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**This newsletter can be found
on the SafeFood web site.**

Check it out at:

<http://www.colostate.edu/Orgs/safefood/>

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SAFE FOOD NEWS

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Summer 2006

HEALTHY PETS, HEALTHY PEOPLE

Pets are an important part of life for many people. According to the American Pet Products Manufacturers Association, Americans own over 77 million cats, 65 million dogs, 17 million birds, and 9 million reptiles as pets. That's more than one pet for every two humans in the U.S! As temperatures warm and days get longer, animal lovers take advantage of outdoor activities with their pets. This can be a great way for families to interact and get exercise; however, as we spend more time with household pets it is important to remember that domestic animals sometimes carry diseases that can be transmitted to humans.



Zoonotic diseases, or zoonoses, are diseases that animals carry and transmit to humans. Some types of animals are more likely than others to carry and spread zoonoses, including baby chicks, ducklings, monkeys, turtles, lizards, snakes, and other reptiles. There are many different types of zoonoses, with new ones emerging as international travel becomes more common and people unintentionally carry diseases home with them. For example, the first known human outbreak of monkeypox was reported in the United States in 2003; the disease was likely carried into the U.S. with a shipment of rodents and other small mammals imported from Africa. These animals infected prairie dogs sold as pets, which in turn infected their pet owners. Following this outbreak, the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) began a ban on imports of rodents from Africa in an effort to control additional cases of monkeypox in the U.S.

Although anyone can get a disease from their pet, those most vulnerable include the elderly, pregnant women, infants and young children, and persons with compromised immune systems due to disease. Diseases may

be spread from pets to humans through parasites, bacteria, fungi and viruses. Here are a few of the most common culprits for pets and the people who come in contact with them.

Worms. Worms can easily infect dogs and cats – 90% of all puppies are born with worms. If left untreated, worm eggs will be passed through the pet’s feces and may contaminate areas of the home and yard. Children are at especially high risk for contracting worms if they walk barefoot, play in the dirt, or touch their mouths after playing outside. Even playing on the floor where a dog may have tracked in dirt or feces may be a route for transmission of worms to infants and young children. To help prevent worms, full grown animals should be tested annually by a vet and should be treated with deworming drugs if necessary.

Toxoplasmosis. *Toxoplasma gondii* is a parasite, often carried by cats, that causes toxoplasmosis. Humans can get toxoplasmosis by contact with cat feces, eating raw or undercooked meat, and gardening or handling soil infected with the parasite. It is estimated that millions of people in the U.S. carry the parasite, but most do not become ill. Toxoplasmosis is mainly a danger for pregnant women, as it can cause serious illness, miscarriage, and birth defects in newborns. Pregnant women and other persons with compromised immunity should avoid undercooked meat and handling cats and cat litter boxes to reduce the risk of illness from this parasite.

Salmonellosis. *Salmonella* is a type of bacterium that causes salmonellosis. While the most common cause of salmonellosis is eating raw or undercooked meats or eggs, the disease can also be directly transmitted through contact with pet feces, particularly that of reptiles, chicks, and ducklings. In fact the CDC estimates that 70,000 Americans become ill with salmonellosis each year from contact with pet reptiles. Therefore, people who keep these animals as pets should clean cages thoroughly and always wash their hands after handling pets.

With all types of diseases carried by animals, it is important for parents to remember that infants and children under the age of 5 years are especially susceptible to becoming ill. Young children often like to touch animals, play outside in dirt or soil, and touch

their faces or mouths – which can lead to illness from zoonoses. In recent years, several outbreaks of illness from animal diseases have been linked to dairy farms and petting zoos where children have close contact with animals. In these settings, it is especially important to supervise children and make sure their hands are washed thoroughly after contact with any animals or soil. Although the risk of contracting zoonoses is small for most healthy people, illness can be avoided by practicing proper hygiene after handling animals, keeping pets and pet play areas clean in the home, and having pets vaccinated and examined by a vet on a regular basis.

