



Update



Nutrition

Food Safety

Consumer Economics

Spring 2009

News from Cooperative Extension

Sabbatical Leave:

Starting May 1, 2009, I will be on sabbatical leave and will return to my regular schedule on November 1, 2009. The primary focus of my sabbatical work will be to modify the **Eat Smart. Play Hard.TM San Luis Obispo County!** program to allow for greater application in California and the US. The goal is to have a finished curriculum available to anyone in the US who wants to address the prevention of childhood obesity at the family level through family education and interactive learning. During the six months I will be out of the office, I have arranged for several Cooperative Extension professionals and local collaborators to assist you in my absence. Should you need assistance from Cooperative Extension in the next few months, please call 805-781-5940 (San Luis Obispo County) or 805-934-6243 (Santa Maria) to be referred for your need. Additionally, Jayme Young, a Cal Poly Dietetic Intern, has updated our toll-free number and website listings. These revised resources are included with this issue of *Update Newsletter* for your use and may be shared with staff and clientele.

Eat Smart. Play Hard.



The **Eat Smart. Play Hard.TM San Luis Obispo County!** program will be available in both San Luis Obispo and Northern Santa Barbara Counties during my sabbatical leave. However, due to county budget cuts in San Luis Obispo, the position that manages this program in San Luis Obispo County will be vacated in July and not refilled until late 2009 or early 2010. To ensure the availability of this program to our cooperating agencies, lesson kits and knowledge centers are available for loan free of charge from both the San Luis Obispo and Santa Maria offices. Loan forms for borrowing weekly lessons are available by calling either office. Agencies that would like to implement **Eat Smart. Play Hard.TM**, but have not yet had staff trained, may contact Rosanna Taylor at 805-781-5944 by June 15 to arrange for training.

the Lunch box *The Lunch Box* will be offered free of charge to all preschool centers in San Luis Obispo County that require parents to pack lunches for their children. Order letters will be mailed in August. In Santa Barbara County, the supply of this educational resource is limited; however any preschool or family childcare center wanting the series of brochures may call the Santa Maria office (805-934-6240) to place an order. Orders will be filled on a first-come, first-served basis. Additionally, anyone may download *The Lunch Box* series free of charge from <http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/>.

Professional In-Service Training

Cooperative Extension conferences for continuing education units for dietitians, DTR, and nurses will occur in 2010. In the meantime, check pages 3 and 6 of this newsletter to learn about other continuing education opportunities.

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Upcoming Events

May 6— *Oral Health in Pregnancy*

Jun 9-12— *National Obesity Conference Los Angeles*

Update

Update Newsletter will resume January 2010.



Food Safety Briefs

Food Safety and Nuts

Peanuts: The U.S. Department of Health and Human Services (HHS), Food and Drug Administration (FDA), and Centers for Disease Control and Prevention (CDC) are working together to provide information about the recall of certain peanut butter and peanut-containing products that are associated with the recent *Salmonella* Typhimurium outbreaks.



The latest outreach effort is the new HHS, FDA and CDC social media web page at <http://www.cdc.gov/socialmedia/>, which provides many helpful tools in order to reach as many people as possible.

This social media site makes it easy to obtain automatically updated information on the outbreak and product recall. The site provides resources for both consumers and partners, including:

- *Salmonella* Typhimurium Outbreak Map widget
- FDA products recall database widget
- Updated mobile site content
- CDC Podcasts
- FDA Dos and Don'ts During the Peanut *Salmonella* Outbreak Video
- CDC Health-e-Cards

Many of these resources are available in both English and Spanish.

Receive email updates when new information is added to the Social Media Tools page by signing up at: <http://www.cdc.gov/socialmedia/#emailsubscriptions>

Pistachio: Similarly, pistachio information is available at: <http://www.fda.gov/pistachios/>

Almonds: The California almond industry has had a process in place since 2007 that requires raw almonds to be pasteurized to kill *Salmonella*. This requirement was a concern to some organic growers who sought legal action to eliminate this requirement for organic almonds. However, at this time, the federal court has upheld the pasteurization requirement.

Food Safety Podcasts



The USDA Food Safety and Inspection Service (FSIS) has introduced a Spanish language and American Sign Language *Food Safety at Home* podcast series. These podcasts are another convenient and innovative way for consumers to learn the four basic steps of the *Be Food Safe* campaign: Clean, Separate, Cook, and Chill. These podcasts showcase public health experts discussing a variety of topics that will help consumers keep their food safe. Visitors may also learn about other FSIS resources, such as the *USDA Meat and Poultry Hotline* and *Ask Karen*. Podcasts and SignFSIS video-casts in American Sign Language featuring text-captioning are available on the Web site at: http://www.fsis.usda.gov/news_&_events/multimedia/. Subscription to the podcast service is free by visiting http://www.fsis.usda.gov/News_&_Events/Feeds/index.asp. Once subscribed, new broadcasts will be downloaded automatically to the feed reader used by the subscriber.

