



If the public does not hear from dietitians on the Internet, then they will learn from someone else...

Like and follow KSAND on social media.

## The Communicator



## Winter 2016 Newsletter

### Gratitude for Those Who Serve from 2015-2016 KSAND President

*Lisa J. Martin, MPH, RD, LD*

As I write this, we are heading into the holiday season and will soon welcome a new year. Reflecting on this past year as KSAND president, I am so grateful for all of the people who carry out the duties of our organization. It's easy to take for granted the work that is done behind the scenes. Running the day to day operations as well as the planning and execution of the big events that happen every year. Here are a few examples of the support and commitment we receive from those who serve and promote our profession:

**Advocacy Team**—they keep us updated on state



and federal policies that affect our profession and encourage us to TAKE ACTION to make sure that dietitians are “at the table” when decisions are being made that affect the health of Kansans. They are working on reimbursement, licensure, and consumer protection issues to name a few. They piloted a Public Policy Boot Camp in September leading the way for other states to duplicate, and they are now working on the March 2016 Public Policy Workshop.

**Annual Conference Planning Team and KSANDF**—these teams are working on our April 2016 Annual Conference, researching topics and speakers that will meet a variety of professional development needs including the pre-conference foundation event that will support our dietitians-to-be.

**Nominating Committee**—this group has already started looking for next year’s leaders. They are brainstorming possible candidates and want to match a candidate’s strengths with a position that is a good fit. They will spend a lot of time visiting with members about running for an office or accepting an appointed position.

**Student Dietitians**—despite heavy coursework, we also have a number of students who make KSAND a priority. They bring an energy and enthusiasm to our organization, and I am so amazed at the leadership skills our students possess.

**Marketing Team**—besides helping with many of the other teams, this group wrote and submitted a marketing grant to promote our profession and connect with other health professionals. If awarded, we will have a booth at the Kansas Academy of Family Physicians Conference in June.

I also want to thank our great board. They are busy making the hard decisions, keeping our finances in order, updating our bylaws and operations manual, and also serving on our various committees. I am especially grateful for Abby Heidari, our executive director, who is the glue that holds us together.

And lastly, I want to thank all of **YOU**, our **MEMBERS!** Without your financial support from your membership dues, your attendance at Annual Conference, your donations to our various projects, and most importantly, the time you devote supporting our organization, none of this would happen.



## The 2015 KSAND Leadership Retreat and Board Member Orientation

On Saturday, May 30, 2015, your 2014-2015 and the 2015-2016 KSAND board members joined together for a day of team-building, orientation and networking in Manhattan, KS. Twenty-four dietitians and dietetic students from across Kansas came together and completed the K-State Challenge Course. While engaging in a series of personal development and team building activities, our board members enhanced their networking and communication skills and built new and old relationships within the group.

Following the Challenge Course, your board members met for lunch at the Manhattan Hy-Vee. Board members enjoyed conversation and a delicious lunch sponsored by Smart Chicken. After lunch, your KSAND board members engaged in a Board Orientation, which included file transfers, review of online resources, the KSAND Strategic Plan and committee discussions.

Strong leadership by the KSAND Board inspires confidence within our organization and the dietetic profession. The goal of our leadership board is ultimately to create ways for you, as members, to contribute to making the dietetic profession in Kansas grow and prosper. Thank you for the opportunity to serve.



# Save the Date - April 15, 2016 Kansas Academy of Nutrition and Dietetics Annual Conference and Exhibits

Mark your calendar for Thursday evening April 14th (KSAND Foundation Fundraising and Networking Event) and Friday, April 15th (KSAND Annual Conference). "Expanding Nutrition Horizons: Nutrition in Practice" will be in Topeka, Kansas at the Ramada Downtown Hotel and Conference Center.

Lodging reservations should be made with the Ramada Topeka Downtown Hotel and Convention Center. A group discount is available as part of the Kansas Academy of Nutrition and Dietetics and expires 3/31/2016. Reservations after this date will be on a space and rate available basis.

