

# Department of Extension Family and Consumer Sciences Quarterly Newsletter JULY 2014

- **Personal Finance Basics: It's Not Complicated**
- **Cooperative Extension's National Framework for Health and Wellness**
- **Study Identifies Risky Food Safety Practices in Home Kitchens**
- **The Power of Probiotics and Prebiotics**
- **Fighting Diabetes with Fiber**
- **Selling Food Products at Your Local Farmer's Market**



## Personal Finance Basics: It's Not Complicated

Fahzy Abdul-Rahman, Ph.D.  
Family Resource Management Specialist

In the past 3 months, I have been presenting the basics of personal finance to individuals who would easily be classified those living in a poverty state. When presenting these basics, I stress on the idea that personal finance is not all about Math, that people need not be scared in understanding money issues. The non-mathematic aspects of personal finance that I always stress on are:

1. **Delayed Gratification:** The basic idea here is to be mentally strong to resist temptation to spend and save money for important items.
2. **Needs vs. Wants:** The ability to place goods and services along the need-want spectrum is essential in our spending priorities. Unlike traditional needs and wants categories, there should be a spectrum where the extreme need and extreme want items are at the spectrums opposite ends, like shown in the Figure 1. Items can be placed according to their importance along this spectrum so that you have a rough idea on which items to be removed or trimmed first in case your income cannot support your budgeted expenses.

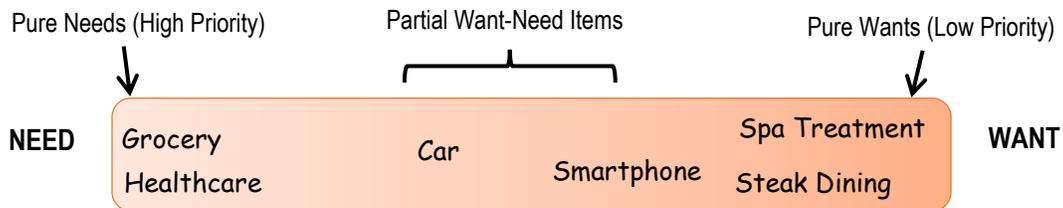


Figure 1: Need-Want Spectrum

3. **Steps in Personal Finance Planning:** Almost all of your goals, whether they be wants or needs, have a financial components involved. For instance, if you want to have a Disneyland trip next summer, there are transportation, food, lodging, and fee costs involved. If you plan your savings from today on periodic basis, you should be able to fund trip. The main steps involved in personal

finance planning are summarized in Figure 2. Note that this is a revised version, completed in 2012, that there are a few alterations.



**Figure 2: Figure: Steps in Personal Finance Planning**  
(Source: High School Financial Planning Program, 2012)

The crux of the healthy personal finance habits does not require complicated calculations and mathematics. In order to manage your financial resource successfully, you need to do research and analyze relevant information, which are represented by Step 1 in Personal Finance Planning shown above. Examples of these are finding information on going to college vs. working after high school, searching for coupons and deal to reduce costs, and analyzing if you really need a smartphone with a data plan vs. a dumb phone. In building a monthly budget, you need to be diligent and truthful to yourself in collecting all the pertaining expenses. A detailed budget may lay out your not-so-healthy habits, which are the first items to be removed or trimmed for a manageable budget.

A good budget should be one that you can work with and meaningful. Since your SMART goals tend to involve some savings, they should all be listed under your fixed expenses category of your budget, as depicted in Figure 2. If your budget shows that your budgeted expenses is higher than your income, you may want to consider less savings, search for deals on your Disneyland trip, trimming your want expenses, and/or work more.

Income	Budgeted
Gross Pay (before taxes)	\$3,000.00
<b>Total Income</b>	<b>\$3,000.00</b>
Expenses	
<u>Fixed Expenses</u>	
Savings and Investments	\$500.00
Goal: Car tires	\$30.00
Goal: Emergency	\$30.00
Goal: Travel for Disneyland (next Summer)	\$50.00
Housing (Rent or Mortgage)	\$1,025.00
Utilities (electric, gas, water, trash)	
Gas, water, trash (City of Las Cruces)	\$80.00
Electric (El Paso Electric)	\$80.00
Internet	\$55.00
Phones	
Cellphone1	\$38.00
Cellphone2	\$10.00
Skype (12 months for \$66)	\$5.50
<u>Variable</u>	
Groceries	\$600.00

