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Order form for *Pregnancy & Foodborne Illness*

**This newsletter can be found on the SafeFood web site.**

**Check it out at:**

<http://www.colostate.edu/Orgs/safefood/>

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Colorado State University **Extension**

# SAFE FOOD NEWS

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## ENSURING THE SAFETY OF MICROWAVEABLE FOODS: HOW TO DETERMINE THE WATTAGE OF YOUR MICROWAVE

Microwave ovens have become commonplace appliances in homes, work environments, college dormitories, hotel rooms and convenience stores. The variety of microwavable foods has increased in recent years with the latest generation of products including single-serve packages, organic products and reformulations focused on improving healthfulness (Bertrand, 2005). The availability of fresh and frozen vegetables in microwaveable bags has also increased and plastic bags specifically for steaming foods in the microwave are now available. The timesaving benefits and ease of operation of microwave ovens have helped to establish their popularity; however, these factors may also contribute to improper use that could result in insufficiently cooked products.



Between January 1, 2007, and October 29, 2007, at least 272 people in 35 states contracted salmonellosis, likely from consumption of Banquet brand frozen pot pies produced by the ConAgra Foods Company. Isolates of *Salmonella* I 4,[5],12:i:- (pronounced four five twelve eye minus) with an indistinguishable genetic fingerprint were subsequently collected from all infected persons (CDC 2007). On November 1, 2007, General Mills Operations voluntarily recalled approximately 3.3 million pounds of frozen meat pizza products because of possible contamination with *Escherichia coli* O157:H7 and the possibility that the pizza may have been linked to a multistate outbreak of *E. coli* O157:H7 illness, which sickened 21 people in 10 states (FSIS 2007). The possibility exists that in at least some of the cases, the pizzas were cooked in the microwave, even though they were not designed to be microwaveable.

Cooking instructions on packaged products often vary according to the power or wattage of the microwave. Many different types of microwave

ovens have been manufactured, and consumers may not know whether the unit they are using is high wattage or low wattage. Wattage information is often displayed near the door or on the back of the oven but some manufacturers only list the wattage in the operation manual. For determining the wattage level of microwave ovens, USDA recommends the following method in the Microwave Ovens and Food Safety Fact Sheet (USDA, 2007).

### Time-to-Boil Test

Measure a cup of water in a 2-cup glass measure. Add ice cubes; stir until water is ice cold. Discard ice cubes and pour out any water leaving 1 cup. Set the microwave oven on high for 4 minutes, but watch the water through the window to see when it boils.

- If water boils in less than 2 minutes, it is a **very high** wattage oven 1000 watts or more.
- If water boils in 2½ minutes, it is a **high** wattage oven about 800 watts or more.
- If water boils in 3 minutes, it is an **average** wattage oven 650 to 700 watts or more.
- If water boils in more than 3 minutes or not by 4 minutes, it is a **slow** oven 300 to 500 watts.

Use the minimum cooking time given for high wattage ovens; use the maximum cooking time for slow ovens. The minimum cooking time may need to be reduced for very high wattages.

Unlike most conventionally heated foods, microwavable foods often have “active” packaging that can play an important role in the proper cooking of the product if consumers follow the directions on the package (Bertrand, 2005). Such directions may include a specified “standing time” to allow for further heat penetration, although this may not be made clear to consumers.

The use of microwave ovens can have a positive impact on food safety since food can be thawed and cooked quickly, spending less time in the temperature zone that is conducive for microbial growth. However, consumers need to be informed about safe microwave cooking methods and the proper use of food thermometers to ensure food is cooked or reheated adequately and safely. Any food that has reached an internal temperature of 165° F after the recommended standing time should be safe to eat.

