

January 2012

A Happy and Healthful New Year!

This issue of CFSAN's **News for Educators** features at-a-glance topical information to share with consumers during the winter months. Don't miss the list of upcoming meetings, events and other important news from FDA's Center for Food Safety and Applied Nutrition, too!

Help us share this newsletter. Invite your colleagues to [sign up for future issues!](#)

Food Safety

Food Safety at Winter Gatherings

In many parts of the country, cold weather necessitates indoor gatherings. But warmer climates may find family and friends convening for food-related events and celebrations, too. Who doesn't love a buffet-laden Superbowl Party? Use these "teachable moments" to kick off a healthy discussion on practicing proper food safety behaviors when serving up food for groups.

- **Maintain hot foods at 140° F or warmer.** Serve or keep food hot in chafing dishes, crockpots, and warming trays.
- **Keep cold foods refrigerated at 40° F or colder** until serving time. If food will be on the buffet table longer than two hours, put the plates on ice.
- **Keep buffet portions small** and replenish the table as needed. Store cold platter "back ups" in the refrigerator, and keep hot items in the oven set at 200 to 250° F.
- **Swap platters – don't refill them.** Bacteria can grow in room-temperature foods, and can spread from hands, too. Replace nearly-empty serving dishes with freshly-filled ones.
- **Follow the 2-Hour Rule:** Toss any perishables left out at room temperature for more than two hours.



Online Resource:

Did you know that you can order consumer handout materials directly from FDA? Check out the [order form](#) for educational tools.

Nutrition

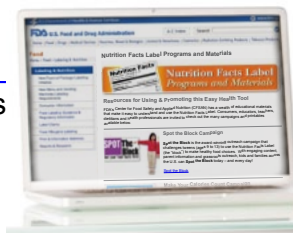
FDA's Nutrition Education Landing Page

It's now easier than ever to grab Nutrition Facts Label education materials to use with your constituents! They've been compiled in one place, offering you [instant access to the rich resources available](#) to you. Programming topics include:

- *Spot the Block:* Label Education for Tweens and Families
- Understanding and Using the Nutrition Facts Label
- Nutrition for Older Adults
- Nutrients and Food
- *Make Your Calories Count* Online Tool

Online Resource:

Visit the [FDA Education Resource Library](#) for downloadable handouts and fact sheets on a wide variety of other topics.

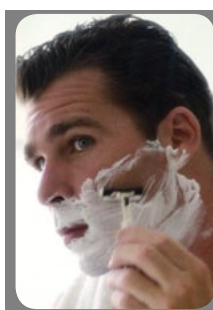
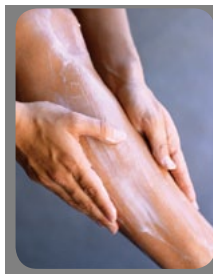


Cosmetics

Consumer Update on Removing Hair Safely

Winter can lead to the doldrums as we wait for daylight savings time to return. Some consumers might use this time to treat themselves to salon services ... or, perhaps they are considering hair removal at home. Either way, it's important that they be well informed. Chemical depilatories, waxes, and shaving creams and gels fall under the jurisdiction of FDA's Office of Cosmetics and Colors in the Center for Food Safety and Applied Nutrition, while state and local authorities generally regulate professional hair removal. Common methods include:

- Laser Hair Removal
- Epilators: Needle, Electrolysis and Tweezers
- Depilatories
- Waxing, Sugaring and Threading
- Shaving



Online Resource:

There are specific tips from FDA for each of these methods. Refer your constituents to FDA's web page dedicated to [safe hair removal](#).

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Upcoming Events

Texas School Health Association Conference
January 27–28, 2012
Austin, TX

American Alliance for Health, Physical Education, Recreation & Dance Convention
March 13–17, 2012
Boston, MA

National Science Teachers Association National Conference
March 29–April 1, 2012
Indianapolis, IN

National School Boards Association Conference
April 21–23, 2012
Boston, MA

American Association of Family and Consumer Sciences Teachers Conference & Expo
June 24–27, 2012
Indianapolis, IN