



SKIPJACK

NEWSLETTER OF THE BALTIMORE CONFERENCE OF CASA

WINTER EDITION

VOL 2009-1

PRESIDENT'S MESSAGE

Greetings to you all. Welcome to this edition of the Skipjack! One of my goals as President, along with the other committee board members, is to provide dynamic speakers for our quarterly meetings. I am pleased to say that this goal was accomplished as demonstrated by the wonderful turn out of members that we had at our last training in Annapolis.

I would like to take this opportunity to thank all of you for coming out to these training sessions. Without you the members we do not have a progressive organization. Due to economic and budgetary restrictions, I do understand the challenges some of you are experiencing especially at work. In spite of these challenges, you still make an effort to support your CASA organization. So again, we say thank you to each and every one of you.

CASA is committed to providing the training you need to maintain your credits and licensure. Because of this commitment, we would like to hear your suggestions for topics and speakers. I look forward to meeting with you and hearing your suggestions at future CASA events. Please also remember to renew your memberships for 2010.

As the holiday season approaches, I would like to wish you and your families a healthy and wonderful time.

Josephene Smythe-Brown

Eggs and Egg Products

Eggs are one of nature's most nutritious and economical foods. But, you must take special care with handling and preparing fresh eggs and egg products to avoid food poisoning.

Egg Recipes: Playing It Safe

Egg mixtures are safe if they reach 160 °F.

- **Homemade ice cream and eggnog** are safe if made from a cooked **egg-milk mixture**. Heat it gently and use a food thermometer to ensure that it reaches **160 °F**.
- **Dry meringue shells, divinity candy, and 7-minute frosting** are safe — these are made by combining hot sugar syrup with beaten egg whites. However, avoid icing recipes using uncooked eggs or egg whites.
- **Meringue-topped pies** should be safe if baked at **350 °F** for about 15 minutes. But avoid chiffon pies and fruit whips made with raw, beaten egg whites — instead, substitute pasteurized dried egg whites, whipped cream, or a whipped topping.
- **Adapting Recipes:** If your recipe calls for uncooked eggs, make it safe by heating the eggs in one of the recipe's other liquid ingredients over low heat, stirring constantly, until the mixture reaches **160 °F**. Then, combine it with the other ingredients and complete the recipe.
- **Use a Food Thermometer:** To determine safety in egg dishes such as quiche and casseroles, the center of the mixture should reach 160 °F when measured with a food thermometer.

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• How Safe are Color Additives?

Red tint in your fruit punch and the green hue to your mint-flavored toothpaste. They are dyes, pigments, or other substances that can impart color when added or applied to a food, drug, cosmetic, or the human body. They can be found in a range of consumer products—from cough syrup and eyeliner to contact lenses and cereal.

How safe are they? "Color additives are very safe when used properly," says Linda Katz, M.D., M.P.H., Director of the Office of Cosmetics and Colors in FDA's Center for Food Safety and Applied Nutrition (CFSAN). "There is no such thing as absolute safety of any substance. In the case of a new color additive, FDA determines if there is 'a reasonable certainty of no harm' under the color additive's proposed conditions of use." Here are more facts you should know about color additive safety.

FDA regulates color additives used in the United States. This includes those used in food (and dietary supplements), drugs, cosmetics, and medical devices. These color additives (except coal-

tar hair dyes) are subject by law to approval by the agency and must be used only in compliance with the approved uses, specifications, and restrictions. In the approval process, FDA evaluates safety data to ensure that a color additive is safe for its intended purposes. Color additives that FDA has found to cause cancer in animals or humans may not be used in FDA-regulated products marketed in the United States.

Two main categories make up FDA's list of permitted color additives. In addition to undergoing approval, some color additives are known as "certifiable." Certifiable color additives are man-made, derived primarily from petroleum and coal sources. The manufacturer submits a sample from the batch for which it is requesting certification, and FDA tests the sample to determine whether it meets the color additive's requirements for composition and purity. If it does, FDA "certifies" the batch and issues a certification lot number. Only then can that batch be used legally in FDA-regulated products.

Certified color additives have special names consisting of a prefix, such as FD&C, D&C, or Ext. D&C; a color; and a number. An example is FD&C Yellow No. 6, often found in cereals, ice cream, and baked goods. Sometimes a color additive is identified by a shortened form of its name, consisting of just the color and number, such as Yellow 6.

Other color additives, in the second main category, are "exempt" from batch certification. These are obtained largely from plant, animal, or mineral sources. Examples include caramel color and grape color extract. They are not subject to batch certification requirements, but they are still artificial color additives and must comply with regulatory requirements. Both types of color additives are subject to rigorous safety standards.

Approval of a color additive for one intended use does not mean approval for other uses. For example, no color additives have been approved for injection into the skin—even though tattoo parlors often claim that the pigments in their inks are "FDA-approved." Likewise, no color additives are approved for permanent makeup (a form of tattooing). And henna is approved for use on the hair, but not the skin.

Reactions to color additives are rare. It is possible, but rare, to have an allergic-type reaction to a color additive. For example, FD&C Yellow No. 5 may cause itching and hives in some people. This color additive is widely found in beverages, desserts, processed vegetables, drugs, makeup, and other products. FDA requires all products containing FD&C Yellow No. 5 to identify it on their labels so that consumers who are sensitive to the dye can avoid it. On medicine labels, this certified color additive is also identified by its uncertified name, "tartrazine."

FDA can take action against companies if there are violations. In the absence of a voluntary action such as a product recall, FDA can issue warning letters, detentions, and import alerts for products that are found to be unsafe or to contain color additives that are prohibited, misused, or not properly identified as ingredients. FDA can also seize such products. Color additive violations are a common reason for detaining

imported cosmetic products that are offered for entry into the United States. Color additives in foods and cosmetics marketed abroad are not subject to the same safeguards as those marketed in the United States.

SAVE THE DATE! The 94th Annual CASA Educational and Training Seminar will be held May 17-20, 2010, at the Hyatt Regency Long Island in Hauppauge, New York.

<http://longisland.hyatt.com/hyatt/hotels/index.jsp>

START PLANNING NOW

The 95th Annual CASA Educational and Training Seminar will be held in **BALTIMORE IN MAY 2011**

MEMBERSHIP

All CASA 2009 memberships expire on **December 31, 2009**. 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 12/3/2009. The Renewal form is found on CASA Web-Site, www.casafdo.org, click on "Renew/Join"

CASA Membership Dues Information and Application:

(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

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

Form may be also be sent to Alexander Ondis, Baltimore Conference Sect/ Treasurer
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