

Family & Consumer Science News

Family & Consumer Science News Ford County

Contact Information
Ford County Extension Office
100 Gunsmoke
Dodge City, KS 67801
620-227-4542

Hours:
8:30 am - 12 noon
1:00 pm - 5:00 pm

Agents:
Ethel Schneweis, CEA
Family & Consumer Sciences
Andrea Burns, CEA
Ag & Natural Resources

4-H & Youth Development

Office Professional:
Cassie Sanko

e-mails:

eschnewe@ksu.edu

aburns@ksu.edu

csanko@ksu.edu

web: www.ford.ksu.edu
www.facebook.com/FordCoExtension

The mission of KSU
Cooperative Extension Family
and Consumer Sciences is to
link education with life
experiences to help people
improve their lives, their
families, and their
communities

“Knowledge

Here are several upcoming meetings you might be interested in attending!

Knowledge for Life in Ford County

I am hosting a four-meeting series in February at the Dodge City Public Library on Tuesdays, February 6th, 13th, 20th and 27th from 1:30 to 3 pm.

- February 6th will be on Health Care Directives, presented by Hospice of the Prairie and Prairie Home Health staff.
- February 13th will be on Preplanning Funeral Arrangements by Ziegler Funeral Home staff.
- February 20th will be “Who Get’s Grandma’s Yellow Pie Plate” concerning untitled property presented by myself.
- February 27th will be on Wills and Estates presented by Megan McCann from Davis and McCann Law Office.

I hope you will plan to attend any or all of these educational programs. We will be in the Lois Flannagan meeting room at the Dodge City Public Library, 1001 2nd Street, Dodge City. Check out the flier included in the newsletter. If you have questions please contact me.

If you have suggestions for future topics, please let me now.

Barn Quilt Painting Workshop

Have you thought about painting a colorful Barn Quilt? Well here is your chance to actually paint a barn quilt.



Mary Harden, Bucklin, will be the instructor for the Saturday, March 23 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and conclude sometime in the afternoon around 4-5 p.m., depending on when you complete your board. Registration and barn quilt pattern are due by March 15 to the Extension Office. Registration fees range between \$30 -\$130 depending on the size of board size. Registration includes the pattern drawn by the instructor on the board, paints, brushes and all other supplies. You just need to come, bring your lunch, tape and paint!

I have several patterns available that have been used in the past. You are welcome to look through. if you have one you would like to use we will need it by the registration deadline.

Call the Extension if you have questions or email me at eschnewe@ksu.edu.

K-State Garden Hour

Even during the heart of winter, a popular online gardening series is drawing hundreds of Kansans to its monthly, lunch-hour programs.

Organizers of the [K-State Garden Hour](#) say the 2024 lineup— will continue a tradition of providing updated information on gardening topics that Kansans have asked for.

A [one-time registration](#) gives viewers free access to all of the sessions, which include:



January 3rd

Nature's Decor: A How-To in Floral Design

February 7th

Gardening for a Changing Climate:
Featuring Nobel Prize Winner Dr. Chuck Rice

March 6th

Selecting & Planting Fruit Trees for Kansas

April 3rd

Companion Plants in Your Garden

May 1st

Understanding Water Sources for Your Garden

June 5th

Growing Cut Flowers
for the Home & Farmers Market

July 3rd

Success with Cacti & Succulents

August 7th

Establishing a More
Environmentally Sustainable Lawn

September 4th

Season Extension in the Vegetable Garden

October 2nd

Evergreens in Kansas

November 6th

Rabbit, Mole, & Deer Mitigation

December 4th

Home Hydroponics



Register Here!

2024

Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



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SERVSAFE MANAGER'S CLASS

Gray County FCS Agent, Sharon Erickson Fryback and myself will be offering a ServSafe Food Manager's Class on February 8. This is a recognized Food Safety certification class for anyone involved with food service. Call if you need more information.

WALK KS 2024, MARCH 24 – MAY 18

Again, this year we will be registering Walk Kansas teams using an online system. We will also have paper registration for those that prefer to complete the registration by paper and then return to the office.

More information will be posted on our Website and Facebook page as soon as we receive it.

4-H FLEA MARKET/GARAGE SALES

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, April 13** at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available. Come down and support the exchange group by having something from the concession stand. Also check out merchandise from many of the vendors. Contact the office if you are interested in having a booth, we may still have a few available.

DINING WITH DIABETES CLASSES

I have scheduled Dining With Diabetes Classes to start on April 3 and continue the next three Wednesdays, April 10, 17 and 24, 1:30-3:30 pm at the Ford County Fair Building, 901 West Park Street, Dodge City. Registration deadline is Wednesday, March 27. Call the office or email me at eschnewe@ksu.edu to register or for more information.



Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.



The program is designed for people with diabetes and their family members, caregivers, and support persons. There is a registration fee of \$25 to help cover meeting supplies.

Ford County Fair Dates July 18-22

Mark your calendar, the Ford County Fair will be July 18 through July 22. Our theme this year is "There's No Time Like Fair Time". Plan to bring entries and participate in the many Fair events and activities.

