

SENDCAA NEWS

Volume 20 Issue 5

May 2018

Raw Food Warning: Why Uncooked Flour Can Make You Sick

Do you find it hard to resist gobbling up a piece of raw dough when making cookies, or letting your children scrape the bowl? Do your kids use raw dough to make ornaments or homemade "play" clay?

If your answer to any of those questions is yes, that could be a problem. Eating raw dough or batter could make you, and your kids sick. The bottom line for you and your kids is don't eat raw dough. And even though there are websites devoted to "flour crafts," don't give your kids raw dough or baking mixes that contain flour to play with.

People often understand that it is dangerous to eat raw eggs because of the risk of *Salmonella*, but eggs aren't the only potential carrier of foodborne illness in raw dough or batter. Raw flour may be contaminated with harmful bacteria such as *E. coli*. Flour is derived from a grain that comes directly from the field and typically is not treated to kill bacteria.

Symptoms and Who Gets Sick

Common symptoms for *E. coli* are diarrhea (often bloody) and abdominal cramps, although most people recover within a week. But some illnesses last longer and can be more severe, resulting in a type of kidney failure called hemolytic uremic syndrome (HUS). HUS can occur in people of any age, but is most common in young children under 5 years, older adults, and people with weakened immune systems.

Handle Foods Safely

FDA offers these tips for safe food handling to keep you and your family healthy:

- Do not eat any raw cookie dough, cake mix, batter, or any other raw dough or batter product that is supposed to be cooked or baked.
- Follow package directions for cooking products containing flour at proper temperatures and for specified times.
- Wash hands, work surfaces, and utensils thoroughly after contact with flour and raw dough products.
- Keep raw foods separate from other foods while preparing them to prevent any contamination that may be present from spreading. Be aware that flour may spread easily due to its powdery nature.
- Follow label directions to chill products containing raw dough promptly after purchase until baked.

The good news:

If you want a safe way for your children to participate in flour crafts or cooking all you need to do is toast your flour.

Simply spread two cups of flour on a baking sheet or Silpat, and bake for about 5 minutes at 350° F. Let cool completely. Then use the flour in your preferred recipe or craft activity.



For more info go to: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm508450.htm>

Announcements

Child Re-Enrollments

Every year, USDA requires all children enrolled be verified that they are in fact still currently in your care participating on the food program. Providers with the last names A-G should receive their packet from the SENDCAA office at the beginning of **June**. Read the letter carefully that came with your packet for specific details.

Please remember to:

- ⇒ Have the parent update any changes regarding days scheduled, meals, hours, address, phone number, etc.
- ⇒ Have the parent sign and date the enrollment form.
 - * The date must reflect the renewal month. (Ex. June 2018)
- ⇒ If a parent signature is missing for a child, we assume the child is no longer in your care and will be deleted.
- ⇒ You the provider need to sign the enrollment form
- ⇒ **Return to SENDCAA office by June 20th**. If you have summers off, hold on to your packet until you reopen again.

***Re-enrollments can be emailed to jennyn@sendcaa.org, mailed, or dropped off at our office, 3233 S University Dr. Fargo ND 58104**

*If you are waiting for a signature and the deadline is approaching, send in what you have.

Providers with the last names **H-N** will receive re-enrollments in the beginning of **July**. Last names **O-Z** will arrive the beginning of **August**.

Call or email Jenny with any questions regarding your re-enrollments.
701-232-2452 ext 132
jennyn@sendcaa.org

SENDCAA offices will be closed Monday, May 28th for Memorial Day.





Contact us:

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Find us online at:

www.sendcaa.org

You will find:

- Program information
- Printable forms
- Training
- Nutrition resources



**Sendcaa Child & Adult Care
Food Program**

- Announcements
- Recipes
- Fun Activities

Welcome

Nicole Jordahl
Amy Caillier
Doris Miller

to the SENDCAA
Food Program!

Container Garden Project

What a cute way to
repurpose a sandbox
that your kids have
outgrown!



A Week's Worth of Menu Ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Wheat Chex® (WGR) • Strawberries • Milk 	<ul style="list-style-type: none"> • English Muffin (WGR) • Cantaloupe • Milk 	<ul style="list-style-type: none"> • Shredded Mini Wheats® (WGR) • Peaches • Milk 	<ul style="list-style-type: none"> • Waffles (WGR) • Honeydew Melon • Milk 	<ul style="list-style-type: none"> • Rice Krispies® • Kiwi • Milk
Lunch	<ul style="list-style-type: none"> • Grilled Fish Fillets • Cauliflower • Mango Salsa • Brown Rice (WGR) • Milk 	<ul style="list-style-type: none"> • Baked Turkey Breast • Asparagus • Pineapple • Pasta Salad • Milk 	<ul style="list-style-type: none"> • Beef & Bean Chili • (Beans & tomato in chili) • Baked potato • Saltine Crackers • Milk 	<ul style="list-style-type: none"> • Chicken Chef Salad • Lettuce & Tomato • Grapes • Roll (WGR) • Milk 	<ul style="list-style-type: none"> • Turkey Pita* • Avocado • Lettuce & Tomato • Pita Bread (WGR) • Milk
Snack	<ul style="list-style-type: none"> • Applesauce • Triscuit Crackers (WGR) 	<ul style="list-style-type: none"> • Watermelon • Graham Crackers 	<ul style="list-style-type: none"> • Bell Pepper Sticks • Hard Boiled Eggs 	<ul style="list-style-type: none"> • Carrots & Cucumbers • Mini Bagels (WGR) 	<ul style="list-style-type: none"> • Cereal Trail Mix • Yogurt

Easy Turkey Pita

- Pita pocket bread
- Sliced deli turkey
- Sliced tomatoes
- Sliced cucumbers
- Light ranch dressing (optional)

Directions:

Fill half a pita with turkey, tomatoes, and cucumbers. Drizzle with ranch if desired.



Credits as grain, meat/meat alternate, and 1 vegetable serving.

USDA is an equal opportunity provider.