

# National USDA updates Foodkeeper app for storage, food safety advice

From the U.S. Department of Agriculture Office of Communications

With technology readily at the fingertips of many consumers, USDA is continuously searching for innovative ways to deliver useful information to Americans right where they can easily find and utilize it.

Enter the Foodkeeper app, launched in 2015, which makes it easier to practice food safety at home by offering consumers

valuable storage advice and food safety information on their mobile device for more than 400 commonplace food and beverage items.

We were excited to announce an update to the app in July, which now includes Spanish and Portuguese languages, broadening Foodkeeper's audience to millions of additional people who can be armed with the knowledge to keep their families safe.

Developed by USDA in collaboration with the Food Marketing Institute (FMI) and Cornell University's Department of Food Science, Foodkeeper helps educate consumers about proper handling and storage for food items like baby food, dairy and egg products, meat, poultry, produce and seafood.

If there is a question about what the "best by" date means or how to properly

prepare and store food, the Foodkeeper app likely can answer it.

The app is free and is available in Google Play for Android and in the App Store for Apple. Just type in Foodkeeper.

Explore the incredible progress we've made since 2009 to update and modernize America's food safety system and standards. Follow us at usda.gov, on the USDA blog and by using #USDAResults.

## 2016 Standing Committee Vacancies

### Education and Enrollment Committees Term Ending February 2017 – Open Until Filled

For Tribal members interested in serving on a Standing Committee, please fill out this form and mail or fax it to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

\_\_\_\_\_ Enrollment Committee – 1 vacancy for term ending February 2017

\_\_\_\_\_ Education Committee – 1 vacancy for term ending February 2017

If you have any questions, please contact Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

## USDA distribution dates in August

### Siletz

Monday	Aug. 1	9 a.m. – 3 p.m.
Tuesday	Aug. 2	9 a.m. – 3 p.m.
Wednesday	Aug. 3	9 a.m. – 3 p.m.
Thursday	Aug. 4	9 a.m. – 3 p.m.
Friday	Aug. 5	9 a.m. – 3 p.m.

### Salem

Monday	Aug. 15	1:30 – 6:30 p.m.
Tuesday	Aug. 16	9 a.m. – 6:30 p.m.
Wednesday	Aug. 17	9 a.m. – 6:30 p.m.
Thursday	Aug. 18	9 – 11 a.m.

to count per capita payments that are received less than monthly. If you are a client who received a per capita payment in August, you are still eligible to receive your food.

Be sure to LIKE us on Facebook at SILETZ TRIBAL FDPIR. I post recipes, distribution dates, pictures and food safety tips.



Joyce Retherford, FDP Director  
541-444-8393

I hope you all remember that with the rules change in 2013, we don't have

Lisa Paul, FDP Clerk/Warehouseman  
541-444-8279

Contact the **Siletz Community Dental Clinic** if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m.

Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## What You Need to Know About Tobacco to Talk to Your Teens



### KNOW THE FACTS

Young bodies are more sensitive to nicotine, and youth become addicted more quickly than adults. Even social smoking once or twice a month puts teens at serious risk for nicotine addiction that will keep them smoking longer and increase their chances of getting a serious disease.

Most young smokers already show signs of damage to their hearts and blood vessels. One out of three teens who continue to smoke regularly will die prematurely—an average of 13 years earlier than their peers—because of smoking. Smokeless tobacco products also cause nicotine addiction.

### WHAT CAN YOU DO?

You CAN influence your child's decision on whether to smoke. Even if you use tobacco yourself, your child will listen if you discuss your struggles with nicotine addiction and your regrets about starting in the first place. Be clear that you don't approve of smoking and that you expect your child to live tobacco-free.

- Tell your children that most kids **DON'T** smoke.
- Make your home and your car tobacco-free zones for everyone—family, friends, and visitors—and ban the use of all tobacco products.
- Set a good example and don't use tobacco yourself—it's the best thing you can do.
- Talk with your kids often about what nicotine addiction can cost them as they get older—and tell them you expect them to say no to tobacco.
- Make sure your children's schools enforce tobacco-free policies on campus and at all school-sponsored events.
- If your child is using tobacco, get help to quit for him or her right away. Nicotine is a highly addictive drug, and even experimenting with cigarettes one time increases your child's chance of being hooked for life. You can start by talking with your child's doctor.

### WHERE CAN YOU GET HELP?

- [www.cdc.gov/tips](http://www.cdc.gov/tips) (stories of real people suffering the real effects of smoking)
- [www.teen.smokefree.gov](http://www.teen.smokefree.gov) (help for teens who smoke)
- [www2.aap.org/richmondcenter](http://www2.aap.org/richmondcenter) (American Academy of Pediatrics)
- [www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)
- [www.surgeongeneral.gov](http://www.surgeongeneral.gov)
- [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)



## Talk With Your Kids About Tobacco Use—Every Chance You Get!

Kids are less likely to smoke if they know you disapprove of it. They also respond if you share your own struggles with tobacco. If you've never smoked, tell them about family or friends who regret starting in the first place—or who have died from a smoking-related disease. The important thing is to talk with your children every chance you get and to get help right away if your child is using tobacco.

Try these conversation starters:

- Do you smoke or use tobacco? Do you think you ever would smoke?  
*There are lots of reasons most teenagers DON'T smoke.*
  - It's expensive
  - It smells bad
  - It makes your clothes and breath stink
  - It gives you wrinkles
  - It's hard to quit once you start
  - It doesn't make you slim
  - Most teens think smoking is a dirty habit
  - Most high school seniors would rather date nonsmokers
- What would you do if your best friend offered you a cigarette?  
*You can reduce your child's risk by helping him or her be ready to say no. For some kids, the direct approach is best ["Gross! Those things stink!"]. For others, a more low-key approach works ["No thanks—I'm good."]. The important thing is to help your kids be prepared to resist peer pressure to use tobacco.*
- Tell me what you've heard about smoking and health. How long do you think you have to smoke for it to affect your health?  
*You can tell your kids they don't have to smoke a lot or smoke a long time to get a disease from it. Smoking can affect athletic performance, activity level, and endurance in a very short time. Worst of all, smoking is addictive. Like heroin and cocaine, nicotine changes the way your brain works. It makes you crave more nicotine.*

Learn more on talking with your kids about smoking:

- [www.lung.org/stop-smoking](http://www.lung.org/stop-smoking)
- [www.kidshealth.org/parent](http://www.kidshealth.org/parent)

