

# The Paper

Our Town, Our Paper!



Laurens, Iowa



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## Local News

### Darren Waller Receives Craig Long Award

Las Vegas Raiders TE Darren Waller was named the recipient of the seventh annual Craig Long Award Thursday, becoming the award's first two-time honoree.

Chosen by a select group of local media and facilitated by the Las Vegas Raiders' Media Relations department, the Craig Long Award is presented annually to the player who best exemplifies professionalism and collaboration with the media at large.

Waller, who was selected to his first Pro Bowl last week, enters the regular-season finale with a team-high 98 receptions for 1,079 yards and eight touchdowns. He broke Todd Christensen's 34-year-old team record for single-season receptions by a tight end last week and he also became the first Raiders tight end since Christensen to post back-to-back 1,000-yard seasons.

Waller's 98 receptions rank second on the Raiders' all-time list behind Tim Brown's 104 catches in 1997 and he enters Week 17 with the second-most receptions among NFL tight

ends this season. Originally a sixth-round draft pick out of Georgia Tech by the Baltimore Ravens in 2015, Waller was signed by the Raiders from the Ravens practice squad prior to Week 13 in 2018.

Long, who passed away in 2007 at age 36, was a valuable member of the Raiders' Public Relations staff from 1997-2004. A native of Iowa, Long fulfilled his childhood dream of working in the front office for his favorite team.

Craig was a 1988 graduate of L-M and also graduated from the University of Tennessee in 1993. He was the son of Daryl & Dorothy Long of Laurens.

### Craig Long Award Winners

- 2020 – TE Darren Waller
- 2019 – TE Darren Waller
- 2018 – DE Frostee Rucker
- 2017 – RB Jalen Richard
- 2016 – T Donald Penn
- 2015 – S Charles Woodson
- 2014 – DL Antonio Smith



*At the Library*  
*with Glenda Mulder*  
*January 20, 2021*

New novels this week include: *Spoils of the Dead* by Dana Stabenow, *The Woman Outside My Door* by Rachel Ryan, *The Yellow Wife* by Sedeqa Johnson, *Better Luck Next Time* by Julia Johnson, *Waiting for the Night Song* by Julie Dalton and *If I Were You* by Lynn Austin.

We also received quite a few nonfiction selections this week! Included are: *No Time Like the Future: An Optimist Considers Mortality* by Michael J. Fox, *Keep Sharp: Build a Better Brain at Any Age* by Sanjay Gupta, *Modern Warriors: Real Stories from Real Heroes* by Pete Hegseth and *Niksen: Embracing the Dutch Art of Doing Nothing* by Olga Mecking. I have to admit this Dutch girl is totally intrigued by the title and description of that last one!

Our January Book Club selection is the 2020 All Iowa Reads book, *The Mothers* by Brit Bennett. "Set within a contemporary black community in Southern California, Brit Bennett's mesmerizing first novel is an emotionally perceptive story about community, love, and ambition. It begins with a secret." This is one of those books that I have to have a notebook (or my phone's camera) right at my side when I am reading. There are so many good quotes and thoughts! And the voice of the church mothers in this book is just so enjoyable. Even if you can't join our discussion, I would recommend that you read (or listen to) this book! Pick up a copy and join our discussion Monday, January 25th at 7 p.m.

Speaking of All Iowa Reads, Deb and I attended a webinar about the 2021 book selections. The State Library has really stepped up with lots of interesting online educational opportunities since the pandemic began. This one featured interviews with the authors of the 2021 kids, teen and adult book choices. We are now even more ready to dig into them!

February's Take it Tuesday project is a Valentine decoration. Attendees can personalize theirs any way they wish. Seating is limited, so please contact us to preregister.

**Coming Events**

January 25 @ 7 p.m. - Book Club *The Mothers* by Brit Bennett

February 2 @ 6 p.m. - Take it Tuesday Valentine Boards

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Phone:  
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Fax:  
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E-mail:  
[publisher@mylaurens.com](mailto:publisher@mylaurens.com)

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Rodney Johnson

Editor:  
Amanda Tendal

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# *USDA Offers Additional Assistance for Certain Producers Through Coronavirus Food Assistance Program*

U.S. Secretary of Agriculture Sonny Perdue announced the U.S. Department of Agriculture (USDA) will provide additional assistance through the Coronavirus Food Assistance Program (CFAP), expanding eligibility for some agricultural producers and commodities as well as updating payments to accurately compensate some producers who already applied for the program. Producers who are now eligible and those who need to modify existing applications due to these updates can contact USDA's Farm Service Agency (FSA) between Jan. 19 and Feb. 26. Some of these changes are being made to align with the recently enacted Consolidated Appropriations Act of 2021 while others are discretionary changes being made in response to ongoing evaluation of CFAP.

