



Organic or GMO? Experts Explain Food Lingo

As Oklahomans start a new year with new nutrition goals and eating habits, they're faced with an overwhelming amount of industry diet terms and food lingo. Experts from the [Robert M. Kerr Food and Agricultural Products Center](#) at Oklahoma State University clarified some of the most common references.

Organic

The difference between conventional (non-organic) and organic food involves how it is grown and manufactured. While both foods follow regulations and guidelines to make them equally safe to consume, organic food regulations are different.

"Organic-produced foods rely on the use of natural substances and methods throughout the entire food production process, while conventionally grown foods allow for the additional usage of approved synthetic substances and methods," said Renee Albers-Nelson, FAPC milling and baking specialist. "Because there are many opinions of what natural is, the U.S. Department of Agriculture created the *National Organic Program*, a federal regulatory program to develop and enforce federal standards for organically produced products sold in the U.S."

The USDA NOP inspects farms and food manufacturing facilities to approve their use of the USDA Organic seal. There are four types of USDA Organic claims that can be made, and they are defined by the USDA NOP as follows:

1. 100% organic — used to label any product that contains 100% organic ingredients.
2. Organic — any product that contains a minimum of 95% organic ingredients; up to 5% of ingredients may be non-organic.
3. Made with an organic item — product contains at least 70% organically produced ingredients.
4. Specific organic ingredient listings — specific organic ingredients may be listed in the ingredient statement of products containing less than 70% organic contents.

Gluten-free

In August 2013, the U.S. Food and Drug Administration issued an official [definition of gluten-free](#). The regulations must be fully met for a product to say gluten-free on the label.

Gluten-free is a food that is naturally gluten-free or does not contain an ingredient that is:

1. A gluten-containing grain (wheat, rye, barley, spelt or some crossbreed of these grains), or
2. Derived from a gluten-containing grain that has not been processed to remove gluten (wheat flour), or
3. Derived from a gluten-containing grain and that has been processed to remove gluten (wheat starch) if the use of that ingredient results in the presence of 20 parts per million or more gluten in the food.
4. Additionally, any unavoidable presence of gluten in the food must be less than 20 parts per million.

"Meeting the requirements of gluten-free is important for people with celiac disease, a life-threatening illness if they consume gluten," Albers-Nelson said. "Label claims such as gluten-free, free of gluten, without gluten and no gluten are acceptable as long as the FDA gluten-free requirements are met. Placing gluten-free on a label is voluntary. People with celiac disease should read and study food ingredient statements."

Also, Albers-Nelson said the term gluten-friendly is not a term recognized by the FDA and has no official definition.

"It does not mean a food is free of gluten or safe for consumers who suffer from celiac disease," she said.



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In This Issue

- OHCE Family Night **Cancelled**
- 2021 OHCE Award Winners
- Virtual OHCE "Valentine's Day with Friends" & Valentine Card Challenge
- Northeast District OHCE Meeting/registration due February 25th at 5:00 p.m.
- March Leader Lesson: "Disease & Pests in Landscape Plants"
- Family Committee Report
- OHCE Yearbook Update
- County Officer & Committee Report Request
- OHCE Scholarship Apps

(CONTINUED FROM FRONT PAGE)

GMO

According to the FDA, GMO stands for a genetically modified organism and is used to describe a plant, animal or micro-organism that has had its genetic material, DNA, altered with technology. Modification includes the transfer of specific DNA from one organism to another. The USDA's Animal and Plant Health Inspection Service, the U.S. Environmental Protection Agency and the FDA are responsible for guaranteeing that biotech products are safe as a food for humans and animals as well as the environment.

With the passage of the National Bioengineered Food Disclosure Law in 2018, as of Jan. 1, 2022, manufacturers, importers and retailers with annual receipts of \$2.5 million or more will be required to disclose to the consumer if a food or ingredient is bioengineered. The USDA defines a bioengineered food as one that contains detectable genetic material modified through lab techniques. A bioengineered food cannot be created through conventional breeding or be found in nature. Approved methods of label disclosure are guided by the NBFDS.