Address: Ramada Topeka Downtown Hotel and Convention Center, 420 SE 6th Ave., Topeka, KS 66607

Phone: (785) 234-5400

For more conference information, visit <http://eatrightks.org/annual-conference>



*Congratulations to Dayna Pachta, our 2015 Annual Conference Logo Contest Winner! Dayna will receive a \$200 scholarship award from the KSAND Foundation and (1) paid registration to the KSAND's 2016 Annual Conference for her logo submission.*

## Updated Academy Practice Tips – RDN Privileging to Write Diet Orders

In July 2014, the Academy published two Practice Tips "Hospital Regulation – Ordering Privileges for the RDN" and "Implementation Steps – Ordering Privileges for the RDN"; and the "Map of States" to provide guidance on implementation of the July 2014 Centers for Medicare and Medicaid Services (CMS) Rule published in the Federal Register that revised the Conditions of Participation for Hospitals to allow the governing board and medical staff the option of granting privileges to RDNs to write therapeutic diet orders.

The Practice Tips were updated in October 2015 in response to CMS updating the State Operations Manual (SOM) that contains the survey protocols, regulations and interpretative guidelines for surveyors. In brief, the changes to the SOM reflecting the CMS Rule include:

- **Revision 137 issued on 04-01-15 for the State Operations Manual, Appendix A, Survey Protocol, Regulations and Interpretative Guidelines for Hospitals.** This revision incorporates the changes to §428.28(b) and §428.28(c) Food and

Dietetic Services and §428.54(c) Orders for Outpatient Services and updates the Guidelines for Surveyors. Previously the revision of 09-26-14 incorporated the changes to §428.12(a)(1) and §428.22(a) related to privileging, privileging process, and medical staff accountability for non-physician practitioners granted privileges.

- **Revision 138 issued on 04-07-15 for the State Operations Manual, Appendix W, Survey Protocol, Regulations and Interpretative Guidelines for Critical Access Hospitals (CAHs) and Swing Beds in CAHs.** This revision incorporates changes reflecting the July 2014 CMS Rule into §485.635(a)(3)(vii) including the wording for RDN privileging to write orders. Changes to §485.635(c)(1)(iii) address requirements for food and other services to meet inpatient's nutritional needs if services are not provided directly by the CAH.

You can access the Practice Tips and the Map of States at [eatrightpro.org/dietorders](http://eatrightpro.org/dietorders). The links to the CMS Rule and the State Operations Manual and other related information are contained within the Practice Tips.

**We need your input!** The KSAND Advocacy Team is interested in hearing of KSAND members' experience with addressing implementing privileging of RDNs to write diet orders as now required by CMS regulations if consistent with State law. This input will inform the Advocacy Team's planning and discussions with stakeholders and decision makers to address the current wording of the KS Hospital Regulations (2001) that state relative to diet orders "in accordance with physician orders" (reason Kansas is a "yellow state" on the Map of States).

**Share your experience and thoughts with:**

Carol Gilmore, RD LD FAND, State Policy Representative, [carol.gilmore@att.net](mailto:carol.gilmore@att.net)

Heather Gibbs, PhD, RD, LD, State Regulatory Specialist, [hgibbs@ku.edu](mailto:hgibbs@ku.edu)

## February is Lactose Intolerance Awareness Month.

Midwest Dairy Council would like to bring attention to a group of resources to help dietitians teach about lactose intolerance. Four videos can be found on Midwest Dairy Council's [YouTube page](#) in English and Spanish. One video explains how to go about diagnosing lactose intolerance and the other shares strategies to help manage lactose intolerance. Midwest Dairy Council encourages you to visit the YouTube page and explore these resources as a great way to teach about keeping dairy in the diet while being lactose intolerant. Midwest Dairy Council developed these resources to equip you to better educate your clients and patients. Please find ways to add them to your go-to resources when doing presentations, lunch n learns, or one on one education. For more resources like this, [subscribe](#) to Midwest Dairy Council's monthly nutrition e-newsletter.



# Dairy Dreamin'



## Doctor's Orders

Does your stomach not feel right after drinking milk? Have friends and family told you that you might have lactose intolerance? Do you think you shouldn't drink milk or eat dairy foods?

*Think again.*

Dairy foods have calcium and other good nutrition to help build bones and healthy bodies. If you think you have lactose intolerance, visit your doctor for a test. Deciding to stop eating dairy on your own is not the answer.

