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Nutrition InfoGram**

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**An Electronic Newsletter from the Nutrition and Health Promotion Team
(NHPT) of the California Department of Aging (CDA)**

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The Partnership for Food Safety Education

Holiday Food Safety Success Kit

The Partnership for Food Safety Education has available resources for promoting food safety this holiday season. Topics include how to purchase and prepare holiday food, videos for quick viewing and safety shopping tools. BAC! Fighters – promote **Holiday Food Safety** as a free, go-to resource for consumers. Use Holiday Food Safety to develop your own outreach campaign. Find meal ideas and **food safety materials**, including activities for kids, delicious recipes, safety and food shopping lists, planning checklists, and more.

United States Department of Agriculture (USDA) **Food Safety and Inspection Service**

New Online Tool Makes it Easier for Consumers to Report Food Safety Concerns

A new online Electronic Consumer Complaint Form where consumers can report problems with meat, poultry, and egg products has been released by the United States Department of Agriculture (USDA). The form is used to report illnesses, allergic reactions, injuries, improper labeling and issues with foreign objects to the Consumer Complaint Monitoring System (CCMS).

http://www.fsis.usda.gov/News_&_Events/NR_092712_01/index.asp

U.S. Food and Drug Administration (FDA)

Mythbusters: Debunking Myths about Food Safety in the Home!

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

Whether it's about microwaving, washing bagged greens, using a food thermometer, or refreezing foods, you hear a lot of things about food safety that aren't true. The U.S. Food and Drug Administration (FDA) has four quick viewing videos providing some common and quick safety tips for handling food safely.

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299.htm#video>

Environmental Working Group (EWG)

EWG's Good Food on a Tight Budget

"Good Food on a Tight Budget" booklet comes with tips for healthy eating, quick lists of best foods, tasty recipes and easy tools for tracking food prices and planning your weekly menu.

Download free booklet: <http://www.ewg.org/goodfood/index.php>

EWG's 2012 Shopper's Guide to Pesticides in Produce™

This quick reference pesticide produce guide gives the consumer an easy reference tool to use when shopping.

A downloadable PDF version of the guide or an app for smart phones is available by clicking: <http://www.ewg.org/foodnews/>

GuideStar

This article spells out some of the rules for donors who hope to avoid being duped by fundraising scams and for nonprofits that plan to follow both the letter and the spirit of the law.

Most nonprofits and donors are unaware that most states have adopted charitable solicitation laws designed to protect donors, the general public, and charities themselves from fraud. Nonprofits that need to know what each state requires should visit [Multi-State Filer Project Web site](#). This site includes the Uniform Registration Form, which is accepted in 36 jurisdictions (35 states and the District of Columbia). It also includes all supplemental forms that these states require as well as information on the four states that require registration but do not accept the Uniform Registration Form. Nonprofit organizations should check with their legal advisors and with charity officials in their states ([See links to the charity officials' sites](#)) to determine how to handle the issue of registration for internet fundraising.

<http://www.guidestar.org/rxa/news/articles/2003/fundraising-what-laws-apply.aspx>

Fundraising regulations in California

<http://oag.ca.gov/charities/laws>

Office of Management Budgets, Circular A-122, refer to Attachment B. Selected Items of Cost: http://www.whitehouse.gov/omb/circulars_a122_2004/#atb

Nutrition's Role in Sarcopenia Prevention

By Becky Dorner, RD, LD, and Mary Ellen Posthauer, RD, LD, CD

Today's Dietitian

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This is an informative article discussing how Dietitians can take a proactive stance in recommending ways to prevent patients' loss of muscle mass.

This article provides general information about this condition to help nutrition professionals recognize ways to assist patients in preventing sarcopenia.

Nutrition professionals, physicians, healthcare facilities, and agencies should use a validated nutrition-screening tool. The Mini Nutrition Assessment Short Form (MNA-SF) specifically for adults over the age of 65. The MNA-SF focuses on six variables that together identify malnutrition in older adults. The MNA-SF screening can be completed in approximately five minutes and is a stand-alone tool to identify malnourished older adults. Simple directions for performing anthropometric measures are available in the guidelines that can be downloaded from the MNA website at www.mna-elderly.com.

Note: *Parts of this article are excerpted from **Diet Manual: A Comprehensive Nutrition Care Guide** published by Becky Dorner & Associates, Inc.*

— *Becky Dorner, RD, LD, is known as one of the nation's leading experts on nutrition and long-term healthcare. She currently serves as speaker of the House of Delegates for the Academy of Nutrition and Dietetics.*

— *Mary Ellen Posthauer, RD, LD, CD, is president of MEP Healthcare Dietary Services Inc. in Evansville, Indiana. She was a member of the 2008 Society for Sarcopenia, Cachexia, and Wasting Disease expert panel that developed nutrition recommendations for sarcopenia and was a contributing author to "Nutritional Recommendations for the Management of Sarcopenia," an article that appeared in the **Journal of the American Medical Directors Association**.*

Link to article: <http://www.todaysdietitian.com/newarchives/090112p62.shtml>

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