

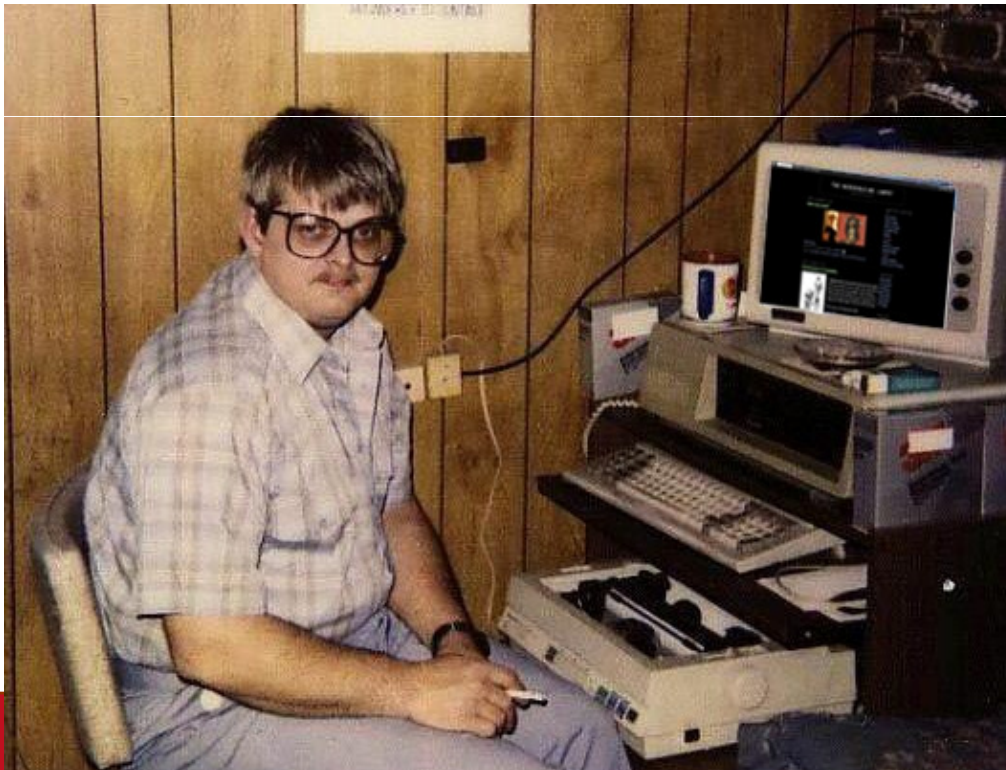
Using Multiple Media And Messages to Create and Foster a Good Food Safety Culture

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Why did my grandmother overcook pork?



Food safety communication philosophy

- Anyone who tries to make a distinction between education and entertainment doesn't know the first thing about either
 - **Marshall McLuhan, 1967**
- The medium is the message
 - **Understanding media: The extensions of man**

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Empowering People • Preserving Resources

What Not To Buy Online: Lollipops Laced With Chickenpox



- NPR November 7, 2011
- <http://www.npr.org/blogs/health/2011/11/07/142098710/what-not-to-buy-online-lollipops-laced-with-chickenpox?ft=1&f=1001>

Food safety culture

- It is a set of shared attitudes, values and beliefs around food safety
 - **Production/sources**
 - **Handling/storage**
 - **Preparation**
- You can have a good food safety culture or a bad one

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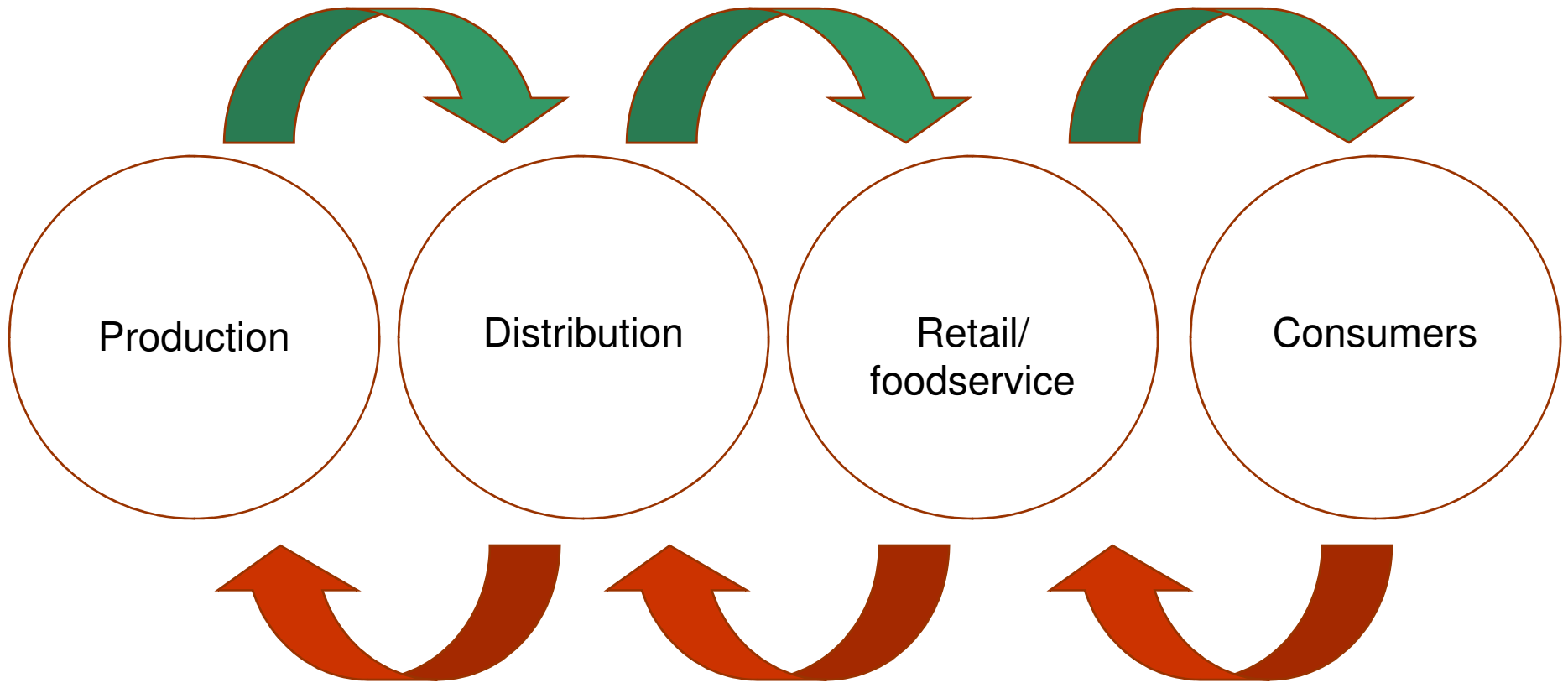