For more information on animal diseases, the following references are available:

- Centers for Disease Control and Prevention. Healthy Pets Healthy People. Available at: <http://www.cdc.gov/healthypets/>.
- Centers for Disease Control and Prevention. Outbreaks of *Escherichia coli* O157:H7 Associated with Petting Zoos --- North Carolina, Florida, and Arizona, 2004 and 2005. Morbidity and Mortality Weekly Report. 2005;54(50):1277-1280.
- Colorado Department of Public Health and Environment. State Health Officials Remind Parents that Baby Chicks and Ducks can Carry Salmonella. Available at: <http://www.cdphe.state.co.us/release/2006/040706.html>.
- Food and Drug Administration (FDA). Keeping Pets (and People) Healthy. Available at: http://www.fda.gov/fdac/features/2004/104_pets.html. Accessed April 14, 2006.

KEEP SUMMER PICNICS SAFE

With the arrival summer comes warm weather, longer days, and more time for outdoor picnics, parties, and barbecues. Many people take advantage of summertime to cook and eat outside, without all of the typical kitchen amenities – so it is important to focus on ways to keep food safe in these situations.



Summer is also the season when more people become ill from foodborne pathogens than at any other time. This is partly because we attend picnics and other outdoor functions where food is served, but also because foodborne bacteria multiply more quickly at the higher summer temperatures. The nature of picnic foods is also a factor. Some foods,

such as potato salads, hamburger patties, deli meats, and cut fruits are handled frequently during preparation, and the extra handling increases the risk that a food will be contaminated with bacteria. Foods that are prepared ahead of time, and in large quantities, are also risky if they are not cooled quickly enough or kept at a cold temperature. Similarly, it can be difficult to keep hot foods hot, since proper equipment is not always available in outdoor settings. Despite these challenges, food prepared and served at picnics and barbecues can remain safe if consumers take the necessary precautions. Here are some important safe handling guidelines to follow when preparing for outdoor, warm-weather events.

- **Proper hand washing** seems simple, but is often overlooked before, during, and after food preparation. Hands should be washed thoroughly with soap and warm water, especially before cooking and after handling raw foods. All surfaces, utensils, dishes, and containers should also be washed completely before use in meal preparation to avoid cross-contamination.
- **Bacteria can live and grow in any type of food** – potato salads and egg dishes are not the only risky ones. Melons, for instance, need to be washed before they are cut because bacteria can live on the rind. Once these fruits are cut, they should be kept cold along with other fruits and vegetables such as lettuces and green salads.



- **Keep cold foods cold and hot foods hot at all times.** Although a general recommendation is to refrigerate perishable foods within two hours of preparation, the Food and Drug Administration (FDA) suggests that such foods be refrigerated or put in a cooler within one hour when the temperature outside is 90 degrees F or higher. When cold foods are packaged for transport, they should be placed in a cooler with ice to keep them at 40 degrees F or below; coolers should be kept out of the sun if possible. Hot foods should be kept insulated at 140 degrees F or higher.

- **Don't prepare picnic foods too far in advance,** unless they are to be frozen. Food should be prepared the day of an event or, at the longest, a day before. Cooked foods need to be cooled as quickly and evenly as possible; shallow pans are often helpful for safe cooling in the refrigerator.
- **Keep raw meats and poultry completely separate from all other foods,** and once cooked, do not place them back on the same plate that contained the raw food. Hamburgers should be cooked to an internal temperature of 160 degrees, chicken products to at least 165 degrees. Meat that is left uneaten should be refrigerated within one hour.
- **When storing leftovers, divide large quantities** into smaller, shallow containers for faster cooling in the fridge.

Picnic-goers should also be aware of the telltale symptoms of foodborne infection, especially in children, infants, and the elderly, as these groups can experience more severe illness. Affected persons may begin to show signs of illness within a few hours, or possibly not for several days. However, by following proper food handling and preparation practices, picnics and other outdoor events can be the highlight of summer months.

