern Conference and was held at Saratoga Springs, NY. The conference did a great job with the location, program, and the events for the week. Everyone in their careers should attend at least one of the annual conferences. It is truly an enjoyable event where you will make friends that will last a lifetime. The 93rd Annual Conference will be hosted by the Philadelphia Conference and will be held in Philadelphia, PA. We hope to see you there.

This year, our conference members have enjoyed some very good speakers at our quarterly meetings. We have had speakers that have discussed such topics as reduced oxygen packaged food, well construction and indoor air quality. The conference still continues to provide our members with affordable and educational training. We try to have our quarterly meetings at different locations throughout the state so everyone can take advantage of some great training. I would like to thank everyone for the great year that we have had with attendance and programs, and I hope that it continues for the years to come. Also, I would like to take this opportunity to remind all of the conference members to renew their memberships for 2009.

I hope that everyone has a great rest of the season and I look forward to meeting with you at upcoming meetings.

Jody Menikheim, President

Buying Tips for Fresh Produce

You can help keep produce safe by making wise buying decisions at the grocery store.

Purchase produce that is not bruised or damaged.

When selecting fresh cut produce - such as a half a watermelon or bagged mixed salad greens - choose only those items that are refrigerated or surrounded by ice.

Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the market.

Storage Tips for Fresh Produce

Proper storage of fresh produce can affect both quality and safety.

To maintain quality of fresh produce: Certain perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) can be best maintained by storing in a clean refrigerator at a temperature of 40° F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.

All produce that is purchased pre-cut or peeled should be refrigerated to maintain both *quality and safety*.

Keep your refrigerator set at 40° F or below. Use a fridge thermometer to check

Preparation Tips for Fresh Produce

Any precut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again just before you use it. Precut or pre washed produce in open bags should be washed before using. Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.

All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.

Even if you plan to peel the produce before eating, it is still important to wash it first. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended. Scrub firm produce, such as melons and cucumbers, with a

clean produce brush. Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

Focus On: Health Risks with Raw Sprouts

Raw sprouts that are served on salads, wraps, and sandwiches may contain bacteria that can cause foodborne illness. Rinsing sprouts first will not remove bacteria. Home-grown sprouts also present a health risk if they are eaten raw or lightly cooked.

To reduce the risk of illness, do not eat raw sprouts such as bean, alfalfa, clover, or radish sprouts. All sprouts should be cooked thoroughly before eating to reduce the risk of illness.

This advice is particularly important for children, the elderly, and persons with weakened immune systems, all of whom are at risk of developing serious illness due to foodborne disease.

Separate for Safety

Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood - and from kitchen utensils used for those products. In addition, be sure to: Wash cutting boards, dishes, utensils and counter tops with hot water and soap between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.

For added protection, kitchen sanitizers can be used on cutting boards and counter tops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.

If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

If you or someone in your family is at risk for foodborne illness, and you cannot determine if a juice has been processed to destroy harmful bacteria, either don't drink it or bring it to a boil to kill any harmful bacteria that may be present.

Dietary Supplements Overview

FDA regulates dietary supplements under a different set of regulations than those covering "conventional" foods and drug products (prescription and Over-the-Counter). Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed. FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market. Generally, manufacturers do not need to register their products with FDA nor get FDA approval before producing or selling

dietary supplements.* Manufacturers must make sure that product label information is truthful and not misleading.

FDA's post-marketing responsibilities include monitoring safety, e.g. voluntary dietary supplement adverse event reporting, and product information, such as labeling, claims, Package inserts, and accompanying literature. The Federal Trade Commission regulates dietary supplement advertising.

*Domestic and foreign facilities that manufacture/process, pack, or hold food for human or animal consumption in the United States are required to register their facility with the FDA.

MEMBERSHIP RENEWAL

All CASA 2008 memberships expire on **December 31, 2008**. Renewal can be made either by completing the **Renewal** form, attached for your convenience and mailing it, along with a payment, to the **CASA Treasurer**, or by mailing it to Alexander A. Ondis, 4625 Wards Chapel Rd. Owings Mills, MD 21117, or by paying for membership at our next quarterly meeting on 12/4/2008. The Renewal form is found on CASA Web-Site, www.casafdo.org , click on "Renew/Join"

CASA Membership Dues Information and Application

Please complete today and return to:
Bill Kinder, Treasurer/CASA, Food & Drug Officials
PO Box 488
Abington, PA 19001-0488

- Regulatory \$15 Annual Dues
- Associate \$35 Annual Dues
- Academic \$10 Annual Dues
- Student \$10 Annual Dues
- Retired \$10 Annual Dues

(Make checks payable to CASA – FID#56-6136694)

Local Conference Membership is included with payment of dues in all categories: check appropriate conference below:

- Baltimore Philadelphia
- New York Pittsburgh
- Niagara Frontier Susquehanna
- Northeastern N.Y. Virginia

Name _____
Agency _____
Address _____ Telephone _____
Fax _____ E-MAIL _____

Form may also be sent to Alexander Ondis, Baltimore Conference Sect/ Treasurer 4625
Wards Chapel; Rd. Owings Mills, MD 21117