Consumers can also find information on food safety by visiting *Ask Karen*, the FSIS virtual representative available 24 hours a day at www.AskKaren.gov. The toll-free *USDA Meat and Poultry Hotline* 1-888-MPHotline (1-888-674-6854) is available in English and Spanish and can be reached from 7 a.m. to 1 p.m. (Pacific Standard Time) Monday through Friday.

Source: "USDA launches Food Safety at Home Podcasts," USDA Food Safety and Inspection Service

Don't Give Kids a Tummyache

Cooperative Extension has just posted an updated version of *Don't Give Kids a Tummyache*. This publication is an interactive food safety curriculum for parents and caregivers of young children. Complete with slides, script and handouts, download free at: <http://anrcatalog.ucdavis.edu/FoodSafetyPreservation/21586.aspx>

Children's Nutrition Research Center Resources Available to Use

The Children's Nutrition Research Center at Baylor College of Medicine has the following resources available:

The *Children's BMI-percentile-for-age Calculator* can help determine whether a child is at a healthy weight: <http://www.kidsnutrition.org/bodycomp/bmiz2.html>.

30 full-color *Healthy Eating Posters* (11" x 17") can be used in schools or for other nutrition education training: http://www.kidsnutrition.org/images/posters3/posters/poster_1.html.

An interactive *Healthy Eating Plan Calculator* shows the amount of the different food groups necessary each day for children between 4 and 18 years: http://www.kidsnutrition.org/HealthyEating_calculator.htm

Fruit and Vegetable Commercials in English and Spanish featuring Reggie Veggie and Judy Fruity for video viewing promote fruits and vegetables for young children. <http://www.kidsnutrition.org/faculty/nicklas.htm>

Source: NUTRITION & YOUR CHILD, USDA/ARS Children's Nutrition Research Center (CNRC) at Baylor College of Medicine, 10/20/2008.

Free Continuing Education for Registered Dietitians

IFIC

The International Food Information Council has teamed up with the American Dietetic Association to offer several on-line continuing education programs. Covering diverse topics such as the food trends, sugars, health communications, and food allergies, each program is worth one Continuing Professional Education (CPE) credit. The training consists of either watching a video, reviewing a slide presentation, or reading professional papers on the various topics. Each course has a test to assess knowledge. The courses are free. See what's available at: <http://ific.org/adacpe>.

MyPyramid

MyPyramid.gov offers two free on-line courses about MyPyramid. Get a detailed overview of the MyPyramid food guidance system and review a PowerPoint presentation about the development of MyPyramid at: <http://www.mypyramid.gov/professionals/index.html>. Three CPE credits are available.



New Credit Card Rules

Effective July 2010, new credit card rules will provide additional protection to consumers. Here's a brief recap of some of the upcoming changes:

- Consumers must be sent a statement at least 21 days before payment is due.
- Creditors are prohibited from using "two-cycle billing" to calculate interest.
- Statements must indicate the effect of making only the minimum payment.
- When different APRs apply to different balances, the creditor must apply payments exceeding the minimum payment to the balance with the highest rate first or pro rated among all the balances.
- Creditors will have fewer opportunities to increase interest rates.
- Statements must include separate groupings for interest charges and fees, with monthly totals for each.



Sources: Institute of Consumer Financial Education eNEWS #08-25, 12/22/09 and Today's Consumer, 28:1, Winter 2009.

Our Aging Population

Family Economics News recommends two articles regarding aging Americans.

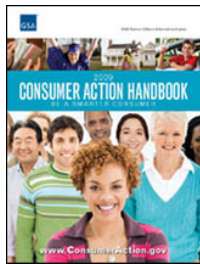
The first is from the Administration on Aging (AOA) *Profile of Older American 2008*. This is an annual summary of the latest statistics on the older population that covers 15 topical areas including population, income and poverty, living arrangements, and health. This profile is a very useful statistical summary in a user-friendly format available at: <http://www.mowaa.org/Document.Doc?id=69>.

The second report is the *2008 Older Americans: Key Indicators of Well-Being*, from the Federal Interagency Forum on Aging-Related Statistics. It provides an updated, accessible compendium of indicators, drawn from official statistics about the well-being of Americans primarily age 65 and over. The indicators are categorized into the following five broad areas: population, economics, health status, health risks and behaviors, and health care. The 160-page report contains data on 38 key indicators—and a one-time special feature on health literacy. To learn more, visit the Federal Interagency Forum on Age-Related Statistics web site at: http://www.agingstats.gov/agingstatsdotnet/main_site/default.aspx

Source: *Family Economics News*, March 2009

2009 Consumer Action Handbook

The *2009 Consumer Action Handbook* offers tips for consumers to file complaints, buy a car, protect themselves from identity theft, and more. It also includes contact information to hundreds of companies and Better Business Bureau offices in every state. Locate the handbook and order free multiple copies at the Consumer Action web site: <http://www.consumeraction.gov/>.