**Figure 3: A Budget Example with Goals**

# Cooperative Extension’s National Framework for Health and Wellness

Sonja Koukel, Ph.D.  
 Community & Environmental Health Specialist

In most communities, Cooperative Extension’s work in health and wellness is common knowledge. At the county and community levels, Extension professionals are a trusted source of information, education and advice that develop into long-lasting skills and knowledge. However, at the national level, Cooperative Extension is limited by a lack of mission mandate and an inability to provide a system-wide approach and focused leadership to strengthen its capacity to address national health issues. Given the national trends in health, and the current assets of Extension, including the ability to be responsive to emerging needs, it is a critical time to create a new or expanded programmatic focus.

To this end, the Extension Committee on Organization and Policy (ECOP, the governing committee for the Cooperative Extension System), established the Health Task Force (2012, December). Members\* were charged with three goals:

- I. Identify priorities for Cooperative Extension health programs for the next 3-5 years.
- II. Identify outcome indicators for each priority; and
- III. Identify potential partners, public and private, including non-traditional partners, to be engaged in resource development, program implementation, and outcomes reporting.

The task force aligned Extension health priorities with the U.S. Department of Health & Human Services’ National Prevention Strategy: Strategic Directions. Using the Social-Ecological model (Bronfenbrenner) as its theoretical base, the task force developed the Cooperative Extension National Framework for Health and Wellness.





In March 2014, members of the Health Task Force presented their findings and recommendations to the National Extension Directors and Administrators and ECOP meetings in Sacramento. The National Framework was unanimously approved.

Currently, task force members are working to publicize, promote and encourage utilization of the Framework. Webinars are being conducted and articles are being published. There is great interest in this movement. Close to 120 participants, representing Extension, including 4H, health coordinators, health extension officers, clinical translational sciences funded out of NIH, registered dieticians, health insurance counselors and more participated in an interactive introductory webinar sponsored by the eXtension Creating Healthy Communities Community of Practice.

To access the Cooperative Extension Framework for Health & Wellness webinar recording from June 26, 2014, visit <https://learn.extension.org/events/1651#.U61ih7Hr6f8> and click on 'watch recording'. **Note:** Be sure and click watched recording or attended -- The 'system' keeps track of the events you attend and you can then print it out at the end of the year and use it as a record of your online Professional Development.

To implement the framework, a National Health Outreach Conference was conceived to broaden the former Priester Health Conference to include new and existing partners from both the private and public sections. It is scheduled for May 6-8, 2015, in Atlanta, GA. Theme: Promoting Connections to Create Healthy Individuals, Families and Communities. Watch for a *Save the Date* promotion and *Calls for Proposals* within the year.

Being an active participant in this very exciting national movement provides personal professional development. It is also "...one arena where there can be a positive future for our nationwide network and the people we serve by 'extending knowledge and changing lives'" (ECOP, 2014). The health and wellness program can help position Extension for our second century.

NEAFCS is confirming a day/time to present a members-only webinar to further explore interest in this opportunity. Contact me for more information: Sonja Koukel, [sdkoukel@mnsu.edu](mailto:sdkoukel@mnsu.edu)  
Resources:

U.S. Department of Health & Human Services' National Prevention Strategy  
<http://www.healthypeople.gov/2020/about/prevstrategies.aspx>

National Prevention Strategy: Strategic Directions and Priorities  
<http://www.surgeongeneral.gov/initiatives/prevention/strategy/intro-strategic-directions-priorities.pdf>

Cooperative Extension's National Framework for Health and Wellness (2014, March)  
<https://www.aplu.org/document.doc?id=5134>

**\* Task Force members:** Bonnie Braun, Karen Bruns, Linda Cronk, Linda Kirk Fox, Sonja oukel, Suzanne Le Menestrel, Lily Monroe Lord, Cindy Reeves, Roger Rennekamp, Carol Rice, Michelle Rodgers, Javiette Samuel, Ann Vail, Tamara Warren.



## Study Identifies Risky Food Safety Practices in Home Kitchens

Contributor: Sonja Koukel, Ph.D.  
Community & Environmental Health Specialist  
*Findings from a UC Davis study (2014) reveal Americans  
often undercook chicken and rarely wash hands*

While most consumers are very aware of food safety issues, including salmonella, and the risk of foodborne illness, many do not follow recommended food safety practices in preparing their own meals at home, according to new research from the University of California, Davis.

