



*Bureau of Nutrition and Health Promotion*

## *Friday Facts*

*Week ending Issue: September 16, 2011 – Issue #116*

### **Information**

#### **Apple Juice and Arsenic**

On Wednesday September 14, 2011, the Dr. Oz show aired a segment on “Apple Juice and Arsenic”. Since that time, the Food and Drug Administration (FDA) has stated that they have every confidence in the safety of apple juice. Donald Zink, Ph.D, senior science advisor at FDA’s Center for Food Safety and Applied Nutrition (CFSAN) states that arsenic is present in the environment as a naturally occurring substance and is found in water, air, food, and soil in organic and inorganic forms. In addition, Henry Kim, Ph.D, a supervisory chemist at CFSAN explains that FDA has been tracking total arsenic contamination in apple and other juices for about six years since foreign producers started gaining an increasing share of the juice market.

For further information, consult the FDA fact sheet at:

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm271394.htm>

#### **New Nutrition Education Materials**

If you are looking for new nutrition education materials for parents, check out this web site:

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/food>

On this site, there is a download link entitled Recipes. Recipes are available in both English and Spanish. You will find a page for snacks, breakfast/safety tips, lunch/dinner, and how to use one chicken for 4 meals. In the Farmers Market Survey, participants indicated that they would like more recipes. This is a good way to print recipes for families needing them. Check out this site for other parent materials.

#### **Blue Zones Community**

**Today, Iowa Governor Terry Branstad** announced the **Blue Zones Project™**, a collaboration between Wellmark® Blue Cross® and Blue Shield® and Healthways to help Iowa communities transform themselves into Blue Zones®.

**Blue Zones are geographic areas where people live longer, healthier lives.** Five global Blue Zones were discovered by author and explorer Dan Buettner and his team from National Geographic; they are described in Buettner’s best-selling book *The Blue Zones – Lessons for Living Longer, from the People Who’ve Lived the Longest*.

**The Blue Zones Project**, a cornerstone of the Iowa Healthiest State Initiative, is designed to ignite and lead a community by community movement to improve the well-being of Iowa communities.

All Iowa communities are encouraged to employ the Blue Zones principles. Ten communities that demonstrate the greatest passion, interest and ability to bring their community together will receive direct

access to national experts in transforming into a Blue Zones Community™. These communities, selected through an open request for proposal process, will share their learnings with others in Iowa who are employing Blue Zones principles.

**The application process, available at [www.bluezonesproject.com](http://www.bluezonesproject.com)**, includes in-depth written responses, interviews and site visits. The first step in a community's journey is to submit a Statement of Interest by October 28, 2011. The statement provides key information about the community, and can be submitted by any individual or organization. Communities whose Statement of Interest is approved will be asked to submit a formal application.

All Iowa communities will be able to access resources and tools through the Blue Zones Institute, as well as an online learning collaborative to be launched in 2012.

### Key dates in the process



**For more information,** visit [www.bluezonesproject.com](http://www.bluezonesproject.com), or visit [www.iowahealthieststate.com](http://www.iowahealthieststate.com) for more on our quest to make Iowa the healthiest state in the nation.

We appreciate your help and support in making Iowa the healthiest state.

## **[FDA warns consumers not to eat Rocky Ford Cantaloupes shipped by Jensen Farms](#)**

09/14/2011 11:49 PM EDT

- The FDA is warning consumers not to eat Rocky Ford Cantaloupe shipped by Jensen Farms and to throw away recalled product that may still be in their home.
- Jensen Farms is voluntarily recalling Rocky Ford Cantaloupe shipped from July 29 through September 10, 2011, and distributed to at least 17 states with possible further distribution.
- The recalled cantaloupes have the potential to be contaminated with *Listeria* and may be linked to a multi-state outbreak of listeriosis.
- The CDC reports that at least 22 people in seven states have been infected with the outbreak-associated strains of *Listeria monocytogenes* as of September 14.
- Patients reported eating whole cantaloupes they purchased from grocery stores marketed from the Rocky Ford growing region of Colorado.
- While all people are susceptible to *Listeria*, older adults, persons with weakened immune systems and pregnant women are at particular risk.

For detailed information pertaining to this Recalls, Market Withdrawals and Safety Alerts message, please click the link (title) at the beginning of this bulletin.

## Dates to Remember

### 2011

- October 7 – Advisory Committee Meeting
- October 24 & 25, 2011 – NETC
- January 31, 2012 – WIC Contractor’s Meeting
- March 29-30, 2012 – Maternal and Breastfeeding Nutrition Core Workshops
- August 21, 2012 – WIC Contractor’s Meeting
- August 29-30, 2012 – Infant and Child Nutrition Core Workshops
- October 30, 2012 – Communication and Rapport Building Core Workshop

## Don't forget...



that policy 225.50 requires a separation of duties when determining eligibility and issuing FIs. There are two options to accomplish this:

- A CPA may determine eligibility and certify a participant while the support staff prints, distributes the FIs to the participant, and obtains a signature on the receipt; **OR**
- A CPA may determine eligibility and certify a participant and print the FIs while the support staff distributes the FIs to the participant and obtains a signature on the receipt.

What is your agency process??

## Available Formula

Product	Quantity	Expiration Date	Agency	Contact
Neocate	19 cans – 14 oz powder 30 cans – 14 oz powder	11/19/11 1/8/12	Rosebud WIC	Lucy Reifel @ 605-747-2617
Unflavored Peptamen Jr.	1 case & 23 cans	8/1/12	Mid-Sioux Opp.	Glenda Heyderhoff @ 712-786-3488
Similac PM 60/40	3 cans	10/2012	Johnson County Public Health	Chuck Dufano @ 319-356-6042