### Sources:

- Bertrand, K. (2005). Microwave Foods Satisfy Need for Speed and Palatability. *Food Technology*. 59(1): 30-34.
- CDC (2007). Investigation of outbreak of Human Infections Caused by *Salmonella* I 4,[5],12:i:-. Updated Oct. 29, 2007. Accessed March 12, 2008. Available at: <http://www.cdc.gov/salmonella/4512eyeminus.html>
- USDA Food Safety and Inspection Service (2006). Appliances & Thermometers: Microwave Ovens and Food Safety. Accessed February 12, 2008. Available at: [http://www.fsis.usda.gov/Fact\\_Sheets/Microwave\\_Ovens\\_and\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Microwave_Ovens_and_Food_Safety/index.asp)

## FOOD SAFETY TIPS FOR COLLEGE STUDENTS AND OTHERS ON THEIR OWN

by

Daniel Woo, CSU Food Science Student

College is a fast paced atmosphere where every minute matters. With the constant demand for meals on the go, many students may not be aware of proper food storage and handling techniques. The importance of storing perishable items in the refrigerator and washing hands before handling food should be common knowledge for most college students. However, they may be unaware of other situations where further precautionary steps are necessary.



The first trip to the grocery store on your own is a big step for any college student. By placing meats in separate bags from other food items, the risk of cross contamination is lowered. Cold items should be purchased last and groceries with perishable items should be taken home within an hour. Remember to cook your meats to an internal temperature of at least 165° F. A thermometer can be your best friend when it comes to food safety.

Microwaving is an invaluable cooking tool for college students. Following all instructions given on the package for frozen, prepared meals and other frozen products is essential when preparing foods in the microwave oven. Cooking for maximum times, covering, stirring, and allowing the recommended standing time for further cooking will ensure proper heating. When thawing food in the microwave, make sure to remove food from its packaging and cook the thawed food as soon as possible. Thawing

should always be done in the refrigerator. Leaving thawed food at room temperatures could allow pathogens to grow and cause foodborne illnesses.

Going to a departmental potluck or tailgating at a football game is another situation where extra precautions should be taken to avoid contaminated foods. It is important to store perishable food in coolers at temperatures below 40° F. Make sure ice is properly placed to allow uniform cooling. If taking hot food, such as soup, pre-heat the thermos or other thermal container with boiling water for a couple minutes, drain, then fill the container with the desired food. As always, be sure to check the temperature of your food often, making sure it does not drop below 140° F. Microorganisms of concern grow best at temperatures between 40-140° F. Also, bring plenty of clean utensils and moist towelettes containing alcohol for easy cleanup and to help reduce the potential for cross-contamination.

If you are lucky enough to have leftovers, either from ordering pizza or from actually cooking a meal, they also have to be dealt with safely. The golden rule is to store leftovers not eaten within 2 hours in shallow containers in the refrigerator. If left out for more than 2 hours, it is best to just throw the food away. Leftovers are safe for about 1 to 3 days in the refrigerator while frozen leftovers should be safe for about 1 to 2 months.

Finally, always remember that if you think a food item has been mishandled, it's best to just throw it away. It is not worth missing an important exam because of food poisoning.

*Sources:*

Food Safety for College Students. 4 April 2006. United States Department of Agriculture. Available at: [http://www.fsis.usda.gov/Fact\\_Sheets/Food\\_Safety\\_Tips\\_for\\_College\\_Students](http://www.fsis.usda.gov/Fact_Sheets/Food_Safety_Tips_for_College_Students)

Microwave Ovens and Food Safety. 26 July 2006. United States Department of Agriculture. Available at: [http://www.fsis.usda.gov/Fact\\_Sheets/Microwave\\_Ovens\\_and\\_Food\\_Safety/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Microwave_Ovens_and_Food_Safety/index.asp)

Internal Temperature Reference Chart for Meats and Poultry. 10 February 2008. Available at: <http://www.cooksrecipes.com/tips/meat-cooking-temperature-chart.html>

## FOOD SAFETY ISSUES OF NOT-READY-TO-EAT MEALS

by

Mandy Miller, CSU Student

**N**ot-ready-to-eat meals can often be confused with ready-to-eat meals. According to the Food Safety Inspection Service of the U.S. Department of Agriculture (FSIS-USDA), not ready-to-eat products (NRTE) are identified as “raw” and can contain the presence of pathogens that could cause foodborne illness. Not-ready-to-eat meals require the consumer to cook thoroughly in order for safe consumption. Ready-to-eat (RTE) products, on the other hand, are identified as safe to consume without any further cooking, even though heat may be applied for palatability purposes. To the consumer, these two food classifications are difficult to distinguish and can raise some food safety concerns.