For similar information for Spanish-speaking consumers, check out the Spanish language equivalent, *Guia Del Consumidor* and its companion Web site at: <http://www.consumidor.gov/>.



2008 Physical Activity Guidelines for Americans

The U.S. Department of Health and Human Services has released a comprehensive guide for physical activity. The guidelines recommends minimum limits of physical activity to promote health and are described by three age groups: *Children & Adolescents* (aged 6-17); *Adults* (aged 18-64) and *Older Adults* (aged 65 and older). Additional information is provided for *Adults with Disabilities*, *Children and Adolescents with Disabilities* and *Pregnant & Postpartum Women*.

As an example, the guidelines state:

Children & Adolescents (aged 6-17)

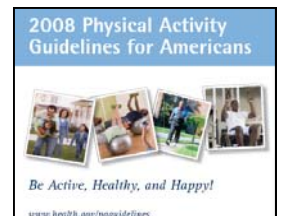
- Should do 1 hour (60 minutes) or more of physical activity every day.
- Most of the 1 hour or more a day should be moderate- or vigorous-intensity aerobic physical activity.
- As part of their daily physical activity, children and adolescents should do vigorous-intensity activity on at least 3 days per week. They also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.

At-A-Glance: A Fact Sheet for Professionals about the Physical Activity Guidelines for Americans is available at:

<http://www.health.gov/paguidelines/factsheetprof.aspx>

Source: US Department of Health & Human Services, “Physical Activity Guidelines for Americans”:

<http://www.health.gov/paguidelines/default.aspx>



Resources

Now Available in Spanish from Cooperative Extension

The Lunch Box series is now in Spanish and is available for free as download publications. The Spanish version of the five brochures includes the new MyPyramid for Preschool Children. They are available as follows:

La lonchera, A: Almuerzos saludables para preescolares
<http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/8107-S.aspx>

La lonchera, B: Aprendamos de las etiquetas de los alimentos
<http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/8108-S.aspx>

La lonchera, C: Cómo empacar almuerzos seguros para preescolares
<http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/8109-S.aspx>

La lonchera, D: Almuerzos apetitosos para preescolares
<http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/8110-S.aspx>

La lonchera, E: 15 almuerzos que los preescolares pueden llevar
<http://anrcatalog.ucdavis.edu/LunchBoxSeriesLaLonchera/8111-S.aspx>



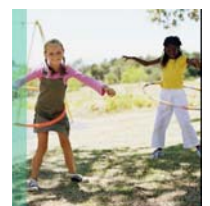
Si mi hijo tiene sobrepeso, ¿qué debo hacer? is the Spanish version of *If My Child is Overweight, What Should I Do About It?* written by Joanne Ikeda. Order from your local Cooperative Extension office (publication #21640) or on-line at: <http://anrcatalog.ucdavis.edu/Items/21640.aspx>. Cost: \$5 per copy; quantity discounts available.



Upcoming Events

Wednesday, May 6, 2009—*Oral Health in Pregnancy*, San Luis Obispo. 8:30 AM—12 Noon in the Annex behind the old General Hospital, Bishop Street & Johnson Avenue, San Luis Obispo. Professional credits pending for nurses, registered dietitians, and diet tech registered. Sponsored by the County of San Luis Obispo Public Health Department. **Free.** To register, e-mail ccolliver@co.slo.ca.us or call 781-5107.

June 9-12, 2009—*5th Childhood Obesity Conference*, Los Angeles. Information and registration at: <http://www.cce.csus.edu/conferences/childobesity/09/>. This is considered the premier obesity conference in the nation.



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Internet Resources for Health Professionals

General Nutrition

◆ Commercial and Non-Profit Sites

About Produce Marketing Association..... <http://www.pma.com/>
Information about issues in nutrition, food safety, and food security

American Cancer Society <http://www.cancer.org>
Healthful recipes, nutrition guidelines to reduce cancer risk, and nutrition information for the patient undergoing treatment.

American Diabetes Association <http://www.diabetes.org>
General and in-depth diabetes information and advice for healthy living with diabetes.

American Dietetic Association <http://www.eatright.org>
Promoting nutrition, health, and well being.

American Heart Association <http://americanheart.org>
Heart disease and stroke information, including diet and lifestyle recommendations.

California Beef Council <http://calbeef.org>
Nutrition information and recipes for beef.

Center for Science in the Public Interest <http://cspinet.org>
Current news about nutrition, biotechnology, food safety, food additives and “green” eating.

Diet Fraud..... <http://www.dietfraud.com>
Exposes current nutrition-related frauds.

FoodFit..... <http://www.foodfit.com>
Nutrition, food, and fitness information.

Fruit and Veggies More Matters <http://www.fruitsandveggiesmorematters.org/>
Fruit and Vegetable nutrition information, shopping guidelines and recipes.

Harvard Medical School Consumer Health Information <http://www.intelihealth.com>
Nutrition, health, and wellness information.

