



James City County Unit Newsletter

July—August 2008

Now is the Time to Get Ready: September is National Preparedness Month

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

- **Water:** one gallon of water per person per day for at least three days for drinking and sanitation
- **Food:** at least a three-day supply of non-perishable food
- **Radio:** battery-powered or hand crank and a NOAA Weather Radio with tone alert and extra batteries for both
- **Flashlight** and extra batteries
- **First aid kit**
- **Whistle** to signal for help
- **Dust mask:** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps



Additional Items to Consider Adding to an Emergency Supply Kit:

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- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



<http://www.ready.gov/america/getakit/index.html>
Find more information about preparing for natural disasters at www.ready.gov

Food Safety Education

Food safety specialists provide consumers with advice and up to date information on how to prevent foodborne illness through the safe handling, preparation and storage of meat, poultry, and processed egg products. Podcast topics include:

- Be Food Safe: Cook
- Be Food Safe: Separate
- Be Food Safe: Clean
- Safe Storage of Food
- Food Safety During a Power Outage
- Is It Done Yet?

www.fsis.usda.gov/Food_Safety_Education

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Molds on Foods: Are They Dangerous?

Some molds cause allergic reactions and respiratory problems. And a few molds, in the right conditions, produce “mycotoxins,” poisonous substances that can make people sick. When you see mold on food, is it safe to cut off the moldy part and use the rest?

Molds are microscopic fungi that live on plant or animal matter. No one knows how many species of fungi exist, but estimates range from tens of thousands to perhaps 300,000 or more. Most are filamentous (threadlike) organisms and the production of spores is characteristic of fungi in general. These spores can be transported by air, water, or insects.

Unlike bacteria that are one-celled, molds are made of many cells and can sometimes be seen with the naked eye. Under a microscope, they look like skinny mushrooms. The spores give mold the color you see. When airborne, the spores spread the mold from place to place like dandelion seeds blowing across a meadow.

The mold that is seen on food is only part of the mold — gray fur on forgotten bologna, fuzzy green dots on bread, white dust on Cheddar, coin-size velvety circles on fruits, and furry growth on the surface of jellies. When a food shows heavy mold growth, “root” threads have invaded it deeply. In dangerous molds, poisonous substances are often contained in and around these threads. In some cases, toxins may have spread throughout the food.

There are some food molds that are beneficial. These molds are used to make certain kinds of cheeses and can be on the surface of cheese or be developed internally.

To protect food from mold:

- When serving food, keep it covered to prevent exposure to mold spores in the air. Use plastic wrap to cover foods you want to stay moist — fresh or cut fruits and vegetables, and green and mixed salads
- Empty opened cans of perishable foods into clean storage containers and refrigerate them promptly.
- Don't leave any perishables out of the refrigerator more than 2 hours.
- Use leftovers within 3-4 days so mold doesn't have a chance to grow.

www.fsis.usda.gov/Fact_Sheets/Molds_On_Food

Upcoming Programs 2008



Good-bye Leanne

The Horticulture Extension Agent, Leanne DuBois, has been with the James City County office for over five years and has overseen the Master Gardener and Turf Love programs and worked with environmental consumer horticulture, the landscape professional industry and direct market agriculture and horticulture operations. Leanne has recently accepted a position with Virginia Department of Agriculture and Consumer Services as the Specialty Agriculture and Direct Marketing Manager. Her job will include developing programs to facilitate the growth of direct marketing opportunities in the state. Leanne has played an integral role in the Virginia Cooperative Extension and she will be missed greatly by both staff and volunteers. We wish her the best as she moves on to the next step in her career path.

Budgeting Workshop

Learn How to Develop a Budget and Get Out of Debt

Tuesday, July 22 6-8pm

Tuesday, August 6-8pm

James City County Government
Offices Building—Toano
(3127 Forge Road)

Workshops are free,
registration is required.



Saving Strategies

Building wealth starts when you set a goal and make a plan to reach that goal. Whatever goal you choose—whether it's buying a car, buying a house, or getting out from under debts—learn about proven savings strategies and get simple tips on the best ways to save.

Go to Americasaves.org and click one of the links to learn how to:

- Save on Auto Purchases
- Save for Emergencies
- Savings and Investments
- Save for a Home
- Save at Work

To receive this newsletter by email, call 564-2170 or email tracy@vt.edu

Super Turf Saturday



The Virginia Cooperative Extension, Turf Love Program, will feature "Super Turf Saturday" on August 16, 2008, at Lafayette High School from 8:00 am – 4:00 pm. The sessions offer turf presentations by members of the Virginia Tech faculty. There will also be a trade show, prizes, and give-aways. Pre-registration (\$12) is required by August 14 and includes lunch.

Registration fliers are available at the WJCC Community Center, the Master Gardener website (www.jccwmg.org), or at the VCE office in Toano. For more information, call the Virginia Cooperative Extension at 564-2170.

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