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## What Should You Do With Your Recalled Food?



Food recalls happen frequently and it is important to know how to properly handle it. Food is recalled if it has been potentially contaminated or mislabeled. A company will remove the product from the market and will be very specific with key identifiers to help you, the consumer, to know if your particular product is at risk. Once it has been recalled, you need to take action.

The most important part of a food recall is consumer awareness. Even though some recalls are done as a precautionary measure, if you don't know a product is being recalled you can be putting yourself, or even others, in a dangerous situation. Keeping up with food recalls is something everyone should do. Food recall information can be found on the internet, local grocery stores, and local news.

If you find out that something is recalled that you may have purchased, you should compare it with the information provided. For instance, some identifiers are product names, brands, dates, packaging codes, and appropriate size containers. Depending on the food product, other indicators may be different or available. You want to make sure the product you have has indicators that either match or do not match the product being recalled. Sometimes we might have the right brand of product but it might be produced in a different facility than the one with the potentially contaminated product or mislabeled.

(Continues on Page 2)

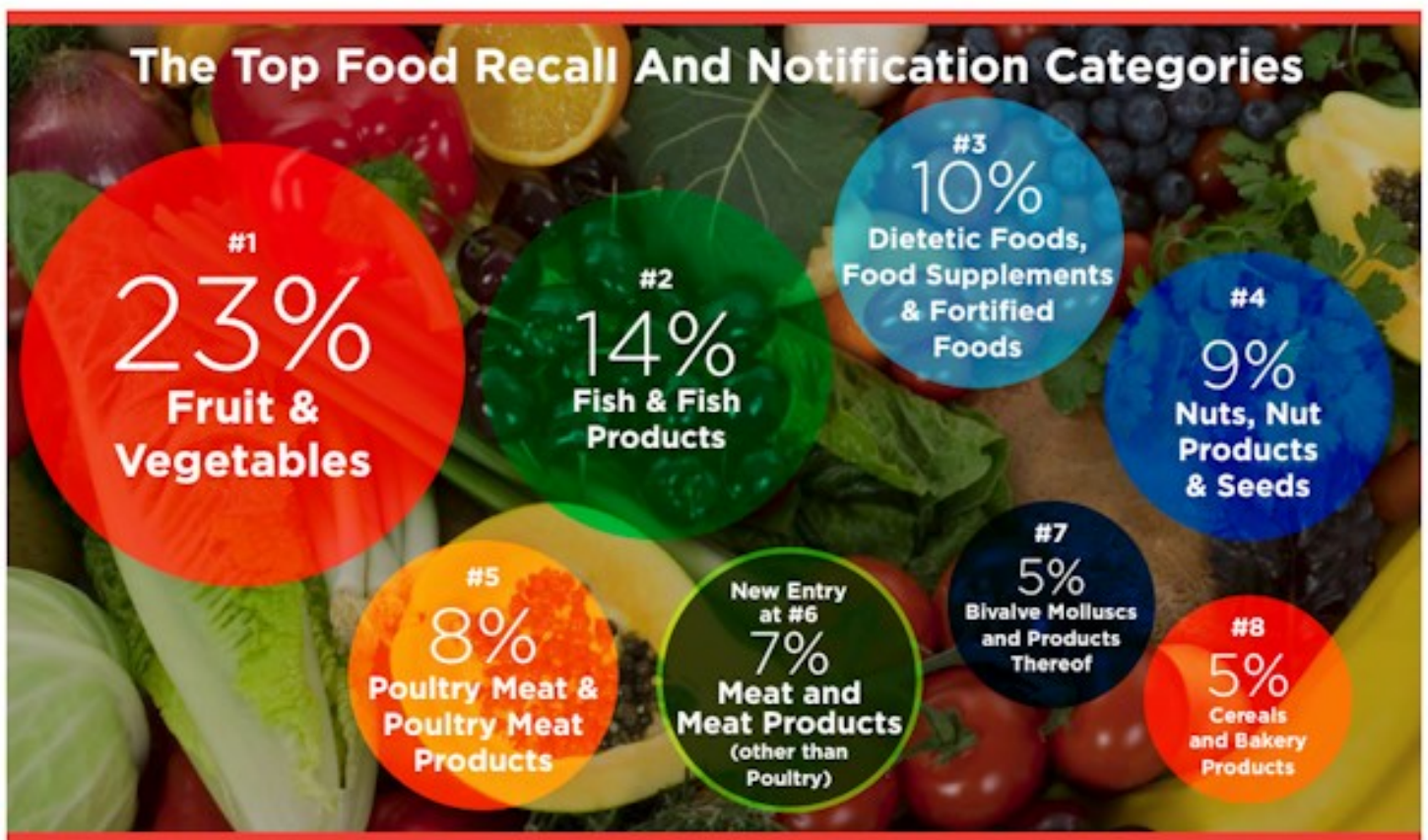
# What Should You With Your Recalled Food?

