

Food Safety Programs

Food Sanitation Workshop

How can we prevent food borne illness? This program looks at what food borne illness is and how we can prevent it through good personal hygiene, avoiding cross contamination and time/temperature abuse.

Audience: Food service employees & managers, child care providers, & not-for-profit food vendors.

Time: 60—120 minutes for full program

Home Food Canning 101

Most individuals learn home canning skills from a family member and pass their recipes and techniques down through the generations.

Are you canning safely? Are you aware of the latest recommendations for home canning? Are you a beginner and just want to learn to do it safely? Do you simply want to preserve your garden's bounty?

What will be covered?

- Canning resources
- Preventing botulism
- Determining processing method
- Equipment, jars and lids
- Water bath canning
- Pressure canning
- Checking seals

- Storing home canned goods
- Your questions!

Audience: Adults

Time: 60—120 minutes

What's My Food Safety IQ?

Do you use a cloth or sponge when cleaning your kitchen? Dishes? What temperature should your refrigerator/freezer be? What's the minimum internal temperature of hamburger patties, chicken, pork loin, or leg of lamb? How long can food remain at room temperature and be safe to eat? All of these questions and more will be addressed.

This program qualifies for Child Care Provider's food safety training in Indiana.

Audience: General Public/Child Care Providers/High School FCS Students

Time: 45 - 60 minutes

ServSafe® Food Sanitation Course & Certification Exam

This food sanitation course fulfills the Indiana State Health Department requirement for Food Sanitation Certification for food service providers. The certification is valid for 5 years. This course can be taught in a 8 or 16 hour format including the certification exam at your location or ours.

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Knowledge to Go
1-888-EXT-INFO

Audience: Restaurant Managers/ School or Hospital Food Service, etc.

Time: 1 day or 2 day format

Program Requirements

- minimum of 10 in audience
- advance notice is appreciated

To schedule any of the programs described in this brochure, please contact the Purdue Extension—Johnson County Office by phone or email.

Purdue Extension— Johnson County

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Consumer & Family Sciences Program Guide

Knowledge to Go

PURDUE EXTENSION—
JOHNSON COUNTY

Telephone: 317-736-3724



Consumer & Family Sciences Programming...

Food & Nutrition Programs

Weight Management Update: Metabolic Syndrome

What is metabolic syndrome and does it increase my risk of heart disease and type 2 diabetes? How can I prevent it or treat it?



Handouts included
Audience: Adults
Time: 45 minutes

Crock Pot Cooking with Low Fat Options

Utilizing the crock pot or slow cooker is an excellent option for busy families. We will look at ways we can trim those fat grams and calories and still have great taste. Food demonstration and tasting included.

Audience: Adults
Time: 60 minutes

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Spend Smart. Eat Smart.

In times of plenty, we often don't have to give a lot of attention to our food \$, but with a challenging economy, trimming food \$ and putting nutritional meals

on the table may become a more difficult task.

Enjoy a fun and interactive game of "Spend Smart. Eat Smart." that will provide you with ways to trim your food costs.

Handouts included
Audience: Adults
Time: 45-60 minutes

Dining with Diabetes



The number of individuals being diagnosed with Type II Diabetes continues to climb. Recent studies have shown that with proper diet and modest, consistent physical activity, Type 2 diabetes can be delayed, controlled or even prevented. Dining with Diabetes is a four-part series on nutrition education including a diabetic cooking school for diabetics and their care-

givers. We'll look at ideas for main dishes, side dishes, desserts and snacks and how to make them more diabetic friendly by reducing fats, sodium, carbohydrates and increasing fiber, vitamins and minerals. Notebook of information and recipes included. Fee—\$20/\$30 couple. Scholarships available.

Next DWD Series:

May 6, 13, 20, 27, 2009

Time: 6:30—8:30 pm

Location: White River Library

1664 Library Blvd, Grwd

Register: 317-885-1330/317-736-

3724 or email lsouchon@purdue.edu

Audience: Adults

Time: 4 – 2 hour weekly sessions

Going Nutty!

Throughout history nuts have been a staple food in the diets around the world, but in the last 15 years nuts have been the focus of numerous studies demonstrating their health related benefits. We'll visit nut nutrition, selection and storage and a variety of ways to utilize nuts throughout your menu. Food demonstration can be included .

Audience: Adults

Time: 45-60 minutes

Shopping Smart for the HEART

"Smart shoppers" for a healthier heart includes tips for simple, healthful cooking methods, aisle-by-aisle product recommendations and health-promoting lifestyle steps. Can be done through PowerPoint or actual grocery tour in your area.



Audience: Adults

Time: PowerPoint – 1 hour program; tour – 2 hour program.

SODIUM SAVVY: the shake on salt



Many say "I never use the salt shaker." Do I still need to be concerned about sodium intake? Do you need a reminder of how to lower sodium in your diet? Unfortunately

research shows, when salt is added to the diet, most people develop hypertension by the time they reach their 60th birthday.

Audience: Adults

Time: 45—60 minutes