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Greetings

It was great to see so many of our County faculty colleagues in Moscow for annual conference. The Margaret Ritchie School of Family and Consumer Sciences (SFCS) once again had the pleasure of hosting a dinner for all FCS faculty and staff. It was a great opportunity to come together and celebrate our success. Off campus faculty who had not met our new Dean, Michael Parrella, had the opportunity to do so during dinner. A huge thank you goes to Jang Ho Kim, Consumer Food Safety Specialist, and Kari Zagelow, Management Assistant in SFCS, for planning a fun evening.

Prior to dinner that evening many of us put in a full day attending in-service, given by Dr. Katie Miner, and association meetings. I am not sure about the rest of you who attended the in-service but I am once again more aware of the foods I am eating. I am not certain I am ready to totally switch to a plant based diet, but there are definitely things I plan to introduce to our menu plans. My take away(s) from the day – I think I finally figured out how to prepare quinoa, and over this past weekend I purchased a more powerful blender. Not the super duper one that Katie uses but one with more power than my current blender. Guess what I will be doing over my summer break. I will keep you posted on my success.

Association meetings are always a part of our Annual Conference, although this year they were scheduled for pre-conference. NEAFCS will be held in Montana this coming September. There are several of us from Idaho planning to attend. It would be great if we could have our entire County FCS faculty and Specialists in attendance, but that may not be possible. (But it would still be great fun!) Last year I was only able to attend the national meeting for Program Leaders. This year my plans are to be there for the entire conference.

It is crazy how I become so involved in things that I am planning my schedule for five months from now. One of our teaching faculty mentioned this morning that counting today there are only two Monday class sessions left in the semester. Somehow that carries a stronger message for me than two weeks of classes left. My brain is busy compartmentalizing all that I feel I must complete before UI graduation on May 14th. While my brain cells are active doing that, though, they are also trying to organize all of the “must get done” this summer list. I am sure none of the rest of you ever becomes so involved in the details that you lose sight of enjoying the moment. 😊 Several years ago I attended a Bible study titled Finding the Extraordinary in the Ordinary. The point of the study was to draw attention to the fact that most of us become so busy and involved we fail to take time to really enjoy the moment, no matter what the activity might be. We sometimes lose sight of the joy in the process, being mindful.

Although my to do list is long and my self-imposed deadline is fast approaching I do plan to enjoy the moments. This week will be a good challenge for that goal. Something is scheduled every evening/night with a commitment on Saturday. However these are all activities I enjoy. This is the week of the campus awards banquets. It is especially exciting this year when three of our faculty will be recognized at the University’s Excellence Awards Banquet. Three SFCS faculty will be honored at this event. Dr. Erin Chapman will receive the Hoffman award for Excellence in Teaching. Dr. Martha Raidl will receive one of the Excellence in Outreach
and Engagement awards, and Dr. Samantha Ram-
say is one of the recipients of the President’s Mid-
Career Awards.

Take time to enjoy your moments. Find the Ex-
traordinary in your Ordinary.
Dishwasher Cooking?

A couple of weeks ago I went down to Boise to provide food safety-related presentation at the Advanced Master Food Safety Advisor training at the University of Idaho Extension, Ada County office. The other presenter on that day was a county Extension educator, Surine Greenway, and one of her presentations shocked me. She told us how serious the consumer’s misconception about dishwasher cooking currently is. After I came back to Moscow, I googled “dishwasher cooking” and I was speechless for a while. There were so many news articles, blogs, YouTube video clips and even radio program-on-demand (Northwest Public Radio, NPR) on this terrible cooking method. In this article, I would like to introduce a ridiculous, so-called new trend of cooking; dishwasher cooking article, and I have added some comments on why this cooking method is considered unsafe.

6 Scrumptious Meals You Can Cook in a Dishwasher (Yes, You Read That Right) — Original article by Kevin Lee

The idea of cooking salmon in your dishwasher is a pretty well-known kitchen parlor trick that, by itself, ends up wasting a lot of power and water. However, in a recent NPR segment, a pioneering food writer of dishwashing cuisine named Lisa Casali says she has figured out a trendy new way of using heat sealed containers — such as canning jars and food vacuum bags — to cook all her food while cleaning a full rack of dirty dishes. Talk about multi-tasking... Suddenly cooking with your dishwasher doesn’t sound so crazy. Instead, it’s actually economical, and not to mention, environmentally friendly way to cook. It will also keep your house cooler (no running oven) and you won’t have to watch over it or worry about burning your meal.