For more information, check out the following websites:
<http://www.ces.ncsu.edu/depts/foodsci/ext/pubs/picnic>
http://www.fda.gov/fdac/features/2004/304_summer.html
<http://www.foodsafety.gov>
<http://www.homefoodsafety.org>



FOOD SAFETY RISKS OF ORANGE JUICE

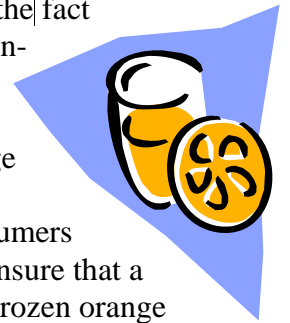
Although orange juice is not commonly considered as a source of foodborne illness, recent headlines have drawn attention to its potential for contamination. Since the mid-1990s, several outbreaks of foodborne illness caused by *Salmonella* bacteria have been linked to unpasteurized orange juice. In July of 2005, in response to one such case, the Food and Drug Administration (FDA) released a warning advising consumers to avoid drinking unpasteurized orange juice and other products distributed by Orchard Island Juice Company in Florida. The warning came after *Salmonella Typhimurium* was found in an unpasteurized product made by Orchard Island and linked to an outbreak of salmonellosis.

Infection from *Salmonella Typhimurium* bacteria usually causes high fever, headache, vomiting, nausea, and diarrhea, and symptoms can be severe or even fatal in young children, the elderly, and persons with compromised immunity. The FDA reported 15 cases of this type of infection linked to Orchard Island juice products from mid-May through June 2005 in Massachusetts, Michigan, and Ohio. Meanwhile, 16 other states reported cases of *Salmonella* infection matching the strain of those found in the other three states. As a result, Orchard Island voluntarily recalled all unpasteurized products made before July 2005 and initiated a flash pasteurization process for the duration of the investigation.

This May, at the annual meeting of the American Society for Microbiology (ASM), experts presented information on the possible risk of foodborne illness from consumption of orange juice. Microbiologists explained that foods with an acidity or moisture level that make them incapable of supporting the growth of foodborne pathogens are considered “non-potentially hazardous” under the FDA Food Code. However, such foods may still contain pathogens at levels sufficient to cause illness, even if growth is not occurring. Therefore, some highly acidic foods such as orange juice can actually



cause foodborne illness despite the fact that they may be considered “non-potentially hazardous.” Public health officials stress that all confirmed outbreaks from orange juice have been linked to unpasteurized products, so consumers should carefully read labels to ensure that a product has been pasteurized. Frozen orange juice concentrates and most brands of bottled orange juice sold in large grocery stores are pasteurized, yet recent outbreaks of illness serve as a good reminder to always check labels when selecting orange juices.



Sources:

FDA Issues Nationwide Health Alert on Orchard Island Unpasteurized Orange Juice Products. July 8, 2005. Available at: <http://www.fda.gov/bbs/topics/news/2005/NEW01203.html>

Webpage for American Society for Microbiology (ASM), available at <http://www.asm.org>

Webpage for the 106th General Meeting of ASM, May 21-25, 2006, Orlando, FL, available at <http://gm.asm.org/postmeetinginformation.shtm>.

ENHANCING THE SAFETY OF SCHOOL LUNCH

The safety of food served in American schools has become an increasingly important issue in recent years, drawing the attention and concern of both the media and the public. Buying meals at school is a popular choice for many students, especially with both breakfast and lunch available; it is estimated that approximately 93% of public schools in the United States are currently involved in the National School Lunch and/or School Breakfast Programs. Through these programs, 29 million lunches and 9 million breakfasts are served to students each day. While most schools have good food safety records, highly publicized outbreaks of foodborne illness associated with school lunch and the large number of students consuming these meals daily have raised the level of concern among both parents and experts about the safety of meals served at school.

In response to these concerns, last year Congress amended the Child Nutrition and WIC Reauthorization Act of 2004 with requirements designed to enhance the

safety of food served through the School Lunch and Breakfast Programs. These amendments were detailed in an Interim Rule published in the Federal Register on June 15, 2005 and in a longer document entitled

“Guidance for School Food Authorities: Developing A School Food Safety Program Based on the Process Approach to HACCP Principles.”



