

The Communicator

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New Director, Sonya Meyer

My first month at UI has been a very busy one of meetings and getting acquainted with the university, faculty, staff, and alumni. It is exciting for me to be part of such a dynamic university and especially the School of Family and Consumer Sciences. I spent quite a bit of time meeting individually with each faculty member as a way to become better acquainted and hear their goals for the future. I also had the pleasure of meeting all of the other CALS department heads and directors as we met in a 2½ day retreat to work on the college's strategic plan. The Margaret Ritchie School of Family and Consumer Sciences Alumni Board recently held its annual alumni brunch. This gave me the opportunity to meet several of our alumni and retired faculty members.

It is no wonder that an FCS degree from UI is so popular among students, number of FCS majors currently estimated at 447. That equates to roughly a 1/50 faculty student ratio for us when the standard ratio is around 1/30. Therefore it is an understatement to say the FCS faculty is truly amazing and have accomplished much in recent years with limited resources. What is even more amazing is that they continue to remain enthusiastic as they continue to set new goals for enrollments, curriculum changes, and scholarship. Meshing our individual goals with goals for the school as we develop our strategic plan will be our next big step. The hard work and dedication will be greatly rewarded as we move forward on renovating the Nicolls building. The renovation, though, would not be possible without the support from the CALS administration and our alumni and friends. We still have a way to go to meet our goals, but with continued support and effort they can be achieved.



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The support of our alumni and friends should never be taken for granted. That is why it was very special to me to meet so many of our alumni, friends and retired faculty at the recent alumni brunch. Although all are important to us special recognition this year went to Joy Irving as the 2012 Distinguished Alumna and to Patricia Kempthorne as our Honorary Alumna. We also were able to give special recognition to our recently retired faculty: Marilyn Bischoff, Laurel Branen, and Janice Fletcher. It was also a great opportunity for us to recognize Sandra Evenson for her outstanding leadership the past five years as interim director of the school.



Sandra Evenson & Distinguished Alumna, Joy Irving

I want to also take this opportunity for you to get to know a bit more about me. If land grant institutions were a color, my blood would probably run that color. I grew up on a small farm in north eastern Kansas. My dad ran dairy cattle, swine, sheep, and of course horses and chickens and numerous crops. When he had a question concerning the livestock, crop production, soil, etc. he would go to the county extension office. My mom was very active in the, then, Extension Homemakers Unit, and she too would take her questions to our county home economist. My brothers and sisters were all active in 4-H. I was too although I probably focused more on my Girl Scout troop than my 4-H club. Although I did attend what was then called 4-H Round-up on the Kansas State University campus. In high school I decided I did not need to take "those home ec" classes as I had already learned everything in 4-H. Although, truth be known I was more successful in beef cattle judging than in my home economics (now FCS) projects.

However, somewhere during the first semester of my freshman year in college I realized that I was limiting my future employment opportunities if I remained an English major. Since I knew that FCS (then home economics) offered a wide variety of career options outside of teaching, I switched my major. After completing my B.S.E. in vocational home economics education from Emporia State University, Emporia, Kansas I taught high school home economics for five years in Dodge City, Kansas. I followed my husband to Kansas State University where he was in graduate school. With the lack of job opportunities in the area I too entered graduate school. Both my M.S. and Ph.D. are in adult education from Kansas State University.

My first university faculty position was at Washburn University in Topeka, Kansas, a position I held for six and half years. Leaving Washburn also meant leaving my home state, but the Rocky Mountains had been calling my name since I was a very young girl. The University of Wyoming in Laramie became my new academic home. When I first started there I was on a three way split appointment with teaching, research, and extension. I was one of two extension state specialist in clothing and textiles. It was a position I thoroughly enjoyed as it provided me the opportunity to meet the people and learn about the state. However the undergraduate program in tex-

tiles and merchandising was growing in student numbers and there was a national trend to phase out extension clothing and textiles programming. I remained on faculty at Wyoming for over 26 years rising to the rank of full professor. During my tenure there I had many wonderful opportunities including establishing a faculty led study abroad short course for our department. This led to many wonderful international travel adventures as well as international collaborations. (I am always happy to bore people to tears with stories of my adventures.)

I have several areas of interest in scholarship, but as is often the case the focus has narrowed over the years. The two primary areas for my current scholarship are in the areas of creative scholarship and the protective clothing for wildland firefighters. My love of historic costume, cultural difference in dress and design are combined to create one-of-a-kind fiber-art dolls. A colleague in Texas and I have also taken the more traditional research approach with our creative scholarship through a study of criteria used to evaluate creative scholarship in the promotion and tenure process. The wildland firefighter project is a brand new multi-state research project I am excited about. It focuses on the comfort and fit issues of protective clothing for wildland firefighters, a topic near and dear to many of our hearts here in the west.