Although NRTE meals are convenient and usually require minimal preparation, they still can carry pathogens if not prepared correctly. Examples of these types of meals include frozen food entrees (pizzas, pot pies, TV dinners, etc.) and marinated, stuffed and/or breaded fish or meat, foods that appear to be fully prepared but still require further cooking. The labeling of these foods is not always recognizable as “raw and requiring cooking.” Most food that needs to be cooked prior to consuming will have a label on the package that says to thoroughly cook the item.



Here are some guidelines to follow when preparing NRTE (not-ready-to-eat) foods:

- Always read the directions very carefully and be sure to follow them as written. The food must reach the proper temperature for the specified time to kill harmful bacteria.
- If using a microwave oven, find out the wattage of the oven and adjust your cooking time accordingly.
- Microwave ovens can cook food unevenly, causing cold spots in the food; stirring while cooking can aid in assuring that the correct temperature is reached throughout the product.

- When microwaving, be sure to allow the food to sit for the specified time after cooking as this time is considered part of the overall cooking time and important in ensuring the safety of the product.
- When cooking multiple foods always make sure to follow the directions for preparing more than one food item.
- Make sure not to cross contaminate surfaces and cooking utensils with uncooked food.
- Always store not-ready-to-eat meals as directed; frozen foods should remain frozen until cooked.
- Avoid time-temperature abuse; keep foods out of the temperature danger zone (any temperature that falls between 41°F and 140°F).
- Do not keep meals longer than recommended; they are perishable, especially fresh unfrozen meals.
- Use a food thermometer to know when food products are fully cooked, ensuring destruction of any food-borne illness causing bacteria.

Source:

Engeljohn, D. Jan. 2008. International Association for Food Protection. Timely Topics Symposium Presentations. Available at: <http://www.foodprotection.org/meetingsEducation/Timely%20Topics/Engeljohn.pdf>

## FOLLOW-UP SURVEY CONDUCTED AT COLORADO FARMERS' MARKETS

In the fall of 2007, Sharon Yeh, a graduate student in the Interdisciplinary Food Science/Food Safety Program at CSU, surveyed 100 customers at three Larimer County Farmers' Markets as part of her masters' thesis project. This was a continuation of research prompted by an outbreak of *Escherichia coli* O157:H7 in September of 2000 linked to produce samples offered at a farmers' market in Fort Collins, CO. The outbreak affected two elementary school-aged children and initiated farmers' market-related food safety research and vendor food safety education training focused on providing safe food samples. Consumers at farmers' markets were also surveyed about factors they looked for at farmers' markets and how they handled fresh produce purchased at these markets.

Since the initial survey was conducted in 2001, there have been numerous foodborne illness outbreaks

associated with fresh produce, interest in purchasing locally grown produce has increased and the USDA produce consumption recommendations have been raised to 9 to 13 servings per day. As a follow-up to the initial consumer survey, 100 farmers' market customers were asked to complete a survey to determine if the occurrence of highly publicized foodborne illness outbreaks had an influence on their attitudes toward produce safety. The 2007 survey included the original five survey questions regarding farmers' market shopping with an additional five questions regarding consumer care of produce after time of purchase. In 2001, 25% of consumers surveyed listed support of local producers as their primary reason for shopping at local farmers' markets, while 42% of consumers surveyed in 2007 listed support of local business as their primary reason, and 58% stated that purchasing locally grown produce was more important to them than buying organically grown produce. In 2007, 58% of respondents took purchases straight home compared to 23.4 % in 2001. Of those surveyed last fall, 64% answered that they "always" wash their hands before produce preparation.

The information collected was used in the development of a food safety brochure specifically addressing issues regarding direct-marketed food. Recent high profile produce-associated outbreaks, such as the spinach *Escherichia coli* O157:H7 outbreak of 2006, may have an effect on the receptiveness of consumers to food safety education. The brochure has been reviewed by Extension professionals and should be available for distribution later this spring.