Food safety culture

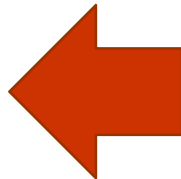
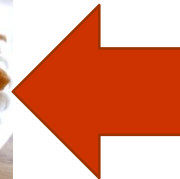
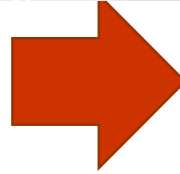
- **Maintaining a food safety culture means:**
 - Everyone know the risks associated with the job they do
 - What has happened in the past?
 - Know why managing the risks is important
 - Can effectively manage those risks
 - Demonstrable
 - Are ready to deal with problems
 - Are looking for future risks



Marketing food safety culture



Customer feedback







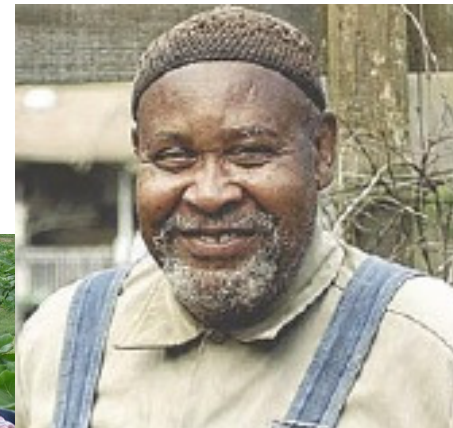
Toronto Star, November 5, 2011

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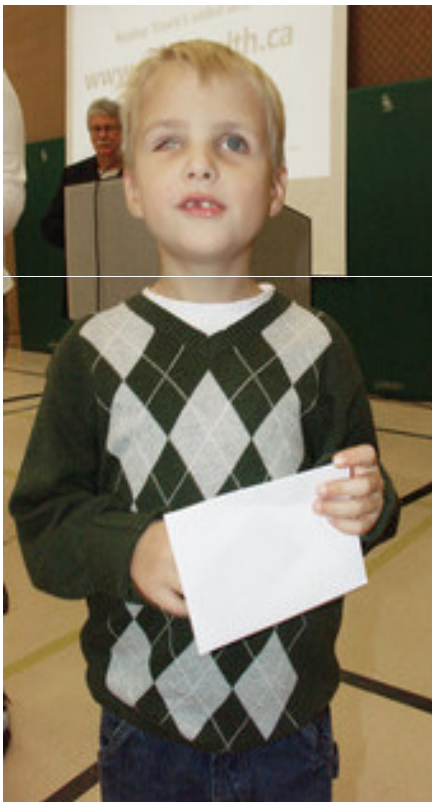


From the literature

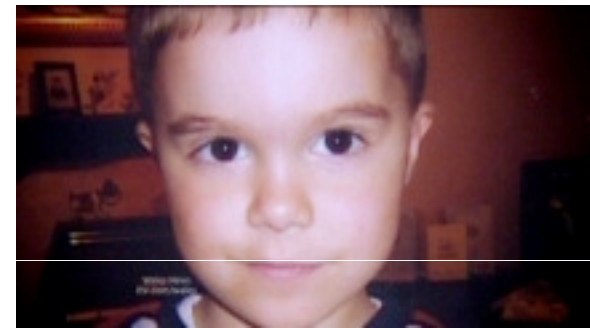
- Using stories and narratives better than statistics alone
 - Cole, 1998; Cole, 1997; Howard, 1991; Leventhal, 1970; Morgan et al., 2002; Slater and Rouner, 1996
- Sticky factor
- FDA Oral Culture Learner Project



Impacts



Travis Cudney
Blind since age 2
Complications
from a pathogenic
E. coli infection



Mason Jones
Died at age 5
E. coli O157
Acquired through
school lunch program
157 illnesses, 31
hospitalizations

- Put food safety into context
 - Leventhal et al., 1965; Lordly, 2007
- The medium is the message – and it better be correct for the target audience



- Generate dialogue
 - Ajzen, 1991; Bohm et al., 1993; Dignum et al., 2001; Schein, 1993
- Surprising messages
 - Shannon, 1948



Surprising message?