Fred and I (yes, put his name together with our surname and it might sound familiar. And, I WISH we were connected to that NW retail establishment) have been married for 38 years. We have one son who is married and living in the Bitterroot Valley. He and his wife have a two year old and are expecting a second child in December. I look forward to meeting everyone in Idaho FCS Extension and learning of your programming.

Food Safety of Friendship Breads, Sour Dough Starters, and No-Knead Breads

Generally, bread products are considered safe food items and not a source of foodborne illness. However, when the process for making breads at home involves very long fermentation times at room temperature, some attention to avoid food safety problems is needed.

Wheat and other flours used to make bread may contain pathogens, such as *Salmonella* species, if fecal contamination has occurred, for example, from birds or rodents in fields, storage facilities or mills. Spore-forming bacterial pathogens, such as *Bacillus cereus* and *Clostridium botulinum*, may be present due to soil contamination. Nonpathogenic spoilage organisms can also be present from these sources. In addition, bread preparers can introduce pathogens such as *Staphylococcus aureus*, if proper hygiene practices are not used. Vegetative cells of pathogens will be inactivated at baking temperature, but some strains of *S. aureus* are capable of producing a highly heat stable enterotoxin when the microbe multiplies to greater than 10,000 organisms per gram.

Sourdough Starter, Friendship Bread Starter

Sourdough starters, with a high-sugar version sometimes called an Amish Friendship Bread starter have, at various times, been a popular item for consumers to pass to friends. Starter is a substitute for using dry or cake yeast in bread-making, since the yeast is maintained in an active form in the starter, along with lactic acid bacteria which provide the sourdough character. The starter is often begun by hydrating dry or cake yeast with water, providing food for the yeast in the form of sugar and flour, and adding a fermented milk product to contribute lactic acid bacteria, frequently in the form of yogurt. Often the instructions call for holding the starter at room temperature, adding more sugar, flour, and milk after 5 days to feed the microbes, then using the starter to bake bread and share with others after ten days.

Food safety experts generally agree that there is little risk of contracting foodborne illness from properly prepared and handled starters because

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they rapidly become acidic due to the fermentation action of lactic acid-forming bacteria present in the mixture. Starters achieve a pH around 4. The high level of lactic acid bacteria and the acid environment inhibit the growth of other bacteria, but do allow yeast to grow and help leaven bread products.

However, those using sourdough or Amish Friendship Bread starter should be aware of the following:

- It can be difficult to prepare a starter "from scratch." Microorganisms naturally present in the ingredients may not be the ideal ones for producing a good starter. It takes experience with the art of sourdough to recognize a really good starter. Most bread cookbooks have sections on sourdough.
- Starters which smell bad, turn reddish or orange in color, or grow mold need to be discarded. Good starters are bubbly and have a sour smell; the Amish Friendship Bread starter should smell sweet and tangy, since it has a relatively high amount of sugar.
- Neither pasteurized nor raw milk are good choices for preparing a starter "from scratch." Pasteurized milk does not contain enough lactic acid bacteria to form a good starter because these bacteria are killed during the heat of pasteurization. People are able to keep already-started starters going with additions of pasteurized milk because the lactobacillus bacteria are already there from the original starter culture. Raw milk may be a source of pathogenic bacteria, such as *E. coli* O157:H7 or *Listeria*, which

may increase in number in the favorable growth conditions that initially occur when developing a starter (before pH reduction has occurred).

Never taste a raw starter. If given a starter, ask what ingredients were used to start it. The baking of bread created from raw milk starters will inactivate vegetative pathogenic bacteria cells. However, cross-contamination of a raw milk containing starter with other foods and kitchen utensils could create a food safety hazard.

- If dairy products are used to initiate a starter, cultured buttermilk or yogurt with active bacterial cultures are good choices. For starters that call for water, flour and sugar (and perhaps yeast), the use of whole wheat or rye flours may give a better inoculum of lactic acid-forming bacteria than white, all-purpose flour.
- When initiating and handling starters, the usual recommendations for personal and kitchen cleanliness should be followed. Any vegetables added to an initial starter should be washed carefully.
- Once a starter has developed a bubbly appearance and tangy aroma, it has progressed satisfactorily and can be refrigerated or frozen in between uses. Refrigerator slows microbiological growth in the starter, but good growth is reactivated by warming to room temperature a few hours before use in baking.