The study, which examined preparation of raw poultry, found that the most common risks stemmed from cross contamination and insufficient cooking. Summer is the peak season for foodborne illness so reminding consumers of best hygiene and food safety practices need to be emphasized. Most risks can be avoided by practicing thorough hand-washing, never rinsing raw chicken in the sink and using calibrated thermometers to determine that chicken is fully cooked.

The university study analyzed video footage taken of 120 participants preparing a self-selected chicken dish and salad in their home kitchens. The participants were experienced in chicken preparation, with 85% serving chicken dishes in their home weekly, and 84% reporting being knowledgeable about food safety. Almost half of the participants (48%) indicated they had received formal food safety training.

Visible cross contamination concerns:

- More than two-thirds (65%) of participants did not wash their hands before starting meal preparation.
- Over one-third (38%) did not wash their hands after touching raw chicken.
- Less than one-quarter of participants (10%) washed their hands for the recommended duration of 20 seconds.
- Of those participants who did wash, about one-third used water only -- without soap.
- Nearly 50 percent of participants were observed washing their chicken in the sink prior to preparation, a practice that is not recommended as it leads to spreading bacteria over multiple surfaces in the kitchen. See the U.S. Department of Agriculture website: <http://1.usa.gov/1licv0U>

Insufficient cooking concerns:

- 40% of participants undercooked the chicken, regardless of preparation method.
- Only 29% knew the correct USDA recommended temperature of 165 degrees Fahrenheit.
- Researchers observed that cooking thermometers were not widely used:
  - Only 48% of participants confirmed owning one.
  - Of reporting participants, 69% confirmed that they seldom use cooking thermometers to check if chicken is completely cooked. Most participants determined “fully cooked” based on appearance, an unreliable method according to the USDA.
  - No participants reported calibrating their thermometers to ensure accuracy.

This research shows that home food safety practices need to be reinforced with consumers. Proper hand-washing and the consistent use of thermometers are basic preventive actions that need to be part of all home food handling and preparation. Additionally, this research provides a great opportunity to educate

consumers with the most helpful information and tools to minimize risk and gives a clear picture of what behaviors to focus on.

To access the full article follow this link to the [NMSU Food Safety Facebook](#) page.

The study's complete findings will be published in the September/October issue of *Food Protection Trends*. Consumers can find free downloadable information on home food safety at <http://www.fightbac.org>

## The Power of Probiotics and Prebiotics

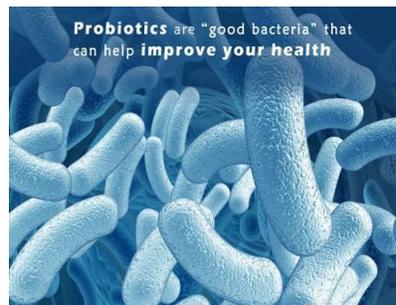
Carol W. Turner, Ph.D.  
Food & Nutrition Specialist

The term “probiotic” is misused so often that a group of experts has taken a fresh look at what probiotics really are and examined what scientists have learned about them in recent years.

Probiotics are generally thought of as the “good” bacteria in the body. Probiotics are defined as live microorganisms that provide health benefits when present in adequate amounts. Much of the current research on probiotics is focused on examining which bacterial species may have health benefits, and what those benefits may be.

But there is still enough confusion surrounding the concept of probiotic and what they can offer that some governments do not even allow the term to appear on product labels; the goal of these bans is to protect consumers from unfounded health claims.

An estimated 100 trillion microorganisms representing more than 500 different species inhabit every normal, healthy bowel. These microorganisms (or microflora) generally don't make us sick; most are helpful. Gut-dwelling bacteria keep pathogens (harmful microorganisms) in check, aid digestion and nutrient absorption, and contribute to immune function.



**Why Probiotics?** Scientists are learning more each day about the role of microbes in keeping people healthy and the many health benefits associated with consuming the right type and levels of probiotic microbes.

Research has suggested that probiotic bacteria can:

- Improve digestive function
- Help with side effects of antibiotic therapy
- Help reduce the risk of certain acute common infectious diseases
- Improve tolerance to lactose
- Enhance immune function



Some studies also report that certain probiotics can play a role in reducing the development of allergy in children, decrease *Helicobacter pylori* colonization of the stomach and manage relapse of some inflammatory bowel conditions.