Healthy Weight Network..... <http://www.healthyweightnetwork.com>
Guidelines for healthy living by Frances M. Berg.

General Nutrition, continued

◆ Commercial and Non-Profit Sites

International Food Information Council Foundation <http://ific.org>
Current information about nutrition and food safety.

Mayo Health Oasis <http://www.mayohealth.org>
An all-purpose nutrition resource for consumers.

Nutrition Action Healthletter <http://www.cspinet.org/nah/index.htm>
Current topics in nutrition.

Olean® Brand Olestra <http://www.olean.com>
Information from Procter & Gamble© about Olestra, a fat replacer.

Quack Watch <http://www.quackwatch.com/index.html>
A guide to health fraud and intelligent decision-making. Investigates claims, answers questions.

RD411 <http://www.rd411.com>
Educational materials and nutrition information.

Shape Up America! <http://www.shapeup.org>
A national initiative to promote healthy weights and increased physical activity. Includes simple tips for weight control.

Vegetarian Resource Group <http://www.vrg.org>
Recipes, nutrition information, and more about a vegetarian lifestyle.

◆ Government & Educational Sites

Administration on Aging <http://www.aoa.gov/>
Resources for the elderly including the Elderly Nutrition Program.

CDC's Nutrition Page <http://www.cdc.gov/nutrition/>
Information and publications from the Centers for Disease Control and Prevention.

Center for Weight and Health <http://www.cnr.berkeley.edu/cwh/index.html>
Weight, health, and food security resources.

Consumer Health Information <http://www.fda.gov/CONSUMER/>
Food and nutrition information.

General Nutrition, continued

◆ Government & Educational Sites

Dietary Supplement Site of the FDA..... <http://www.cfsan.fda.gov/~dms/ds-oview.html>

Information on the use and safety of dietary supplements.

Food and Nutrition Information Center..... <http://www.nal.usda.gov/fnic>

Nutrition related resources for consumers and professionals.

Food Safety and Applied Nutrition <http://vm.cfsan.fda.gov>

Access to many government resources about nutrition.

National Heart, Lung, and Blood Institute..... <http://www.nhlbi.nih.gov/index.htm>

Heart and vascular disease nutrition information for patients and healthcare professionals.

National Women's Health Information Center <http://www.4woman.gov>

Information about women's health including heart disease, pregnancy, body image, and access to the Women's Health Newsletter. Also available in Spanish.

Nutrient Data Laboratory..... <http://www.nal.usda.gov/fnic/foodcomp>

Search for the nutrient content of a food or find the sources of specific nutrients.

Nutrition.gov..... <http://www.nutrition.gov>

A clearinghouse of government materials related to nutrition.

Staying Healthy at 50+ <http://www.ahrq.gov/ppip/50plus>

Provides tips on health maintenance and prevention for adults, including a checklist for health.

US Nutrition Assistance Programs.....

http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=276&topic_id=1340

Current research and studies about child and adult assistance programs.

Children's Nutrition

◆ Sites for Children

Department of Health and Human Services for Kids.....<http://www.dhhs.gov/kids>
Links to other health-oriented children's sites including some in Spanish.

Dole ® 5 A Day<http://www.dole5aday.com>
Nutrition education resources for children, teachers, and families.

FDA Kid's Page.....<http://www.fda.gov/oc/opacom/kids>
Interactive games about food safety and health.

◆ Sites for Adults Working with Children

Administration for Children and Families<http://www.acf.hhs.gov/>
Lists of federal programs available for children and families.

Children's Nutrition Resource Center <http://www.bcm.tmc.edu/cnrc/index.htm>
Baylor College of Medicine site for parents.

Oral Health Resource Center <http://www.mchoralhealth.org/default.html>
Oral health publications and an oral health programs database. Also the site for the National Center for Education in Maternal and Child Health.

Team Nutrition Home Page <http://www.fns.usda.gov/tn>
Information and activities for parents to promote healthy diets.

USDA's Child Nutrition Programs<http://schoolmeals.nal.usda.gov>
Information for persons working in USDA's Child Nutrition Program including training materials, menus, food safety information, and industry links.

Scholastic<http://www2scholastic.com/browse/unitplan.jsp?id=277>
Teaching tools for combining nutrition and mathematics.

Food Safety / Food Science

Ask Karen (USDA Food Safety Education)..... <http://www.askkaren.gov>
Answers questions about safe food handling and food borne illness.

Association for Dressings & Sauces..... <http://www.dressings-sauces.org>
Information about food safety, nutrition, and recipes for sauces and dressings.

Butterball® <http://www.butterball.com>
Information about proper handling and cooking of turkeys.

Canning Guide <http://www.homecanning.com>
Information on safe canning methods, equipment needed, and recipes.

Food Borne Illnesses <http://www.cfsan.fda.gov/~mow/foodborn.html#path>
Information about food borne illnesses, pathogens and food safety programs.

