

Want to learn more about food recalls??

Who regulates food products?

The Food Safety and Inspection Service (FSIS) within the U.S. Department of Agriculture inspects and regulates meat, poultry and processed egg products produced in federally inspected plants. FSIS is responsible for ensuring that these products are safe, wholesome, and accurately labeled. All other food products are regulated by the Department of Health and Human Services' [Food and Drug Administration \(FDA\)](#).

What is a food recall?

A food recall is a voluntary action by a manufacturer or distributor to protect the public from products that may cause health problems or possible death. A recall is intended to remove food products from commerce when there is reason to believe the products may be adulterated or misbranded.

How are unsafe products discovered?

There are four, primary means by which unsafe or improperly labeled meat and poultry products come to the attention of FSIS:

- The company that manufactured or distributed the food informs FSIS of the potential hazard;
- Test results received by FSIS as part of its sampling program indicate that the products are adulterated, or, in some situations, misbranded;
- FSIS field inspectors and program investigators, in the course of their routine duties, discover unsafe or

improperly labeled foods; and

- Epidemiological data submitted by State or local public health
- departments, or other Federal agencies, such as the [Food and Drug Administration \(FDA\)](#) or the [Centers for Disease Control and Prevention \(CDC\)](#) reveal unsafe, unwholesome or inaccurately labeled food.

As soon as FSIS learns that a potentially unsafe or mislabeled meat or poultry product is in commerce, the Agency conducts a preliminary investigation to determine whether there is a need for a recall.

Where else can consumers find information on recalls?

For additional information on recalls of food and other products, consumers may receive information from the following:

- The USDA Meat and Poultry Hotline at: 1-888-MPHotline (1-888-674-6854); or via email at: mph hotline.fsis@usda.gov;
- Via email subscription on the FSIS homepage, or from www.govdocs.com/service/multi_subscribe.html?code=USFSIS; and
- For information on all government recalls, go to www.recalls.gov.

In addition, for general recall information as well as food safety information, see "Ask Karen," the FSIS virtual representative, at: www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#Question.

*Source: http://www.fsis.usda.gov/factsheets/FSIS_Food_Recalls/index.asp

Pizza Wraps

Tortillas filled with your favorite pizza toppings!



Ingredients:

- 1 tablespoon margarine, softened
- 4 (10-inch) flour tortillas
- 1/4 cup pizza sauce
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- 4 ounces sliced pepperoni, cooked beef or chicken

Instructions:

1. Heat a large skillet or griddle over medium-high heat.
2. Spread margarine on one side of each tortilla. Place one tortilla in skillet margarine-side down.
3. Spoon a tablespoon of pizza sauce onto half of the tortilla.
4. Sprinkle 1/2 cup of cheese over the sauce and top with a few slices of pepperoni.
5. Fold the clean half of the tortilla over the filling and cook each wrap, turning once, about 1 minute on each side or until cheese melts.
6. Repeat with remaining tortillas.

4 Servings

*Source: www.kidsacookin.org

Do you suffer from PORTION DISTORTION??

We live in the land of gigantic food portions. From the enormous bowls of pasta and the big slabs of beef served in restaurants to plate-sized pizza slices and jumbo bags of chips and candy, it appears that the distortion of portion size is alive and well. Take this simple quiz to find out if you are one of the many American's to suffer from *Portion Distortion*...

1. Do you Supersize you extra value meal?
2. Do you always finish all of your food at meal time?
3. Do you eat straight from the bag, package or box of bulk items?
4. Do you seldom have leftover to put aside for later meals or snacks?
5. Do you order portions based on value rather than desired amounts?
6. Have you been to a buffet within the last month? If so, did you go back for seconds?
7. Do finish food your children do not eat because it is a "shame to waste it?"

If you answered "Yes" to most of these questions then you are likely suffering from portion distortion. This not only likely affects your waistline but also your children's short and long term eating habits. You are your children's role model and you need to teach them healthy habits including appropriate portion sizes. Here are some appropriate portion sizes of commonly eaten foods:

Pasta Serving = 1/2 of a cup (size of a tennis ball cut in half)

Meat Serving = 3 oz. cooked (size of a deck of cards)

Milk or Yogurt= 1 cup (size of a typical yogurt container)

For more detailed information please visit: www.mypyramid.gov

May is ...

- Mental Health Awareness Month
- National Military Awareness Month
- May 5th is Cinco De Mayo
- May 10th is Mother's Day
- May 16th is Armed Forces Day
- May 25th is Memorial Day

June is...

- Dairy Month
- June 14th is Flag Day
- June 21th is Father's Day

Brain Buzz



Q: What's the big difference between skim milk and whole milk??



A: The major difference between different % fat milks is the amount of total fat, saturated fat, cholesterol and calories they contain. If your children are over 2 years of age they should be drinking a low fat milk variety.

Whole Milk - 150 Calories - 8g Fat
2% Milk - 120 Calories - 4.5g Fat
1% Milk - 100 Calories - 2.5g Fat
Skim Milk - 80 Calories - 0g Fat

Source: www.pediatrics.about.com

Recipe Corner

Apple Slices with Peanut Butter

Quick, Easy, Fun and Tasty!



Ingredients:

- 2 apples
- 3-4 Tbsp. peanut butter, soy butter or chocolate soy butter
- 2 Tbsp. granola

Directions:

1. Wash and core apples
2. Slice cross wise into 1/4" slices
3. Spread nutbutter over apple slices
4. Sprinkle granola over top

Voila!! You have a healthy, quick, easy, fun and tasty treat that the whole family can enjoy!!

Prep Time: 5 minutes

MAKES 2 SERVING

Source: www.kidscooking.about.com