The writer of this article says that this cooking (I am not sure even I could call this method “cooking”) is multitasking, environmentally friendly and economical. Food safety is not mentioned in the article, and this can pose serious health concerns for someone attempting this method of cooking What about food safety?

1. Dill Lemon Cream Salmon

   It’s an oldie but a goodie. Poached salmon can be particularly tricky if you’re not closely watching the temperature. Cooking it in a dishwasher, however, is as simple as setting dishwasher to a normal 50-minute wash cycle according to this recipe the Los Angeles Times reprinted in 1970s. Before putting your fish packet onto the dishwasher rack though, you’ll want to fill the pouch full of aromatics like lemon, dill, peppercorns, and a sprig of parsley.

   Comments — Seafood is one of many high risk foods and food poisoning from salmon can also occur from cross contamination of uncooked foods, improper cooking, or storage of fish before or after cooking.

2. Boiled Vegetables Galore

   Eating your vegetables is important and so Lisa Casali found a super easy way to make them. You can toss all your vegetables into vacuum-packed
cooking bags to seal in flavors better than a pot of boiling water ever could. They don’t have to be just boring, bland steamed pea pods either. Casali gives a few recipes to make balsamic tinged crunchy radicchio treviso and curry seasoned baby marrows.

**Comments — According to Centers for Disease Control and Prevention, leafy green vegetables such as lettuce and spinach have been found to be one of the top sources of food poisoning. In addition steam or hot vapor in the bag may break the seal.**

3. Dishwasher Lasagna Florentine
Tasty lasagna is still possible even if you never had an Italian grandmother to teach you to make it. You can easily assemble your stacks of pasta (preferably oven-ready lasagna noodles), ricotta cheese, mushrooms, and pre-sautéed meats into an aluminum pouch ready for a spin in your dishwasher. Set your machine on a two hour normal cycle and heated dry cycle for a deliciously fully cooked, albeit non-browned, lasagna. Even The Myth busters and Epic Meal Time are trying it out.

**Comments — The ingredients and materials in the lasagna are various sizes and types. It makes heat penetration difficult to reach the center of the food. It is known that water entering the dishwasher must be at least 120°F and not more than 150°F for the best cleaning and to prevent damage to the dishes. However, the internal cooking temperature should be at least 160°F.**

4. Perfect Soft-Boiled Eggs with Creamy Yolks
Who says you need a sous-vide cooking machine to create the perfect soft-boiled eggs? Lisa Casali’s guide says to toss some eggs into a glass container filled with water and heat it in the dishwasher for an hour-long intensive cycle at 65 degrees Fahrenheit. After unwrapping and shelling the egg, you should have a soft white egg with a slightly creamy yolk.

**Comments — Wrong again! Even Sous-vide cooking reheats the food at least 129°F (54°C). Egg is a high risk food associated with Salmonella or Campylobacter. If you “warm” your food at 65°F, it actually supports bacterial growth. I hope that the writer meant 65°C not 65°F even though 65°C is also not high enough.**

5. Cous Cous with Green Beans, Zucchini and Mint
Making cous cous in a dishwasher can be as easy as packing the grain into an airtight jar and sprinkling it with some chicken stock. But if you want something with a little more bite, as well as fragrant flavors, you should follow Lisa Casali’s recipe and add some pan-fried green beans, zucchini and mint.

**Comments — Grains are not high risk, but it is possible to be associated with spore forming bacteria such as Bacillus cereus. It is not easy for heat to reach to the center of the food without a liquid ingredient.**

6. Vegan Ribs
Okay, so it might be a bit blasphemous to make ribs on anything but a grill, but this is totally something you can do with a dishwasher too. It actually makes a lot of sense given all that low, controlled steam heat. Just add all your usual dry rub seasonings: including cayenne, garlic powder, paprika, chili powder, brown sugar, cumin and so on (add liquid smoke for the flame charred taste of the grill). After you’ve got everything prepped, simply wrap it all in foil and stick the ribs in the washer so that they stand up — this will give way to a more even heat distribution. This recipe is ideal for the days you run your dishwasher on its longest cycle (two hours or longer). Use this healthy and yummy seitan recipe as your meat substitute.

**Comments — I am not quite sure if flour, a thickening agent, could be cooked at the dishwasher temperature. Generally patty-types of food mixed with different ingredients are easily cross-contaminated during the preparation.**

Final Comments
While there may be unique cooking methods that have become trendy, the first thing you have to consider is food safety. Unless a new method has not been proven safe, it would be a smart idea to ask food safety Extension educators or master food safety advisors before trying in your home.