No-Knead Breads

No-knead breads for home baking have become popular because a desirable loaf of bread can be produced with less effort than that required for traditional kneaded dough breads. The no-knead recipes often utilize a higher water-to-flour ratio than traditional methods to facilitate complete yeast leavening and gluten development. Yeast may be added in higher amount to produce rapid fermentation (2 to 6 hours) or in smaller amount followed by prolonged fermentation (12 to 24 hours) at room temperature to produce slow-rise breads. The long, slow fermentation replaces kneading by bringing the gluten molecules into side-by-side alignment to maximize their opportunity to bind to each other and produce a strong, elastic network. The high moisture facilitates easier alignment of gluten molecules which are more mobile in the wetter environment. These recipes generally do not employ starter cultures, so there is no acid development to inhibit pathogen growth.

Last year researchers in Virginia and Arkansas published an investigation of the growth of pathogens in no-knead bread recipes. They used a popular recipe published by Mark Bittman in *The New York Times* in 2006, inoculating the water ingredient with either a mixture of four pathogenic *Salmonella* serotypes or with *Staphylococcus aureus*, each at a level of 2.6 log CFU (about 400 colony forming units) per gram, to measure pathogen growth in the fermenting dough. They fermented the inoculated no-knead doughs at various times up to 24 hours and temperatures of 70°, 80°, 90° and 100°F.

The researchers found that the introduced *Salmonella* and *Staphylococcus* could multiply significantly after 12 hours, particularly at temperatures of 80°F and above. This pathogen growth occurred in the presence of high levels, more than 7 log CFU (10,000,000) per gram of active fermenting yeast. Although the researchers did not document the effect on pathogen growth of fermenting the dough at refrigeration temperatures, both pathogen and yeast growth would be slowed considerably. As stated earlier, pathogens are killed by baking, but if *Staphylococcus* enterotoxin were to form, it would not be destroyed in baking.

The no-knead bread produced in University of Idaho Extension's popular Whole Grain Artisan Bread classes is only fermented for 2 hours at room temperature, then refrigerated, so the procedure is safe.

Source: Colorado State University Extension, SafeFood Rapid Response Network. 1996. "Safety of Amish Friendship Bread and Similar Sourdough Products," *SafeFood Newsletter* 1(2), <http://www.ext.colostate.edu/safefood/newsltr/v1n2s04.html>; Bittman, M. 2006. "The Secret of Great Bread: Let Time Do the Work," *New York Times*, *The Minimalist* column, <http://www.nytimes.com/2006/11/08/dining/08mini.html>; Pao, S. et al. 2011. "Growth of Salmonella enteric and Staphylococcus aureus in No-Knead Bread Dough during Prolonged Yeast Fermentation," *J. Food Protection* 74:285-288.

Keywords: food safety, grain.

50 Years of Motherhood Manuals

New research at the University of Warwick into 50 years of motherhood manuals has revealed how despite their differences they have always issued advice as orders and set unattainably high standards for new mums and babies.

Angela Davis, from the Department of History at the University of Warwick, carried out 160 interviews with British women of all ages and from all backgrounds to explore their experiences of motherhood for her new book, *Modern Motherhood: Women and Family in England, 1945-2000*.

She spoke to women about the advice given by six childcare "experts" who had all published books popular in England on the best way to raise a baby. Ranging from the 1940s to 2000, the authors were Frederick Truby King, John Bowlby, Donald Winnicott, Benjamin Spock, Penelope Leach, and Gina Ford.

Dr. Davis found although the advice from these experts changed over the decades, the one thing that didn't change was the way it was delivered. Whatever the message for mothers, it was given as an order with a threat of dire consequences if mother or child failed to behave as expected.

Dr. Davis said: "Despite all the differences in advice advocated by these childcare 'bibles' over the years, it is interesting that they all have striking similarities in terms of how the experts presented their advice. Whatever the message, the advice was given in the form of an order and the authors highlighted extreme consequences if mothers did not follow the methods of childrearing that they advocated.

"Levels of behaviour these childcare manuals set for mothers and babies are often unattainably high, meaning women could be left feeling like failures when these targets were not achieved. Therefore while women could find supportive messages within childcare literature, some also found the advice more troubling."

Dr. Davis said: "I was struck by the cyclical nature of these childcare bibles, we start out with quite strict rules laid down by Frederick Truby King, whose influence is very much evident in the 1940s and following decades. The principal thread running



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through his books are that babies need strict routines. We then find the advice becomes less authoritarian and regimented as we go through the decades and the influences of Bowlby, Winnicott, Spock, and Leach.