USP Verified

The U.S. Pharmacopeial Convention was founded in 1820 in Washington, D.C., as a nonprofit scientific organization that develops and disseminates quality standards for medicines and other related substances such as dietary supplements. It does not have any law enforcement power. USP Verified is a voluntary program for manufacturers. Audits are conducted and if a product receives the USP Verified mark, the following requirements are met:

1. The manufacturer follows FDA Good Manufacturing Practices.
2. The product contains the ingredients listed on the label in the correct amounts and potency.
3. Does not contain harmful contaminants.
4. Will break down and release into the body within a specified amount of time.

Allergen-free

The description "allergen free" is not a recognized statement by the FDA and has no regulatory basis. The usage of this term implies the food does not contain any of the eight allergens listed under the Food Allergen Labeling and Consumer Protection Act — milk, eggs, crustacean shellfish, tree nuts, peanuts, wheat and soybeans. Also, sesame will be added to the major allergen list beginning Jan. 1, 2023.

"Consumers can be allergic to many other ingredients or foods," Albers-Nelson said. "Implying a food is 'allergen free' is good marketing but too broad of a statement to make, implying that nothing present will cause anyone an allergic response."

Paleo

The paleo diet is a reference to the Paleolithic, the "Stone Age" or caveman period of history. The diet's theory is that humans have moved too far away from what they assume their human ancestors ate — meat from hunted animals, fish and vegetables — and the result is an increase in chronic diseases. Followers of the paleo diet do not consume grains, dairy products, legumes and sugar. Instead, they focus on meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices and healthy fats.

Keto

A ketogenic diet, also known as keto, encourages the consumption of high fats, moderate proteins and low carbohydrates. Carbohydrates serve as the primary source of energy in body tissues in the form of glucose. When glucose availability is not present or very low, ketogenesis is initiated to provide an alternate energy source from fat in the form of ketones. Ketogenesis reduces the body's need to stimulate fat and glucose storage. "In the short-term, the keto diet is effective in weight loss," Albers-Nelson said. "But it's not considered a long-duration diet due to health concerns."

Vegetarian versus vegan

Other frequently used food terms include vegetarian, which is a person who excludes meat, poultry, fish, seafood, insect or animal by-products, such as gelatin or stock/fat from animals, from his or her diet. A vegan diet is a continuation of the vegetarian diet. Vegans do not consume dairy products and eggs, and they also don't use any animal byproducts for food, clothing, or other purposes.

Janice Hermann, an OSU Extension specialist in nutritional sciences, said understanding terms and labels benefits the consumer. "Using the Nutrition Facts Label can help you make healthier food and beverage choices," she said. "The Nutrition Facts Label and ingredient list are the safest, most important labels to read and are regulated by the FDA."

OSU Extension health and nutrition specialists are available to answer food questions and offer guidance that supports a healthy lifestyle.



PAYNE COUNTY OHCE NEWS



NORTHEAST DISTRICT OHCE MEETING Tuesday, March 29th at Broken Arrow

Mark your calendar for Tuesday, March 29th and plan to attend this year's Northeast District Meeting at the Broken Arrow Armed Forces Center!! McIntosh, Muskogee and Wagoner counties have worked hard to have an educational, fun meeting for Northeast District OHCE members. This year's theme is *"Red, White and Blue & OHCE, Too."*

All registration is due by Friday, February 25th at 5:00 p.m. to the Extension Office. Registration fee is **\$20.00 per person** which includes morning refreshments and lunch (BBQ chicken or pulled pork, cheesy potatoes, green beans, mixed vegetables, & cobbler.) Make checks payable to **Payne County OHCE.**

Unfortunately, due to very tight county budget restraints, Payne County OHCE members who attend the district meeting will not receive a partial reimbursement for their registration fee.