Keywords: bacteria, pathogen, food safety.
Long Term Health Consequences of Childhood Poverty and Abuse

Growing up in poverty or being abused by parents can lead to accumulated health problems later in life, according to research from Purdue University.

"Childhood disadvantage has long-term health consequences – much longer than most of us realize," said Kenneth F. Ferraro, distinguished professor of sociology. "A novel aspect of this study is that childhood disadvantage was linked to the onset of new health problems decades later."

The findings were based on the National Survey of Midlife Development in the United States. The longitudinal health data were collected in two waves, the first in 1996 when respondents were 25-74 and again in 2006 when participants were 35-84.

"Health problems and quality of life issues were a concern during the first wave of the study. However, when we revisited the study's adult participants 10 years later, childhood poverty and frequent abuse were related to the onset of new health problems, such as cancer and heart disease, even after we adjusted for risk factors including health lifestyle and socioeconomic status," said Ferraro.

Records were taken of childhood poverty, physical and verbal abuse, and family composition (single vs. two parents present). The link between each of these childhood experiences and 14 adult outcomes also was examined for potential mediating effects. Family composition affected four of the 14 outcomes, including the likelihood of smoking and financial strain during adulthood. In comparison, childhood poverty affected nine outcomes and parental abuse affected 11 outcomes, such as smoking and heavy alcohol consumption. The authors found that childhood poverty and abuse led to adult behavioral problems as well as directly influenced disease development in later life. If both parents were abusive, it escalated the risk for health problems.

"It's also possible we have underrepresented the relationship between childhood disadvantage and later-life health problems because those most severely affected were not able to participate in a social survey," Ferraro said. "But, now that we have identified some of the early origins of adult disease, we should focus on greater resources, even during midlife, to break the chain of risks."

Co-authors on this research include Markus H. Schafer (University of Toronto) and Lindsay R. Wilkinson (Baylor University).

Source: Purdue University News Service, February 29, 2016.

Keywords: children at risk, family, health.

Reading and Language for Babies

Next time you read to your baby, pay attention to her babbling and respond. Interaction, not just the sound of words being read from a page, is the key to language development during reading.

That's the conclusion of a study from the University of Iowa that looked at how mothers responded to their 12-month-olds during book reading, puppet play, and toy play. What researchers found is that babies made more speech-like sounds during reading than when playing with puppets or toys. They also discovered mothers were more responsive to these types of sounds while reading to their child than during the other activities.

The findings might explain why book reading has been linked to language in young children. "A lot of
research shows that book reading to infants as young as six months of age is important to language,” says study author Julie Gros-Louis. “If we know what types of interactions are occurring between caregiver and child and can link that to language outcomes, then we can identify behaviors for adults to do during book reading.”

The study also found that no matter the context, mothers’ responses to speech-like sounds were often imitations or an expansion of the sound. For example, if the baby said, “Ba,” the mother would respond with "Ba-ba" or "Ball," even if it had nothing to do with the story being read. Mothers frequently provided labels during reading, too.

In this study, researchers observed the interactions of 34 mothers and their 12-month-olds during three 10-minute periods of different activities: puppet play, toy play, and book reading. The hand puppet was a cloth monkey; the toy was a Fisher-Price barn with manipulative parts, such as buttons to push and knobs to turn; and the books had bright pictures and simple sentences rather than single words or labels. The babies were seated in a high chair.

Researchers then coded child vocalizations and mother’s responses. Vocalizations included any sound the baby made except distress cries and fusses, hiccups, coughs, and grunts. Mothers’ responses were coded for content as: acknowledgments (“mmm-hmm,” “uh-huh”); attributions (“it’s pretty”); directives (“push that”); naming (“it’s a ball”); play vocalizations (“getcha!”); questions; and imitations/expansions.

These results begin to clarify the way in which reading to preverbal infants facilitates positive language outcomes. In a related study published in 2014, Gros-Louis and researchers from Indiana University found mothers who consciously engaged with their babbling 8-month-olds could accelerate their children’s vocalizing and language learning. For a related article on the importance of early language, see Young Children, Language and Play in the January 2016 Communicator.

Source: University of Iowa, “Interaction during reading is key to language development” by Sara Deidrich, 1/11/16 http://now.uiowa.edu.

Keywords: infants, parenting.