"However, when we reach the 1990s when Gina Ford came to prominence, we come back to the strict regimented approach of Frederick Truby King several decades earlier. More than 50 years on and experts still cannot agree on the best way to approach motherhood. All this conflicting advice may leave women feeling confused and disillusioned."

Source: www.eurekalert.org.

Keywords: mothers, parenting, infants.

30 Year Trends in Access to Maternity Leave

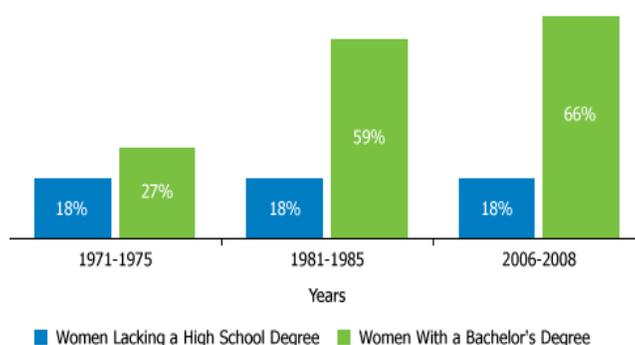
With the growing number of women in the U.S. workforce over the past several decades, families and businesses have struggled with questions about workplace supports for employees' transitions to parenthood. The Federal Family Medical Leave Act (FMLA) guarantees workers access to unpaid maternity leave, but many families cannot afford the loss of income at the birth or adoption of a child. In addition, the protection of the FMLA does not extend to those working for companies with fewer than 50 employees.

However, many companies have learned the value of paid maternity leave as an employee benefit in the recruitment and retention of workers of childbearing age. In fact, U.S. Census data shows that the access of first time mothers to paid leave has more than doubled since 1975.

However, a recent analysis of economist Nancy Folbre at the University of Massachusetts shows that those growth trends are not shared across the workforce. Among women with an undergraduate college degree, 66 percent had a workplace benefit of paid maternity leave in 2006-8—up from 27 percent in the early 70's. In contrast, women without a high school degree had limited access to paid leave across the decades—a constant 18 percent over the 30+ year time span—see figure. Folbre raised a concern about this unequal access to a benefit so important to parents in their early years of family life. The least educated workers are the most economically vulnerable, and may not be able to afford to take unpaid time off—or even lose their job—as they take time for childbirth and infant care.

Two states have taken a significant step to support workers as they welcome their new family members. Both California and New Jersey have passed laws to provide six weeks of paid family leave to care for a newborn or newly adopted child—in each case supported through payroll taxes.

Changes Over Time in Mothers' Access to Paid Leave, by Educational Level



Note: Leave includes maternity leave, sick leave, or vacation leave at first birth. Source: Lynda Laughlin, "Maternity Leave and Employment Patterns: 2006–2008," *Current Population Reports P70-128* (October 2011).

Source: Based on a report by Tyjen Tsai (2012). Working Mothers with College Degrees See Gains in Paid Maternity Leave, Population Reference Bureau, www.prb.org.

Keywords: young adults, poverty, pregnancy.

More Grandparents Fill Caregiver Role

Grandparents are an increasingly important source of child care in the United States, but vary greatly in the kind of care they provide, depending on their age, resources, and the needs of their children, research at the University of Chicago shows.

A new UChicago study, based on a National Institute on Aging survey, shows that 60 percent of grandparents provided some care for their grandchildren during a 10-year period, and 70 percent of those who did provided care for two years or more.

The results mirror recent U.S. Census data showing the importance of grandparents in child care. The 2010 Census reported that 8 percent of grandparents live with their grandchildren, and 2.7 million grandparents are responsible for most of their grandchildren's needs. In 2006, 2.4 million grandparents had that responsibility.

Additionally, grandparents are the primary source of child care for 30 percent of mothers who work and have children under the age of five, a Census survey showed. The UChicago study explores the diversity in the kinds of care provided by grandparents.

"Our findings show that different groups of grandparents are likely to provide different types of care. Importantly grandparents with less income and less education, or who are from minority groups, are more likely to take on care for their grandchildren," said study author Linda Waite.

The study found that while minority, low-income grandparents were more likely to head households with grandchildren, most grandparents provided some kind of care for their grandchildren.

The research is based on one of the most comprehensive surveys done on grandparenting, the 1998-2008 Health and Retirement Study supported by the National Institute on Aging. The longitudinal study interviewed 13,614 grandparents, aged 50 and older, at two-year intervals over the period to determine their level of care-giving.

Source: University of Chicago, <http://news.uchicago.edu>.

Keyword: grandparents.