FEBRUARY IS BAKE FOR FAMILY FUN MONTH

The [Home Baking Association](#) is once again promoting baking during the month of February.

Each week they have developed baking activities, recipes and opportunities to get the family together to bake. This can be a multi-generational activity with tasty treats to share.

This is the list of ideas for each week in February.

- Week 1 – Let's Get Started Baking
- Week 2 – Bake for My Valentine
- Week 3 – Baking History and Traditions
- Week 4 – Baking for Others

SAFETY OF CANNED FOODS THAT FREEZE IN WINTER



Recent cold weather has created challenges for all of us. Power outages can lead to many problems. If you have canned foods, either home canned or commercially canned, in a storage location that froze, what can you do?

Check for broken seals or seams in metal cans or broken glass in home canned foods due to expansion of the food and liquid inside the container. If all are intact, they can be saved. Thaw gradually and store at room temperature.

For commercially canned foods, if seams are broken, that can lead to contamination and be unsafe to eat. Discard these cans.

For home canned foods, discard broken glass containers. If the lid became unsealed, and the jar thawed to room temperature, discard these too.

If a glass jar became unsealed but is still frozen, this can be safely used immediately or transferred to a new container and stored in the refrigerator or freezer.

During cold weather, wrap jars or cans in paper and cover with blankets to insulate them. Another option for vulnerable storage locations is to prop open pantry or cupboard doors to allow warm air inside.

For more information on food safety during power outages, see <https://www.ksre.k-state.edu/foodsafety/topics/disaster.html>.

Source: <https://extension.oregonstate.edu/food/preservation/safety-canned-food-freezes>

KANSAS LOCAL FOOD PRODUCER WORKSHOPS

We're back in person! These workshops were formerly known as Regional Farmers Market Workshops. Registration is now open. Sign up now!

Select the link below for registration at a location near you.

- [Olathe – February 9, 2024, K-State Olathe campus](#)
- [Hutchinson – February 10, 2024, Hutchinson Community College](#)
- [Parsons – February 23, 2024, KSRE SE Extension Center](#)
- [Hays – March 1, 2024, Hays Agricultural Experiment Station](#)



Learn more at the [Kansas Local Foods Systems](#) website.

UPDATED FOOD PRESERVATION PUBLICATIONS

The following K-State Research and Extension publications have been recently updated in both English and Spanish:



- 10 Tips for Safe Home Canned Food – MF3170 and MF3170S
- Sassy Safe Salsa at Home – MF3171 and MF 3171S
- What's Your Elevation? – MF3172 and MF 3172S
- Dry Meat Safely at Home – MF3173 and MF3173S
- How-to Guide to Water Bath Canning and Steam Canning – MF3241 and MF3241S
- How-to Guide to Pressure Canning – MF3242 and MF3242S

Progress is being made to update other KSRE Preserve it Fresh, Preserve it Safe publications.

See all publications at <https://www.rrc.k-state.edu/preservation/index.html>.



What Is The Difference Between Food Allergy, Food Intolerance And Food Sensitivity

While most food allergies cause relatively mild and minor symptoms, such as rashes or gastrointestinal discomfort, some allergies are more severe and can be life-threatening.

Eight foods account for 90 percent of all food-allergic reactions: milk, egg, peanut, tree nuts, fish, shellfish, soy, and wheat. While a lot of people will eventually grow out of allergies to milk, eggs, wheat or soy, allergies to peanuts and shellfish tend to be longer lasting and impose severe symptoms.

What is a Food Allergy?

A food allergy occurs when the immune system mistakes an ingredient in food as harmful and creates antibodies to fight it. These antibodies create the symptoms of a food allergy, such as rash or hives, nausea, stomach pain, diarrhea, itchy skin, shortness of breath, chest pain and anaphylaxis.

Food allergies, which can be genetic, affect about 4 percent of teens and adults and 5 percent of children, while food intolerances are much more common. Though most people will experience an unpleasant reaction to a certain type of food at some point in their lives, only way to diagnose a true food allergy is by visiting a medical doctor.

What is Food Intolerance?

While the symptoms are similar to food allergy, food intolerance occurs when an ingredients or compound in food irritates a person's digestive system or when a person is unable to properly digest the food. Symptoms of food intolerance are primarily gastrointestinal and include stomach pain, gas cramps or bloating, heartburn, vomiting and diarrhea. Intolerance to lactose, an ingredient in most milk and dairy products, is the most common food intolerance and affects about 10 percent of Americans.

There are a number of factors that may influence food intolerance. In some cases, as with lactose intolerance, the person lacks the chemicals to properly digest certain proteins found in food. While food allergies can be triggered by a smallest amount of the food in question, food intolerances are sometimes dose related and may not occur unless the person allergic consumes a large portion of the food. For example: a person with lactose intolerance may be able to drink milk in coffee, but will become sick if she drinks an entire glass of milk.

Keeping a food journal and tracking what you ate when symptoms occur can generally help diagnose food intolerances. Another way to diagnose food intolerance is to go on an elimination diet, which involves completely eliminating any suspect foods from your diet until you are symptom-free. You then begin to reintroduce the foods, one at a time. This can help you pinpoint which foods cause symptoms. Seek the advice of your health care provider or a registered dietitian before beginning an elimination diet to be sure your diet provides adequate nutrition

What is Food Sensitivity?

