New Rules for Home Based Processors

Earlier this year, Kentucky lawmakers passed HB468, which further defined who qualifies to be a home-based processor and what products they can make. This bill went into effect on June 14.

Home-based processors are Kentucky residents who make value-added products in their home kitchens. Processors may sell these products throughout the state at farmers markets, certified roadside stands, community events, fairs, festivals and from the home-based processor’s home.

As a home-based processor, you are not required to grow any ingredient in your products. You can only sell your products within Kentucky and cannot earn an annual gross income of more than $60,000 from product sales. Home-based processors cannot mail or ship products to customers, and they cannot sell products to restaurants, grocery stores, wholesale distributors or any other retail outlet for further sale.

This law also limits the types of foods home processors can make. Home-based processors cannot process foods that require refrigeration or freezing. They must be shelf stable. Allowable foods include:

- Whole fruits and vegetables
- Dried or freeze-dried fruits and vegetables
- Mixed greens
- Fruit jams, jellies & preserves (this does not include low and/or no sugar varieties and pepper jellies)
- Fruit butters
- Sweet sorghum syrup
- Maple syrup
- Bread
- Cookies
- Cakes
- Candy (no alcohol)
- Fruit pies
- Pecan pies
- Dried herbs and spices
- Dried grains
- Nuts
- Granola
- Trail or snack mix
- Popcorn with or without added seasonings

Products must be properly labeled and include the common name of the product, name and address of the home-based processing operation, net weight (or volume) or numerical count, date processed, ingredient list and allergy information. Processors must list all ingredients in descending order on the label and include the sentence, “This product is home-produced and processed” in 10-point type.

Starting Jan. 1, anyone who wants to become a home-based processor will have to register with the Kentucky Department for Public Health’s Food Safety Branch. There is a $50 annual registration fee. For the remainder of this year though, there is no registration process or fee.

If you have questions about registration, fees, allowable products or...
Calcium and Vitamin D

Bones provide structure, protect organs, anchor muscles, and store calcium. A large decay in bone mass occurs in older adults, raising the risk of brittle bones. Osteoporosis or "porous bone" is a disease of the skeletal system that results in low bone mass and deterioration of bone tissue. This condition leads to an increase of bone fracture especially in the wrist, hip, and spine. Consuming enough calcium and vitamin D helps build strong bones and may cut the risk of brittle bones later in life. Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. Food is the best source of calcium. Dairy products are high in calcium, and some green vegetables and other foods have calcium in smaller amounts. Calcium-fortified foods and calcium supplements are helpful for people who are not able to get enough calcium in their diets. A single tablespoon of nonfat powdered milk contains about 50 mg of calcium. You can add 2 to 4 tablespoons to puddings, homemade cookies, breads or muffins, soups or gravy, and casseroles for a simple way to add more calcium to your diet.

Vitamin D aids in the absorption of calcium, so it also plays a key role in healthy bone growth. Vitamin D is needed to help keep bones strong and healthy. This is the reason milk is fortified with vitamin D. Vitamin D and calcium work together as a team to help care for bone mass. Routine physical activity also helps build strong bones. Weight bearing physical activity causes muscles and bones to work against gravity and helps build bone mass. Weight bearing actions include walking, jogging, running, tennis, stair climbing, dancing, and weight lifting.

Source: LSU AgCenter BASIC BUDGET BITES F

Basic Budget Bites

- Restaurants can be high priced. Save money by getting the early bird special or going out for lunch instead of dinner.
- Look for “2 for 1” deals. Share an entrée with a family member or friend.
- Stick to water instead of ordering other drinks, which add to the bill.
- Keep a “soup container” in the freezer. Add vegetable liquids as well as leftover meats and vegetables to make a great soup or stew that costs very little.

Protect Yourself Online

While being online doesn’t always feel like a financial activity, it can lead to financial consequences if you aren’t careful. Our personal information is the gateway to our financial accounts, so we must protect ourselves online. Use the following tips to protect your personal and financial information from scammers.