- "Upon indigestion, the larvae are freed from the cyst by and then proceed to migrate to the intestine. Here they develop to maturity and after fertilization the adult worms produce living embryos which invade the blood stream and are carried to all, or nearly all, of the voluntary muscles of the body."



Food Safety Information Summaries -- April 17, 2003

LOCAL SHIGELLA OUTBREAK HAS LOCAL HEALTH OFFICIALS WORRIED.

April 15, 2003

KBLK.com

Michelle Hayes

A highly contagious disease is sweeping through several area communities and health officials want you to be warned. Shigellosis is a communicable disease which causes severe diarrhea. It's caused by the bacteria shigella and is spread from one infected person to the next by hand-to-mouth contact. Shigellosis is a nationwide epidemic; here on the South Plains it is having a big impact on three communities: Lubbock, Levelland and Brownfield. Most cases of shigellosis occur among toddlers who are not fully toilet-trained. The children at All God's Children Learning Center in Lubbock are learning a very important life lesson early. "We wash their hands before everything," says the daycare's director, Gloria Wellington. "After come from outside, before every activity the first order of business is to wash hands." It's an order of business which could prevent them from contracting shigellosis. "Children may not observe proper hygiene after going to the bathroom and children put their hands in their mouths or in other children's mouths," says Ken Condon, a Disease Investigator for the City of Lubbock Health Department. Condon says shigellosis has become an epidemic in the city and that it's "keeping us very, very busy." Right now, the Lubbock City Health Department is investigating 48 cases of shigella and that's more than double the number of cases they tracked last month. Condon says shigella is "very highly contagious, it takes only ten bacteria which would fit on the head of a pen to transmit the bacteria from one person to another and that's why we are so eager to inform people to properly wash hands often using the bathroom or before preparing foods." And for the little ones at All God's Children Learning Center, washing their hands is something they enjoy. "Our teachers model what we teach to the kids. We have a song that we sing just to reinforce in their little minds that everytime you hear this song, you need to wash your hands," says Wellington. Without medical treatment, it takes about 24 to 48 hours for shigella to exit your system. But officials say, even if you no longer have symptoms you are still contagious for sometime afterward.

EASTER FOOD SAFETY

April 17, 2003

Food Safety Network

GUELPH, ONT. -- This Easter season, the Food Safety Network wants to remind Canadians that help is available for questions on safely cooking the holiday meal. A national bilingual toll-free line, 1-866-503-7638 is operational 9 a.m. to 5 p.m. Eastern time, Monday to Friday. The line will be open Good Friday and staff will be available Saturday April 19th from 9 a.m. to 2 p.m. to answer food safety questions. Questions can also be submitted electronically at fsnrsn@uoguelph.ca.

Is cooking duck and goose like cooking a turkey? Does lamb have to be cooked to well done? How do I know when ham is cooked? Are coloured Easter eggs safe to eat? These are samples of the many types of questions staff at the Food Safety Network are able to answer. "Most people know that it's important to handle and cook food properly to prevent foodborne illness," said Dr. Douglas Powell, an associate professor and scientific director of the Food Safety Network. "But the food safety continuum involves many different issues. Staff at the Food Safety Network have the expertise to provide information on food safety, all the way from the farm right through to the kitchen." Good food safety habits will help ensure that Easter festivities are a celebration, unmarred by foodborne illness. Wash hands before and after preparing all food, and after eating. Hard-boil eggs before colouring and store them in a clean, covered container in the refrigerator. Do not eat eggs that have been out of the refrigerator for more than two hours. Leftovers should be refrigerated within two hours, in small containers for rapid cooling.

Contact the Food Safety Network at 1-866-503-7638 or fsnrsn@uoguelph.ca for food safety information now and throughout the year. Or visit the Food Safety Network websites at www.foodsafetynetwork.ca and www.eatwelleatsafe.ca The Food Safety Network (FSN) at the University of Guelph provides research, commentary, policy evaluation and public information on food safety issues from farm-to-fork.

For more Information Contact Ben Chapman (519) 829 6476 or bchapman@uoguelph.ca

FDA Southeast Region Annual Food Safety Seminar

From Chapman et al., 2011. Food safety infosheets: Design and refinement of a narrative-based training intervention. *BFJ*. 113. 160-186

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E. coli Cases Linked to Pig Roast

September 14, 2004
Orangeville Banner (Ontario)

Food Safety Information Summaries
September 16 2004

2 confirmed cases of E. coli have triggered an investigation into a possible outbreak of the bacteria. A 30-year-old and 3-year-old, unrelated to each other, tested positive for E. coli O157 after attending a pig roast in Waldemar, 28 Aug 2004.

Although Cameron Clarke of the Wellington-Dufferin-Guelph Health Unit says it is not a critical issue, 2 more persons who attended the event have been diagnosed as probable carriers and 3 others are suspect.

More than 50 people attended the pig roast, and so far the health unit has interviewed 29 to rule out any further cases. Clarke is urging anyone who may have been present at the event to visit their family doctor.

The [source] of the bacteria has not been identified by investigators, and food samples from the party were not available for testing. E. coli O157 is most often spread through food, such as undercooked meat.