Doctors Writing Prescriptions for Fruits and Vegetables

Doctors are known for writing prescriptions for medications to treat their patients for diabetes, heart disease, and many other ailments. Now, some doctors are writing “fruit and vegetable prescriptions” for their obese patients, as a way to help them eat healthier and lose weight.

In this Fruit and Vegetable Prescription Program, called FVRx, participants use these prescriptions at local farmer’s markets to buy produce throughout the 4-6 month period. They meet with a medical provider and a nutritionist who provides information on healthy eating.

The prescription represents 1 serving of produce per day for each family member, equal to \$1 per day. If there are five family members, they receive \$1 per day X 5 family members X 7 days/week = \$35 per week. FVRx is funded through Wholesome Wave, a non-profit organization that receives private donations.

In its pilot year during 2011, the FVRx program was conducted in four states—California, Maine, Massachusetts, and Rhode Island. It provided 1,122 individuals (581 adults and 541 children) with access to fruits and vegetables. After four months, approximately 40 percent of participants had a decrease in BMI; 54 percent increased their knowledge about the importance of fruits and vegetables and 66 percent increased their fruit and vegetable consumption.

One of the participants, Janet Lopez, found that her family ate more fruits and vegetables. She stated, “It is an encouragement because now I actually see



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that my kids love all of this stuff and before I couldn’t get it because it wasn’t cheap. “

Wholesome Wave is expanding this program to additional states. In 2012, Connecticut, New Mexico, Texas, and the District of Columbia were added.

The FVRx program also helped farmer’s markets by increasing the number of new market customers and repeat customers, thereby increasing their revenue. Purchasing food at farmers markets supports small-scale farmers, helps stimulate the local economy and maintain sustainable produce on farm land.

The number of registered food markets has increased from 1,744 in 1994 to 7,864 in 2012. Therefore, the number of participants who could benefit from the FVRx program could increase further if enough funding were available. USDA has also made them accessible to people of all income levels with many of them accepting food stamps, now called the Supplemental Nutrition Assistance Program (SNAP).

Having affordable, tasty, and healthy foods available is a first step toward helping people make positive changes in their eating habits.

Source: <http://wholesomewave.org/program>;
<http://search.ams.usda.gov/farmersmarkets>.

Keywords: fruits, vegetables.



People Eat High Fat Items First After an 18 Hour Fast

Individuals' meal eating patterns can vary greatly; some eat three meals and snacks throughout the day, while others eat one large meal. Researchers at Cornell University wanted to find out if short-term food deprivation affected the types and amounts of food they consumed.

In this study, researchers randomly assigned 128 students to one of two groups. Subjects in the first group, called the fasting group, were asked not to eat or drink anything for 18 hours, starting after 6 pm on day 1 and ending at noon on day 2. Subjects in the second group, called the comparison group, were able to eat normally during the same time period.

All subjects were asked to come and eat at a buffet at noon on day 2 of the study. The buffet consisted of dinner rolls, French fries, chicken, cheese, carrots, and green beans. All subjects' food selection and intake was videotaped. The researchers recorded which foods they ate off their plate first and how much they ate by embedding scales in the lunch table.

The first choice items the fasting group ate were starches and high-fat items, i.e. dinner rolls, French fries, chicken or cheese. In addition, they ate 47 percent more calories of their first choice items compared to the other items. They did not choose

vegetables (green beans or carrots) to satisfy their hunger.

This may explain why individuals who skip meals are less successful at losing weight. Promoting eating regular meals may be one way to get individuals to eat healthier foods, such as vegetables, instead of fried foods.

Source: *Archives of Internal Medicine* 172 (12): 961-963, June 2012.

Keyword: vegetables.

“Not Enough Exercise” is the #1 Child Health Problem in the U.S.

A national poll was conducted by the University of Michigan and completed by a random group of U.S. adults (n=2,144) in 2012. The top ten child health problems were perceived to be:

1. Not enough exercise (39%)
2. Childhood obesity (38%)
3. Smoking and tobacco use (34%)
4. Drug abuse (33%)
5. Bullying (29%)
6. Stress (27%)
7. Alcohol abuse (23%)
8. Teen pregnancy (23%)
9. Internet safety (22%)
10. Child abuse and neglect (20%)

At the top of the list was not enough exercise (39% of respondents) followed by childhood obesity (38% of respondents). Lead research Dr. Matthew Davis speculated that, “the strong perception that lack of exercise is a threat to children’s health may reflect effective recent public health messages from programs such as First Lady Michelle Obama’s ‘Let’s Move’ campaign.”

Davis also mentioned that exercise offers numerous benefits, such as preventing overweight or obesity, increasing attention and learning in school, and an improved sense of well-being.

Source: <http://mottnpch.org>

Keyword: physical activity