(Continued from Page 1)

Food that has been determined as a part of the recall (with all the correct identifiers) should **not be eaten** and should **not be opened!** It might be tempting to open the package and inspect it but bacteria cannot be seen and once opened gives it potential to contaminate other things. If the product has already been opened, make sure to wash your hands for 20 seconds with warm soapy water after handling. Don't feed it to your pets either.

Lastly, you want to check the recall information for further instructions on what to do with the product. Instructions can be to return the item to the store you purchased it from for a refund, or how to properly dispose of the product so other people or animals do not eat it.

Food recalls should be taken seriously by everyone. Eating foods that have been contaminated with harmful materials or bacteria can be life threatening, especially to the higher risk populations like the elderly, children, and pregnant woman. Be more proactive in knowing what foods are on the recall list for your safety and the safety of others!





# FOOD RECALLS

**What you should know about food recalls.**

Recall notices can be found in the news, at your local grocery store, or online at [www.recalls.gov](http://www.recalls.gov).

To identify if a recalled product is in your home, match identifying marks on the product with the recall notice details such as:

- Product name
- Brand
- Container codes
- Container size

*\*identifying information may vary by type of food product.*

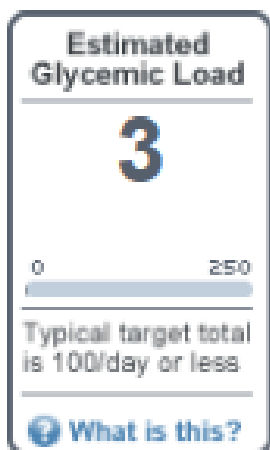
If you determine that a recalled product is in your home:

- Do *not* eat the product.
- Dispose of the product carefully.
- Do *not* provide the product to others (eg: do not give to food bank, your pet).
- Do *not* puncture or otherwise open cans.
- Wash hands with warm water and soap after handling the product.

***The recall of one product does not mean all forms of that product are a potential problem.***

**Occasionally recalls are expanded to include additional products as more information is gathered.**

# Vegetable—Artichoke



The artichoke is a vegetable that has a very unique appearance. It has a tough exterior that is tough and not usually pleasant to eat which is referred to as the *choke*. The inside part called the *heart* is the edible portion of this particular vegetable. The heart of the artichoke is a flower bud that has not bloomed.

As for flavor, the artichoke in the culinary world has a flavor profile that is well desired. It has a mild nutty flavor that is savory. Artichokes can come in a few different sizes, like large, medium, small or baby. The baby artichokes can usually be found on the lower portion of the plant while the larger one are on the top getting the most sunlight. No matter what size the artichoke, if they are cultivated for commercial sale they are the Green Globe artichoke.

NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

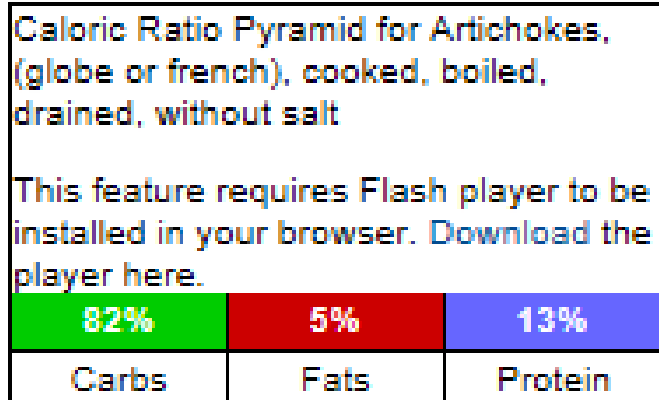
Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Niacin, Magnesium, Phosphorus, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Folate and Manganese.

When purchasing artichokes, they are mostly in season in the early spring or around fall/winter. You would want to choose a fresh artichoke that is closed tightly, moist, and with olive green leaves. You would not want to choose ones with many purple leaves or brownish ones. Some people like to take the easier route that requires less work and that is to purchase them jarred, canned, or frozen with the outside layers already removed. However you choose, they are tasty!