Parents are Spending More Time with Their Children

Many people have an opinion these days about how today’s parents are doing at childrearing. However, time use data show one clear change in recent decades – i.e. parents are more intensively engaged with their children today than they were in times past. The figure below shows trends in the time parents spend with their children over a 35 year period. In 1975-76 parents spent about 20 minutes a day actively engaged with their kids, with little difference between more and less educated parents. However today’s parents spent quite a bit more time, with college educated parents spending over 90 minutes a day involved with their children (fathers and mothers together). Parents with a high school diploma or less also showed an increase in child-oriented time in recent decades, more than doubling time spent with their children. However the increase in time with children was considerably greater for college grads, producing a sizeable gap in child-centered time as a function of parent education. In both groups dad-child time has grown in trends parallel to the growth in mom-child involvement.


Keywords: parenting, family.
How Food Companies Are Promoting Sugar

The American public is becoming more aware of the negative health risks associated with consuming sugar. Approximately half of American’s sugar intake comes from sugar sweetened beverages. Over the last 20 years, consumption of sugar sweetened beverages, such as soda, has decreased by 25 percent.

Beverage companies are responding by promoting sugar contained in their products by the way it is labeled. For example, products are labeled as containing “cane sugar,” “organic sugar,” and “natural.” This has been an effective technique since, over the past year (February 2015-Feb 2016), sales of sugar labeled “organic” rose 15% and sugar labeled “natural” rose 10.5%.

Companies have also targeted the ingredient list of their products by removing the sweetener “high fructose corn syrup and replacing it with “sugar,” or “real sugar,” or “cane sugar.” They want their ingredient list to contain items that could be found in anyone’s home. LuAnn Williams of Innova Market Insights which tracks food-products, stated, “Consumers do not use high fructose corn syrup at home.”

There are several facts to keep in mind. The first is that it’s important to remember that the Food and Drug Administration has not developed a definition for the term natural. Companies use this term because it tends to increase sales of their products. The second fact is that the Dietary Guidelines for Americans recommends that <10% of calories come from added sugar because of the association between sugar and development of cardiovascular disease and type 2 diabetes.

The bottom line is that “natural sugar,” “organic sugar,” or “real sugar,” is still sugar and is not a healthy food item.

Source:  
http://www.nytimes.com/2015/10/04/upshot/soda­industry­struggles­as­consumer­tastes­change.html?_r=0;  
http://www.wsj.com/articles/soft-drink-makers-have-new-secret-ingredient­sugar­1459350546;  

Keyword: sugar.

Percent Body Fat Is More Important than Body Mass Index

Many people know their body weight, height, and can calculate their Body Mass Index (BMI), a measurement of weight in relation to height. It is used to determine if a person is at a healthy weight for their height. The healthy range for BMI is between 18.5
and 24.9. Overweight is defined as a body mass index of 25 to 29.9, and obesity is defined as a body mass index of 30 or higher. Unfortunately, it doesn’t provide information on the percentage of fat that a person has. Canadian researchers found that percent body fat is more important in determining mortality.

This study was published in the March 8, 2016 issue of the *Annals of Internal Medicine*. Researchers collected percent body fat data from approximately 55,000 adults (approximately 50,000 were women and 5,000 were men). They had a mean age of 65.5 years and underwent a DEXA (dual energy x-ray absorptiometry) scan to measure percent body fat.

Their results showed that men who had a percent body fat of 35% and women who had a percent body fat of 38% were most likely to die within a few years, regardless of weight and BMI. The American Council on Exercise considers an acceptable range for body fat in women to be between 25-31% and for men to be between 18-25%.

It is still important to know your BMI, especially if it is high or low. Most people with a high BMI tend to be obese and have a high percentage of body fat. However, muscular athletes with very little body fat may have very high BMIs and be perfectly healthy. Similarly, a person who has a very low BMI may be someone who is elderly, has lost significant muscle mass and has high body fat. This study found a link between low BMI and premature death.

Lead researcher Dr. William Leslie commented, “BMI is useful, but increasingly we’re seeing it has limitations. We should be looking at measures other than BMI alone to determine someone’s health.”


Keyword: body fat, BMI.

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**Do You Eat An “Ultra-Processed” Diet?**

Ultra-processed foods are those that contain ingredients that are not typically used when cooking from scratch. These include natural and artificial flavors or colors, sweeteners, preservatives, and other additives. These ingredients are often used to simulate the taste, texture of natural foods or to disguise an undesirable quality of a food product. Examples of ultra-processed foods include soft drinks, sweet or savory packaged snacks, packaged baked goods, chicken or fish nuggets and other reconstituted meat products, and instant noodles and soups. These foods are often high in added sugars, saturated fat, and sodium which are linked to a higher risk of obesity, cardiovascular disease, type 2 diabetes, and certain cancers.