Sources:

- Bridges S. (2000, September 27). Two Kids Gravely Ill with E. coli. The Coloradoan, p. A1-2.
- Colorado Department of Public Health and Environment. Small Cluster of Hemolytic Uremic Syndrome in Colorado. September, 2000.
- USDA. *Dietary Guidelines for Americans 2005*. Center for Nutrition Policy and Promotion, U.S. Department of Agriculture.
- USDA Agricultural Marketing Service (AMS). 2006. Farmers' Market Growth. Available: <http://www.ams.usda.gov/farmersmarkets/FarmersMarketGrowth.htm>
- Yeh, S. 2007. Food Safety at Colorado Farmers' Markets: Follow-Up Survey and Consumer Education Materials. M.S. Thesis, Department of Food Science and Human Nutrition, Colorado State University.
- Zielinski, M. 2002. Food Safety at Colorado Farmers' Markets: Response To Produce Sampling Guidelines and Consumer Education Materials. M.S. Thesis, Dept of Food Science & Human Nutrition, Colorado State University.

## HIGHLIGHTS OF CSU'S LEAFY GREENS PROJECT

by

Aliyar Fouladkhah, CSU Food Science Student

Care for some huazontle, minutina, shiso or orach? These are just some of the many types of leafy greens that can play an influential role in a healthful diet. Among nearly 1,000 species of leafy plants known to be edible, only a limited number are found in local markets. The availability of a diverse array of fresh produce not only provides more choices for consumers, but can result in healthier and more attractive salads and cooked dishes. However, the perishable nature of leafy vegetables and the possibility of contamination during growing, handling, and marketing make leafy greens a possible vehicle of foodborne illness.

An on-going research project entitled “An Integrated Approach to Promoting the Production, Safe Handling, and Marketing of Specialty Leafy Green Vegetables in Colorado” is a multidisciplinary collaborative study which aims to introduce uncommon cultivars of leafy greens to Colorado and improve their safe production. Colorado’s climate is well suited for cool season crops, like leafy greens. The state is currently third in



U.S. production of lettuce and fifth in spinach and has the potential to become a leader in specialty greens production. The reduction in food miles that results from local production could also have a positive impact on the environment.

The initial phase of the study has involved screening more than 60 varieties of salad mixes, herbs and leafy greens for cultivation, yield, and quality properties. The greens were grown in hydroponic and soil media using standard greenhouse methods. Future phases of the project will focus on evaluation of sensorial attributes, total phenolic content, antioxidant

capacity, and production characteristics of selected cultivars.

Another aspect of the study will address microbiological safety. This phase will include application of water and sanitizers to determine appropriate interventions for reducing microbial populations and improving the shelf-life stability of leafy greens.



Preliminary data suggest that several of the varieties will be popular with Colorado consumers and that local restaurants may be interested in incorporating these

unusual greens in their menu offerings (Lapakulchai, 2008). The varieties exhibiting the best traits are expected to have production, sensory, and nutritional properties that compare well with traditional leafy greens.

Source:

Lapakulchai, S. 2008. Use and Market Demand of Specialty Leafy Green Vegetables in Fort Collins, Colorado. M.S. Thesis, Department of Food Science and Human Nutrition, Colorado State University, Fort Collins, CO.

## IN THE NEWS

### TOP *SAFEFOOD* NEWS ARTICLES ACCESSED IN 2007

From acrylamide to zoonotic diseases, *SafeFood News* has been providing information on current food safety topics for food safety education professionals since the fall of 1996. A unique feature of *SafeFood News* is that articles from all 34 newsletters are archived and remain available online. These articles serve as valuable references in the area of food safety. For example, the article *Oil Infusions and the Risk of Botulism* from the Summer 1998 issue is listed as a reference for the topic Botulism on Wikipedia (<http://en.wikipedia.org/wiki/Botulism>). Here are some of the articles accessed most often in 2007 (our “oldies but goodies”):