A National Institutes of Health (NIH) expert panel, made up of various physicians and other health professionals, state that even in persons with lactose intolerance, small amounts of milk, yogurt, hard cheeses, and reduced-lactose foods may be effective management approaches.<sup>1</sup>

<sup>1</sup>National Institutes of Health Consensus Development Conference Statement NIH Consensus Development Conference: Lactose Intolerance and Health February 22-24, 2010.

## Diggin' Dairy

Being lactose intolerant just means your body cannot break down milk sugar. It does not mean you have a dairy allergy or that you have to feel uncomfortable eating dairy foods. Try these tips to help you enjoy milk and dairy foods again.

### Sip it

Start with a small amount of milk and slowly work your way up to an amount that does not upset your stomach. Chocolate milk is a great treat that may be easier on your stomach than regular white milk.

### Try it

Look for dairy foods in the dairy case that say "lactose-free." They are real dairy foods, just without the milk sugar. Plus, they give your body the same great nutrition. Or, try a lactase supplement. It helps your body break down milk sugar so you can keep eating dairy.

### Stir it

Try eating dairy foods with other solid foods or meals. Mix milk into soup, have it with cereal or blend it with fruit.

### Slice it

Top sandwiches or crackers with natural cheeses such as Cheddar, Colby, Monterey Jack, mozzarella and Swiss. These cheeses are more lactose intolerance friendly.

### Spoon it

Enjoy yogurt. The friendly bacteria help your body break down milk sugar.

### One serving of dairy is:

8 oz cup of milk, or  
8 oz cup of yogurt, or  
1.5 oz of natural cheese  
2 oz of processed cheese

### How much should I get?

2 to 3 years: 2 daily servings  
4 to 8 years: 2 ½ daily servings  
9 years and older: 3 daily servings

## Calci-Yum Plus Eight!

Milk, cheese and yogurt provide calcium but did you know eating dairy foods gives your body many other nutrients too? The Dairy food group also has nutrients such as potassium, vitamin D and protein that nourish your body, not just your bones. Milk really does a body good!

Dietitians recommend Americans eat low-fat or fat-free dairy foods (milk, cheese or yogurt) each day to help get the nutrition they need. See a Registered Dietitian to decide which options may work best for you.



*How will you get your dairy today?*

**2016 Call for KSAND Board Position Nominations!**



KSAND is seeking members for nomination to the following 2016-2017 elected board positions.

The board positions to be filled include President-elect, Treasurer, Council on Professional Issues Chair-elect, Nominating Chair-elect, and Nominating Committee (2). Please consider serving, talking to dietitians you work with who have leadership skills, and/or nominating a colleague. Our organization depends on volunteer dietitians to lead us in serving our profession and the public. You can access the nomination form [here](#).

To learn more about a particular position click on the position title. Direct any questions about positions to Marley Sugar, Nominating Chair ([nominchair@eatrightks.org](mailto:nominchair@eatrightks.org)). We will also be looking for volunteers for appointed board positions in early 2016.

**President-elect:** Serves a total of three years, including President-Elect for one year, as President the following year, and then advises/mentors as Past President for one year.

**Treasurer:** Serves a total of two years as Treasurer. Limit to 2 consecutive terms.

**Council on Professional Issues Chair-elect:** Serves for a total of two years, including CPI Chair-elect for one year, and the consecutive year as CPI Chair.

**Nominating Chair-elect:** Serves a total of two years, including Nominating Committee Chair-elect for one year, and the consecutive year as Nominating Chair.

**Nominating Committee:** Serves for only one year.

If you have questions about the nomination process, please feel free to contact the Kansas Academy at [nominchair@eatrightks.org](mailto:nominchair@eatrightks.org).

## The KSAND Public Policy Boot Camp - September 2015

### **How did the board decide to host this event?**

During the planning of our March 2015 Public Policy Workshop, the Advocacy Team identified the need for better member education and preparation on public policy and advocacy initiatives. As we planned our sessions, we realized there was not enough time to share all pertinent information that our members desired and needed, so the idea of a boot camp was inspired.

Advocacy Team members planned and implemented the Public Policy Boot Camp which took place on Saturday, September 12, 2015.

36 KSAND members and dietetics students from Kansas State University and the University of Kansas Medical Center attended the boot camp for free. Attendees received CPEUs. Collaboration with Kansas State University's Dietetics program and faculty allowed us to utilize their facility at no charge. We owe special thanks to Dr. Kevin Sauer and Dr. Amber Howells for making this happen.