Registration starts at 8:30 a.m. and the meeting will start at 9:30 a.m. with introductions, business and awards. **There will be a \$100 door prize given away at the end of the morning session.** The winner must be present to win.

Workshop possibilities include *quilts of valor, origami, macrame, diet & inflammation, dealing with stress, medical identity theft, vinyl clings, personal safety, mindfulness and more!*

Bring money to shop at the fundraiser conducted for next year's meeting conducted by Mayes, Nowata & Rogers counties. There will be something for everyone!

Be sure to register for the meeting by Friday, February 25th at 5:00 p.m. Make your check payable to Payne County OHCE and drop it off at the Extension Office. Make sure they know it's for the OHCE Northeast District Meeting registration.

Payne County OHCE President and Secretary as well as county outstanding member award winners will have their \$20 registration paid by Payne County OHCE if they attend the meeting.

Virtual OHCE presents:

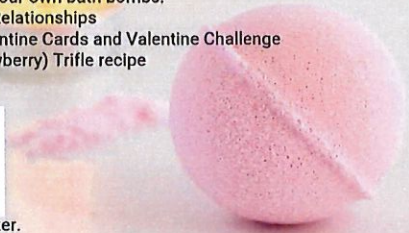
Valentine's Day with Friends

February 10, 7pm - a virtual event on Zoom

- Learn to make your own bath bombs!
- Tips for Better Relationships
- Handmade Valentine Cards and Valentine Challenge
- Valentine (Strawberry) Trifle recipe



Scan to register.



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Or register at bit.ly/OHCEfriends



Valentine Challenge!

Send Valentines to at least 5 good friends this year.



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CONSUMER SCIENCES

Virtual OHCE presents:

Valentine's Day with Friends

FEBRUARY 10 7PM via Zoom

- Handmade Valentine Cards Plus
- Bath Bombs
- Tips for Better Relationships
- Valentine Trifle

Register
bit.ly/OHCEfriends



PAYNE COUNTY OHCE NEWS



CONGRATULATIONS!!!

to everyone who turned in award entries this year.

The following awards have been submitted for District competition. All award entries will be recognized at Achievement Day in the Spring.

Outstanding Member: *LeeAnn Barton, Lunch Bunch*

Rookie Member: *Suzette Barta, Lunch Bunch*

Heart of OHCE: *Donna Cook, Cimarron Valley*

Photography: *Delpha Whitefield (Chocolate Cream Pie Tasting)*

Jana Comer (Lunch Bunch Christmas 2021)

LeeAnn Barton (Making Christmas Cookies)

Local Group Project: *Family Issues*

Lunch Bunch OHCE (Children's Christmas Shoppe)

Life Story: *Mariuse Green, Cimarron Valley*

LeeAnn Barton, Lunch Bunch

OHCE PANDEMIC ESSAYS

Payne County OHCE had (14) members who wrote pandemic essays in 2021. All authors received a certificate which I will get to you as soon as possible. Two members were named in the **Top 20 Essays** from all essays submitted. **Donna Cook, Cimarron Valley and Pat McNally, Cherokee both received a Braum's gift card for their essay.**

Payne County OHCE members writing essays were **Donna and Pat** and Cimarron Valley OHCE members **Delpha Whitefield, Grace Souttee, Evelyn Pepmiller, Charlotte Parrack, Connie Norrie, Joyce Lackey, Mariuse Green, Jane Flint, Ruth Burton, Madalen Clapp, Tammy Clark and Geraldine Allen.**

All essays were printed and bound in a book to keep as a part of OHCE history. Each county was also given a copy of the essays. If you would like to check out the essays, see Pat McNally or myself. **THANK YOU!** for participating in this history-making storytelling event!

MARCH OHCE LEADER LESSON

"Diseases & Pests in Landscape Plants", taught by Nancy Self, Creek County FCS Educator, will be taught on **Tuesday, February 22nd at 2:00 p.m. via Zoom ONLY.**

If you are the lesson leader, please try to attend the live Zoom meeting. If you cannot attend, the meeting will be recorded for you to watch at a later time before your March meeting. March lesson packets will be ready to pick up at the Extension office in mid-February.

