

Food safety in pregnancy

Foodborne illnesses can be a concern for everyone, but they can be of particular concern for pregnant women and other vulnerable populations such as the very young, old and others with compromised immune systems. A pregnant woman's body naturally undergoes hormonal changes, which leads to a change in her immune system, and her unborn child has an under-developed immune system as well.

Londa Vanderwal Nwadike, state extension food safety specialist for Kansas State University and the University of Missouri, said there are certain harmful microorganisms that can take advantage of changes and weaknesses in the immune system and easily transfer from a pregnant woman to her baby.

While all foodborne illnesses are a concern for pregnant women, Nwadike said two particular microorganisms for pregnant women to be especially aware of are *Listeria monocytogenes* and *Toxoplasma gondii*. *Listeria monocytogenes* can lead to a disease called listeriosis, which can cause miscarriage, premature delivery, serious sickness or even the death of a newborn baby. *Toxoplasma gondii* is a parasite found in numerous foods, such as raw and undercooked meat or unwashed fresh fruits and vegetables. It can also be present in dirty cat litter boxes and other areas where cat feces can be found. Toxoplasmosis can cause infant hearing loss, mental retardation and blindness.

"To avoid these microorganisms, pregnant women should be sure to wash their hands often, wash cutting boards and knives thoroughly after use, and wash all fruits and vegetables before eating," Nwadike said.

Pregnant women, she added, should avoid foods that are of higher risk for foodborne illness and replace them with lower-risk choices:

- * Avoid raw or undercooked meat or poultry. Instead, eat meat and poultry cooked to a safe minimum internal temperature. Use a food thermometer to check for the following temperatures: Beef, pork, lamb and veal steaks, chops and roasts: 145 degrees Fahrenheit (145 F) with a three-minute rest time after cooking; ground beef, pork, lamb and veal: 160 F; all poultry products and all reheated foods: 165 F.

- * Avoid raw or undercooked fish or seafood, as well as refrigerated smoked fish. Pregnant women should eat seafood cooked to 145 F, cooked seafood reheated to 165 F, and canned fish and seafood. They, along with their young children, should monitor their consumption of fish containing mercury (<<http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm110591.htm>>www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm110591.htm).

- * Avoid unpasteurized (raw) milk, fruit juice and cider. Pasteurized drinks are fine for pregnant women to consume.

- * Avoid foods containing raw or undercooked eggs. Such foods might include homemade raw cookie dough, eggnog and ice cream. At home, use pasteurized eggs or egg products in recipes calling for raw or undercooked eggs, and when eating out, ask if pasteurized eggs were used in food preparation.

- * Avoid soft-boiled or over-easy eggs. Pregnant women should eat fully cooked eggs with a firm yolk and whites.

Dishes containing eggs, such as quiche, should be cooked to 160 F.

- * Avoid raw sprouts. Alfalfa, bean and any other sprouts should be cooked.

- * Avoid unwashed fresh fruits and vegetables. Make sure vegetables are thoroughly washed and fully cooked.

- * Avoid soft cheeses made from unpasteurized (raw) milk. These cheeses include feta, brie, camembert, blue-veined and queso fresco. Pregnant women should instead consume hard cheeses, processed cheeses, cream cheese and soft cheeses only made with pasteurized milk and labeled as such.

- * Avoid cold hot dogs and deli meats. Pregnant women should reheat hot dogs and deli meats to 165 F before eating.

- * Avoid unpasteurized, refrigerated pates or meat spreads. Canned or shelf-stable pates and meat spreads are fine to consume in pregnancy.

Following these tips, Nwadike said, can help prevent illnesses associated with Salmonella, E.coli, Listeria and Campylobacter. She said nursing mothers are not at as high a risk for listeriosis and toxoplasmosis and cannot pass foodborne illnesses to their babies through breast milk, but still should take care of themselves like any other consumer.

"Nursing mothers should follow the same food safety advice as any consumers and should be sure to get the proper nutrients to feed their baby," Nwadike said.

The four basic steps to food safety—clean, separate, cook and chill—are also good for pregnant women and all consumers to keep in mind.

Home Based Expo



Mary Luehers was one of many who attended the Home Based Business Expo held at the Norton Armory over the weekend. One could find everything from Scentsy, to purses and Tastefully Simple items to purchase. Food was served and door prizes given out.

— Telegram photo by Dana Paxton

A new pumpkin record on the horizon

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Linus is right! There IS a giant pumpkin! But Linus is also wrong. The giant pumpkin will not fly through the air on Halloween night, delivering gifts to little kids who hang out in their backyard pumpkin patch waiting for him. Bummer!

As a matter of fact, there are giant pumpkins just about everywhere in America right now, and it is also a fact that those who grow them work full-time all summer to grow the record setters. Going in to this year's competition, the world record for pumpkins is held by Ron Wallace of Topfield, Maine who last year weighed an almost unbelievable 2,009 pound specimen that was weighed at an official American Weigh-in station, of which there are many in this country.