**When choosing a source of probiotics**, either occurring in food or as a supplement, select a strain that has been tested and proven to have beneficial effects; *Bifidobacterium* or *Lactobacillus* are proven strains commonly found in fermented foods. You should also look for products that say “Live Active Cultures.”

Concerns have also been raised about the quality of probiotic products. Some products have been found to contain smaller numbers of live microorganisms than expected. In addition some products have been found to contain bacterial strains other than those listed as ingredients.

In the United States, most probiotics are sold as dietary supplements, which do not undergo the testing and approval process that drugs do. Manufacturers are responsible for making sure they are safe before they are marketed and that any claims made on the label are true. But there is no guarantee that the types of bacteria listed on a label are effective for the condition you are taking them for. Health benefits are strain-specific, and not all strains are necessarily useful, so you may want to consult a practitioner familiar with probiotics to discuss your options. As always, let your primary care provider know what you are doing.

**How much is needed?** For probiotics to actually have a health benefit, it is important for them to be ingested in sufficient amounts. In most countries, including the United States, regulations do not require manufacturers to include the amounts on the label.

#### **Foods with live bacteria (probiotics):**

\*Note: Make sure to thoroughly read labels to ensure these contain live cultures and strains of *Lactobacillus* or *Bifidobacterium*

- **Yogurt** (Choose plain, low fat Greek without added sugar to get a healthy dose of protein in addition to the probiotics benefit)
- **Milk/Soy milk** (Choose plain, unsweetened to minimize added sugars)
- **Cultured Cottage Cheese** (Not all brands have live cultures. Use for morning breakfast with fruit, replace cheese in lasagna, or swap in place for raw vegetable dip for a party platter.)
- **Kombucha Tea**, made by fermenting yeasts and bacteria, results in a slightly carbonated probiotic-rich drink. You can make this on your own or purchase at natural foods/specialty/health food grocery stores.
- **Miso**, made by fermenting cooked soybeans with rice, barley, salt and a starter culture, can be used for salad dressings, soups, marinades, dips and sandwich spreads.
- **Kefir**, can be marketed as a “Drinkable yogurt” but with a wider variety of cultures. Choose plain, unflavored brands to minimize added sugars. Use in place of milk with cereal, add to smoothie, or drink plain as post-workout option.
- **Kimchi**, is fermented cabbage mixed with other ingredients popular in Asian markets and restaurants. Use to top over eggs/burgers/sandwiches or serve as a side dish alone.
- **Other beneficial fermented foods:** Sauerkraut, Tempeh, Dark Chocolate, Pickles/Olives.

## PREBIOTICS DEFINED:

**What are Prebiotics?** Prebiotics are non-digestible dietary fibers we get from food that feed your “good” bacteria. The most common naturally occurring prebiotics are inulin’s, fructo-oligosaccharides (FOS), and galacto-oligosaccharides (GOS), all which pass through the digestive system without being digested or absorbed. Think of it as putting Drain-O down a clogged drain. As it passes through, it doesn’t attach on to anything, but helps stimulate and clean out the system.

**Foods rich in Prebiotics** (high levels of inulin’s and FOS) are asparagus, artichokes, leeks, onions, garlic, bananas, milk, whole grains, legumes, cruciferous vegetables, and leafy greens.

Research continues to find supplementation to be safe and tolerable for most persons, but speak with your doctor or dietitian before beginning any new supplement. Future research is currently being performed to determine the specific strains, dosage and duration of recommended supplementation to provide the *most* benefit for treatment of each specific disease or problem.

## MAKING THE MOST OF YOUR PRE & PROBIOTICS

### What to look for on a label:

- Read the label for the number of “live and active cultures”
- Look for cited studies and clinical outcomes outside of their product’s sponsored research on the strain used
- The label should contain the genus, species, and strain contained. These specifics provide scientific evidence that document and support claimed health benefits (*Lactobaccili and Bifidobacterium are commonly studied and proven*)
- Look for an expiration date, serving size, and proper storage conditions



### Recommended dosage:

- Although there is no one *specific* dose, aim for ranges of 15 billion to 30 billion CFU’S (colony forming units)
- A consistent daily supplement for 1-2 weeks should be taken for noticeable benefit to improve conditions relating to infection or antibiotic associated diarrhea

### Storage:

- The microorganisms in probiotic supplements need to be alive when taken, (or when freeze-dried in capsules). These may die when exposed to heat, moisture, or air. Read directions as some, but not all, may require refrigeration.
- Refrigeration may be recommended for best potency although it is not always required depending on the specific product.