Food Borne Pathogen Information Page <http://www.about-ecoli.com/resources.htm>
Includes information about E. coli, Hepatitis, Listeria, Salmonella, and Shigella.

Food Safety and Inspection Service..... <http://www.fsis.usda.gov>
Links to current information about food safety and fact sheets.

Food Safety Music..... <http://foodsafes.ucdavis.edu>
Music about food safety and links to other educational websites.

Food Safety Project..... <http://www.extension.iastate.edu/foodsafety>
Resources for students, foodservice operators, and educators about food safety.

Food Safety Site of the University of Nebraska..... <http://foodsafety.unl.edu>
Information about food borne pathogens, safe food handling, and HACCP.

Institute of Food Technologists..... <http://www.ift.org/cms/>
Current information regarding food safety, biotechnology, and new food products.

Main Bovine Spongiform Encephalopathy (BSE) Page <http://www.bseinfo.org>
Information about BSE.

National Food Processors Association <http://www.safefood.org>
Information about the safety and nutritional value of processed foods.

National Pesticide Telecommunications Network..... <http://nptn.orst.edu>
Directory of pesticide information including food safety and pesticide use.

Office of Pesticide Programs..... <http://www.epa.gov/opp00001/>
Information about pesticides.

Consumer Economics

Administration for Children and Families <http://www.acf.hhs.gov/>
Links to federal programs and clearinghouses assisting children and families.

Center for Drug Evaluation and Research Handbook
<http://www.fda.gov/cder/handbook/index.htm>
Online handbook discussing the drug development and review process.

Consumer Health Information <http://www.consumer.gov/health.htm>
See also <http://www.consumer.gov/yourmoney.htm>
Health-related topics including assessing health care options, how to buy smart, and basic money management skills.

Consumers Union <http://www.consumer.org>
Information and educational materials about nutrition, food safety, and healthcare.

Department of Health and Human Services <http://www.dhhs.gov>
Information about health, disease and food safety.

Federal Consumer Information Center <http://www.pueblo.gsa.gov>
Full-text versions of hundreds of federal government consumer publications.

Federal Emergency Management Agency <http://www.fema.gov>
Information for what to do before, during, and after an emergency.

Health Insurance for Children <http://www.insurekidsnow.gov>
Information site for free/low-cost health insurance for children.

Money Talks <http://www.moneytalks4teens.org>
Financial management information and hands-on experiences for teens. Available in English and Spanish.

Soap and Detergent Association <http://www.sdahq.org>
Tips for a safe and clean home and kitchen.

U.S. Government Directory Site <http://www.firstgov.gov>
Index of the sites and services of the U.S. Government.

Tools for Educators

◆ Commercial and Non-Profit Sites

Dole ® 5 A Day <http://www.dole5aday.com>
Nutrition education resources for children, teachers, and families.

Food and Health Communications..... <http://www.foodandhealth.com/>
Nutrition education materials about diet, disease, weight loss, wellness, food safety, etc.

Healthy Kids Resource <http://www.hkresources.org>
Free loans of health education materials in California.

Nutrition for Kids <http://www.nutritionforkids.com>
How to teach nutrition to kids from the 24 Carrot Press by Connie Evers, MS, RD.

Teach Free Home Page..... <http://www.teachfree.com>
Supplemental classroom kits for preschool through 12th grade educators.

◆ Government and Educational Sites

Agriculture and Natural Resources Catalog <http://www.anrcatalog.ucdavis.edu>
Educational materials about nutrition, family, and consumer science topics.

Center for Nutrition Policy and Promotion..... <http://www.usda.gov/cnpp>
Government publications that relay nutrition research findings to the general public.

Fight BAC!™..... <http://fightbac.org>
Educational materials for preventing food borne illnesses

FDA Food Safety Web Resources..... <http://vm.cfsan.fda.gov/~dms/tchresou.html>
Supplementary resources about food safety and science.

Food Safety Publications <http://www.fsis.usda.gov/OA/pubs/consumerpubs.htm>
Publications on food safety topics for children, seniors, and professionals available in several languages.

Ground & Drinking Water Publications <http://www.epa.gov/OGWDW/Pubs>
Access to publications about water and drinking water standards.

North Carolina Cooperative Extension . <http://www.ces.ncsu.edu/depts/foodsci/agentinfo>
Listings of sites and publications promoting food safety education and food preservation.

Tools for Educators, continued

◆ Government and Educational Sites

Oregon Extension Service<http://extension.oregonstate.edu/>
Nutrition education resources for low-income and culturally-diverse audiences.

UC Cooperative Extension, SLO<http://cesanluisobispo.ucdavis.edu/programs.htm>
Nutrition, Family & Consumer Science Programs links to nutrition education programs.

WIC Resource System <http://www.nal.usda.gov/wicworks>
Database for WIC professionals to contact peers and receive new materials and resources.