"The COVID-19 pandemic has left a deep impact on the farm economy, and we are utilizing the tools and monies available to ease some of the financial burdens on American producers to ensure our agricultural economy remains strong, independent and a global leader in production," said Secretary Perdue. "As part of implementing CFAP 1 and CFAP 2, we identified new areas of support and Congress recently directed us to provide additional relief. This additional assistance builds on to the \$23.6 billion in assistance

already provided to our farmers and ranchers impacted by the pandemic, and we will continue to implement other provisions enacted by Congress."

## **Background: Expanded Eligibility for CFAP 2**

Contract producers of swine, broilers, laying hens, chicken eggs and turkeys who suffered a drop in revenue in 2020 as compared to their 2019 revenue because of the pandemic now are eligible for assistance. Producers could receive up to 80% of their revenue loss, subject to the availability of funds.

Producers of pullets and turfgrass sod also now are eligible for CFAP payments. The commodities were not explicitly included in the initial CFAP 2 rule. Payments are based on eligible sales, and the payment calculation in the updated rule includes crop insurance indemnities, Noninsured Crop Disaster Assistance Program (NAP), and Wildfire and Hurricane Indemnity Program – Plus (WHIP+) payments.

## **Updated Payment Calculations for CFAP 2**

Similarly, FSA adjusted the payment calculation to use the producer's eligible 2019 calendar year sales, and 2019 crop insurance indemnities, NAP, and WHIP+ payments, multiplied by the applicable payment rate for all sales commodities, which include specialty crops, aquaculture, tobacco, specialty livestock, nursery crops and floriculture, for CFAP 2. Producers who applied during the sign-up period that closed Dec. 11, 2020, can modify an existing CFAP 2 application between Jan. 19 and Feb. 26, 2021.

Additionally, FSA adjusted the payment calculation for certain row crops for CFAP 2, specifically those for which a producer had crop insurance coverage but not an available 2020 Actual Production History (APH) approved yield. FSA is now using 100% of the 2019 Agriculture Risk Coverage-County Option (ARC-CO) benchmark yield to calculate payments when an APH is not available rather than 85%, which was in the original CFAP 2 calculations. This calculation change is only for producers with crop insurance coverage who grow barley, corn, sorghum, soybeans, sunflowers, upland cotton and wheat. Producers who applied

during the sign-up period that closed Dec. 11, 2020, can modify an existing CFAP 2 application between January 19 and February 26, 2021.

## **CFAP 1 'Top-up' Payments for Swine**

FSA is providing an additional CFAP 1 inventory payment for swine to help producers who face continuing market disruptions from changes in U.S. meat consumption due to the pandemic. Swine producers with approved CFAP 1 applications will soon automatically receive a "top-up" payment of \$17 per head increasing the total CFAP1 inventory payment to \$34 per head.

## **More Information**

Newly eligible producers who need to submit a CFAP 2 application or producers who need to modify an existing one can do so between Jan. 19 and Feb. 26, 2021, by contacting their local USDA Service Center. New applicants can also obtain one-on-one support with applications by calling 877-508-8364.

In addition to the changes being made to CFAP, per language in the Consolidated Appropriations Act of 2021, FSA will extend 2020 Marketing Assistance Loans to provide additional flexibilities for farmers. FSA is also preparing to move forward on implementation of the remaining provisions of the recently passed Consolidated Appropriations Act of 2021.

To learn more about this additional assistance, visit [farmers.gov/cfap](https://farmers.gov/cfap).

All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with FSA, Natural Resources Conservation Service or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. Our program delivery staff will continue to work with our producers by phone, email and using online tools. More information can be found at [farmers.gov/coronavirus](https://farmers.gov/coronavirus).

## *Muskrat Trapping Season Extended to April 1 on Lizard Lake*

The Iowa Department of Natural Resources (DNR) is extending the muskrat trapping season on Lizard Lake, in Pocahontas County, from Feb. 1 to April 1 to offer additional trapping opportunities of a temporarily abundant resource. Iowa's trapping season for all furbearers except beaver closes statewide on Jan. 31.