## Fighting Diabetes with Fiber

Cassandra Vanderpool, MS, RDN, LD  
Extension Diabetes Coordinator

### Diagnosed and undiagnosed diabetes among people aged 20 years or older, United States, 2012

	Number with diabetes (millions)	Percentage with diabetes (unadjusted)
<b>Total</b>		
20 years or older	28.9	12.3
<b>By age</b>		
20-44	4.3	4.1
45-64	13.4	16.2
65 years or older	11.2	25.9
<b>By sex</b>		
Men	15.5	13.6
Women	13.4	11.2

Source: 2009-2012 National Health and Nutrition Examination Survey estimates applied to 2012 U.S. Census data.

The Centers for Disease Control and Prevention (CDC) released the *National Diabetes Statistics Report, 2014* on June 10. It estimates that over 9% of the U.S. population had diabetes in 2012, and that 27.8% of people with diabetes were undiagnosed. Another 37% of U.S. adults aged 20 years or older had prediabetes. Recommendations for managing type 2 diabetes, as well as prediabetes, include:

- Healthy meal planning
- Regular physical activity
- Losing excess weight
- Medication when prescribed

This article focuses on one part of healthy meal planning: fiber. While fiber is a carbohydrate, it moves through the body differently than

other types of carbohydrates. Most carbohydrates are absorbed and broken down into glucose. Fiber is not digested or absorbed but has several health benefits. There are two kinds of fiber. Soluble fiber dissolves in water to form a gel-like substance. Insoluble fiber does not dissolve in water.

### Challenges in Studying Fiber

Research studies on fiber tend to compare high fiber diets to low fiber diets. Results from one study to the next have often been mixed. This is likely due to the different effects of soluble and insoluble fiber. Soluble fiber appears to be more effective in lowering blood sugar and low-density lipoprotein (LDL or “bad”) cholesterol levels than insoluble fiber. Insoluble fiber improves bowel regularity and can help you feel full longer.

Most foods that contain fiber have both soluble and insoluble fiber. Likewise, fiber supplements typically contain both kinds. Because studies usually measure total fiber, instead of soluble and insoluble fiber separately, some high fiber diets may be much higher in soluble fiber than others. Still, research studies do support statements on some of the benefits of fiber in people with diabetes.

### Blood Sugars

The strongest studies have mixed results about the effect of fiber on blood sugar levels. However, there is some evidence that 8-26 grams of fiber per meal (30-50 grams daily) from whole foods helps blood sugar levels, both short-term and long-term. Using 6-19 grams of fiber supplements per meal (10-29 grams daily) had inconsistent benefits on blood sugar in studies. Again, soluble fiber may be more effective in both cases, but more research is needed.

## Blood Cholesterol

Strong studies support that higher fiber diets significantly lower total cholesterol in people with diabetes compared to lower fiber diets. This makes fiber important, since the *National Diabetes Statistics Report, 2014* reported that 65% of adults diagnosed with diabetes had high blood LDL cholesterol. Fairly strong studies showed that people with cardiovascular disease who ate up to 33 grams of fiber or took doses of up to 43 grams of fiber supplements daily had lower blood cholesterol and improvements in apolipoproteins (which help in transporting cholesterol through the blood) and inflammation.

## Blood Pressure

The *National Diabetes Statistics Report, 2014* stated that 71% of adults with diagnosed diabetes had high blood pressure. There is a fair amount of evidence that diets with up to 22 grams of fiber from whole foods or up to 24 grams of fiber supplements daily are associated with lower blood pressure. However, more studies are needed to determine whether similar results are seen in people with diabetes.

