



Central Atlantic States Association of Food and Drug Officials

SUSQI NEWS

Susquehanna Conference –

April 2010

Well, now that the only “snow” around is the snow peas sprouting in the garden, we can direct our attention to other activities while enjoying the weather spring promises. In particular, I'd like to make a plug for the 94th Annual Educational Seminar, in Hauppauge, Long Island, NY on May 17th to the 20th. The conference agenda is packed with relevant timely topics that you need to hear. Enjoy all that Long Island and CASA has to offer. Golfers, arrive early and play a round before registration! Why not join us there this year?

If you missed the first two Susquehanna Conference training meetings this year, you should be kicking yourself right now. We had a great turnout for our rescheduled March meeting at the new Giant in Harrisburg, and had some excellent presentations and dialogue at our April meeting in the Lehigh Valley. Don't squander another opportunity when it comes knocking! Make sure you are at our July meeting!

Thanks to everyone who has renewed their memberships for this year. If you have not done so already don't delay - please take a moment to send it in now. We rely on your continued support to make the Susquehanna Conference a vital, impactful organization.

The CASA website has all the applications not only for the Educational Seminar, but also for membership renewals. You can find all of the conference newsletters there as well. Just go to www.casafdo.org. See you in NY!

Garry

Send newsletter submission to :

Garry Ritter: ritter@allentowncity.org

Ann Marie Karnick: annmarie.karnick@fda.hhs.gov

Ted Veresink: tveresink@easton-pa.gov

Tentative dates for 2010 training sessions – Mark your calendar

- **7/22/10 – Hamburg area**
- **9/29-9/30/10 – SYSCO's - Harrisburg**
- **12/9/10 – Dauphin County area**

Unlock The Mystery of Sunscreen

It's that time of year again.. The snow is gone, the weather is warmer and everyone is out enjoying the day. If you have been to your local stores and seen the vast array of sun protection products, you were probably just as confused as everyone else as to what to buy and what the products actually do. Hopefully we can make sense of all this....

What are UVA, UVB, and UVC rays ?

UVA & UVB rays are contributing factors to age related skin changes, i.e. wrinkles, age spots, freckles and prominent blood vessels. Exposure to these rays increases the risk of skin cancer.

UVB rays are the primary cause of sunburn and affect the outer layer of skin.

UVC rays are the most dangerous, but do not penetrate the Earth's protective ozone layer.

Sunscreen Tips

When buying your sunscreen be sure to check the expiration date, use water-based if you have oily-skin or acne prone skin, brands that are PABA free is preferable and SPF 15 or higher is recommended. Remember SPF is directly related to the amount of solar exposure you receive, not the time of solar exposure. Sunscreen is not recommended for babies 6 months or younger. Apply sunscreen 30 before heading outside, reapply after swimming and reapply throughout the day if you intend to work/play outside all day.

Did You Know ???

Hotel key cards contain your personal information and this information is stored on them until the card is reissued !! Scary thought to know that information such as your name, partial home address, your hotel room number, check in and out dates and your credit card number and expiration remain on that card until it is "overwritten." Any employee can obtain a handful of these cards and with a scanning device at home go shopping at your expense. In order to keep personal identity secure and avoid identify theft, take the card with you and destroy !! The hotel can not charge you for the card if you don't turn it in.

Healthy Eating Is A Must !!

Now is a great time to focus on making smart food choices for yourself and your family.

FDA encourages everyone to exercise good nutrition in their daily lives. One of our challenges is to help consumers understand what constitutes healthful eating, and how they can benefit from consuming a nutritionally adequate diet within their caloric requirements.

Recently, First Lady Michelle Obama introduced the *Let's Move* program to give parents the support they need, provide healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country. For more information, visit <http://www.letsmove.gov>.

FDA's Center for Food Safety and Applied Nutrition has several tools in place to help educate consumers of all ages about what is in the food they eat. I encourage you to visit the links below and take the LabelMan test to see if you know how to **Make Your Calories Count**.

Dietary Guidelines for Americans –
<http://www.dietaryguidelines.gov>

LabelMan –
<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Nutrition Facts Brochure – <http://www.cfsan.fda.gov/~acrobat/nutfacts.pdf>

For tips on how to talk to your kids about using the Nutrition Facts Label to make healthier food choices, check out the Web site for “**Spot the Block**.” “**Spot the Block**” is a collaborative effort between FDA and the Cartoon Network to help educate “tweens” on using the Nutrition Facts label. For more information, visit:

<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm192427.htm>

Help us spread the word - be sure to share the information with your friends and colleagues!