Caloric Ratio Pyramid [What is this?](#)



# Artichokes, (globe or french), cooked, boiled, drained, without salt

Serving size: 1 artichoke, medium (120g) ▾

## NUTRITION INFORMATION

Amounts per 1 artichoke, medium (120g)

### Calorie Information

Amounts Per Selected Serving	%DV
Calories 63.6 (266 kJ)	3%
From Carbohydrate 51.7 (216 kJ)	
From Fat 3.4 (14.2 kJ)	
From Protein 8.5 (35.6 kJ)	
From Alcohol 0.0 (0.0 kJ)	

### Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate 14.3 g	5%
Dietary Fiber 10.3 g	41%
Starch 0.0 g	
Sugars 1.2 g	

[More details ▾](#)

### Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat 0.4 g	1%
Saturated Fat 0.1 g	0%
Monounsaturated Fat 0.0 g	
Polyunsaturated Fat 0.2 g	
Total trans fatty acids ~	
Total trans-monoenoic fatty acids ~	
Total trans-polyenoic fatty acids ~	
Total Omega-3 fatty acids 45.6 mg	
Total Omega-6 fatty acids 126 mg	

[Learn more about these fatty acids and their equivalent names](#)

**What do you call a conversation between two artichokes?**

**A heart to heart**

### Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein 3.5 g	7%

[More details ▾](#)

### Vitamins

Amounts Per Selected Serving	%DV
Vitamin A 15.6 IU	0%
Vitamin C 8.9 mg	15%
Vitamin D ~	~
Vitamin E (Alpha Tocopherol) 0.2 mg	1%
Vitamin K 17.8 mcg	22%
Thiamin 0.1 mg	4%
Riboflavin 0.1 mg	6%
Niacin 1.3 mg	7%
Vitamin B6 0.1 mg	5%
Folate 107 mcg	27%
Vitamin B12 0.0 mcg	0%
Pantothenic Acid 0.3 mg	3%
Choline 41.3 mg	
Betaine 0.2 mg	

[More details ▾](#)

### Minerals

Amounts Per Selected Serving	%DV
Calcium 25.2 mg	3%
Iron 0.7 mg	4%
Magnesium 50.4 mg	13%
Phosphorus 87.6 mg	9%
Potassium 343 mg	10%
Sodium 72.0 mg	3%
Zinc 0.5 mg	3%
Copper 0.2 mg	8%
Manganese 0.3 mg	13%
Selenium 0.2 mcg	0%
Fluoride ~	

### Sterols

Amounts Per Selected Serving	%DV
Cholesterol 0.0 mg	0%
Phytosterols ~	

[More details ▾](#)



# Hot Spinach and Artichoke Dip

## INGREDIENTS:

- 13.75 oz artichoke hearts packed in water, drained
- 10 oz frozen spinach, thawed and squeezed
- 1/4 cup chopped shallots
- 1 clove garlic
- 1/2 cup fat free Greek yogurt
- 1/2 cup light mayonnaise
- 2/3 cup Parmigiano Reggiano
- 4 oz shredded part skim mozzarella cheese
- salt and fresh pepper to taste
- olive oil spray



## DIRECTIONS:

1. Preheat oven to 375°F.
2. In a small food processor, coarsely chop the artichoke hearts with the garlic and shallots.
3. Combine all the ingredients in a medium bowl.
4. Place in an oven-proof dish and bake at 375° for 20-25 minutes, until hot and cheese is melted. Serve right away.

## Brain Exercise

### SAINT PATRICK'S DAY TRIVIA QUIZ

( [www.TriviaChamp.com](http://www.TriviaChamp.com) )



1. When did St. Patrick die?
2. What kind of creature does legend say St. Patrick drove out of Ireland?
3. What kind of plant is associated with St. Patrick?
4. What kind of staff did St. Patrick carry?
5. Where is the largest St. Patrick's Day parade?
6. What color was originally associated with St. Patrick?
7. What other religious holiday often fall close to St. Patrick's Day?
8. Where is St. Patrick buried?
9. Which of these cities is known for dying its river green? Chicago, Belfast or Dublin?
10. Where is the shortest St. Patrick's Day Parade?
11. Which of these things is associated with St. Patrick? A sword, a rock or a bell?
12. Who is buried along with St. Patrick?
13. What does legend say St. Patrick used to help explain the holy trinity?
14. Where was St. Patrick born?
15. Which of the following foods might be served at a feast for St. Patrick? Corned beef and cabbage, roast pig or salted cod?