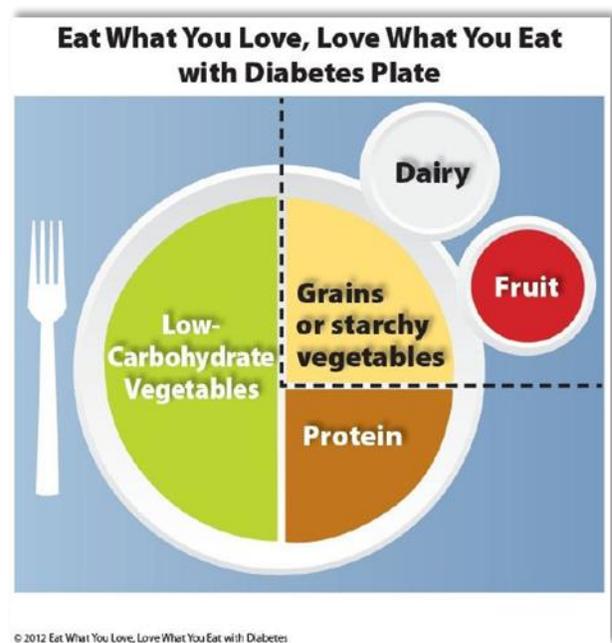
## Conclusions from Studies

To reduce heart disease risk, and possibly achieve healthier blood sugar levels, people with diabetes should eat up to 33 grams of fiber daily. Fiber supplements may also be used, but more grams are usually required to get the results seen from eating whole foods. Soluble fiber appears to be more effective at lowering blood glucose and LDL cholesterol than insoluble fiber.

## Increasing Fiber at Meals

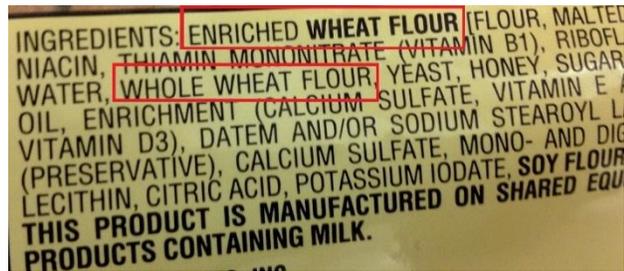
Fiber is found from plant sources—whole grains, vegetables, fruits, legumes, and nuts. Good sources of soluble fiber include oats, barley, beans, lentils, peas, nuts, blueberries and apples. Insoluble fiber is generally the tougher part of grains and produce that requires more chewing, like wheat bran, cabbage, lettuce, onions, bell peppers, and the outer skin of apples, grapes, cucumbers, peas, and corn.

Blood sugars are managed better when high carbohydrate foods are limited to three servings at meals and are balanced with an equal or higher number of low carbohydrate foods. Whole grains, legumes, whole fruits, and starchy vegetables (e.g., corn, posole, peas, potatoes, yams or sweet potatoes, winter squash) are excellent choices for high carbohydrate foods because they are also high in fiber, vitamins, and minerals. Most of the vegetables that are not listed above are low in carbohydrates, as are tomatoes. One of the best steps to take in planning healthy meals is to find a variety of low carbohydrate vegetables you like and make them half of your lunch and dinner.



Marketing on food packages can make it tricky to identify whole grains. Here are three things to look for on the package to tell whether a product is a good source of whole grains:

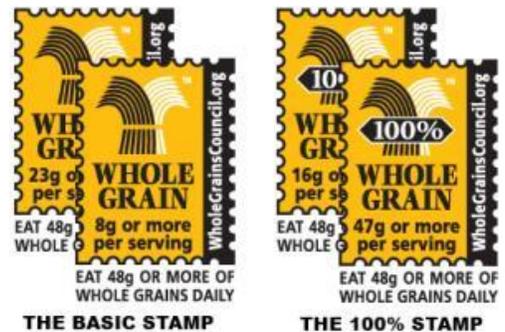
- Ingredients List:** A product is likely a good source of whole grain if the first ingredient starts with a grain that says “whole.” The first example below is a good source of whole grains. Even though the second example lists “whole wheat flour” lower in the ingredient list, the first ingredient is “enriched wheat flour.” It is not a good source of whole grains.



- Nutrition Facts Label:** Look for products that have at least 2 grams of fiber per 100 calories.

Nutrition Facts	
Serving Size 1 slice (38g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- Whole Grain Stamp:** Some products now display this stamp, indicating the amount of whole grain in each serving of the product. 16 grams is considered a full serving of whole grains. Products that use only whole grains and provide at least one full serving of whole grain per product serving may use the 100% stamp on the right.





Just because a food product is whole grain does not mean it is healthy. Limit products that have more than 2 grams of saturated fat or 250 milligrams of sodium per serving.