Sad News...

Our condolences go out to Melissa Vaccaro and her family. Melissa's Mother, Donna Turner passed away on Monday, March 29, 2010 at her home

It is with deep sadness to report the passing of Joel Middlecamp, long time PDA inspector and member of CASA.

CONGRATULATIONS !!

We offer congratulations to **ED FERRARO** for two very special occasions:

- First – **ED** has retired from his position as Chief Health Administrator with the City of Easton, after 25 years of dedicated public health service to the citizens of Easton. **ED** is a past president of the Susquehanna Conference of CASA and will be remembered for all his efforts on behalf of our organization. Although he has been moved to the retired membership status, all of us at CASA look forward to seeing him at future events!!
- Second – We all know of **ED's** involvement in coaching high school wrestlers. At the recent District 11, PIAA Scholar-Athlete Dinner, **ED** was inducted into the scholastic wrestling Hall of Fame. We're proud of you !!

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FDA Takes Steps to Increase Safety of Foods During Transport

Agency poised to set new safety standards for the transportation of food in commerce; provides new guidance

The U.S. Food and Drug Administration is asking commercial food transporters to follow new guidance the agency issued on April 30, 2010 to reduce the chances of physical, chemical, biological and other risks during transportation of foods while the agency reviews current food safety transportation regulations.

In an advance notice of proposed rulemaking (ANPRM) published in the Federal Register, the FDA has requested input on writing the new rules from all interested parties, including the food and transportation industries and consumer interest organizations. The ANPRM is the first step in creating new regulations to govern sanitary practices by shippers, carriers by motor vehicle or rail vehicle, receivers, and others engaged in the transportation of food products for people and animals.

The new industry guidance covers safety measures that should be employed while the regulations are being written and finalized. They include ensuring that food in transit is maintained at appropriate temperatures; that such food is closely monitored for pests; that the vehicles used to transport foods are sanitary and in proper working condition; that pallets used are of good quality; and that sanitary measures are followed in the loading and unloading of foods.

"Our aim is to look at every component of the system to assess hazards, and to take science-based action where appropriate to maximize the safety of our food from farms all the way to consumers' tables," said FDA's associate commissioner for food protection, Jeff Farrar. "Although contamination of food product during commercial transport is relatively infrequent, the potential harm can be widespread and serious."

After evaluating comments received in response to the ANPRM, the FDA will propose specific regulations. The FDA will coordinate with the U.S. departments of Agriculture and Transportation in the rulemaking process.

MEMBERSHIP DUES FOR 2010 IS DUE NOW. GO TO THE CASA WEBSITE, PRINT A MEMBERSHIP FORM AND FORWARD TO THE ADDRESS ON THE FORM. RENEWALS ARE ALSO ACCEPTED VIA THE SUSQUEHANNA CONFERENCE. SEND TO:

Ted Veresink
Susq Conf CASA
Easton Health Bureau
1 S. 3rd Street
Easton, PA 18042

More information is available by contacting: tveresink@easton-pa.gov

REASONS TO RENEW:

- OPPORTUNITY FOR PROFESSIONAL DEVELOPMENT
- OPPORTUNITY TO NETWORK WITH OTHERS IN THE FIELD OF PUBLIC HEALTH
- BEING ELIGIBLE FOR THE H. THOMPSON PRICE SCHOLARSHIP
- MEMBERSHIP FEES ARE EXTREMELY REASONABLE
- ALLOWS YOU TO ENHANCE THE FIELD OF PUBLIC HEALTH

AND FINALLY ---

- PARTICIPATION IN CASA LOOKS GOOD ON YOUR RESUME'.

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REGULARLY CHECK THE CASA WEBSITE FOR ADDITIONAL TRAINING AND EMPLOYMENT OPPORTUNITIES:

www.casafdo.org

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REMEMBER THE ANNUAL EDUCATIONAL AND TRAINING SEMINAR:

MAY 17 – 20, 2010, AT LONG ISLAND, NY. CHECK THE ABOVE WEBSITE FOR ADDITIONAL INFORMATION.

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IF YOU HAVE TOPICS FOR FUTURE TRAINING OR YOU HAVE AN INTERESTING TOPIC AND WOULD LIKE TO BE A PRESENTER – PLEASE CONTACT PRESIDENT GARRY RITTER. HIS ADDRESS IS LISTED ON THE FRONT PAGE.