Agenda

- Food Safety in the News
  - Bisphenol A
  - Raw (unpasteurized) milk
  - New canning regulations (the pickle bill)
- Master Food Preserver Summer 2010
- Your Questions (and answers)
**Bisphenol A (BPA)**

- **Bisphenol A** is used to make polycarbonate plastics found in protective linings in food cans, plastic dinnerware, hard plastic bottles, and toys.
- Human exposure to BPA is widespread.
- In a study of 2,517 persons by CDC:
  - BPA was found in urine of 93% of people tested.
  - Females had higher levels than males (children > teens > adults).
  - Non-Hispanic blacks & non-Hispanic whites had higher levels of BPA than Mexican Americans.
  - People with lowest household incomes had higher levels of BPA than people with highest incomes.
- As recently as 2008, the CDC declared BPA safe, but now they are taking another look.
Strategies to Limit Exposure

› Check recycle codes on plastic bottles.
  ◦ Use plastics marked with recycle codes 1, 2, 4, 5, and 6 - these are unlikely to contain BPA.
  ◦ Limit use of plastics marked with recycle codes 3 or 7 which may be made with BPA.

› Use containers wisely.
  ◦ Do not put very hot or boiling liquid in plastic containers made with BPA; opt for glass, porcelain or stainless steel instead.
  ◦ Don’t microwave polycarbonate plastic bottles.
  ◦ Discard plastic bottles with scratches, as these may harbor bacteria and, if BPA-containing, lead to greater release of BPA.
  ◦ Don’t wash polycarbonate plastic containers in the dishwasher with harsh detergents.
1. **Follow recommended guidelines for infant feeding.**
   - Breastfeed for at least 12 months; iron-fortified infant formula is the safest and most nutritious alternative.
   - The benefit of a stable source of good nutrition from infant formula and food outweighs the potential risk of BPA exposure.
2. **Discard scratched baby bottles and infant feeding cups.**
   - Worn baby bottles and cups are likely to have scratches that harbor germs and - if they contain BPA - may release small amounts of the chemical.
3. **Temperature matters.**
   - Be careful how you heat up breast milk or formula.
   - Do not put boiling or very hot water, infant formula, or other liquids into BPA-containing bottles.
   - Before mixing water with powdered infant formula, the water should be boiled in a BPA-free container and allowed to cool to lukewarm.
   - Ready-to-feed liquid formula can be served at room temperature or gently warmed up by running warm water over the outside of the bottle.
   - Always remember: Do not heat baby bottles of any kind in the microwave - the liquid may heat unevenly and burn your infant.
   - As a good household practice, discard all food containers with scratches, as they may harbor germs and may lead to greater release of BPA.

See: [www.hhs.gov/safety/bpa/](http://www.hhs.gov/safety/bpa/)
On Jan. 26, 2010 both houses of the Wisconsin legislature passed measures to ban BPA in cups and bottles intended for children under age 3. The Governor is expected to sign the legislation when it reaches his desk. [most manufacturers of baby bottles stopped using BPA in 2006]

For More Information
- Food Safety & Health [www.foodsafety.wisc.edu](http://www.foodsafety.wisc.edu)  
  - See ‘B’ in the A-Z index: Bisphenol A  
- Update on Bisphenol A for Use in Food [www.fda.gov/NewsEvents/PublicHealthFocus/ucm064437.htm](http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm064437.htm)  
- National Toxicology Program – BPA Factsheet  
- Information for Parents: [www.hhs.gov/safety/bpa/](http://www.hhs.gov/safety/bpa/)
Update on Raw Milk

- In Wisconsin, current rules ban the sale of raw milk
  - Consumption of raw milk by farm families or workers is allowed
  - As recently as 1938, milk products were the source of 25% of all food and waterborne illnesses (typhoid fever, scarlet fever, septic sore throat, diphtheria, tuberculosis, and diarrheal diseases) today it’s less than 1%
  - Pasteurization helps ensure safety by heating milk at 161°F for 15 seconds, followed by rapid cooling

- Legislation has been introduced in both the Wisconsin Assembly and Senate to legalize sale of raw milk
Dangers of Raw Milk

- Milk pasteurization is a primary step in protecting the health of the public
- Contrary to stated arguments:
  - Raw milk does not cure allergies or provide immunity from disease
  - Raw milk does not contribute enzymes or hormones for better health
  - ‘Healthy’ bacteria in raw milk are readily (and safely) found in products like yogurt
- UW-Extension will continue to support the consumption of pasteurized milk
For More Information

- Food Safety & Health
  - www.foodsafety.wisc.edu
  - See the A-Z index: ‘D’ Dairy Foods
- Dangers of Raw Milk (FDA)
  - www.fda.gov/Food/ResourcesForYou/Consumers/ucm079516.htm
- Myths about Raw Milk (foodafety.gov)
  - www.foodsafety.gov/keep/types/milk/
New Canning Regulations – The Pickle Bill

- On Jan. 28, 2010 the Wisconsin Senate passed AB229, known as the ‘Pickle Bill’

- This bill will:
  - Allow individuals to can acidic and acidified foods (pickles, salsa) in their home kitchen for sale without a license or regulatory oversight
  - Income from such sales is limited to $5,000 per year
  - There must be adequate notification

Signage: "These canned goods are homemade and not subject to state inspection."

Labeling: "This product was made in a private home not subject to state licensing or inspection."
What will change?

Now:
- Product may not be produced in a home kitchen
- Food processor must be licensed (and inspected)
- Individuals canning acidified foods must go through training & recipes must be approved
- Product pH must be monitored and recorded

Implications for UWEX:

AB229: “[DATCP], in cooperation with the University of Wisconsin-Extension, shall attempt to maximize the availability of information and technical services and support for persons who wish to home prepare and home can (low-acid) and acidified food products.”

For processors who are not exempt:
Wisconsin Acidified Canned Foods Training
- Contact Barb: 608-263-7383
Master Food Preserver – Summer 2010

- 3-day hands-on food preservation training
  - Ripon – June 15-17
  - Menominie (UW-Stout) - June 28-30
  - Richland Center – July 7-9
  - WI Rapids – July 13-15
- Registration will begin in mid-March (an email announcement will go out; ~20 participants per location)
- Registrants will have to sign either a staff or volunteer agreement
How You Can Help

You can help make MFP a success by:

- Recruiting volunteers who will attend training and then return service to your county
- Publicizing the training in your community
- Supporting colleagues who are hosting in your region
- Joining the fun! (IF it’s right for you)

Note: Several educators are joining together to improve statewide support in the area of food preservation. If you like to blog, twitter to otherwise engage learners, let Barb know!
And Now...

Your Questions.....

- And...what resources do you need (fact sheets, press releases, newsletter articles?)
- Archive of today’s audio
- [www.uwex.edu/ics/stream/event.cfm?eid=26705](http://www.uwex.edu/ics/stream/event.cfm?eid=26705)

Next Lunch & Learn – April 5, 2010

- 12 noon – 1 pm
- Focus on: Food Preservation & Food Safety Update