Surveys conducted on the eating habits of 9,000 children, adolescents and adults from 2009-2010 were analyzed by researchers. The results, published in the *British Medical Journal*, showed that ultra-processed foods made up almost 60 percent of the total calories consumed and 90 percent of the calorie intake from added sugars.

They made the following recommendations to help individuals limit their intake of ultra-processed foods to no more than 3-4 times per week:

- focus on real, whole foods, such fruits, vegetables, and whole grains.
- stock your pantry, fridge and freezer with staple foods that are quick and easy to prepare
- plan ahead and pack snacks so you don’t rely on foods from the convenience store

Source: [http://bmjopen.bmj.com/content/6/3/e009892.full](http://bmjopen.bmj.com/content/6/3/e009892.full).

Keywords: processed foods, diet.
College Students and Money

According to a December, 2015 survey conducted by Sallie Mae, the largest private student loan company, a majority of U.S. college student respondents are managing their finances very well. It was reported that 77 percent of survey respondents are paying their bills on time and 73 percent are doing this on their own without their parents’ help. In addition, just over half indicated that they save money every month.

The authors believe that young adults are reluctant to rely on credit and that reluctance may help to keep them from adding a large amount of consumer debt on top of their increasing student loans. “Only 56 percent said they had a credit card, with an average balance of $906.” It should be noted that the relatively small sample size of 800 currently enrolled college students aged 18-24 may not be generalizable to all college students. In addition, the number of respondents with a credit card and a relatively low balance may also be the result of the Credit CARD Act of 2009 which greatly reduced marketing of credit cards to young adults.

A large majority (85%) of respondents said they used debit cards with many of the cards tied to mobile payment services. “The most popular was PayPal, which was used by 58 percent of the students, along with 11 percent who used the company’s Venmo peer-to-peer payment app. Students also favor Apple Pay and Google Wallet.

Customers of Sallie Mae are allowed to have company bank accounts and credit cards. Chief Marketing Officer Charles Rocha reports that their customers check balances two to three times a day. Rocha said, “They are starting to recognize the importance of good credit.”


Keywords: College, financial management, debt.

College Financial Planning

Advising on paying for college and repaying student loans is a growing niche for financial planners. More than 30 million households have children under age 18 and more than 40 million Americans currently owe student loans. Financial planners are using a variety of tools to help clients save. “Student loan debt is the only form of consumer debt that has grown since the peak of consumer debt in 2008, according to the Fed. The central bank also estimates that the category, which tops $1.2 trillion, has an annual growth rate of between 11% and 12%.”


Keywords: college, financial planning, loans.
Retirement Trends

According to the 2016 Retirement Confidence Survey conducted by the Employee Benefits Research Institute (EBRI), only about one in five American workers feels very confident about having enough money for a comfortable retirement. The total percentage of workers who are somewhat confident or very confident about successfully funding their retirement is 63 percent. Retirement confidence is 22 percent higher for people who have an Individual Retirement Account (IRA) or a defined benefit plan with an employer.

The percentage of workers saying that they or their spouse saved for retirement is 69 percent in 2016, down from 75 percent in 2009. However the total amount of savings and investments for 54 percent of survey respondents and their spouses was $25,000 or less.

This is likely to not be enough especially for the largest group, single women. Almost 40 percent of single women in the United States have saved less than $1,000 for retirement. This is a significantly higher percentage than for the 34 percent of unmarried men, 22 percent of married women and 12 percent of married men with a similar meager amount of savings and investments. Single women who support a household on one income have a more difficult time saving for a retirement that may last a longer number of years than for men. In addition, single women may not have added income from dual Social Security and a spouse’s pension.

Workers are increasingly confident that they will be able to afford various aspects of retirement. Specifically, the percentage of workers who are very confident in their ability to pay for basic expenses increased to 43 percent. The percentages of workers who are very confident in their ability to pay for medical expenses is 22 percent and to pay for long-term care expenses is 16 percent.


Keywords: retirement, saving, investing.

High-Speed Internet Usage

The U.S. Census Bureau illustrates rates of high-speed internet use in each state in the graph below. The usage in Idaho is lower than the national average of 75.1 percent. This information is important as Extension creates additional educational programs and plans to deliver critical information to clientele via the internet. Alternative methods for program and information delivery are still essential to many in Idaho.


Keywords: Internet, technology, information delivery.