Musk rats are the aquatic version of cottontail rabbits—their population cycles are dynamic. Their numbers rise and fall dramatically depending upon water levels in marshes and other factors. Musk rats have 2-4 litters per year and, in the food chain, serve as an important prey base for mink, otters, hawks, owls and coyotes.

Musk rats primarily use plants that grow up out of the water to build their huts. Their diet is primarily plant-based as well. While muskrats create open areas in marshes, they are also capable of stripping the marsh of all its vegetation as their population densities peak.

“Musk rats are an important part of a healthy marsh, and this year, we have a surplus at Lizard Lake. We would like to extend the recreational opportunity by allowing a spring season. The current population allows for the harvest of additional muskrats to preserve some of the beneficial vegetation, thereby keeping the lake in a healthy balance. So this extended season is a sort of management tool for us,” said Clint Maddix, wildlife biologist for the Iowa DNR.

“This extended season is a marsh management tool for our area wildlife managers, plus it offers an excellent opportunity for our trappers to extend their season and utilize the surplus of muskrats. Several studies have shown the additional harvest will not reduce the numbers to the point of overharvest,” said Vince Evelsizer, furbearer biologist for the Iowa DNR.

All muskrat trap types allowed during the regular season are legal for the extended season. The use of foot-hold traps during this season is prohibited unless each trap is placed completely inside a muskrat house.

“We are going to allow trappers to place foot-hold traps in the muskrat house (in-house trapping only) to reduce the chances of catching non-target animals, raptors, or migratory birds, especially after ice-out later in March and April,” Evelsizer said.

Parking areas at Lizard Lake will have signs alerting visitors to the special trapping season extension.

## *ISU Extension and Outreach in Pocahontas County Elects County Extension Officers*

Four officers were elected during the Iowa State University Extension and Outreach Pocahontas County extension council organizational meeting Jan. 12. The nine-member county extension council annually elects officers to comply with Iowa law.

Brent Svuba, Laurens, is the newly-elected chairperson. Svuba will preside at all meetings of the county extension council, have authority to call special meetings and perform duties as performed and exercised by a chairperson of a board of directors of a corporation. Bill Meyer, Palmer, was elected vice chairperson.

Judy Krips, Havelock, was elected secretary and has the responsibility of keeping the minutes of all county extension council meetings and signing required papers for the council.

The council elected Avery Aden, Palmer, to the treasurer position. The treasurer has charge of all of the funds of the county extension council; receives, deposits, pays and disburses. The treasurer insures an accurate record of receipts and disbursements and submits reports to the county extension council.

As elected officials, the county extension council is the governing body of ISU Extension and Outreach. The county extension council hires county staff, manages the county extension budget, and helps determine programming.

In partnership with ISU Extension and Outreach, the council provides educational opportunities that bring university resources to the needs of the county and region. Local county extension programs include the 4-H and Youth Development program, Iowa Master Gardeners, ServSafe, Pesticide Safety Education Program, Manure Applicator Certification, and Community and Economic Development.

The county extension office is located at 305 North Main Street in Pocahontas. To learn more about ISU Extension and Outreach in Pocahontas County, visit [www.extension.iastate.edu/pocahontas](http://www.extension.iastate.edu/pocahontas).

## *Boots in the Barn, a Program for Cattlemen, to be Offered in Emmetsburg*

Iowa State University Extension and Outreach Palo Alto County and Iowa Lakes Community College have teamed up to host Boots in the Barn, a program for women beef and dairy producers.

Boots in the Barn is a three-part series for women involved in a dairy or beef operation and/or industry and will be held at the Iowa Lakes Community College Farm in Emmetsburg. The sessions will be held Feb. 10, Feb. 24 and March 10 from 1 p.m. to 3 p.m.

“We’ve had great success with [agriculture] programs designed specifically for women,” said Jenn Bentley, dairy specialist with ISU Extension and Outreach. “Women often prefer to learn in small groups and with hands-on opportunities. They like to ask lots of questions of presenters without feeling intimidated... Programs designed for women alone are very effective.”

The Feb. 10 session will feature Dr. Caitlyn Messerschmidt, veterinarian at Iowa State University. Dr. Messerschmidt will guide participants using Frosty (a life-size cow model), practicing putting chains on a calf to pull it and learning how to assist a cow in calving. Other topics include immediate calf care and colostrum. This session is sponsored in-part by a Professional Dairy Producers Foundation educational grant.