**Download Security Software.** One method scammers may use to access your information is via malware. Malware is short for “malicious software” and it refers to a variety of viruses that cyber-attackers create to damage your computer and gain unauthorized access to your information. Scammers may embed malware in a link or an email. To defend against malware, you can download security software that will protect against, or even remove malware. In most cases this software should cost you less than $50. Some may even be available to download for free.

**Trust Your Intuition.** Phishing refers to a variety of scams that try to trick consumers into providing private information. They often involve fake emails, copycat websites, or pop-ups on your computer that ask you to divulge your Social Security numbers, usernames and passwords. Phishing scammers will often reel you in by posing as legitimate, trusted, or well-known companies or individuals. They may even pose as a family member. However, there are often red flags. If you think something seems suspicious about an email or an offer seems too good to be true, you are probably right. Don’t respond to an email asking you to divulge information. Instead, call the number listed on a company’s website (and not the number provided in the email) to verify whether an email is authentic.

**Activate Two-Factor Authentication.** You have probably have used two-factor authentication, even though you may not have known it. Two-factor authentication requires you to enter a password and an additional piece of personal information, such as the name of your first pet, the street you grew up on, etc. Using any of the second-step features will help safeguard your account, even if scammers get access to your password.

**Back Up Your Files.** Get into the habit of backing up your files into the cloud or onto an external hard drive. That way, even if a scammer penetrates your security software and compromises your computer, your information is protected somewhere else.

**Report Phishing.** Help the Federal Trade Commission protect consumers by reporting phishing attempts. Forward phishing emails to spam@uce.gov. If the scammers posed as a legitimate company, email that company to make them aware they are being impersonated. You can also file a report with the Federal Trade Commission at FTC.gov/complaint.

Source: Alex Elswick, Extension Specialist, Department of Family Studies

Kelly May, Senior Extension Associate, Family Finance and Resource Management

Jennifer Hunter, Ph.D., Assistant Director of Family and Consumer Sciences, University of Kentucky Cooperative Extension Service.
Kids and Pool Safety

When the summer heat is making you sweat, hitting the pool is a great way to keep the family cool. While swimming is a ton of fun and a great activity for the whole family, it could prove to be dangerous, even deadly.

According to the Centers for Disease Control and Prevention, drowning is the fifth leading cause of unintentional injury death for people of all ages, and the second leading cause of injury death for children ages 1 to 14 years. Drowning is one of the top 10 leading causes of death for children in every region of the world. Here are some ways we can prevent deadly accidents from happening the next time we are hanging out by water.

**Talk about it.** Talk with your children about water safety. Nearly 70 percent of childhood drownings happen when kids aren’t swimming. Tell your children that they should not go near water without an adult present. That means taking a bath, going to the neighbor's pool, or dangling our feet in the water while sitting on the side. Accidents happen, we trip, slip, and stumble which could lead to injury. It is important to stress the dangers of water on a regular basis.

**Insist on supervision.** While most public pools have paid lifeguards, family pools do not. Make certain an adult is always watching the water. This becomes challenging at family gatherings because when everyone is watching, no one is watching. When one person is not assigned or designated to watch children, then everyone tends to think someone else is doing it. Identify one or two adults as “water watchers” and have them wear a name tag or carry a whistle. The name tag or whistle allows them to know they are on duty, and when it is the next adult's turn, they have something to hand over as a symbol of their responsibility.

**Put your phone down.** It only takes seconds for a child to slip beneath the surface and drown. Even the smallest distractions like checking social media posts, or a quick phone call can be too long. You don’t have to leave the phone at home but stow it away on silent mode, so you don’t get distracted. Having a phone nearby can be helpful in case of an emergency, just don’t allow it to be the reason for the emergency.

**Bath time.** Any body of water demands serious attention and supervision. As tempting as it can be, don’t try to multitask while your child is in the bath. Be sure to sit with your child during bath time, and if you have other things to do, make it a short bath.

**Don’t hesitate.** It is important to note that people drown silently and quickly. Drownings do not appear as the movies portray; a drowning person rarely splashes, thrashes around, or calls for help. A child can drown in less than 2 inches of water, so even kiddie pools can be dangerous. If you think a child is being unsafe or is in harm’s way, don’t hesitate to act.