The new regulations increased the number of food safety inspections required of all schools from one to two

per year. Schools are now required to post their most recent food safety inspection report in a visible location and to release a copy of the report to the public upon request. In addition, State-level agencies are required to monitor school compliance with the new inspection requirements and submit a report annual to the federal Food and Nutrition Service (FNS) detailing the number of food safety inspections conducted per school. Finally, the new amendments require school food authorities to develop and implement HACCP (Hazard Analysis and Critical Control Points) food safety programs for food preparation and service in their establishments. Such plans must include several key elements: documented standard operating procedures, written plans at each school food preparation site for applying HACCP principles, documentation of critical control points of production, monitoring systems, documentation of corrective actions, record keeping, and review of overall food safety programs.

The above requirements went into effect July 1, 2005, and schools have been working to comply with the new regulations since. The first report to FNS detailing compliance with the two food safety inspections/year rule will be due this November. It is hoped that by implementing these new requirements, public schools will be better able to improve safe food preparation and serving practices, and to identify problems and shortcomings quickly and on a regular basis. Experts hope that the quality and safety of school meals will be enhanced as a result, and children

will be further protected from foodborne illnesses at school.

Sources:

School Food Safety Inspections. Federal Register. Vol. 70, No. 114, pp. 34627-30. June 15, 2005.

Guidance for School Food Authorities: Developing a School Food Safety Program based on the Process Approach to HACCP Principles.

Available at: <http://www.fns.usda.gov/cnd/CNlabeling/Food-Safety/HACCPGuidance.pdf>.

Kamut Correction to Spring 2006 Article “Gluten-Free Diets”

We apologize for an error in the article “Gluten-Free Diets” in the last issue of Safefood News. Please note that a correction has been made under “Gluten-free products” to now read “Alternative grains like rice, corn, quinoa, amaranth, millet are being incorporated into gluten-free pastas, cereals, snacks bars and baking mixes, to mention a few.” The word “kamut” has been removed.

Kamut (and spelt) have very similar gluten content to that of wheat, so must be avoided by those with gluten-intolerance. However, it is interesting to note that individuals with “wheat sensitivity” can actually tolerate some kamut in their diets on a rotation diet basis. Research has shown that up to 70% of those with “wheat-sensitivity” displayed either no allergic response or minimal response after ingestion of kamut. Of course, anyone with a food allergy or sensitivity should always consult with their doctor before trying potentially reactive foods. For more information on this study, go to:

<http://www.kamut.com/dutch/allergy/ASSESSMENT.pdf>.

IN THE NEWS

FSIS REVISES SAFE END POINT TEMPERATURE FOR POULTRY TO 165°F

“Keep it simple” is the approach being taken by the Food Safety and Inspection Service (FSIS) in its recent advice to consumers for cooking raw poultry to a single minimum internal temperature of 165°F. Based on recommendations by the National Advisory Committee on Microbiological Criteria for Foods (NACMCF), having a single temperature recommendation will aid efforts in increasing food thermometer use by consumers and knowledge of temperatures required to eliminate foodborne pathogens.

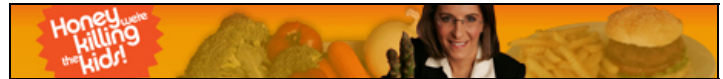
Previously, even educators had to admit that it was more than a little confusing to recommend the range 165°F to 180°F depending on cooking a whole bird vs. breast, thigh or ground poultry. If headway is to be made in encouraging thermometer use among consumers, the message has to be one that can easily be remembered. While some may still prefer the taste of poultry cooked to higher temperatures, at least consumers will understand that 165°F is the minimum internal temperature required for the destruction of pathogenic bacteria and viruses such as *Salmonella*, *Campylobacter* and the avian influenza virus.

Consumers with food safety questions can call the toll-free USDA Meat and Poultry Hotline at (888) 674-6854. The hotline is available in English and Spanish and can be reached from 10 am – 4 pm Eastern time Monday through Friday. Recorded food safety messages are available 24 hours a day. Also, “Ask Karen” the FSIS virtual representative can answer questions at http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#question.

Source:

USDA News Release- April 5, 2006. *Single Minimum Internal Temperature Established for Cooked Poultry*. Available at: http://www.fsis.usda.gov/News_&_Events/NR_040506_01/index.asp.

