

## Consuming Thoughts

by

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It is fun when grandchildren come to visit, or if you regularly lend a hand with their care, but as you know, the care and feeding of grandchildren is also a major responsibility. Many of the feeding practices you probably used with your own children are no longer advocated for today's infants and toddlers.

Let's take a look at FDA recommended food safety implications of feeding that special new person in your life.

### Keep it Clean

- Always begin formula and

food preparation by washing your hands.

- If making homemade baby food, use a brush to clean areas around the blenders of food processor blades. Old food particles can harbor harmful bacteria that may contaminate other foods.

- Use detergent and hot water to wash and rinse all utensils (including can opener) that come in contact with baby's foods.

### Handle Baby's Food Safely

- Harmful bacteria from a baby's mouth can be introduced

into food or bottles where it can grow and multiply even after refrigeration and reheating. If the

baby does not finish a bottle, do not put it back in the refrigerator for another time. Likewise, do not feed a baby from a jar of baby food and put it back in the refrigerator for another time. Saliva on the spoon contaminates the remaining food.

- If using commercial baby food check to see if the safety button on the lid is down. If the jar lid doesn't "pop" when opened, do not use. Discard jars with chipped glass or rusty lids.

- Follow the manufacturer's recommendations for preparing bottles before filling with formula or milk.

### Store Food Safely

- Observe "use by" dates on formula cans.

- To freeze homemade baby food put the mixture in an ice cube tray. Cover with heavy-duty plastic wrap until the food is frozen. Pop food cubes into a freezer bag or airtight container and date it. Store up to three months. One cube equals one serving.

### Keep Food

#### At Safe Temperatures

- Perishable items like milk, formula or food left out of the refrigerator or without a cold source for more than 2 hours should not be used.

- When traveling with a baby, transport bottles and food in an insulated cooler. Place the ice chest in the passenger compartment of the car; it's cooler than the trunk. Use frozen gel packs, or bags of ice to keep food or bottles cold on long outings. Do not keep bottles or food in the same bag with dirty diapers.

### Avoid Serving Certain Foods

- Do not feed honey to children less than a year old. It can contain the botulinum organism that could cause illness or death.

- Raw or unpasteurized milk should not be served to infants and children.

- Heat processed meat and poultry (hot dogs, deli meats & cold cuts) to steaming. Occasionally these foods are contaminated with *Listeria monocytogenes* bacteria that can cause serious illness among those whose immune systems are vulnerable. High temperatures kill the bacteria.

After heating, the food can be refrigerated and served chilled at a later time. Remember, too, that these food safety guidelines also apply to day care or childcare establishments.

## Scholarship Winners Named

CARLISLE (Cumberland Co.) — Twenty-two college students will receive scholarships from Land O'Lakes this fall through Land O'Lakes Unit scholarship program.

Annually, dairy producers elected as Unit and Area delegates in each of Land O'Lakes 23 Units in the East select the most qualified applicant(s) to receive the scholarship. To qualify for the scholarship, applicants must be a child or grandchild of a Land O'Lakes member.

Here is a listing of this year's winners:

Renaee Bender, Cochransville, daughter of Roy N. and Ruth Ann Bender, senior at Messiah College studying elementary education.

Michael Bollinger, Quarryville, son of L. Dale and Cynthia Bollinger, senior in animal science at Cornell University.

Sarah Dell, Martinsburg, daughter of Emile and Betty Dilling, senior at Harcum College who is studying veterinary technology.

Jonathan Deitman, Carlisle, a sophomore studying biology at Delaware Valley College is the son of Larry and Deb Yorlets.

Jonas David Glick, Lewistown, son of David and Jamı Glick, freshman studying forestry management at Pennsylvania School of Technology.

Travis Harshman, Chambersburg, son of Larry and Jean Harshman, studying heavy construction technology at Pennsylvania School of Technology.

J. Kyle Hershey, Mountville, a freshman in animal sciences at the Pennsylvania State University is the son of Clifford and Mary Lou Hershey.

Benjamin Hibbard, Montrose, son of Arvin and Roselyn Hibbard, senior at the Pennsylvania State University studying secondary education — mathematics.

Jill Hoover, Gap, a junior in animal science at the Pennsylvania State University, the daughter of Gordon and Carole Hoover.

Roger Hottle, Knoxville, a freshman at Lock Haven studying engineering, the son of John and Sandy Beard.

Dustin Kreider, Quarryville, the son of Tom and Kathie Kreider, a sophomore studying finance at the Pennsylvania State University.

Susie Lutz, Mohrsville, daughter of Ralph Lutz, in her third year of studying veterinary medicine at Purdue University.

Kari Martin, Ephrata, daughter of Leonard and Joyce Martin, senior in agricultural business at the Pennsylvania State University Berks campus.

James Neyhard, Milton, son of Diane Neyhard, senior studying environmental and renewable resource economics at the Pennsylvania State University.

Blair Robbins, Millerton, a sophomore at Millfield University studying pre-engineering, the son of Keith and Penny Robbins.

Justin Robinson, Huntingdon, son of Thomas and Jeannette Robinson, in his second year studying agricultural and extension education at the Pennsylvania State University.

Estella Ruth, East Berlin, daughter of George and Karen Ruth, a sophomore at Delaware Valley College studying environmental science and agronomy.

Nicole Sell, Schnecksville, a sophomore in biology at Cedar Crest College, the daughter of Hubert and Grace Sell.

Laura Stoltzfus, Elverson, daughter of Gary and Sharon Stoltzfus, senior in accounting at Grove City College.

Dusti Vanderwende, Greenwood, Del., daughter of Doug and Debbie Vanderwende, a sophomore in animal science at University of Delaware.

Jennifer Yoder, Meyersdale, daughter of Wendell and Darlene Yoder, a freshman at the Frostburg State University.

Rebecca Young, Peach Bottom, daughter of Matthew and Linda Young, a junior at Shippensburg University studying general business management.

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