OHCE YEARBOOK UPDATE

We are working diligently on the 2022 yearbook and they will be ready soon. **THANK YOU!!** to everyone who has worked on updating and proofreading the yearbook!

There are some exciting new OHCE fair classes for 2022 so you will want to be sure and check those out.

When they are ready, we will contact local group Presidents to have someone stop by the office and pick them up. Unfortunately, with our tight postage budget, yearbooks will not be mailed.

OHCE FAMILY NIGHT CANCELLED THIS YEAR

Due to ongoing COVID-19 concerns, OHCE Family Night has been cancelled this year. We hope you will understand that this decision was made out of the utmost caution & concern for keeping all of you safe.

OHCE COUNTY OFFICERS & COMMITTEE CHAIRMEN: Submit County Committee Reports for the Newsletter

The OHCE Memorandum of Understanding is a document that is completed each year by the OHCE Executive Council & FCS Educator. For 2022, one of the areas of emphasis chosen is *to have county officers & committee chairs provide information to the Extension Educator for the FCS/OHCE newsletter*. Your committee goals are in the yearbook but if you have projects or additional information and updates to share with members, please submit a report by the third week of the month for the next month's newsletter. The Family Committee has submitted a report—let's have reports from **ALL county officers and county committees** this year!

OHCE SCHOLARSHIP APPLICATIONS WILL BE OUT SOON!

OHCE Scholarship forms will soon be sent to all county schools for graduating seniors to apply for a **\$1500.00 scholarship** from Payne County OHCE. We will give two scholarships.

Complete rules will be attached to the form, but they must be Payne County residents who are seniors graduating this spring, and must use the scholarship for university, college, business school, nurse's trade, or technical school. Applications are due **Monday, March 28th at 5:00 p.m. in the Extension office**. If you know of a student who needs a form, have them come by the Extension office to pick one up.

If you encourage someone to apply, please have them make sure the forms are filled out completely and correctly with all information included that is requested. Incomplete or incorrect applications will not be considered.

FAMILY COMMITTEE COAT DRIVE PROJECT

One of the goals of the Payne County OHCE Family Committee is to hold a Family Coat Drive in 2022 for the purpose of gathering and distributing gently used jackets and coats for family members of all ages and stages of life. We encourage each group to participate in this project, knowing that there are families in all of our communities who have a need for warm coats in the cold winter months.

The **"COLLECT THE WARMTH --- SHARE THE WARMTH"** Project will take place two times this year, with distribution of the donated items to take place in late October. The first segment will take place in March, when group members are asked to bring clean jackets and coats to your March meeting; then, you will be asked to bring them to the April 21st Spring Meeting/Achievement Day. The second segment will take place in September when members bring clean jackets and coats to their September meeting, then bring those articles to the Fall Council Meeting, October 18th. County committee members will coordinate the storage and distribution of the coats.

Encourage your neighbors, churches, and extended family members to get involved. It will soon be time to do a spring cleanout of closets and a perfect time to bring unneeded/outgrown jackets and coats to the March/April meetings! A flyer will be sent via email to group presidents that can be printed and distributed as needed. Post it on Facebook or other social media! Be sure to take photos, too! For more information, please contact Committee Chair, Kathie Tanner at 405-612-3335.



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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	5
6		7 Elm Grove	8	9 Floral Valley Lunch Bunch Rising Star	10 7:00 Virtual OHCE Valentine's Day with Friends	11	12
13	14 Cimarron Valley Pine Vale		15	16 Cherokee	17	18	19
20	21 President's Day Holiday (Office Closed)	22 2:00 OHCE Leader Lesson via Zoom	23	24	25 Registration DUE to Extension Office for Northeast District OHCE Meeting	26	
27	28						