“HONEY WE’RE KILLING THE KIDS!” PROMOTES HEALTHY LIFESTYLES



A new weekly reality-style program on cable television’s The Learning Channel has started to attract increased attention and regular viewers on Monday nights. With its catchy title, “Honey We’re Killing the Kids!” takes an eye-opening look at the problem of childhood obesity and unhealthy family lifestyles that are often the root of the problem. The show features Dr. Lisa Hark, a medical nutritionist at the University of Pennsylvania School of Medicine in Philadelphia, whose work focuses on promoting healthy eating in children and adults.

In each episode, Dr. Hark works with the parents and children from families in need of healthy lifestyle changes – to reverse bad habits that are already taking a toll on family members’ health. Dr. Hark starts by talking with the parents and using a computer imaging program to show them what their children may look like in the future if they continue with their unhealthy lifestyles. Then, Dr. Hark introduces a three-week plan for the family to implement in an effort to overhaul their routine and begin to live healthier lives. Her steps often include cutting out sugar, cooking and eating healthy meals together as a family, introducing new healthy foods, removing junk foods from the home, setting a bedtime routine, limiting television viewing time, and exercising often. One of her rules is introduced each week, and at the end of three weeks Dr. Hark meets with the parents once again to evaluate the changes they have made.

There is often resistance from the featured families, especially when the children are asked to cut out junk food and get more exercise, but a noticeable change usually occurs by the end of the three week trial period. The challenge, as in “real life,” is for the family to maintain the changes that Dr. Hark has introduced long-term, after the cameras stop rolling. “Honey We’re Killing the Kids!” provides a wake-up call to many families facing similar situations, and may help to inspire parents to adopt better lifestyle habits for the future of their children. More information on this program is available at <http://tlc.discovery.com>.

ROCKY MOUNTAIN FOOD SAFETY CONFERENCE HIGHLIGHTS

The line-up of speakers was a real treat for this year's conference attendees. It was an eye-opening experience to view the challenges in New Orleans that environmental health inspectors faced in re-opening restaurants damaged by Hurricane Katrina. It brought a true appreciation of what goes on behind the scenes to ensure that retail food establishments are operating in a safe manner.

Handwashing for Life Program

Data on handwashing compliance using the Handwashing for Life program was shared. The company offers a hands-on hand hygiene management system, which includes the ability to actually monitor handwashing station use using computerized chips on the hand soap dispenser. When used with other hand washing training programs, this system can be useful for managers interested in new ways to increase handwashing compliance in their food establishments.

National School Lunch Act

Brenda Halbrook, director of the Food Safety Unit of the USDA Food and Nutrition Services, presented information on the new food safety regulations within the National School Lunch Act. See the feature article in this issue on "Enhancing the Safety of School Lunch" for more details on these new regulations.

Ethnic Foods

An excellent presentation on Ethnic Foods in retail food establishments was given by Kimberly Livsey from the FDA State Cooperative Program in Atlanta, GA. Kimberly took us into the kitchens of various ethnic specialty restaurants where we learned about the concerns and challenges that health inspectors face in determining if these unusual foods are safe to serve to the public. Tips were offered for working with ethnic food operators in a manner respectful to specific cultures. Stay tuned: FDA is in the process of developing a CD-ROM on ethnic foods, expected for release next year. Based on Kimberly's presentation, it will be worth the wait!

Scholarship Winner

The Lydia P. Cole memorial scholarship award this year went to Yohan Yoon, a Ph.D. candidate in the Animal Sciences Meat Safety Program at Colorado State University.

Many other interesting speakers presented during the 2-day annual event. If you are interested in serving on the planning committee for next year's conference, please contact Devin Koontz at (303) 236-3020 or dkoontz@ora.fda.gov.

RESOURCES

FDA Provides Manual for Voluntary Use of HACCP Principles for Operators of Retail and Food Service Establishments

The FDA recently provided a food safety and Hazard Analysis and Critical Control Point (HACCP) document, titled "Managing Food Safety: A Manual for the Voluntary Use of HACCP Principles for Operators of Food Service and Retail Establishments." This manual provides a "roadmap" for developing and voluntarily implementing a food safety management system based on HACCP principles. By developing and implementing a food safety management system like the one suggested in this manual, establishment operators can take a proactive role in ensuring that the food served or sold in their establishment is safe. To view this manual, visit:

<http://www.cfsan.fda.gov/~dms/hret2toc.html>.