- Safety of Amish Friendship Bread and Similar Sourdough Products (Winter 1996)
- Study Highlights Effectiveness of Alcohol Gel Sanitizers (Summer 2005)
- Hand Hygiene Revisited: Another Look at Hand Sanitizers and Antibacterial Soap (Spring 2004)
- Are Plastic Baby Bottles Unsafe? (Summer 1999)
- Oil Infusions & the Risk of Botulism (Summer 1998)
- Sushi: Minimizing the Food Safety Risk (Spring 2006)
- Raw Milk: Why Pasteurize? (Winter 2006)

## CUT TOMATOES ADDED TO POTENTIALLY HAZARDOUS FOODS (PHF) LIST

by

Hana'a Thigeel, CSU Animal Sciences Student

**B**ased on input from the 2006 Conference for Food Protection, cut tomatoes have been added to the list of foods in the 2007 Supplement to the FDA Food Code that need “Time and Temperature Control for Safety” (TCS). Such foods were formerly referred to as “Potentially Hazardous Foods” or PHF. Why tomatoes? In a word, *Salmonella*.

*Salmonella* has been related to several outbreaks caused by the consumption of raw fruits and vegetables that may have been contaminated prior to harvest. Tomatoes, in particular, are considered a potential vehicle of salmonellosis and have been identified as the cause of multistate outbreaks. Different types of tomatoes, including beefsteak, Roma and grape tomatoes, have been associated with foodborne illness. Research studies have shown that tomato stems and flowers contaminated with the



pathogen can produce fruits that are contaminated with *Salmonella* as well.

The most common *Salmonella* serotype associated with tomatoes is *S. Javiana*, which caused outbreaks in Illinois, Michigan, Minnesota, and Wisconsin in 1990. However, other serotypes have also caused outbreaks of salmonellosis associated with tomatoes. For example, *S. Newport* was implicated in an outbreak in 2002, which involved 510 cases in 26

states and was associated with tomatoes grown and packed on the eastern shore of Virginia. *Salmonella* Montevideo and *Salmonella* Braenderup have also been implicated in multi-state outbreaks of salmonellosis associated with tomatoes. Multiple sources, from farm level all the way through processing, may contribute to or facilitate contamination of tomatoes. These sources can include domestic and wild animals, irrigation water, runoff water from livestock farms close to fields, wash water, farm and retail workers, and contact with contaminated surfaces. *Salmonella* can be still viable for 45 days in a moist soil, and according to Greene and others (2008), surface waters are more likely to be contaminated compared to protected wells.



To prevent contamination, it is important for growers, harvesters, retailers, and food service employees to follow safe handling recommendations. Food handlers and consumers should be aware of the need to refrigerate after slicing, because cut tomatoes provide an excellent environment for bacterial growth.

### Sources:

- CDC. 2005. Outbreaks of *Salmonella* Infections Associated with Eating Roma Tomatoes ---United States and Canada. MMWR. 54:325-329. Available at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5413a1.htm>
- Hardy, A. 2004. *Salmonella*: A continuing problem. *Postgraduate Medical Journal*, 80: 541-545.
- Guo, X., Chen J., Brackett, R., & Beuchat, L. 2002. Survival of *Salmonella* on tomatoes stored at high relative humidity, in soil, and on tomatoes in contact with soil. *J. Food Prot.* 65: 274-279.
- Greene, S., Daly, E., Talbot, E., Demma, L., Holzbauer, S., Patel, N. 2008. Recurrent Multistate outbreak of *Salmonella* Newport associated with tomatoes from contaminated Fields, 2005. *Epidemiology and Infection*, 136:157-165.
- Srikantiah, P., et al. 2005. Web-based investigation of multi-state salmonellosis outbreak. *Emerging Infectious Diseases*, 11: 610-612.
- Guo, X, et al. 2001. Survival of salmonellae on and in tomato plants from the time of inoculation at flowering and early stages of fruit development through fruit ripening. *Applied and Environ Micro*, 67, 4760-4764.
- Food and Drug Administration. 1998. Guidance for industry: Guide to minimize microbial food safety hazards for fresh fruits and vegetables. Available at: <http://www.cfsan.fda.gov/~dms/prodguid.html>.
- U.S. Food and Drug Administration. October 5, 2007. Supplement to the 2005 FDA Food Code. Available at: <http://www.cfsan.fda.gov/~dms/fc05-sup.html>