Answers on Page 10

# March 2018

## March Monthly Observation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 National Pig Day	2 Old Stuff Day	3 Caregiv- er Appreci- ation Day
4 Holy Experi- ment Day	5 Multiple Person- ality Day	6 Dentist's Day	7 National Frozen Food Day	8 Popcorn Lover's Day	9 Panic Day	10 Middle Name Pride Day
11 Johnny Apple- seed Day	12 Plant a Flower Day	13 Jewel Day	14 National Potato Chip Day	15 Dumb- struck Day	16 Incredi- ble Kid Day	17 Corned Beef and Cab- bage Day
18 Su- preme Sacrifice Day	19 Poultry Day	20 Tea for Two Tuesday	21 Fra- grance Day	22 National Goof Off Day	23 National Chip and Dip Day	24 National Choco- late Covered Raisin Day
25 Waffle Day	26 National Spinach Day	27 National "Joe" Day	28 Some- thing on a Stick Day	29 National Mom & Pop Business Owners Day	30 God Friday	31 World Backup Day

- Irish American Month
- Music in Out Schools Month
- National Craft Month
- National Fro-zen Food Month
- National Irish American Her-itage Month
- National Nu-trition Month
- National Pea-nut Month
- National Women's His-tory Month
- Red Cross Month
- Social Workers Month

Everyone's Irish  
On March 17th.





March

# Listen to Your Gut

By Ami Cook, WVU Extension Agent – Braxton and Clay Counties



**Monthly Challenge:** Read Nutrition Facts labels when you grocery shop. Pay attention to the fiber content. Choose wisely to get the required amount of grams per day.

## Health Motivator Talking Points

Do you ever experience heartburn, bloating, gas or constipation? These can be signs of an unhealthy digestive tract. Digestion is a complicated process. It involves your mouth, esophagus, stomach, intestines, liver, pancreas and gallbladder.

Get your gut moving in the right direction with these tips:

- Eat plenty of fiber from a variety of fruits, vegetables, legumes and whole grains. How much fiber do you need? Women need 25 grams of fiber per day. Men need about 38 grams per day. The average adult eats 15 grams per day.
- Get 7 to 8 hours of sleep per night.
- Avoid large meals. Eat slowly and chew food completely.
- Practice mindfulness. Stress can cause digestive symptoms. Be kind to your mind. Breathe deeply. Talk to friends and family when you are feeling stressed.
- Talk to a health care provider about your risks and recommended screening tests, such as a colonoscopy.



### Chuckie of the Month:

Why did the car have a stomachache?

*It had too much gas!*

### Quick Club Activity:

## Mindful Breathing

1. Stand and take a deep breath, in through the nose and out through the mouth.
2. Pay attention to your body. Are you hungry? Full? Feeling bloated? Do you have heartburn?
3. Form a circle and walk a lap around the room. Notice, does the movement change any of those feelings?
4. Share the Monthly Challenge. Ask each person to name a favorite food that is high in fiber.

## Learn More

[http://www.hopkinsmedicine.org/health/healthy\\_aging/healthy\\_body/your-digestive-system-5-ways-to-support-gut-](http://www.hopkinsmedicine.org/health/healthy_aging/healthy_body/your-digestive-system-5-ways-to-support-gut-)

<https://my.clevelandclinic.org/health/articles/keeping-your-digestive-tract-healthy>

## Food and Fitness



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## WEST VIRGINIA BUREAU OF SENIOR SERVICES

This newsletter is created by Kathrine J. Clark,  
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Virginia Bureau of Senior Services.



## Brain Exercise Answers

1. **420 AD** - Historians argue about the exact year of his birth and his death. However, this date is probably the most accurate.
2. **Snakes** - There are no snakes in Ireland.
3. **Shamrock** - He is said to have left the shamrocks as a symbol that the snakes would never return.
4. **Ash** - He is said to have stuck his staff into the ground wherever he was preaching.
5. **New York** - This parade is also the oldest in North America.
6. **Blue** - This gradually changed to green.
7. **Easter** - If Easter and St. Patrick's Day coincide, the Church chooses another day to celebrate the Saint.
8. **Downpatrick** - He is said to be buried in Down Cathedral in Downpatrick.
9. **Chicago** - A hundred pounds of dye was used the first year and the river remained green for a week.
10. **Hot Springs** - This city holds the parade in the street which is, according to Ripley's, the shortest street in the world.
11. **A bell** - The shrine of St. Patrick's Bell is located in the National Museum of Ireland.
12. **St. Brigid** - He is also said to be buried with St. Columba.
13. **The shamrock** - He used the leaves of the shamrock to illustrate the trinity.
14. **Britain** - He was taken captive and transported to Ireland when he was sixteen.
15. **Corned beef and cabbage** - You might also serve Irish stew or potatoes.