Action Guide for Food-Safe Schools

For those interested in school food safety, the newly released **Food-Safe Schools Action Guide: Joining Forces to Prevent Foodborne Illness Outbreaks** is an excellent resource. Produced by the National Coalition for Food-Safe Schools in collaboration with several other organizations, the action guide focuses on a team approach in establishing a food safety action plan that involves everyone from administrators, teachers, nurses, food service staff, families and students, the local health department and Cooperative Extension. Cost of the kit is \$40 each. Please visit the website <http://www.foodsafeschools.org>, or contact Elizabeth Bugden at elizabethb@gis.net for more details.



COMING EVENTS

UPCOMING CONFERENCES

Colorado Food Defense Conference - Defending Colorado's Dinner Table

August 4, 2006; Double Tree Hotel, 3203 Quebec St., Denver, CO; 8 a.m. to 5 p.m.

Join the Colorado Department of Public Health and Environment, Consumer Protection Division for "Defending Colorado's Dinner Table," Colorado's 1st annual statewide food defense conference. This conference is **free of charge** and is designed to bring together professionals from both the public and private sector to begin building partnerships that will help ensure the safety and security of Colorado's food supply. Details and registration information on this important conference are available at:

<http://www.peopleware.net/1885>.

Food Safety Education Conference

Mark your calendar now for the upcoming food safety education conference, "**Reaching At-Risk Audiences and Today's Other Food Safety Challenges**" to be held **September 27 - 29, 2006**, at the Adams Mark Hotel in Denver. The conference is sponsored by FDA, FSIS, CDC, CSREES, NSF International and NSF/WHO Collaborating Center for Food Safety. Pre-conference workshops will be held September 25 - 26. For more information, go to

<http://www.fsis.usda.gov/Denver2006/>.

SERVSAFE[®] TRAININGS

Denver Metro Region

Manager level ServSafe[®] trainings are offered monthly in the Denver metro area through the Colorado Restaurant Association. Cost: members - \$130; non-members - \$170. Please call 303-830-2972 for a complete schedule of dates and locations.

Western Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>	<i>Fee</i>
10/26/06 830 – 6p	Eagle County	Mgrs Certification Training	\$100
<i>Contact: Glenda Wentworth (970) 328-8630</i>			
07/31/06	Mesa County	Mgrs Certification	\$120

730-5p Fairgrounds Training (after 7/17) \$140
Contact: Norraine Harvey (970) 244-1834

10/30/06 Mesa County- Mgrs Certification \$120
730-5p Delta/Montrose Training (after 10/16) \$140
Vo-Tech College
Contact: Norraine Harvey (970) 244-1834

Northern Region

<i>Date</i>	<i>Location</i>	<i>Intended Audience</i>	<i>Fee</i>
11/08/06 130 – 6p	Wray, CO	Food Handler Training (after 10/25)	\$25 \$40
09/27/06 8 – 530p	Sterling, CO	Mgrs Certification Training (after 8/27)	\$85 \$100
<i>Contact: Joy Akey (970) 332-4151</i>			

ADDITIONAL FOOD HANDLER TRAININGS

Larimer County Food SafetyWorks Program – Food Handler Training **Fee: \$25**

<i>Date</i>	<i>Location</i>	<i>Time</i>
09/11/06	Loveland, CO (English) Chilson Senior Center	2 – 5p
10/09/06	Ft. Collins, CO (English) Larimer County Extension Office	9 – 12noon
10/09/06	Ft. Collins, CO (Spanish) Larimer County Extension Office	2 – 5p
11/06/06	Loveland, CO (Spanish) Chilson Senior Center	2 – 5p
11/13/06	Ft. Collins, CO (English) Larimer County Extension Office	2 – 5p

Contact: Edie McSherry (970) 498-6015

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