On Feb. 24, ISU Extension and Outreach beef and dairy specialists and Iowa Lakes Community College instructors will lead participants in how to help calves nurse, selecting colostrum products, mixing milk replacers and how to wean calves from milk and start them on dry feed. Participants will view both maternal and calf housing.

The third session will be held on March 10 and cover health basics and how to determine whether an animal is healthy or unhealthy. Activities include handling medicines and vaccines, giving injections, safety in working cattle and two national programs, Beef Quality Assurance and Farmers Assuring Responsible Management. These sessions will be led by ISU Extension and Outreach and Iowa Lakes Community College staff.

There is a \$15 fee for this program and pre-registration is required. Register online at [www.bit.ly/bootsinthebarn](http://www.bit.ly/bootsinthebarn) by Saturday, Feb. 6, at which time registration closes.

For more information on Boots in the Barn, contact Jamie Neff at [jblaser@iastate.edu](mailto:jblaser@iastate.edu) or 712-852-2865.

## *Program Scheduled for Adult Children Supporting Aging Caregiving Parents*

Does your mom or dad take care of a loved one (perhaps one cares for the other)? Do you know what your parents are going through? Your parent is in a new role of caregiver when helping a spouse or loved one with things he/she cannot do because of a medical condition’s disabling effects. How do you better support your parent during this time?

Caregiving Relationships: Conversations on Aging is a program for adult children supporting their aging caregiver parents. Two online programs are scheduled for January 28, 1:30 pm and 7:00 pm by Connect. The information is the same at each program.

“My mom took care of my dad in his last years. He suffered from dementia and tended to wander. As a family caregiver, my mom made challenging decisions and her daily routine changed dramatically,” shares an adult daughter.

Research shows that spousal caregivers are more likely to provide care with help from adult children than to accept help from community supports or nonfamily members. “You are a son or daughter to your parent(s) regardless of age, but your role description can change when your parent is in the role of a caregiver,” explains Joy Rouse, human sciences specialist in family life.

“The program helps adult children learn to recognize how caregiving affects relationships. It helps them discover their role in making decisions about their parents’ later life,” says Rouse. It also helps adult children build talking and listening skills and gain ideas on how to start difficult conversations.

Register online for the 1:30 pm session at <https://bit.ly/cra17220> or the 7:00 pm session at <https://bit.ly/cra17246>. Information about how to join the session will be emailed to registered participants before the program.

For more information, contact Joy Rouse, 515-250-5984, [jmrouse@iastate.edu](mailto:jmrouse@iastate.edu).

## *Virtual Farm Bill Meeting Series Planned for 2021*

Iowa producers have until March 15, 2021 to make their annual election for Price Loss Coverage or Agriculture Risk Coverage (at the individual and county levels) under the 2018 Farm Bill.

This annual decision is unlike the previous farm bill, when producers made a one-time decision for their operation that was in place for the life of the bill.

**Webinars planned.** In order to help Iowans understand their options for 2021, Iowa State University Extension and Outreach is offering a series of webinars. The lead webinar is on Jan. 19 at 1 p.m., and will feature staff from the United States Department of Agriculture's Farm Service Agency addressing program logistics, changes for 2021, and how producers can best work with their county FSA staff and offices that may remain closed to the public through the sign-up date.

The basic choices continue to be Price Loss Coverage, and Agriculture Risk Coverage (at the individual and county levels). A farmer's choice will depend on the type of operation, and the county and region where the farm is located. PLC payments are triggered when the marketing year average price falls below the reference prices of \$3.70 per bushel for corn and \$8.40 per bushel for soybeans.

Current USDA projections for 2021 are close to \$4 per bushel for corn and \$10.55 per bushel for soybeans. Whereas, ARC-CO payments are triggered when actual county revenue for the crop is less than the guarantee.

Alejandro Plastina, associate professor in economics and extension economist at Iowa State, will review the analysis process on Feb. 5 at 1 p.m.

"We are excited to present our new decision tool," said Plastina. "It calculates the highest county yield that would trigger ARC-CO payments in 2021-2022, for a user's defined price and a range of plus/minus 20 percent of that price, and shows the probabilities for each of those yield triggers based on historical county yields."

The two statewide webinars will be followed up by farm management field specialists holding regional webinars, presenting various scenarios with the most recent price projections, and answering questions and concerns.

"While payments may not have the financial impact we have seen in previous years, producers should still review the decision for this risk management option with benchmark data as well as price projections for the current marketing year," said Ann Johanns, program specialist in economics with ISU Extension and Outreach. "If a producer does not make a change by March 15, the election from the previous sign-up is retained."

