



Seasonal CRD Preparedness Tips February: Canned Food Preparedness

February is National Canned Food Safety month. NIFA provides funding to the Supplemental Nutrition Education Program - Education (SNAP-ED) and Expanded Food and Nutrition Education Program (EFNEP). It is important to understand food safety when winter storms are likely. See the information below regarding canned food safety and the federally funded programs aimed at helping families obtain nutritional foods.



Canned Food Safety - Botulism

Causes

- A rare but serious illness caused by a toxin that attacks the body's nerves. This can be caused from consuming cans that are spoiled and/or improperly stored.
- You cannot see, smell, or taste the toxin, but taking even a small bite of food containing it can be deadly.
- Symptoms: difficulty breathing, muscle paralysis, and even death.

Use the Correct Equipment

- Use USDA's proper canning techniques when canning fruits/vegetables.
- Low-acid foods are the most common sources of botulism in home canning.
 - » **Examples:** asparagus, green beans, beets, corn, potatoes, some figs and tomatoes, milk, all meats, fish, and other seafood
- Signs of contamination: the container is leaking, bulging, swollen, damaged, cracked, or spurs liquid/foam when opened; the food is discolored, moldy, or smells bad.



Water and Appliances

- Do not use a boiling water canner for low-acid foods. It will not protect against botulism.
- Do not use an electric, multi-cooker appliance, even if it has a "canning" or "steam canning" button on the front panel.

Federally Funded Programs:

SNAP-Ed:

- NIFA's involvement with SNAP-Ed began in 1999, as Land Grant University administrators identified the need for national leadership through their federal partner.
- NIFA supports SNAP-Ed by promoting well-trained staff; effective program planning, identification and use of effective and appropriate resources; and improved consistency and clarity of communication among SNAP-Ed's many partners.

Expanded Food and Nutrition Education Program (EFNEP):

- EFNEP is a Federal Extension (community outreach) program that currently operates through the 1862 and 1890 Land Grant Universities in every state
- EFNEP uses education to support participants' efforts toward self-sufficiency, nutritional health and well-being.

Program Impacts:

- The Plan. Eat. Move. Program through the University of Kentucky encompasses SNAP-Ed and EFNEP.
- This program will show individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behaviors necessary to have a healthy lifestyle.
- Plan. Eat. Move. provides resources surrounding healthy eating, adapting physically activity and numerous recipes.

Source:

- <https://www.nifa.usda.gov/about-nifa/blogs/national-canned-food-month> - <https://www.cdc.gov/foodsafety/communication/home-canning-and-botulism.html>