At this point it's likely that no more cases will come forward, he says, but he encourages all people who attended the event to be tested. There is no effective treatment for E. coli, and more severe cases can lead to kidney failure or dysfunction. ■

For more Information Contact
Ben Chapman (519) 829 6476
or bchapman@uoguelph.ca

From FSN --

This summer there were at least 3 outbreaks in Canada related to undercooked beef and the presence of E. coli

E. Coli can be found on fruits and vegetables as well as bean sprouts, so washing produce and purchasing food from safe sources can reduce risk

Handwashing following the bathroom or handling meats and vegetables also can control the spread

www.foodsaftynetwork.ca



FOOD SAFETY NETWORK INFORMATION SHEET
September 6, 2007

BIZARRE LAWSUIT SETTLED -- INVOLVING NASA, NASTY FOOD, and chef "Dirty Finger Al"



DIRTY FINGER AL

POOR PERSONAL HYGIENE



www.foodsafetyksu.edu
foodsafetyinfosheets.ksu.edu

Food safety know-how

Dirty Finger Al stumbled over some basic food safety questions from attorneys during pre-trial interviews, even though he's spent most of his life in the food industry.

For example, Motta said that cold food has to be kept below 70 degrees to avoid bacterial growth, when it actually has to be kept at 41 or below.

Don't be a Dirty Finger Al



"I WILL NOT MAKE ANY COMMENTS," MOTTA SAID WITH THAT, HE HUNG UP.

A federal lawsuit that claimed outdated, spoiled food was served at NASA's Kennedy Space Center, has been settled. The case began several years ago when a former employee of Lackmann (the food service provider for the Center) was fired after she reported food handling problems.

Leaked from this lawsuit was information about **the chef** who helped run the Space Center's kitchen. Apparently he lacked basic food safety knowledge. Al Motta, also referred to in culinary circles around Orlando as "Dirty Finger Al", allegedly used weeks-old outdated food, including rancid chicken and rotten vegetables, to feed customers at the center.

Other employees told attorneys that **whenever health inspectors were in the area, restaurants would spread the word** so that kitchen employees in the Space Center and in other facilities could clean up their act.

The original complaint claimed Lackmann Food Services used weeks-old **outdated food, usually disguised in spicy dishes like chili or barbecue**. The company denied the allegation at the time, saying it actually does about six times better than average in its state inspections.

OVER 100 ILL AFTER FOUR OUTBREAKS LINKED TO PASTRIES SERVED IN ILLINOIS



Bakery products such as cream-filled pastries like cream pies and chocolate eclairs are often implicated in *Staphylococcus aureus* outbreaks

Testing revealed *Staphylococcus aureus* in Rolf's Patisserie products

A Lincolnwood, Illinois bakery was the source of four outbreaks of staphylococcal food poisoning in November and December, 2010. These outbreaks at catered functions, resulted in at least 100 illnesses. Rolf's Patisserie, the implicated business, closed its doors and recalled a number of products sold at retail to limit further illnesses. Cases were linked to eating baked goods at a restaurant or function. Food

samples tested by local health authorities confirmed the presence of *Staphylococcus aureus* bacteria.

The bakery reopened after discarding all food ingredients; thoroughly cleaning and sanitizing the facility; and, retraining employees on proper hygienic practices.

Staphylococcus aureus can grow in protein-rich, low-acid foods (like cream-filled pastries) held at room

temperature. When the bacteria grows, they create toxins resulting in diarrhea, nausea, vomiting, and abdominal cramps when eaten. Onset of the symptoms can be as quick as an hour after consuming contaminated food.

Staphylococcus aureus is commonly found on human skin. Outbreaks at bakeries are often linked to poor personal hygiene, contaminated equipment and temperature abuse.



WHAT YOU CAN DO

- PRACTICE GOOD PERSONAL HYGIENE
- CLEAN AND SANITIZE EQUIPMENT BETWEEN USE TO LIMIT CONTAMINATION OF FOOD
- REFRIGERATE CREAM-FILLED PASTRIES DURING STORAGE AND TRANSPORTATION



BELGIAN SHIGELLA OUTBREAK LINKED TO CAFETERIA WORKER

What is *Shigella*?

- *Shigella* is a bacterium that passes from person to person through fecal-oral contamination (that means poop in food, on hands or on surfaces).
- Common symptoms can include blood and mucous in diarrhea, often called dysentery.
- If ill, a person can transmit *Shigella* to others long after symptoms are gone.
- *Shigella* can be transmitted even if the person does not show symptoms.

What you can do:

- If you're ill with, nausea resulting in vomit or diarrhea do not handle food.
- Food handlers should wash hands before preparing food and after going to the bathroom.
- Handwashing steps include: wet hands, apply soap, lather, rinse and dry with a one-use towel.



FOOD
HANDLERS
CAN TRANSMIT
SHIGELLA IN
THEIR POOP
WITHOUT
EVEN SHOWING
SYMPTOMS



52
SHIGELLOSIS
CASES LINKED
TO ONE FOOD
HANDLER OVER
A 2 MONTH
PERIOD

A recent study in *Epidemiology and Infection* detailed an outbreak of shigellosis linked to eating in a particular Belgian cafeteria. Investigators explored possible situations leading to the illnesses, testing food as well as fecal samples from staff. Following sample analysis and through surveys with staff of recent illnesses and travel, one staff member was identified as the source of the outbreak.