**Registration information.** There is no cost to join the live webinars, and all virtual sessions will be recorded and available for viewing on the Ag Decision Maker website the day following the live session.

With guidelines on in-person programming evolving, some in-person sessions may be offered in areas of the state. See the Ag Decision Maker webpage, <https://www.extension.iastate.edu/agdm/info/farmbill.html> for details on the webinar series and a calendar of in-person programming.

A separate webinar will be held Jan. 21, on the topic of "Farm Transitions in 2021 and Beyond." The presenters are Melissa O' Rourke, farm and agribusiness management specialist with ISU Extension and Outreach, and David Baker, director of the Beginning Farmer Center. View this webinar on the Ag Decision Maker webinar page: <https://www.extension.iastate.edu/agdm/info/meetings.html>

## *Online Training Helps Local Food Producers Keep Up with Iowa Food Regulations, Licensing and Food Safety for Home Food Production*

Iowans who make and sell foods out of their homes or sell produce at farmers markets need to follow state laws that regulate these practices. They can stay up-to-date with online training on Iowa's food safety regulations and basic preparation practices. The Home-based Food Operators Regulations and Food Safety Course now is available online 24/7 from Iowa State University Extension and Outreach.

This training's intended audiences are exempt home food operations and home bakers who make and sell foods out of their homes or sell produce at farmers markets. The course is available on the learning management system Moodle and includes recorded lectures, interactive activities, and exclusive resources. The course covers Iowa policies, food safety basics, foodborne pathogens, acceptable non-perishable foods, and safe production and preparation practices for local food producers.

"Iowa has unique laws that do allow for some foods to be sold out of the home or at a farmers market," said Shannon Coleman, assistant professor in food science and human nutrition and a human sciences extension specialist at Iowa State. "These online modules have been tailored specifically to Iowa's policies and also include food safety information that can be used in production and at the point of sale."

Interested food operators may register online at <http://bit.ly/hbf15209>.

The training cost is \$35. Interested operators also may contact Coleman at [scoleman@iastate.edu](mailto:scoleman@iastate.edu) or 515-294-9011 to register or for more information.

*Biggest Little Paper In Town!*

## *CropsTV Continues with Live and On-Demand Virtual Content*

The popular Iowa State University Extension and Outreach CropsTV program has provided a safe and accessible way to share crop production information and Certified Crop Adviser continuing education with farmer and agribusiness clientele throughout the winter.

"Clientele have been enjoying the CropsTV program and our reach has been larger than we see with some of our normal winter programming," said Meaghan Anderson, field agronomist with ISU Extension and Outreach. "Subscribers joining from Iowa and 14 other states have already stacked up over 8,000 episode views with more to come through the rest of the winter."

By registering today, CropsTV subscribers can interact live with specialists and presenters through Feb. 4 and have access to over 30 hours of on-demand content available for viewing on their schedule.

Live episodes have consisted of a combination of pre-recorded presentations and live question and answer, allowing subscribers to ask questions and receive answers real-time. Episode recordings, as well as additional exclusive on-demand content, are available through the rest of the winter to subscribers.

"CropsTV subscribers have taken full advantage of the on-demand content by binge-watching over 195 days of live and on-demand content since December 1," said Mark Licht, assistant professor in agronomy and cropping systems specialist with ISU Extension and Outreach. "We're happy to have the opportunity to provide the same top-quality programming Iowa farmers and agronomists have come to expect from ISU Extension and Outreach in a new format during this unusual winter."

Several episodes have been especially popular, like Matt Darr's Jan. 7 episode titled "Best practices for interpreting yield monitor data."

Darr, an agricultural and biosystems engineering professor at Iowa State, shared tips to ensure that yield data collected is reliable and farmers can appropriately interpret data coming from the combine yield monitor.

Ethan Smidt, a CCA and agronomic consultant with Sinclair Tractor, said, "I have an extensive background in yield monitoring systems and Darr's research data looking at yield differences between differently-sized treatment blocks using combine yield monitor data was nice to see. Knowing how large plots need to be for in-field tests when using yield monitors to observe differences is very useful."

Darr's CropsTV episode is available for on-demand viewing now, but live content will continue over the next several weeks with episodes on topics like non-conventional weed management tactics, hemp, climate variability and seasonal forecasts, drought tolerance in corn hybrids, corn rootworm management, and much more.

