

## ***Want to learn more about food recalls??***

### **Who regulates food products?**

The Food Safety and Inspection Service (FSIS) within the U.S. Department of Agriculture inspects and regulates meat, poultry and processed egg products produced in federally inspected plants. FSIS is responsible for ensuring that these products are safe, wholesome, and accurately labeled. All other food products are regulated by the Department of Health and Human Services' [Food and Drug Administration \(FDA\)](#).

### **What is a food recall?**

A food recall is a voluntary action by a manufacturer or distributor to protect the public from products that may cause health problems or possible death. A recall is intended to remove food products from commerce when there is reason to believe the products may be adulterated or misbranded.

### **How are unsafe products discovered?**

There are four, primary means by which unsafe or improperly labeled meat and poultry products come to the attention of FSIS:

- The company that manufactured or distributed the food informs FSIS of the potential hazard;
- Test results received by FSIS as part of its sampling program indicate that the products are adulterated, or, in some situations, misbranded;
- FSIS field inspectors and program investigators, in the course of their routine duties, discover unsafe or improperly labeled foods; and
- Epidemiological data submitted by State or local public health

- departments, or other Federal agencies, such as the [Food and Drug Administration \(FDA\)](#) or the [Centers for Disease Control and Prevention \(CDC\)](#) reveal unsafe, unwholesome or inaccurately labeled food.

As soon as FSIS learns that a potentially unsafe or mislabeled meat or poultry product is in commerce, the Agency conducts a preliminary investigation to determine whether there is a need for a recall.

### **Where else can consumers find information on recalls?**

For additional information on recalls of food and other products, consumers may receive information from the following:

- The USDA Meat and Poultry Hotline at: 1-888-MPHotline (1-888-674-6854); or via email at: [mphotline.fsis@usda.gov](mailto:mphotline.fsis@usda.gov);
- Via email subscription on the FSIS homepage, or from [www.govdocs.com/service/multi\\_subscribe.html?code=USFSIS](http://www.govdocs.com/service/multi_subscribe.html?code=USFSIS); and
- For information on all government recalls, go to [www.recalls.gov](http://www.recalls.gov).

In addition, for general recall information as well as food safety information, see "Ask Karen," the FSIS virtual representative, at: [www.fsis.usda.gov/Food\\_Safety\\_Education/Ask\\_Karen/index.asp#Question](http://www.fsis.usda.gov/Food_Safety_Education/Ask_Karen/index.asp#Question).

\*Source:  
[http://www.fsis.usda.gov/factsheets/FSIS\\_Food\\_Recalls/index.asp](http://www.fsis.usda.gov/factsheets/FSIS_Food_Recalls/index.asp)

## ***5 Minute Collard Greens***

*– Look for Collard Green's at your local farmers market in June!!*



Collard greens are a highly nutritious green rich in calcium, and becoming an increasingly popular side dish that complements almost any meal.

### **Ingredients:**

- 1 pound chopped collard greens
- Mediterranean Dressing:**
- 1 tsp lemon juice
- 1 medium clove garlic, pressed or chopped
- 1 TBS extra virgin olive oil
- sea salt and black pepper to taste
- 1/4 cup sunflower seeds

### **Instructions:**

1. Fill bottom of steamer with 2 inches of water.
2. While steam is building up, slice collard greens leaves into 1/2-inch slices and cut again crosswise. Cut stems into 1/4-inch slices, and let both leaves and stems sit for at least 5 minutes to enhance their health-promoting properties.
3. Press or chop garlic and let sit for at least 5 minutes to bring out more of its health-promoting properties.
4. Steam collard greens for no more than 5 minutes.
5. Transfer to a bowl. For more flavor, toss collard greens with the remaining ingredients while they are still hot. (Mediterranean Dressing does not need to be made separately).
6. Top with sunflower seeds.

\*Source: [whfoods.org](http://whfoods.org)