

Eggs-tra Care for Spring Celebrations

Submitted by Tina Morris HRD

It's spring -- the season to enjoy the great outdoors and celebrate special occasions, like Easter, Passover, and graduation! While eggs are used all year 'round, they are especially important for many spring and summertime activities. They are used for cooking festive delights and for decorating and hiding just before the big Easter egg hunt.

Like meat, poultry, seafood and produce, eggs are perishable and need to be handled properly to prevent foodborne illness. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria, specifically Salmonella Enteritidis. Here's what YOU can do to have a safe and egg-cellent spring!

Clean Up, Clean Up...

* Clean hands are key! Always wash hands with warm water and soap for 20 seconds before and after food handling.

* Beware of cross-contamination. Foodborne illness can occur when kitchen equipment is not thoroughly washed between uses. Always wash food contact surfaces and cooking equipment, including blenders, in hot water and soap.

Cook and Keep Cool...

* Bacteria love to grow in moist, protein-rich foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods. Your refrigerator should be at 40 °F or below. Use a thermometer to monitor.

* Remember the 2-Hour Rule: Don't leave perishables out at room temperature for more than two hours.

* Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm.

* Tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.

* Cook cheesecakes, lasagna, baked pasta and egg dishes to an internal tem-

perature of 160 °F. Use a food thermometer.

Easter Egg Hunt Know-How

* Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.

* When cooking, place a single layer of eggs in a saucepan. Add water to at least one inch above the eggs. Cover the pan, bring the water to a boil, and carefully remove the pan from the heat. Let the eggs stand (18 minutes for extra large eggs, 15 minutes for large, 12 minutes for medium). Immediately run cold water over the eggs. When the eggs are cool enough to handle, place them in an uncovered container in the refrigerator where they can air-dry.

* When decorating, be sure to use food-grade dyes. It is safe to use commercial egg dyes, liquid food coloring, and fruit-drink powders. When handling eggs, be careful not to crack them. Otherwise, bacteria could enter the egg through the cracks in the shell.

* Keep hard-cooked Easter eggs chilled on a shelf inside the refrigerator, not in the refrigerator door.

* Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.

* Remember the two hour rule, and make sure the "found" eggs are back in the refrigerator or consumed within two hours.

* Remember that hard-boiled eggs are only safe to eat for one week after cooking.

Source: www.FightBAC.org

If you have any questions or concerns about food safety, contact:
Farrel Smith, RPS, MS
District Environmental Health Officer
Phone: 405-214-4217,
Email: farrel.smith@ihs.gov

Sac and Fox Nation Police Department Safety Tips from Tribal Police Chief, Bob Roberts



It is time again to prepare for the possibility of severe weather and be as prepared as we possibly can be. It is always good to be proactive instead of reacting to a situation.

Tornadoes are one of nature's most powerful and destructive forces. Here's some tips on how to prepare for a tornado and what to do if you are caught in a twister's path.

1. Prepare for tornadoes by gathering emergency supplies including food, water, medications, batteries, flashlights, important documents, road maps, and a full tank of gasoline.

2. When a tornado approaches, anyone in its path should take shelter

indoors-preferably in a basement or an interior first-floor room or hallway.

3. Avoid windows and seek additional protection by getting underneath large, solid pieces of furniture.

4. Avoid automobiles and mobile homes, which provide almost no protection from tornadoes.

5. If you are caught outside you need to lie flat in a depression or on other low ground and wait for the storm to pass.

Most tornadoes are 400 to 600 feet wide, travel four or five miles and last just a few minutes. We know in Oklahoma how destructive tornadoes can be, please be prepared.

Princess Competition

Will Be

Sunday, May 31, 2014

Sac and Fox Nation
Community Building

6:00 P.M.

APPLICATION

Sac and Fox Nation

Miss, Jr. Miss, and Little Miss Sac and Fox Nation
Application Due April 30, 2014

Name: _____

Date of Birth: _____

TRIBAL MEMBER

Sac and Fox Roll No.: _____

DESCENDANT

If not an enrolled tribal member, please describe Sac and Fox lineage:

Parent(s) Name & Tribe: _____

Maternal Grandparents Name & Tribe: _____

Paternal Grandparents Name & Tribe: _____

Grass Family Reunion
Sac and Fox Community Building
May 3, 2014
Come one - Come all
For Information Call
918-290-0602

ATTENTION TRIBAL MEMBERS

A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
THE SHAWNEE MULTIPURPOSE CENTER
TWICE A MONTH.

THE TAX COMMISSION WILL BE THERE ON
THE FIRST (1ST) AND THIRD (3RD)
THURSDAYS OF EACH MONTH.

WE WILL BE ABLE TO BETTER SERVE TRIBAL
MEMBERS LIVING IN THE SHAWNEE AREA WITH
MOTOR VEHICLE REGISTRATION AND ANY
OTHER SERVICE THAT WE CAN ASSIST YOU WITH.

earn FREE college tuition
it's Oklahoma's Promise

With Oklahoma's Promise, the Oklahoma Higher Learning Access Program, 8th, 9th, and 10th grade students whose family income is \$50,000 or less can earn FREE COLLEGE TUITION

Apply online at www.okpromise.org or

Contact the Oklahoma State Regents for Higher Education by e-mail at okpromise@osrhe.edu or by phone at 1-8-858-1840 (225-9152 in OKC)

Get an application from your counselor

ATTENTION TRIBAL MEMBERS



Sr. Man and Sr. Woman
Nominations Due

April 18, 2014

I, _____, Roll # _____ hereby

nominate the following Man: _____

He should be the Sac and Fox Nation Sr. Man because: _____

I, _____, Roll # _____ hereby

nominate the following Woman: _____

She should be the Sac and Fox Nation Sr. Woman because: _____