Articles & Bibliographies

◆ Commercial and Non-Profit Sites

American Academy of Pediatrics<http://www.pediatrics.org>
Directory of articles from *Pediatrics*, a journal about children's health.

Dietetics Online © <http://www.dietetics.com>
Professional networking organization of Nutrition and Dietetic Professionals worldwide.

Andrews University Nutrition and Wellness<http://www.andrews.edu/NUFS/vndpg.html>
Fitness and nutrition information

◆ Government and Educational Sites

ARS Western Human Nutrition Research Center.....
..... http://www.ars.usda.gov/main/site_main.htm?modecode=53-06-25-00
Publications and findings of various studies aimed at improving and maintaining optimal health and nutrition.

CDC WONDER on the Web..... <http://wonder.cdc.gov>
Point of access to a variety of Centers for Disease Control and Prevention reports, guidelines, and public health data.

ChildStats.....<http://childstats.gov>
Statistics and links to more information about America's children.

Articles & Bibliographies, continued

◆ Government and Educational Sites

Economic Research Service of the USDA:

Published research results on a variety of agricultural topics including:

Biotechnology briefing room <http://www.ers.usda.gov/briefing/biotechnology>

Diet and health briefing room.....<http://www.ers.usda.gov/briefing/dietandhealth>

Economic policy and issues regarding food safety.....
<http://www.ers.usda.gov/Emphases/SafeFood>

Food assistance and nutrition research programs briefing room
<http://www.ers.usda.gov/briefing/FoodNutritionAssistance>

Food security briefing room <http://www.ers.usda.gov/briefing/foodsecurity>

Food and Nutrition Information Center (FNIC) <http://www.nal.usda.gov/fnic>
Resource lists, databases, and other food and nutrition links.

Healthfinder®..... <http://www.healthfinder.gov>
Databases and articles on a variety of health topics.

◆ Government and Educational Sites

Food: Nutrition, Safety, and Preparation..... <http://lancaster.unl.edu/food/>
Food, nutrition, and food safety articles for professionals, educators, and consumers.

Maternal and Infant Nutrition Briefs<http://nutrition.ucdavis.edu/briefs>
Archive of research-based newsletters about maternal and infant nutrition.

National Food Safety Programs.....<http://www.foodsafety.gov/~dms/fs-toc.html>
Articles and publications about a variety of food safety topics.

Nutrition Perspectives Newsletter <http://nutrition.ucdavis.edu/perspectives/>
Research-based newsletter about nutrition and food-related topics.

Office of Dietary Supplements<http://dietary-supplements.info.nih.gov>
Bibliographic database of dietary supplement research.

U.S. Census Bureau <http://www.census.gov>
Statistical information about Americans.

U.S. National Library of Medicine (NLM)<http://www.nlm.nih.gov>
Directory of the world's largest medical library, including MEDLINE.

To simplify information, trade names of products and/or company names have been used. No endorsement of named products and/or companies is intended nor is criticism implied of similar products and/or companies which are not mentioned.

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Originally Compiled by:

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Dr. Lisa Nicholson's Food Science & Nutrition Class 415 – Nutrition Education & Communications,
Cal Poly, San Luis Obispo, Fall 2001

Revised by: Jayme Young, Registered Dietitian Intern, Cal Poly – San Luis Obispo, April 2009

Consumer Toll-Free Helplines

Nutrition

◆ Food Manufacturers

- Arm & Hammer**.....**1-800-952-5080**
Answers product questions. *Weekdays 9 am – 5 pm (EST)*
- Dole Consumer Center****1-800-356-3111**
Recipes and answers to product questions. *Weekdays 8 am – 3 pm (PST)*
- Eckrich Lunch Meats and Sausages**.....**1-800-722-1127**
Product information and comments.
Weekdays 8:30 am – 4:30 pm (CST)
- Equal Consumer Affairs****1-800-323-5316**
Answers to product questions and recipe information. *Weekdays 8 am – 5 pm (CST)*
- Fleischmann’s Helpline****1-800-777-4959**
Answers to yeast questions and recipes. *Weekdays 8 am – 9 pm (CST)*
- Frieda’s Inc. (Exotic Produce Company)****1-800-241-1771**
Information about exotic produce and recipes. *Weekdays 7:30 am – 4:30 pm (PST)*
- Kraft General Foods**.....**1-800-431-1001**
For general information about products and recipes. *Weekdays 9 am – 4 pm (EST)*
- Gerber****1-800-443-7237**
Answers to product questions and join a coupon mailing list. *24 hours daily*. For information on breastfeeding or formula feeding call 1-800-284-9488.
- Hershey’s Foods****1-800-468-1714**
Recipes and assistance with recipes, nutrition information, and shelf-life guidelines.
Weekdays 9 am – 4 pm (EST)
- Hillshire (Products of Sara Lee)****1-800-925-3326**
Nutrition information and recipes for Hillshire products. *Weekdays 8 am – 4:30 pm (EST)*
- Hormel Consumer Response Department**.....**1-800-523-4635**
Recipes and nutrient composition of Hormel products. *Weekdays 8 am – 4 pm (CST)*