**Swim lessons.** While swim lessons do not make children “drown-proof,” they are a very important layer of protection that helps prevent drowning. The American Academy of Pediatrics suggests that swim lessons can help reduce the drowning risk for children between ages 1 and 4. By their 4th birthday, most children can learn basic water survival skills such as floating, treading water, and getting to an exit point. By the age of 5 or 6, most children can master the front crawl. If your child is still learning to swim, require life jackets. Life jackets should always be worn in and around natural bodies of water such as lakes or the ocean, even if they know how to swim. If you would like to learn more about swim lessons available in your county, contact your local extension office for more information.

Source: David Weisenhorn, Ph.D., Senior Specialist for Parenting and Child Development

References:

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Wash that Produce!

We've seen the number of foodborne illness outbreaks and recalls associated with fresh produce increase over the last year. And it's not just leafy greens like romaine lettuce and spinach. Tomatoes and cantaloupe have also been linked to outbreaks in years past.

Fruits and vegetables can become contaminated during the growing season, after harvest, during preparation, or while being stored. Contamination can even occur during the shopping process from other shoppers' hands. You're not the only one to pick up every apple in the bin before selecting the perfect three or four.

Fresh fruits and vegetables are an important part of a healthy diet. However, harmful bacteria in the soil or water can contaminate them. Fresh produce might also be contaminated with pesticide residues.

Whether you grow the produce yourself, purchase it at a farmers market, or buy it from a grocery store, the Food and Drug Administration (FDA) recommends washing all produce right before eating or cooking. It is not recommended to wash it before storing it in the refrigerator because moisture can encourage bacterial growth and accelerate spoilage. The FDA also advises against washing pre-washed, ready-to-eat, bagged salad mixes and other leafy greens as you could unintentionally cross contaminate them in your own sink or countertop.

A simple rinse and hand rub under running water is good for most fruits and vegetables. Even drying with a paper towel helps to reduce any bacteria that could be present. Fruits and vegetables with a rough exterior, like cantaloupe, pineapple and cucumbers, should be gently scrubbed with a soft brush under running water in order to remove surface contamination.

The FDA advises that it is not necessary to use soap or a produce wash. Running water along with gentle rubbing or scrubbing with a brush is sufficient.

Washing is also important if the skin will be removed or the produce will be sliced. This will prevent contamination from the outside spreading to the inside when you cut into it.

**Wash that Produce!**

**Nutritional Analysis:** 130 calories; 7g fat; 4g saturated fat; 40mg

1 cup ricotta cheese
1 large egg, lightly beaten
1 clove garlic, minced
1/2 tsp. Italian seasoning
2 cups whole spinach, roughly torn
1 cup finely grated Parmesan cheese, divided
4 medium zucchini
1 cup marinara sauce
3/4 cup shredded mozzarella cheese
Freshly ground black pepper to taste
Salt to taste

Preheat oven to 350 degrees. Spray 13x9 baking dish with cooking spray. In a medium bowl, combine ricotta, 1/2 cup Parmesan cheese/ egg, garlic, spinach and Italian seasoning. Add salt and pepper to taste, and mix until well combined.

Set aside. Wash zucchini and cut off ends. Use a mandolin or sharp knife to slice zucchini thinly lengthwise. To reduce water, place zucchini on a microwave-safe plate lined with paper towels and cover with a paper towel. Microwave 1 minute. Pat excess moisture away with paper towels. On a clean work surface, place three slices of zucchini so they are slightly overlapping and place a spoonful of ricotta mixture on top. Roll up and place in baking dish. Repeat with remaining zucchini and ricotta mixture. Spoon marinara on top of zucchini. Sprinkle with remaining Parmesan and mozzarella cheese.

Bake until zucchini is tender and cheese has melted, about 30 minutes.
Note from Kenna
Two quick things:
1. The county officer and chairman training is very important for you to attend. Please try to do so!
2. I will be on vacation August 26—September 9. I will try to answer questions while I am gone and will keep in contact with the office. Not sure my email availability. My cell phone is 859-462-4433. If important, test or call!