Investigators found that the implicated food handler had traveled to Morocco shortly before the illnesses began to appear in patrons. The staff member returned to work following the trip and did not display symptoms of the illness. Only 13 of the reported 52 cases were confirmed through stool culture. Seven of those cases were found to be the same strain of illnesses as some seen in Morocco at the same time.

What is safe food? Are there indicators?



Here's the rub

- Significant deviations between stated and actual behavior
 - DeDonder et al.; 2008; Clayton and Griffith 2003; Jay et al., 1999; Redmond et al., 2004; Surgeoner et al., 2009
- Most evaluations use this self-reported data for measuring knowledge and intended changes
 - Redmond and Griffith, 2004; Chapman et al., 2010



RESTRICTED ADMISSION DUE TO VIRAL OUTBREAK ON CAMPUS

UofG is working with the Wellington-Dufferin-Guelph Health Unit to contain a viral outbreak in student residence, notably South Residence.

As a result, non-residents of this building are strongly urged not to enter until further notice.

Symptoms of the gastrointestinal illness include severe nausea, vomiting, abdominal cramps and diarrhea. The illness usually lasts from 24 to 48 hours.

Anyone with symptoms should rest at home/residence, not attend classes or public events, and avoid contact with other people until they are symptom-free for 48 hours.

Check the campus news section of the UofG website for more information: www.uoguelph.ca

Posted by Student Health Services



Food safety voyeurism

- Recreating an outbreak scenario and observing
 - Bryan et al., 1971
- Observation of practices by video
 - Anderson et al., 2004; Dedonder et al., 2009; Clayton and Griffith 2003; Jay et al., 2003
 - Chapman et al., 2010;
- Ethnography
 - Chapman et al., 2011

October

12

2010

Food Safety
Infosheet

www.foodsafetyinfosheets.com

Fruit compote juice linked to *E. coli* O157 outbreak at festival in Winnipeg

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Food handlers should be careful not to contaminate ready-to-eat or drink products.

What you can do:

•Wash and dry hands using soap, potable water and paper towels prior to handling foods.

•When storing food in coolers or fridges, keep ready-to-consume products covered and above items like raw meat that might drip.



Juices have been linked to outbreaks in the past

- E. coli* O157 contaminated Odwalla brand juices linked to 66 illnesses in 1996
- Salmonella* contaminated Orchid Island Juice Company brands linked to 15 illnesses in 2005
- in 2006, Bolthouse Farms carrot juice was the source of 6 botulism illnesses including a death

37 illnesses and 18 hospitalizations linked to outbreak

A fruit juice is the most likely culprit in sickening visitors to a Winnipeg (Canada) festival in August 2010. The majority of illnesses were associated with a Russian combination platter served at Folklorama, an annual heritage celebration. The Russian platter contained borscht (beet soup), meatballs, a rice dish, and the compote juice. The focus narrowed to the juice as ill patrons reported eating both a vegetarian and non-vegetarian dish, with the juice as the only common food.

The compote juice was prepared by adding washed, unpeeled apples, blueberries and

blackberries to boiling water. Once boiled for five to 10 minutes, the juice was decanted into large plastic pails. The juice was then refrigerated until served cold.

Post-boiling contamination likely



As fruits were washed and boiled as part of the juice-making process it's likely that juice was contaminated either by a staff member or through cross-contamination in the fridge. Health officials believe that ground beef, which was also being handled and prepared at the site, was the most likely source of contamination.