### **What was the goal of the event?**

The main goal of this event was to educate participants and stress the importance of public policy and advocacy efforts in relation to their profession of dietetics. We aimed to provide the

### **What was the feedback from the attendees?**

Respondents completing the evaluation rated all sessions Good to Excellent in terms of objectives met, organization and clarity, and relevancy. In terms of confidence in speaking on professional issues, 80 percent of attendees felt that they were more confident after completing the boot camp. Specific comments included: The "elevator speech" information was very helpful, something I can also use in my job. Storytelling is also so important with building a connection."

"I learned a lot about public policy and how my votes as a future professional can be directly impacted by public policy."

"Quite an eye opener! This was a wonderful way to be introduced to public policy and how to make an impact."

### **Who can the KSAND members thank for making this event happen?**

Teresa Nece, Director, Grassroots Advocacy, The Academy of Nutrition and Dietetics

basic foundation to understanding the role and mechanics of public policy and advocacy and to interpret the different systems related to these efforts. Furthermore, we educated our attendees on how they could become more involved and inspired to work with our advocacy team in some capacity in the future. In addition, we wanted to introduce the participants to ANDPAC and the role it plays in the advocacy efforts of the Academy.

Lisa Martin, KSAND President

Carol Gilmore, State Policy Representative

H. Leslie P. Bain, Public Policy, Coordinator

Johannah O'Malley, Public Policy Co-Coordinator

Abby Heidari, KSAND Executive Director

Jacy Lucas, Marketing Chair



## Navigating Boundaries

*Bethany Frazier, KSAND CPI Chair*



**When you are faced with a challenge, how often do you say “no” to assistance from others because you want to handle the situation by yourself?**

I was brought face-to-face with my answer to this question at the KSAND Leadership Retreat during a team-building challenge course.

On one of the obstacles, we were blindfolded and asked to navigate a rope with our hands to find the exit. The only instruction we were given was that we would know the exit when we found it.

I maintained contact with one or two others as we made our way in circles around the rope course. Every few minutes, we would run into another group only to turn around and run back into them again. Our tour guides for the day were making their way through the course and would ask us, periodically, if we needed help.

***Me? Need help? No, we have each other, I thought, as I declined their help.***

One-by-one the voices of my fellow leaders trickled out, and I was left alone to navigate the course. How could everyone else find their way out but not me? The voice of one of the tour guides came back into my ear and asked if I needed help. In a fit of frustration, I replied, “yes”, even still with hesitation.

With that, they removed my blindfold and whispered to me I could now silently exit the maze. That's it? ***All I had to do was accept help?***

What a lesson THAT was. I realized how strongly independent I am. I will look for help from those on my team, whom I trust and believe in, but the outside world – nope, don't need THAT!

I learned that, sometimes, the resources we need are not only outside of ourselves but even outside of our groups.

Everyone has boundaries, some are healthy and some are not.

Understanding them is a life-long process.





## **KSAND Member receives Excellence in Practice for Dietetic Research Award**

Dr. Carol Shanklin, dean of Kansas State University's Graduate School, received the 2015 Excellence in Practice for Dietetic Research Award from the Academy of Nutrition and Dietetics. Shanklin accepted the award at the 2015 Food & Nutrition Conference & Expo at the Music City Center in Nashville, Tennessee, in October.

The award recognizes outstanding registered dietitians and dietetic technicians who have demonstrated innovation, creativity and leadership in a specific area of practice and honors those who have demonstrated exceptional performance, made contributions to advancement of practice or have been effective in inspiring leaders in nutrition-related organizations.

Congratulations, Dr. Shanklin!







## DELEGATE REPORT

*Carol Gilmore, RD, LD, FAND*

*Poxy Delegate-2015 Fall House of Delegates Meeting*

The House of Delegates met October 2-3, 2015 in Nashville, TN just prior to FNCE. The mega issue dialogue was "Engaging Members in the Need to Address Malnutrition across Nutrition and Dietetic Practice Settings". A second dialogue provided opportunity for input to the draft Sponsorship Advisory Task Force Report for the Board of Directors.

### **Malnutrition dialogue**

Deb Canter sent survey through the listserv to obtain KSAND member perspective; 67 responses received.