Registration for CropsTV is \$45 and includes all live episode broadcasts, on-demand viewing of previous episodes and 45 available CCA credits. Register at: [www.aep.iastate.edu/cropstv](http://www.aep.iastate.edu/cropstv).

Financial support for CropsTV is provided by the Iowa Corn Growers Association and the Iowa Soybean Association.

Additional information is available at [www.aep.iastate.edu/cropstv](http://www.aep.iastate.edu/cropstv). For questions, contact ANR Program Services at [cropstv@iastate.edu](mailto:cropstv@iastate.edu).

# *Alcohol-based Hand Sanitizers vs. Handwashing: What Should Food Handlers Do?*

*Food safety specialist examines recent research article in retail food safety*

Alcohol-based hand sanitizers are popular due to their ease of use and perceived germ-killing abilities. They have become even more prevalent due to the continuing COVID-19 pandemic, but can they also improve hand hygiene among food handlers? Research conducted over the years has shown that 56-80% of foodborne illness originates from restaurants. Poor personal hygiene and poor handwashing practices have been cited as the most common contributing factors for foodborne outbreaks.

Anirudh Naig, a food safety state specialist with Iowa State University Extension and Outreach, called attention to a December 2020 article in the *Journal of Food Protection* titled "Scientific Evidence Supports the Use of Alcohol-Based Hand Sanitizers as an Effective Alternative to Handwashing in Retail Food and Food Service Settings When Heavy Soiling Is Not Present on Hands." The authors note that handwashing compliance is low in foodservice settings, so allowing the use of alcohol-based hand sanitizers might help improve hand hygiene among foodservice workers, thus lowering the possibility of contaminating food with microorganisms. The article asserted that in healthcare settings, alcohol-based hand sanitizers have been allowed in place of handwashing and have resulted in increased compliance with hand hygiene practices and handwashing among healthcare workers.

Naig said the authors recommended that the U.S. Food and Drug Administration modify the FDA Food Code to allow the use of alcohol-based hand sanitizer when hands are not heavily soiled. According to the FDA website, the Food Code "assists food control jurisdictions at all levels of government by providing them with a scientifically sound technical and legal basis for regulating the retail and foodservice segment of the industry (restaurants and grocery stores and institutions such as nursing homes). Local, state, tribal and federal regulators use the FDA Food Code as a model to develop or update their own food safety rules and to be consistent with national food regulatory policy."

"While using alcohol-based sanitizers in place of handwashing might seem like a great way to improve hand hygiene among foodservice workers, the FDA Food Code does not allow the use of just alcohol-based hand sanitizers for hand hygiene, because proper handwashing has been shown to decrease the possibility of transmitting microorganisms," Naig stressed.

"In foodservice settings, workers typically perform multiple tasks at the same time or are involved in situations where the work process might result in hands getting 'heavily soiled' and 'lightly soiled.' A foodservice worker might get confused on when to wash hands or if their hands are heavily soiled or lightly soiled, which might negatively impact the frequency of handwashing," Naig said.

Microorganisms cannot be seen with the naked eye, and most foods served in foodservice settings provide ideal conditions for microbial growth, so to err on the safe side, wash hands with soap and water as recommended in the FDA Food Code, Naig said. The Centers for Disease Control and Prevention recommend proper handwashing as the first step in reducing microorganisms on hands, followed by the optional use of hand sanitizers. Soap and water help to dislodge germs that adhere to the skin surface and reduce the number of microorganisms on hands.

Naig said it still is recommended that food handlers continue to use the following steps for handwashing:

- Wet hands under water.
- Apply soap and scrub hands for 10-15 seconds.
- Rinse hands under running water.
- Dry hands using a paper towel or hand dryer.

These steps are illustrated in *Wash Your Hands*, a poster available for free download from the ISU Extension Store.

Food handlers may choose to apply hand sanitizer after washing hands, but this is not a requirement according to the FDA Food Code. If hand sanitizer is used, air dry hands after applying sanitizer to prevent the possibility of chemical contamination of food from the hand sanitizer. Using alcohol-based hand sanitizers may provide food handlers with a false sense of security. It might result in them not washing hands when they are supposed to wash hands (e.g., after handling garbage or before handling ready-to-eat produce).

"To conclude, hand sanitizers are a helpful tool for preventing the spread of microorganisms, but their efficacy in preventing the spread of foodborne microorganisms from contaminated hands continues to be studied. Until then, keep those hands clean by using soap and water!" Naig said.