FOR MORE INFORMATION CONTACT BEN CHAPMAN, BENJAMIN_CHAPMAN@NCSU.EDU



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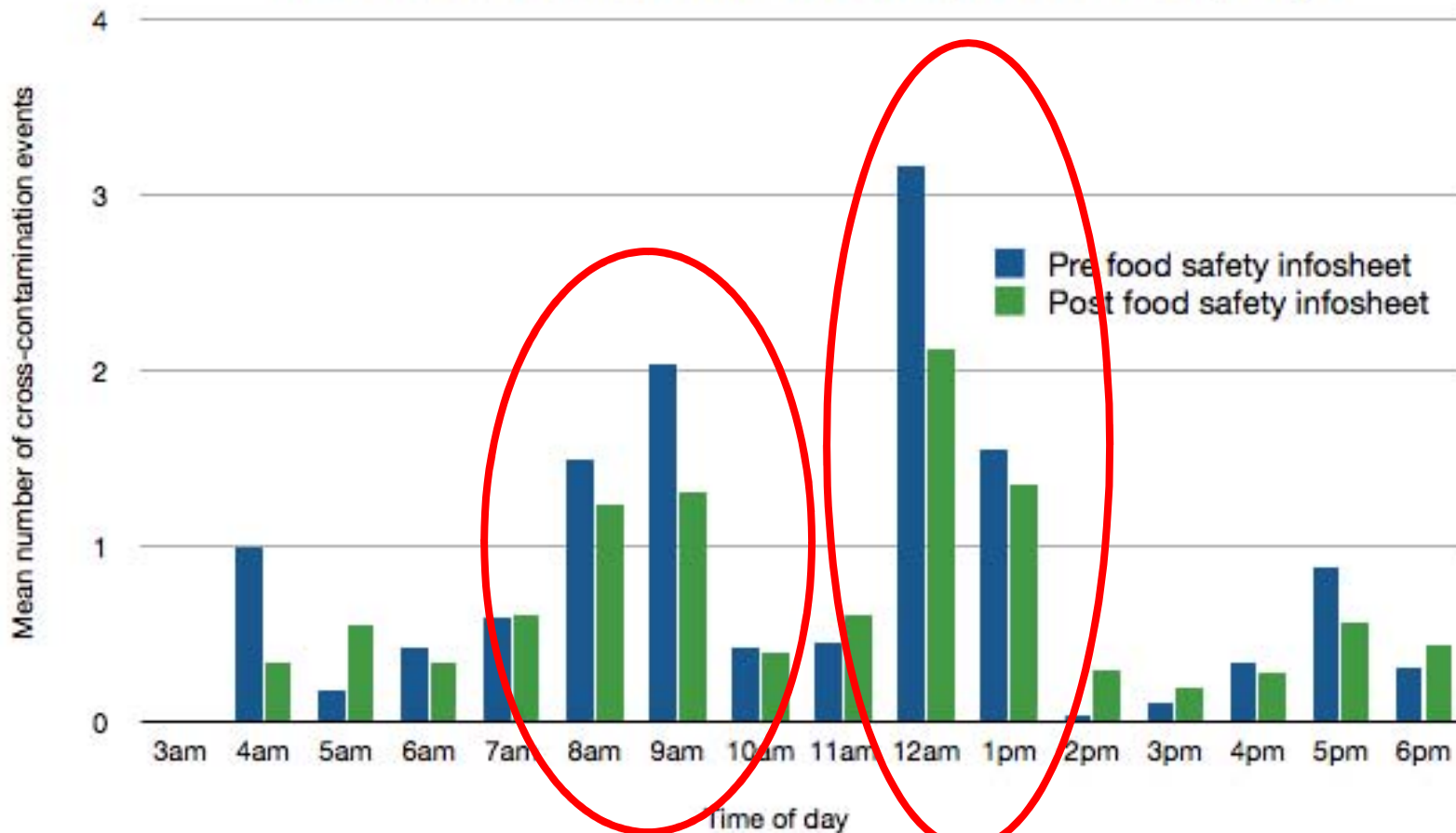


Results: Mean events per food handler

Event	Pre (12.4 hrs)	Post (13.5 hrs)	Change	percentage
Handwashing attempts	21.1	22.5	+1.42*	+6.7%
Correct handwashing events	2.4	4.0	+1.64*	+68.9%
Indirect cross-contamination	15.7	13.1	-2.57*	-19.6%
Direct cross-contamination	1.9	1.0	-0.85*	-81.7%

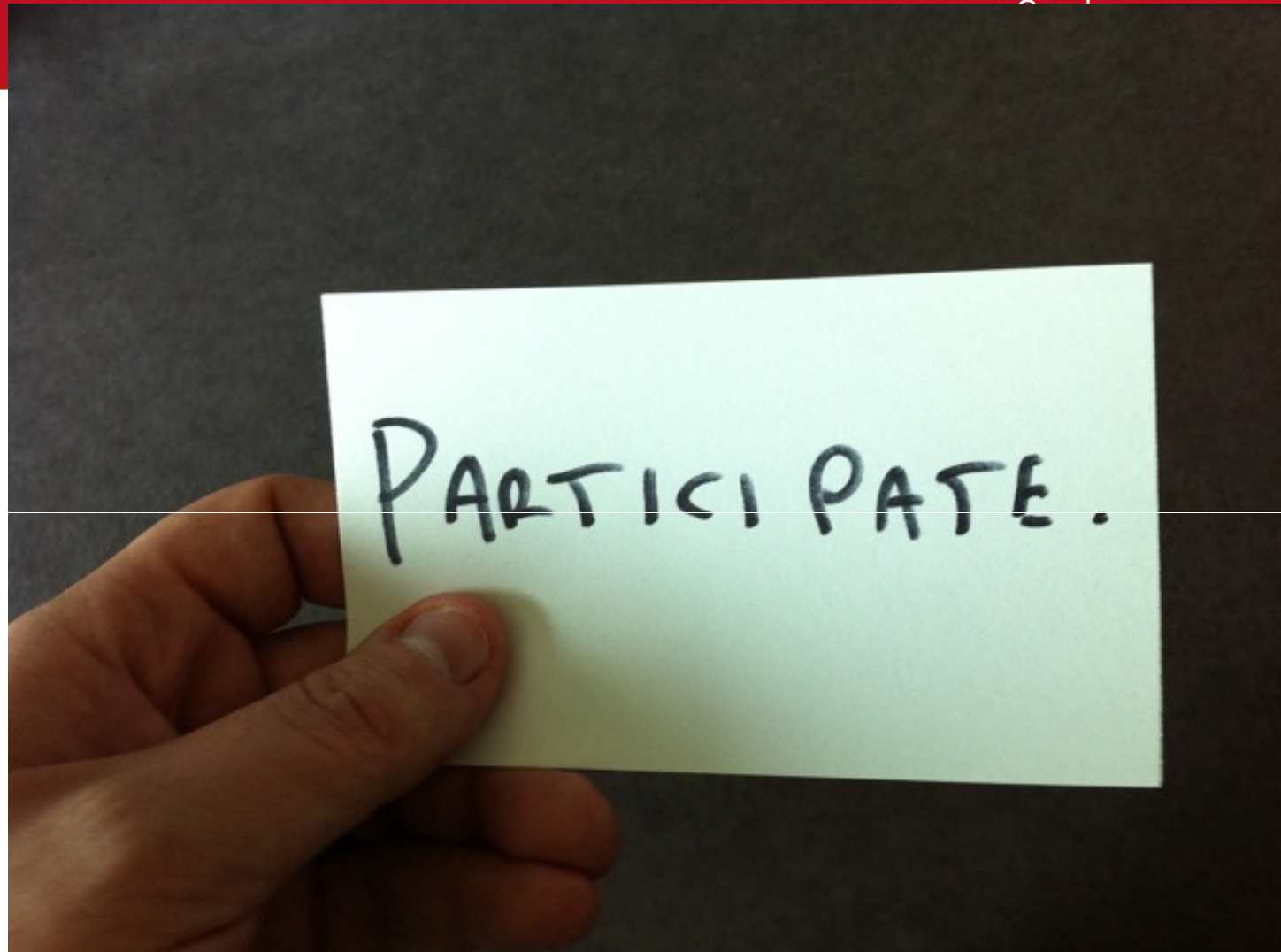
*Significance level (p <.05, 95% CI)