Nutrition, continued

- Kellogg Company Consumer Affairs****1-800-962-1413**
Product information and educational resources. *Weekdays 8 am – 8 pm (EST)*
- Kitchen Kraft****1-800-776-0575**
Information on baking, candy making, and food preservation. Also, information about hard-to-find ingredients and gadgets for the kitchen. *Weekdays 8 am – 5 pm (CST)*
- Empire Kosher Poultry Consumer Affairs**.....**1-717-436-7055**
Information on kosher processing, poultry handling and preparation, kosher recipes and nutrition information. Newsletter available. *Monday – Thursday 8 am – 4:30 pm, Friday 8 am – 3 pm (EST), Closed all secular Jewish holidays*
- Kraft, Inc****1-800-323-0768**
Answers product questions. *Weekdays 9 am – 8 pm (EST)*
- Land O’ Lakes Holiday Baking Hotline****1-800-782-9606**
Baking experts answer baking questions. Call to receive a free recipe pamphlet. *Available daily from November 1 – December 24 between 8 am – 7 pm (CST)*
- Lawry’s Foods, Inc.**.....**1-800-9-LAWRYS**
Nutrition information, cooking techniques and recipes for Lawry’s products. *Weekdays 8:30 am – 6 pm (EST)*
- Mrs. Dash Hotline****1-800-622-3274**
Sodium information and recipe ideas. *Weekdays 9 am – 4 pm (EST)*
- Nabisco****1-800-932-7800**
Ingredient information and customer service requests. *Weekdays 9 am – 5 pm (EST)*
- Omaha Steaks**.....**1-800-228-9872**
Answers to product questions. *24 hours daily*
- Pillsbury Consumer Relations****1-800-775-4777**
Answers to all product questions. *Weekdays 7:30 am – 5:30 pm (CST)*
- Spice Island Spices****1-800-247-5251**
Spice Advise, FAQ’s, and storage & shelf life recordings. *Weekdays 9 am – 4 pm (CST)*
- Sweet’N Low Consumer Helpline**.....**1-800-221-1763**
Nutrition information and recipes for sugar alternatives. *Weekdays 9 am – 5 pm (EST)*
- Sweet One (Sunette) Consumer Helpline**.....**1-800-544-8610**
Home economists and nutritionists answer questions about sugar substitutes, product availability, and recipes. *Weekdays 9 am – 5 pm (EST)*

Nutrition, continued

Tyson Farms Consumer Information Line.....1-800-233-6332

Information about nutrition, safe handling and preparation techniques for Tyson-Holly Farms poultry products. *Weekdays 8 am – 5 pm (CST)*

Splenda Customer Service1-800-777-5363

.....**For Spanish Call 1-888-466-8746**
Product information, answers to FAQs, and recipes. *Weekdays 8 am – 8 pm (EST)*

Foster Farms Turkey Helpline1-800-255-7227

Product information, cooking techniques and answers to FAQs. *24 hours daily*

General Mills1-800-248-7310

For questions and comments about products. *7:30 am – 5:30 pm (CT)*

◆ Government

Consumer Product Safety Commission 1-800-638-CPSC

Recording of recalls and safety information; takes complaint calls only. English & Spanish. *Weekdays 8:30 am – 5:00 pm (EST)*

Food and Drug Administration1-888-463-6332

Call to receive information or to report problems with FDA-regulated products.
Weekdays 8 am – 5 pm (EST)

National Cancer Institute..... 1-800-4-CANCER

Answers questions on cancer treatments and diet/nutrition related issues. Free brochure on cancer prevention. Will also discuss smoking cessation. English & Spanish.
Weekdays 9 am – 4:30 pm (PST)

National Health Information Center.....1-800-336-4797

Assists people with health and medical problems to get in touch with public and private organizations. *Weekdays 9 am – 5:30 pm (EST)*

National Heart, Lung, and Blood Institute.....1-301-592-8573

Answers to health-related questions, including information on heart disease prevention.
Weekdays 8:30 am – 5:00 pm (CST)

◆ National Associations

American Diabetes Association1-800-342-2383

Answers any questions about diabetes. English & Spanish.
Weekdays 8:30 am – 8 pm (PST)

American Institute for Cancer Research.....1-800-843-8114

A nutritionist answers questions and can mail a brochure about cancer.
Monday - Saturday 8:30 am – 6 pm (EST)

Food Safety

Butterball Turkey Talkline 1-800-TDD-3848

A home economist answers questions about turkey preparation and safe handling.

November 2 – December 23

FDA Center for Food Safety and Applied Nutrition 1-888-SAFE-FOOD

Outreach and information center for consumers seeking reliable food safety information.