#### **1. What is your primary nutrition/dietetics practice area?**

- a. Clinical (Acute care, outpatient, long-term care, home care) = 69.23% (45)
- b. Public Health/Community Nutrition = 23.08% (15)
- c. Foodservice (School, institution, retail, etc.) = 3.08% (2)
- d. Education (Professional, public) = 4.62% (3)

#### **2. In your primary practice area, how often, if at all, do you encounter malnutrition (defined only as under-nutrition)?**

- a. Daily (at least once per day) = 20.90% (14)
- b. Regularly (2-4 times per week) = 38.81% (26)
- c. Rarely (less than 1 time per week) = 37.31% (25)
- d. Never = 2.99% (2)

#### **3. What are the challenges or barriers with managing (identification, diagnosis, intervention) malnutrition in your primary practice area?**

- a. Lack of training = 21.31% (13)
- b. Lack of time/resources = 45.90% (28)
- c. Lack of support = 29.51% (18)
- d. Lack of awareness of the problem = 26.23% (16)
- e. No challenges/barriers = 24.59% (15)

#### **4. What are the benefits of managing (identification, diagnosis, intervention) malnutrition in your primary practice area?**

- a. Increased reimbursement to facility = 46.97% (31)
- b. Increased RD/NDTR recognition within institution or community = 45.45% (30)
- c. Improved patient/client outcomes = 92.42% (61)
- d. Decreased length of stay for inpatients = 36.36% (24)
- e. Increased personal satisfaction = 56.06% (37)

Comments from KSAND members were generally consistent with comments submitted by other delegates. HOD discussion identified common themes of lack of training and fear in performing nutrition focused physical exams (NFPE), lack of time, lack of physician awareness, inconsistent organization

and/or physician support, challenges relating to the Academy/A.S.P.E.N. characteristics for identification of malnutrition to descriptions for the ICD-9-CM/ICD-10-CM codes documenting malnutrition for reimbursement purposes. Members of the NFPE Workshop Team provided a demonstration of conducting a NFPE (see link below to access slides). Access information on the Academy sponsored NFPE Workshops in the Professional Development > Face to Face Learning page on the Academy website.

The outcome of the discussion resulted in a motion incorporating guiding principles and requests to Academy organization units to further address the challenges and barriers with the goal of RDNs being leaders in the identification and management of malnutrition across all practice settings.

Motion passed by the House of Delegates requests:

- RDNs identify and manage malnutrition in accordance with their scope and standards of practice including use of nutrition focused physical exams as one tool for nutrition assessments;
- Academy's Research, International and Scientific Affairs Team and Lifelong Learning and Professional Engagement Team identify gaps and facilitate development of resources needed to educate members on the management of malnutrition, including nutrition-focused physical exams;
- Academy's Lifelong Learning and Professional Engagement Team and Research, International and Scientific Affairs Team market and disseminate currently available resources to educate members on management of malnutrition;
- Dietetic practice groups and affiliates are encouraged to identify and promote opportunities to assist RDNs and NDTRs in developing skills and knowledge related to malnutrition management;
- NDEP and ACEND encourage educators to identify and/or develop malnutrition management educational opportunities for students;
- Center for Professional Development assesses the viability of a certificate program for hands-on nutrition focused physical exam training;
- Academy's Nutrition Services Coverage Team collaborates with A.S.P.E.N. to continue discussions with the National Center for Health Statistics ICD Coordinating Committee for incorporation of the malnutrition nomenclature into ICD.
- Academy's Research, International and Scientific Affairs Team, Lifelong Learning and Professional Engagement Team, NDEP, ACEND and the Academy's Nutrition Services Coverage Team present information on progress made on malnutrition related activities as part of the bi-annual report to the HOD. This information should be reported for at least the next 2 years by the organizational units.

#### **Sponsorship Advisory Task Force Report**

The report was provided in draft to the HOD to allow further discussion on the information and proposed actions. The HOD passed a motion requesting that the Sponsorship Advisory Task Force utilize the HOD's feedback contained in the 2015 Fall HOD Workbooks as well as financial impact reports and the Sponsor Summit Report to finalize the report and recommendations to the Academy Board of Directors. There will be a legal review of recommendations to determine implications for separate legal organizations, i.e., Foundation and affiliates.