Mean indirect cross-contamination events per food handler (n=47)









YouTube September 19, 2006

Spinach Health Advice - Funny



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Wikipedia 1:00pm September 19, 2006

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Your continued donations keep Wikipedia running!

2006 United States E. coli outbreak

From Wikipedia, the free encyclopedia

Warning: Wikipedia does not give medical advice. It should not be used to make health-related decisions. Always consult with a qualified medical practitioner.

 **This article documents a current event.**
Information may change rapidly as the event progresses.

In **September 2006** there was an **outbreak of disease caused by *E. coli* bacteria in 21 U.S. states**^{[1][2][3]}.

Since **2006-08-02**, one person has died and 111 people have fallen ill, including 16 who suffered a type of **kidney failure called hemolytic uremic syndrome** after eating spinach contaminated with the *E. coli* O157:H7, a potentially deadly bacterium that causes bloody diarrhea and dehydration^[4].

 See Wikinews article:
E. coli outbreak kills 1, sickens nearly 100

The **FDA** has called for spinach to be removed from shelves, and warned not to eat any kind of spinach and that "If you wash it, it is not going to get rid of it," because the disease attaches itself to the spinach.

Contents [hide]

- 1 Cause
- 2 Impact
 - 2.1 Effects of E. coli
- 3 Timeline
- 4 References

Cause

The outbreak was traced to **bagged uncooked spinach**. Two companies in **California** have voluntarily recalled spinach and spinach-containing products: Natural Selection Foods LLC^[5], based in San Juan Bautista, California, and River Ranch Fresh Foods^{[6][7][8]}. Natural Selection brands include Natural Selection Foods, Pride of San Juan, Earthbound Farm, Bellissima, Dole, Rave Spinach, Emeril, Sysco, O Organic, Fresh Point, River Ranch, Superior, Nature's Basket, Pro-Mark, Compliments, Trader Joe's, Ready Pac, Jansal Valley, Cheney Brothers, D'Arrigo Brothers, Green Harvest, Mann, Mills Family Farm, Premium Fresh, Snobov, The Farmer's Market, Tanimura & Antle, President's Choice, Cross Valley, and



Wright County Egg/Salmonella 2010

- Big break during investigation = health department follows up on angry consumers complaining of illnesses on Yelp



A screenshot of a Yelp website interface. At the top, there's a search bar with the text "Search for (e.g. taco, cheap dinner, Max's)" and a "Near" dropdown menu set to "San Francisco, CA". Below the search bar is a navigation menu with links like "Welcome", "About Me", "Write a Review", etc. The main content area shows a conversation titled "Pley @ Yelp :food poisoning?". The conversation starts with a user named Valerie "Nikole" G. who says, "BY NO MEANS AM I TRYING TO RUIN THE REVIEWS OF HOW ABSOLUTELY GREAT THIS PARTY TRUELY WAS..HOWEVER..(I had an amazing time and I love you yelp)". She then adds, "I have food poisoning.. and so do five other people I know. We all attended the event are having the same symptoms it didnt hit us until about a day after ,,I originally thought it was the red robin I ate last night but I was just curious if anyone else was in my boat? It sucks lol". Another user, clarisse "starlight express" c., replies "HEY!". A third user, Ron "Go Giants!" S., replies "I've had my bouts with food poisoning in the past, so I feel your pain! BUT, I believe the symptoms kick in around the 2 hour mark right after you eat the bad stuff. I hope you feel better! I'm glad I didn't get BEER poisoning, that's all I consumed at PLEY!". On the left side of the screenshot, there's a sidebar with various categories like "All Conversations", "Local Questions & Answers", "Events", "Food", "Shopping & Products", "Travel", "Relationships & Dating", "Humor & Offbeat", "Entertainment & Pop Culture", "Sports", "News & Politics", and "Family & Parenting".

Bloggging – create your network content

The screenshot shows the arfblog website interface. At the top left is the logo for 'arfblog' with the tagline 'safe food from farm to fork'. To the right is a search bar with a 'GO' button and a 'DONATE' button. Below the search bar are navigation tabs for 'Blog', 'Archives', 'Services', and 'Contact'. The main content area features a post titled 'New Food Safety Infosheet: Illinois Subway linked to Shigella sonnei outbreak'. The post is dated 'MARCH 11TH, 2010 - 3:52PM BY BEN CHAPMAN'. The text of the post describes how the author's son, Jack, became ill and how a Subway restaurant in Illinois was linked to a Shigella sonnei outbreak. A small image of a Subway sandwich is included in the post. To the right of the main text is an 'About the Author' section for Ben Chapman, an assistant professor at North Carolina State University. Below that is a 'Posts by Topic' section with categories like Allergies, Animal Welfare, Animals, and Celebrity.