Sources:

Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2014*. Accessed from <http://www.cdc.gov/diabetes/pubs/statsreport14.htm> July 2014.

Academy of Nutrition and Dietetics. *Evidence Analysis Library*. Accessed from <http://eatright.org> July 2014.

NMSU Cooperative Extension Service received permission to use the *Eat What You Love, Love What You Eat with Diabetes* graphic its diabetes education.

## **Selling Food Products at Your Local Farmer's Market**

Nancy Flores, Ph.D.  
Food Technology Extension Specialist

It is that time of year where your garden or pen has exceeded the capacity of your family and friends and you want to make some extra cash by selling at your local Farmer's Market. To find your local market, check the newspaper or online at <http://www.farmersmarketsnm.org/>. Even if you are selling a small quantity or over a short time there are rules and regulations that must be followed. Each commodity is regulated by different state and federal agency and there are also regulations particular to certain municipalities and counties within the state of New Mexico. For example, food vendors at an Albuquerque growers market are required to have a permit from the City's Environmental Health Department to sell processed foods and/or eggs, meat, or seafood. The permit cost is \$50.00 per season and vendors have access to sell at all member markets in the City of Albuquerque. Additionally, the annual cost of the permit for Albuquerque vendors selling raw produce and/or pure, raw honey is \$15.00 per season. Once accepted as a vendor at an Albuquerque growers' market, the manager will provide an application for the Growers' Market Permit from the City's Environmental Health Department. <http://www.cabq.gov/environmentalhealth/food-safety>. Information concerning Albuquerque area grower's market alliance can be found here: <http://abqstew.files.wordpress.com/2012/04/newabqmarketmap.pdf>

Fresh produce, fruits and vegetables, can be sold at New Mexico farmers' markets without any permits. Produce can be displayed and sold in similar fashion like a grocery store. As per NMED vendors can offer samples under the following conditions: "*Sampling*- means the slicing of a single fruit or vegetable for immediate consumption by consumers free of charge. Slicing of produce shall be performed onsite only (no home preparation allowed). A portable hand washing station and glove use is required when handling the food." Any vendor selling food that is "prepared" (washed and cut, cooked offered for sale in a sealed package, is considered a potentially hazardous food) is classified as "food service or food processing establishment" and must be licensed by the New Mexico Environment Department (NMED). [http://www.nmenv.state.nm.us/fod/Food\\_Program/](http://www.nmenv.state.nm.us/fod/Food_Program/)

Dairy foods can be sold at state markets and are regulated by the New Mexico Department of Agriculture (NMDA) and must be processed under a current Grade A permit issued by NMDA's Milk Inspection Division. <http://www.nmda.nmsu.edu/dairy/>



Eggs can be sold at Farmer's Markets statewide. Cartons used to sell eggs must be clean and labeled with vendor information and type of egg sold. Although ungraded eggs can be sold in New Mexico farmers' markets, the egg vendors are required to register with the New Mexico Department of Agriculture and can be done through NMDA's website. To sell graded eggs, vendors must obtain an egg dealer license based on their production size. Licenses range in price from \$10 to \$50. The application is available here. For questions regarding selling eggs, contact Raymond Johnson with NMDA Standards & Consumer Services at (575) 646-1616.

<http://www.nmda.nmsu.edu/scs/egg-inspections/>

Pure honey is defined as a raw agricultural commodity and producers are not required to obtain a food processor permit. However honey products must be properly labeled (company name, address, and net weight) and producers must follow sanitation procedures to avoid adulteration of their products. Honey products with added ingredients spices or herbs are considered processed foods that are subject to food processing regulations under NMED.

US Department of Agriculture Food Safety Inspection Service (USDA-FSIS) regulates raw and processed meats sold at New Mexico Farmer's Markets.

Dehydrated meats (jerky) are regulated by NMED can only be sold directly from the processing facility.

[http://www.nmenv.state.nm.us/fod/Food\\_Program/regulatory\\_7.html](http://www.nmenv.state.nm.us/fod/Food_Program/regulatory_7.html)

For information on products not mentioned above please refer to the document Starting a Food Business in New Mexico E-510 available here: [http://aces.nmsu.edu/pubs/\\_e/E510.pdf](http://aces.nmsu.edu/pubs/_e/E510.pdf)