Staff available weekdays 10 am – 4 pm (EST), recorded messages 24 hours daily

National Lead Information Center..... 1-800-424-LEAD

Answers questions about lead poisoning and prevention. English & Spanish

Weekdays 8 am – 6 pm (EST), message center available 24 hours

National Pesticide Telecommunications Network.....1-800-858-7378

Information from trained staff about pesticides, including safety issues and referrals for disposal. *Daily 6:30 am – 4:30 pm (PST)*

USDA Meat and Poultry Hotline.....1-888-674-6854

Specialists available to answer questions related to food safety, food handling methods, food preparation and storage, and meat and poultry labels.

Weekdays 10 am – 4 pm (EST), Thanksgiving day 8 am – 2 pm (EST)

US EPA Safe Drinking Water Hotline1-800-426-4791

Answers questions on safe drinking water regulations. Referrals to State Lab

Certification Officer for water testing. *Weekdays 10 am – 4 pm (EST)*

Food Preservation

American Harvest / Harvest Maid (Nesco).....1-800-288-4545

Information about dehydrators, roasters, and ovens. Accepts phone orders.

Monday – Thursday 8 am – 6 pm, Friday 8 am – 5 pm (CST)

Ball and Kerr Home Canning.....1-800-240-3340

Answers questions about home canning, freezing, dehydrating, and other food preservation topics and food safety issues. *Weekdays 8:30 am – 4:30 pm (EST)*

Mirro/WareEver Company.....1-800-527-7727

Answers questions about pressure cookers, canners, cookware, bakeware, and food safety. *Weekdays 8:30 am – 5:30 pm (EST)*

Mrs. Wages / Precision Foods1- 800-442-5242

Answers to your pickling and canning questions. *Weekdays 6:30 am – 3:30 pm (CST)*

Presto.....1-800-877-0441

Parts, products, and pressure gauge testing information. *Weekdays 8 am – 4:30 pm (CST)*

Consumer Economics

◆ Government

Consumer Product Safety Commission **1-800-638-CPSC**
Recording of recalls and safety information; takes complaint calls only. English & Spanish. *Weekdays 8:30 am – 5:00 pm (EST)*

Social Security **1-800-772-1213**
Information about social services and local office information. English & Spanish. *Weekdays 7 am – 7 pm (local time)*

◆ Industry

APPLIANCES / HOUSEWARES

SC Johnson Consumer Resource Center **1-800-428-4795**
Answers product questions. *Weekdays 8 am – 6 pm (CST)*

Kitchen Aid Customer Experience Center **1-800-422-1230**
Product information and complaint calls. *Weekdays 8 am – 9 pm (CST)*

Mirro/WareEver Company **1-800-527-7727**
Answers questions about pressure cookers, canners, cookware, bakeware, and food safety. *Weekdays 8:30 am – 5:30 pm (EST)*

Panasonic Customer Service / Quazar **1-800-973-4326**
Assistance with product-related issues and receives complaints. *Weekdays 9 am – 9 pm, Weekends 9 am – 7 pm, Holidays 9 am – 6 pm (EST)*

Weber Grills Customer Service **1-800-446-1071**
Answers product questions. *Weekdays 8 am – 5 pm (CST)*
BBQ experts available from Memorial Day through Labor Day to answer outdoor cooking questions, food safety concerns, and provide recipes at **1-800-GRILL-OUT**.

Whirlpool Customer Experience Center **1-800-253-1301**
Answers product questions, service referrals. *Monday – Saturday 8 am – 9 pm (EST)*

Wisk **1-800-ASK-WISK**
Answers questions about stain removal and garment care. *Weekdays 8:30 am – 6 pm (EST)*

Consumer Economics, continued

CARPET / FLOORING

Anso / Allied Fibers Warranty Line.....1-800-441-8185

Answers questions about Allied Fibers carpets.

Weekdays 7:30 am – 7 pm, (CST)

DuPont Flooring.....1-877-43-TOUCH

Staining and warranty information about Stain Master products only.

Weekdays 9 am – 5 pm (EST)

Solutia Weardated Carpets.....1-800-633-3208

Information on staining of Monsanto carpets and a message center for Solutia products.

Weekdays 8am – 6pm (CST)

3M / Scotchguard1-800-433-3296

Scotchguard Stain Resistance carpets and furniture stain warranty center.

Weekdays 8 am – 6 pm (CST)

CHEMICAL

Chemtrec Information.....1-800-CMA-8200

A public service of the Chemical Manufacturer's Association providing emergency communications for hazardous materials. *24 hour EMERGENCY hotline*

INSURANCE

California Dept. of Insurance Consumer Hotline.....1-800-927-HELP

Information on health, life, residence, and auto insurance. English & Spanish.

Weekdays 8 am – 6 pm (PST)

National Insurance Consumer Helpline.....1-800-942-4242

Free information about basic auto, home, business, and life insurance questions. Provides insurance company names and phone numbers but cannot make referrals.

Weekdays 8 am – 8 pm (EST)

For other toll-free numbers check product labels or call the toll-free telephone directory at 1-800-555-1212.

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