# RESOURCES

## Health Map



HealthMap (<http://www.healthmap.org/en>) is an online resource developed by researchers at Harvard University that provides a comprehensive view of the global state of infectious diseases by bringing together current outbreak and recall information from a variety of sources, such as ProMED, World Health Organization and Google News. The data is aggregated by disease and displayed by location for user-friendly access to the original alert, making state, national, and global information easy to locate. According to their home page, HealthMap provides a jumping-off point for real-time information on emerging infectious diseases and has particular interest for public health officials and international travelers. Several foodborne illnesses appear on the list of diseases including botulism, Campylobacter, E. coli, listeriosis, norovirus, and Salmonella.

## Garden to Table

### *Five Steps to Food Safe*

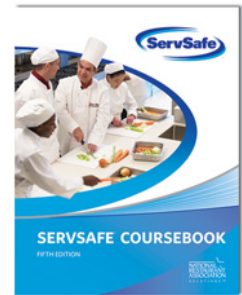
### *Fruit and Vegetable Home Gardening*



The Garden to Table Five Step program was developed by the Universities of Rhode Island, Connecticut, Maine, New Hampshire and Vermont to integrate Good Agricultural Practices (GAPs) into food safety principles for home gardening activities. The materials were distributed via CD to university Extension offices nationwide and include a 1-page fact sheet, 10-page booklet, PowerPoint presentation, outreach activities evaluation form, home gardener pre/post tests, and a 3-part informational display along with other training resources. The educational information is aimed at reducing the risk of foodborne illness and consists of 5 steps which focus on garden preparation, maintenance, harvesting, storage and preparation of fresh garden produce. For information on obtaining a *Garden to Table* CD, please contact Lori Pivarnik, Ph.D., Coordinator, Food Safety Education/Research Program, Nutrition and Food Sciences Department, University of Rhode Island, email: [pivarnik@uri.edu](mailto:pivarnik@uri.edu).

## 5<sup>th</sup> Edition of ServSafe® Coursebook and Essentials Now Available

The 5<sup>th</sup> Editions of ServSafe's® Coursebook and Essentials are now available for purchase. The new editions reflect the latest food safety science based on the 2007 Supplement to the 2005 FDA Food Code. These include: 1) use of the acronym TCS (time and temperature control for safety) in place of PHF (potentially hazardous food); 2) the addition of cut tomatoes to the list of TCS foods; and 3) information on the new regulation that containers of raw shucked shellfish must have either a "sell-by" or "best-if-used-by" date on the container. The new editions also have made several adjustments in the amount of emphasis placed on various chapters, with more emphasis being placed on TCS foods, pathogen prevention measures, food allergens, and consumer advisories than in previous editions. For more information, go to <http://www.servsafe.com>.



## *Pregnancy and Foodborne Illness*

### **Now Available in English and Spanish**

*Pregnancy and Foodborne Illness* (English) and *Embarazo y Enfermedades Transmitidas por Alimentos* (Spanish) are newly revised 7-page booklets that cover what women should know about pregnancy and foodborne illness, pathogens of greatest concern and important preventive measures to follow. Booklets can be ordered for \$1.00 each from the

Department of Food Science and Human Nutrition at Colorado State University. See the order form at the end of this newsletter. (Sorry, we are unable to process credit cards.)



