

When Relatives Or Neighbors Provide Child Care

UNIVERSITY PARK (Centre Co.) — Are you thinking of having a relative, neighbor, or friend care for your child while you work? This can be a good choice. You already know the person and so does your child. Their home may be near yours. Your child may be used to going there.

Think about these things ahead of time to prevent possible problems later on.

- Find out how much it will cost and when you will be expected to pay. Relatives and friends have bills to pay, too, and will need their payment on time.

- Make sure to give the person your work schedule, includ-

ing travel time to and from work to see if that fits with her schedule. Give your child's caregiver phone numbers where you can be reached at all times.

- Think about what kind of child care arrangements you will make if your caregiver is sick or on vacation.

- Ask how many children your relative, friend, or neighbor is watching. If it's four or more, not including her own children, she will need a certificate of registration from the Department of Public Welfare. Providers who care for more than six children, not including their own, must have a license from DPW.

- Take your child for a visit

and have your relative or friend spend time one-on-one with her. Step back a little and see how they get along.

- Are your child rearing ideas the same? Find out about discipline. Make sure you both agree on this issue.

- See what kinds of playthings are available. Are they appropriate for your child's age?

- Talk about a daily schedule. Be sure there is time for both active and quiet play.

- There should be a safe area for your child to play outside.

- Will nutritious meals and snacks be provided?

- Where will your child nap?
- See if medicines and toxic

cleaning materials are in locked cabinets.

- Any guns, weapons, or ammunition must be stored separately in locked cabinets.

All caregivers in Pennsylvania can order free materials from Penn State Cooperative Extension's Better Kid Care Program by calling, toll-free, 1-800-452-9108.

If you have access to the Internet, you can find information for parents and caregivers at the Better Kid Web site at www.betterkidcare.psu.edu



Wild Game Food Safety Brochures Help Hunters, Fishers

UNIVERSITY PARK (Centre Co.) — A Penn State Cooperative Extension food safety specialist has developed a comprehensive program to arm hunters and others with important information on wild game food safety.

The centerpiece of the program is a set of five free publications addressing proper care and handling of wild game, fish, and

birds. "With over a million licensed hunters in the state, many people rely on game meat to sustain them through the winter — especially in rural areas," said Catherine Cutter, assistant professor of food science. "But game animals — especially deer — are known to carry E. Coli, and game birds can carry Salmonella.

Since cleaning, dressing and butchering often are done in the field, airborne contaminants, weather, temperature and other factors can affect the safety of your product."

E. Coli 0157:H7 and Salmonella are harmful bacteria found in the intestinal tracts of game, livestock, poultry and other animals. These pathogens can cause gastro-

intestinal distress in humans and can be fatal to young children and older adults.

"The publication series includes pamphlets on gamebirds, fish and venison, designed to give hunters and fishers basic information on what to do out in the field — pointers to keep pathogens and bacterial growth down so they would have a better product," Cutter said. "Two longer booklets expand on the information in the pamphlets and elaborate on field dressing procedures for specific animals, with instructions on how to make sausages or jerky."

The series includes:

- Venison, a brochure that identifies tools and utensils hunters should

carry, in addition to tips on field dressing, transporting and kitchen processing.

- Fish, a brochure that presents safety guidelines for before and after the catch. Topics include transporting, processing and tips for smoking and freezing.

- Game Birds, a brochure that suggests the proper tools to take when hunting, as well as tips on field dressing, removing feathers and aging meat.

- Proper Field Dressing and Handling of Wild Fish and Game, a 10-page booklet that explains the crucial steps in field dressing and butchering fish and game immediately after harvest. Diagrams illustrate techniques for deer and other large animals, as well as small game, wild turkey, waterfowl and fish.

- Proper Processing of Wild Game and Fish, an 18-page booklet dedicated to the preparation of venison, birds, fish, and other game after it's brought in from the field. Sections include the importance of temperature in controlling spoilage, butchering and cutting techniques, differences between aging, curing and smoking; procedures for canning game; and recipes for making jerkies and sausages.

In addition to developing the


publications, Cutter recently conducted a workshop to instruct Penn State Cooperative Extension agents from around the state in the latest techniques of field dressing, handling and butchering of wild game. The day-long training included updates on current state hunting regulations from a representative of the Pennsylvania Game Commission.

Agents learned to inspect game animals for disease, received a presentation on canning of game meat from Chef Albert Wutsch of the Indiana University of Pennsylvania Academy of Culinary Arts, and sampled deer bologna and jerky made at the Penn State Meats Lab. Participants also saw a step-by-step demonstration of venison butchering courtesy of Griffith Brothers White Tail Ridge of Huntingdon, Pa.

"Armed with this knowledge, extension agents can offer in-depth information to people in their counties through workshops, phone calls and other means," Cutter said. "Our goal is to provide the state's hunters with convenient resources for food safety and hunting information."

Single copies of the wild game meat safety publication series are available free of charge by contacting your county Penn State Cooperative Extension office, or by calling the College of Agriculture Sciences Publications Distribution Center at (814) 865-6713. The brochures and booklets also are available free of charge from the College of Agricultural Sciences Publication Web site at <http://pubs.cas.psu.edu/Default.html>. They also can be found at local deer processing plants and butcher shops.

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