Additionally, the HOD approved three motions related to the Academy Bylaws amendments previously shared with members during the forty-five (45) day comment period in August-September. The amendments to the Bylaws addressed Nominating Committee Composition, CDR Mission Statement, and CDR Board Composition.

All materials related to the 2015 Fall HOD Meeting including the slides for the President's Report, Foundation's Report, Treasurer's Report, ANDPAC's Report, Nominating Committee's Report, Nutrition Focused Physical Exam Slides, and Sponsorship Advisory Report Update can be found on the Academy website at [Fall 2015 House of Delegates Meeting Materials](#).

The Mega Issue topic for the virtual 2016 Spring HOD meeting in May is Telehealth.

For questions, contact [carol.gilmore@att.net](mailto:carol.gilmore@att.net)



The Dairy Report is a blog written by health professionals – registered dietitians nutritionists, PhD nutritionists and communication experts at the National Dairy Council® (NDC). Our authors seek to provide the latest news, analysis and opinion on nutrition and health research and events. Occasionally,

you will see posts from external health professional bloggers as well as experts who will be invited to guest blog.

Why blog? NDC understands that the public sees health professionals as resources for accurate health and nutrition information. NDC is committed to providing health professionals with updated and timely, credible dairy and nutrition research, as well as educational tools to help serve their patients. Plus, we think more interaction and dialogue with our peers is a good idea.



We understand the importance of supporting the health professional community online and hope to provide valuable perspectives and insights to the existing conversation about nutrition science and news. We hope you begin to see the unique personalities and high level of expertise behind our authors. And, we can't wait to hear from you.

To learn more about the individual authors contributing to this blog, please see the [list of authors and contributors](#).

National Dairy Council® is the nutrition research, education and communications arm of Dairy Management Inc™. On behalf of U.S. dairy farmers, NDC provides science-based nutrition information to, and in collaboration with, a variety of stakeholders committed to fostering a healthier society,

including health professionals, educators, school nutrition directors, academia, industry, consumers and media.

Established in 1915, NDC comprises a staff of nutrition science researchers, registered dietitians and communications experts dedicated to educating the public on the health benefits of consuming milk and milk products throughout a person's lifespan. In addition, NDC funds independent research to aid in the ongoing discovery of information about dairy foods' important role in a healthy lifestyle. This research provides insights to industry for new dairy product innovation.

In partnership with its network of state and regional dairy councils, NDC disseminates nutrition programs, materials and research to support government recommendations for improved nutrition for Americans, including consumption of at least three servings of nutrient-rich low-fat or fat-free milk and milk products a day.

For more information, visit [www.thedairyreport.com](http://www.thedairyreport.com).

## When the Power Goes Out—Resources for Disasters





# FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

## BEFORE

PLAN AHEAD (IF YOU CAN) ...

Put appliance thermometers in your refrigerator and freezer.

Keep freezer **0°F** or below

Refrigerator **40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

Group foods together in the freezer to help food stay colder longer.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.

Store nonperishable foods on higher shelves to avoid flood water.

Freeze containers of water and gel packs to help keep food cold if the power goes out.

## DURING

WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to maintain cold temperature.

IF DOORS STAY CLOSED ...

- ... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**
- ... a fridge will keep food safe for **4 HOURS**

## AFTER

ONCE THE POWER IS BACK ON ...

**WHEN IN DOUBT, THROW IT OUT!**

Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

Never taste food to determine its safety!

**WHAT CAN I KEEP?**

The following foods are safe if held above 40°F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, milk, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hoisin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Uncut raw vegetables and fruit

**WHAT SHOULD I THROW OUT?**

- Meat, poultry or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Cooked or cut produce

**REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.**

**AFTER A FLOOD**

**FOLLOW THESE STEPS AFTER A FLOOD:**

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

**SANITIZE**  
1 tbsp. bleach + 1 gallon water

- Pots, pans, dishes and utensils
- Undamaged all-metal cans after removing labels

USDA Ad Council For more food safety tips, go to [FoodSafety.gov](http://FoodSafety.gov)

Copyright © 2016 KSAND Office, All rights reserved.

You are receiving this message because you are a member of the Academy of Nutrition and Dietetics and its affiliate, KSAND.

**Our mailing address is:**  
KSAND Office  
271 S. Canyon Dr.  
Olathe, KS 66061

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