## COMING EVENTS

### SAVE THE DATES!



This year's *Rocky Mountain Food Safety Conference* will be held **May 6 – 7, 2008**, at a NEW location, The Wildlife Experience, 10035 South Peoria, Parker, CO 80134. Included will be a silent auction to benefit the Lydia P. Cole Memorial Scholarship Fund during the conference. Check out the conference website at [www.rmfoodsafety.org/](http://www.rmfoodsafety.org/) for this year's hot topics, or contact Abby Bronken, 720-865-5377, for more information. In addition, visit the fantastic new location's website, [www.thewildlifeexperience.org!](http://www.thewildlifeexperience.org/)

### LFS 2008 Annual Conference

The 30<sup>th</sup> Annual Lillian Fountain Smith Conference for Nutrition Educators, sponsored by Colorado State University's Department of Food Science & Human Nutrition, will be held **June 12 – 13, 2008**, at the Marriott Hotel in Fort Collins, CO. The sessions for this year include *Cancer and Nutrition, New Perspectives on Eating Behaviors*, as well as Friday's session on *Organics*. Check out the conference website **COMING SOON** for speaker information and registration details, <http://www.fshn.cahs.colostate.edu/>.

### SERVSAFE® TRAININGS

#### Denver Metro Region

Manager level ServSafe® trainings are offered monthly in the Denver metro area through the Colorado Restaurant Association. Cost: members - \$140; non-members - \$180. Please call 303-830-2972 for a complete schedule of dates and locations.

#### Northern Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>	<i>Fee</i>
4/29/08 130-6p	Yuma, CO	Food Handler Training ( <i>&lt;2 weeks prior</i> )	\$25 \$40
6/10/08 130 – 6p	Brush, CO	Food Handler Training	“ “

Contact: Joy Akey (970) 332-4151

### Western Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>
4/15/08 2-4p	Mesa County	Food Handler Training <b>in Chinese</b>

Contact: Rhonda Follman (970) 244-1839

### ServSafe® Course Offering

Colorado State University  
*Summer 2008 1 credit*

FSHN496-E will be offered on the CSU campus in Fort Collins, CO, May 19-23, 2008, from 8:45 a.m. - 11:30 a.m. For registration information, go to <http://www.colostate.edu/Depts/Registrar/>.

### ADDITIONAL FOOD HANDLER TRAININGS

#### **Larimer County Food Safety Works Program – Food Handler Training     Fee: \$25**

Contact Edie McSherry, (970) 498-6008, at the Larimer County Extension office for dates and locations of English and Spanish food handler trainings.

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*This newsletter was prepared by Food Science & Human Nutrition Extension Specialists:*

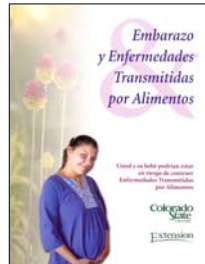
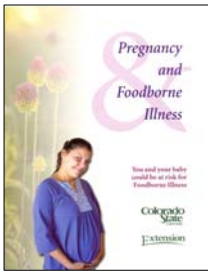
Marisa Bunning, PhD  
Mary Schroeder, MS, RD  
Pat Kendall, PhD, RD

Direct comments about the newsletter to Marisa Bunning at [mbunning@cahs.colostate.edu](mailto:mbunning@cahs.colostate.edu).



# ORDER FORM

## *Pregnancy and Foodborne Illness*



## *Embarazo y Enfermedades Transmitidas por Alimentos*

Date \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Name \_\_\_\_\_

Institution or Firm \_\_\_\_\_

Street or P.O. Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Quantity	Item	Price	Total Price
	Pregnancy and Foodborne Illness (English), 7 pp., 8"x11"	\$1.00	
	Embarazo y Enfermedades Transmitidas por Alimentos (Spanish), 7 pp., 8"x11"	\$1.00	
Subtotal (price includes shipping)			
Colorado residents add 2.9% sales tax Larimer County residents add 3.8% sales tax Fort Collins residents add 6.7% sales tax  <i>If tax exempt, indicate tax exempt number:</i> _____			
<b>TOTAL</b>			

**Sorry, we are unable to process credit card orders.**

Mail order form with a check made out to **Colorado State University** to the address below:

Colorado State University  
 Department of Food Science & Human Nutrition  
 Attention: Pat Kendall, PhD, RD  
 1571 Campus Delivery  
 Fort Collins, CO 80523-1571

Phone: (970) 491-7334 Fax: (970) 491-7252