Food sensitivity is the least understood and most difficult to diagnose of the three afflictions. Generally, food sensitivity means that a person has a negative reaction to certain foods that do not always occur in the same way.

With a food sensitivity, a person might be able to consume a certain food occasionally without feeling any ill effects, but will sporadically develop symptoms such as acid reflex, nausea, abdominal cramps. These symptoms are unpredictable and the medical field is largely uncertain as to why they occur some times, but not others.

Source: Institute of Food Technologists, <https://www.ift.org>

Removing Odors From Refrigerators And Freezers

Refrigerators and freezers are two of the most important pieces of equipment in the kitchen for keeping food safe. We are instantly reminded of their importance when the power goes off, flooding occurs, or the unit fails, causing food to become unsafe and spoil. The odors that develop when food spoils can be difficult to remove. Use this information to learn how to remove odors from units or how to safely discard an affected unit.

To Remove Odors from Refrigerators and Freezers

If food has spoiled in a refrigerator or freezer and odors from the food remain, they may be difficult to remove. The following procedures may help but may have to be repeated several times.

- Dispose of any spoiled or questionable food.
- Remove shelves, crispers, and ice trays. Wash them thoroughly with hot water and detergent. Then rinse with a sanitizing solution (1 tablespoon unscented, liquid chlorine bleach per gallon of water).
- Wash the interior of the refrigerator and freezer, including the door and gasket, with hot water and baking soda. Rinse with sanitizing solution as above.
- Leave the door open for about 15 minutes to allow free air circulation.

If odors remain, try any or all of the following:

- Wipe inside of unit with equal parts vinegar and water. Vinegar provides acid which destroys mildew.
- Leave the door open and allow to air out for several days.
- Stuff both the refrigerator and freezer with rolled newspapers. Close the door and leave for several days. Remove paper and clean with vinegar and water.
- Sprinkle fresh coffee grounds or baking soda loosely in a large, shallow container in the bottom of the refrigerator and freezer.
- Place a cotton swab soaked with vanilla inside the refrigerator and freezer. Close door for 24 hours. Check for odors.
- Use a commercial product available at hardware and housewares stores. Follow the manufacturer's instructions.

If Odors Cannot Be Removed

If odors cannot be removed, then the refrigerator or freezer may need to be discarded. If you need to discard the refrigerator or freezer, discard it in a safe manner:

- "Childproof" old refrigerators or freezers so children do not get trapped inside. The surest way is to take the door off.
- If the door will not come off, chain and padlock the door permanently and close tightly, or remove or disable the latch completely so the door will no longer lock when closed.

It is unlawful in many jurisdictions to discard old refrigerators or freezers without first removing the door.

Depending on where you live, your appliance will be picked up by your solid waste provider, a recycler, a retailer (if you buy a new unit), or program sponsored by local or regional utilities.



APPLEBEE'S
"TOGETHER WE CARE"
FUNDRAISER FOR
THE FORD COUNTY FAIR
ASSOCIATION
TUESDAY, FEBRUARY 27
ALL DAY

DINE-IN OR CARSIDE TO GO

50% of food sales will go to support the Ford County Fair Association when you order off the TWC menu. Choose from 5 great items on the Together We Care menu.



Three-Cheese Chicken Penne
Fiesta Lime Chicken
Classic Bacon Cheeseburger
Chicken Tender Platter
Grilled Chicken Caesar Salad



406 W. Wyatt Earp | Dodge City



FORD COUNTY EXTENSION PRESENTS

Knowledge for Life

IN FORD COUNTY



Programs are FREE to the public.



Presented at
**Dodge City
Public Library**

**1001 N. 2nd Avenue
Dodge City, KS 67801**

All programs are 1:30 - 3:00 pm

Tuesday, February 6

Health Care Directives

presented by Hospice of the Prairie &
Prairie Home Health

Tuesday, February 13

Funeral Preplanning

presented by Ziegler Funeral Home

Tuesday, February 20

Who Get's Grandma's Yellow Pie Plate

presented by Ethel Schneweis,
Ford County Extension FCS Agent

Tuesday, February 27

Wills & Estates

presented by Megan McCann,
Davis & McCann Law Office

Sponsored by:

K-STATE
Research and Extension

Ford County



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Ford County Extension Office
100 Gunsmoke St
Dodge City, KS. 67801

Dear Friends,

This newsletter has information concerning upcoming meetings and activities in our community. Consider supporting and attending some of the community meetings and fundraising activities.

The weather has been extremely cold this past month. I hope everyone stayed safe and warm, but if you did have some power outages, there is information within the newsletter you might find helpful.

If you have questions concerning any of the information within the newsletter, please give me a call or email me. I am always willing to visit with you.

Sincerely,



Ethel Schneweis
County Extension Agent, Family and Consumer Sciences



Ford County
100 Gunsmoke
Dodge City, KS 67801
620-227-4542

K-State, County Extension
Council, Extension
Districts, and U.S.
Department of
Agriculture Cooperating

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*"Knowledge
for Life"*