I want to thank my cousin Drinda from Tucson, Ariz., for tipping me off about what is happening in the world of giant pumpkins right now. As a result, I have found that Gary Miller, who lives in the Napa Valley just outside San Francisco, has won the 40th Annual Safeway

World Championship Weigh-Off in Half Moon Bay, Calif., located about 40 miles south of San Francisco in the Silicon Valley region. But Gary Miller's pumpkin weighed "only" 1,985 pounds, which is 47 pounds less than the 2,009 pound gargantuan gourd grown last year in Maine. Try again next year, Gary.

But wait, on Saturday, Oct. 19, the day after this is being written, we have learned that Tim Mathison, also from near Napa, will present the world with a 2,032 pound behemoth at the Uesugi Farms 23rd Annual Great Pumpkin contest near San Martin, Calif. If this rumor becomes reality, we will have a new all-time world record!

Not so fast there Linus. We have to keep in mind that official weigh-off sites are open all over the country until Nov. 1. There is still plenty of time for another grower to come forward with something that will top that 2,032 pound gourd that Tim Mathison is rumored to present to the world tomorrow, Oct. 19. In fact, the record shows that the world champion is nearly always grown in the New Eng-

land area.

There's a lot of money at stake. If Mathison's record of 2,032 pounds holds up, he will automatically be awarded \$30,000 for his trouble, which includes the \$7 per pound given by Uesugi Farms. There will be other rewards, including as much as a dollar a seed from his big winner, paid by other pumpkin growers and gardeners who try each year to grow the big ones.

About 99 percent of all the big pumpkins grown in this country are of the Atlantic Giant variety which was founded and developed by a Nova Scotia farmer named Harold Dill, who died several years ago as a wealthy man because of the sale of his prized seed. Dill's Atlantic Giant seed is available in nearly all seed catalogs that you will be receiving soon. For just \$2.95.

The J.W.Jung Seed Company will send you a packet of 10 fresh seeds, but they likely will not be seeds from this year's world record pumpkin.

Everything you have read here today might be badly outdated by Nov 1. But don't blame it on Linus!

HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents Perfecting the Past: Colonial Revival Quilts. This exhibition created by the International Quilt Study Center & Museum, of the University of Nebraska-Lincoln will be on display Oct. 11 to Dec. 1, 2013.

Colonial Revival quilts reflect the complexity of the movement itself. They may be pieced, repeating block-style quilts or applique quilts, and they may be hand and/or machine sewn. They incorporate elements of tradition and modernity, and demonstrate how quilt makers often used historic design source along with modern techniques to create quilts that are a unique blend of romance and

reality.

Our October Artist of the Month is Duane and Gloria Har-

ris from Stockton. They have fabric art on display along with original Ken and Barbie clothes.

Call Mike with all your social news.
877-3361

HOMESTYLE

Chicken and Noodle Dinner

Craft & Baked Goods Sale

Saturday, October 26

5:00 - 7:00 p.m., 805 W. Wilberforce, Norton, KS

FIRST UNITED

METHODIST CHURCH

— Proceeds Support Radio Ministry and Other Church Projects —

MENU FEATURING:

•Chicken and Noodles •Mashed Potatoes •Green Beans
•Garden Salad •Applesauce •Dinner Rolls •Homemade Pies

All You Can Eat!!

Adults: \$7.00; Children (6-12): \$4.00

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Nursing continuing education classes available

Disasters may happen in any location of the country. Hospital emergency departments must be prepared to handle any type of disaster whether they are a rural or large urban Trauma Center. Many of the trauma cases that arrive in a rural hospital are stabilized and transferred to a Trauma Center. The proper protocol for stabilization and transfer when necessary will be explored and discussed in this workshop.

The instructor for this class will be Stephanie Fair, RN, BSN from St. Louis, MO.

This eight hour CE class will meet from 9 a.m. - 5 p.m. on Thursday, Nov. 21, 2013 at CCCC/Geary Campus, 631 Caroline Avenue, Junction City,

KS.

For further information or to pre-register, please call

1.800.729.5101, ext 370 or 785.243.1435, ext 370 at Cloud County Community College.

There will be an

Open House

for

Clara Sebelius'

90th Birthday

on

Sat., October 26

2:00 - 4:00 p.m. at the

Almena Community

Center, Almena, KS

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Community Hospital and Safe Kids Platte Valley remind you to

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Join us for the Buckle Up Baby! Car Seat Check

Saturday, November 9
9:30 a.m. - 2:00 p.m.
(by appointment only)

McCook Fire Station
505 W. C Street, McCook

Your child's safety seat will be checked by a certified car seat technician.

Plus, we will hand out Parent Kits with valuable information on keeping kids safe.

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