Home

New Food Safety Infosheet: Illinois Subway linked to Shigella sonnei outbreak

POSTED: MARCH 11TH, 2010 - 3:52PM BY BEN CHAPMAN

My son Jack is almost 2 and has spread a whole load of illness through our house this week (fun stuff). A couple of his contemporary playmates had some suspected norovirus last week and likely the same thing has made our toilets work overtime.

A 2-year-old boy in Illinois also experienced foodborne illness symptoms, although more serious than what we dealt with, in late February, after eating food from a Subway restaurant. The little boy, son of Ron and Sarah Bowers, has been identified as part of an outbreak of Shigella sonnei along with at least 20 other patrons.

This week's food safety infosheet, a graphical one-page food safety-related story directed at food handlers, focuses on the outbreak.

Click here to download the [food safety](#)

ILLINOIS SUBWAY RESTAURANT LINKED TO SHIGELLA SONNEI OUTBREAK

Restaurant remains closed

Lawsuit filed

7 of 21 linked cases required

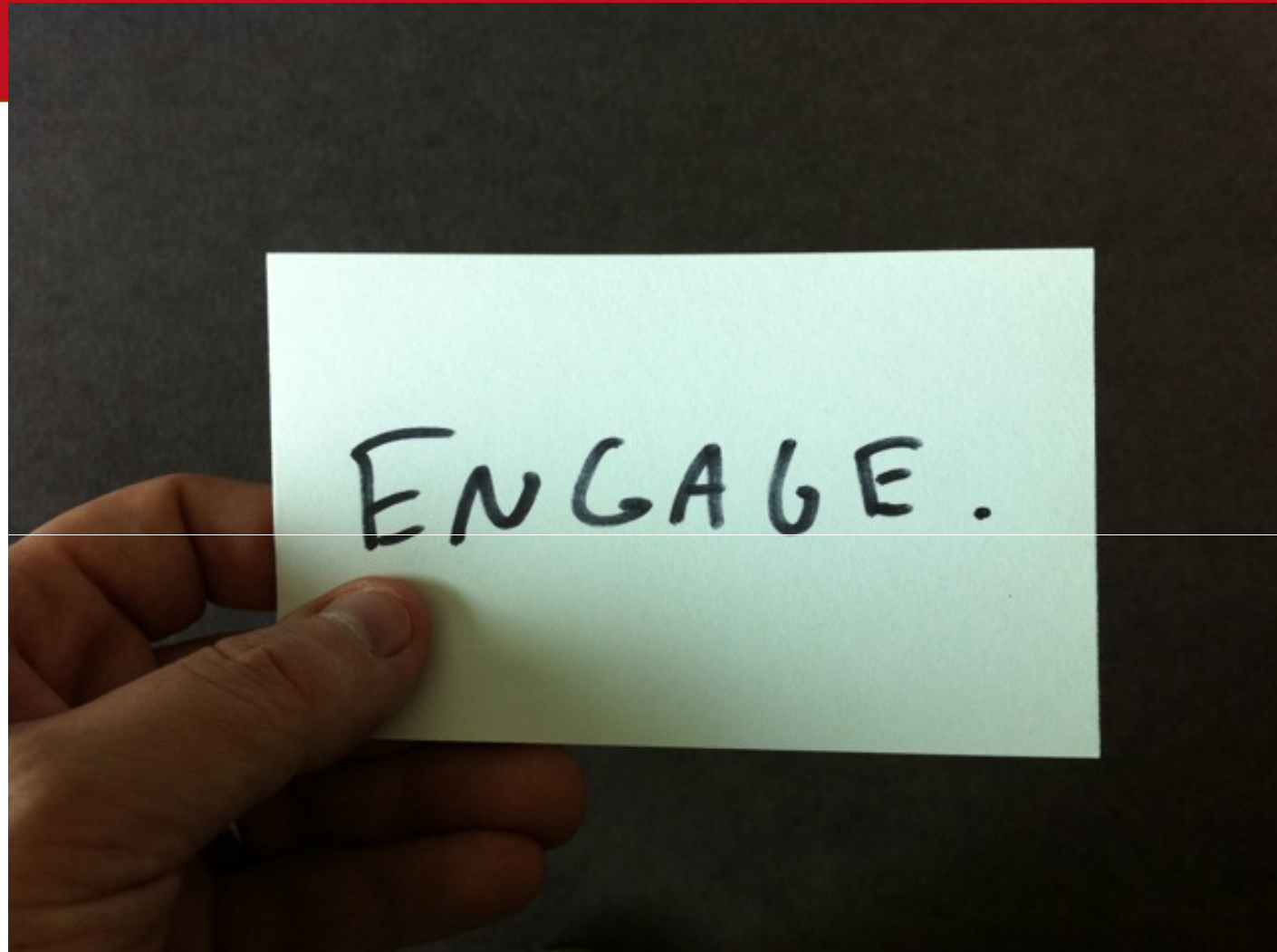
About the Author

Ben Chapman
benjamin_chapman@ncsu.edu
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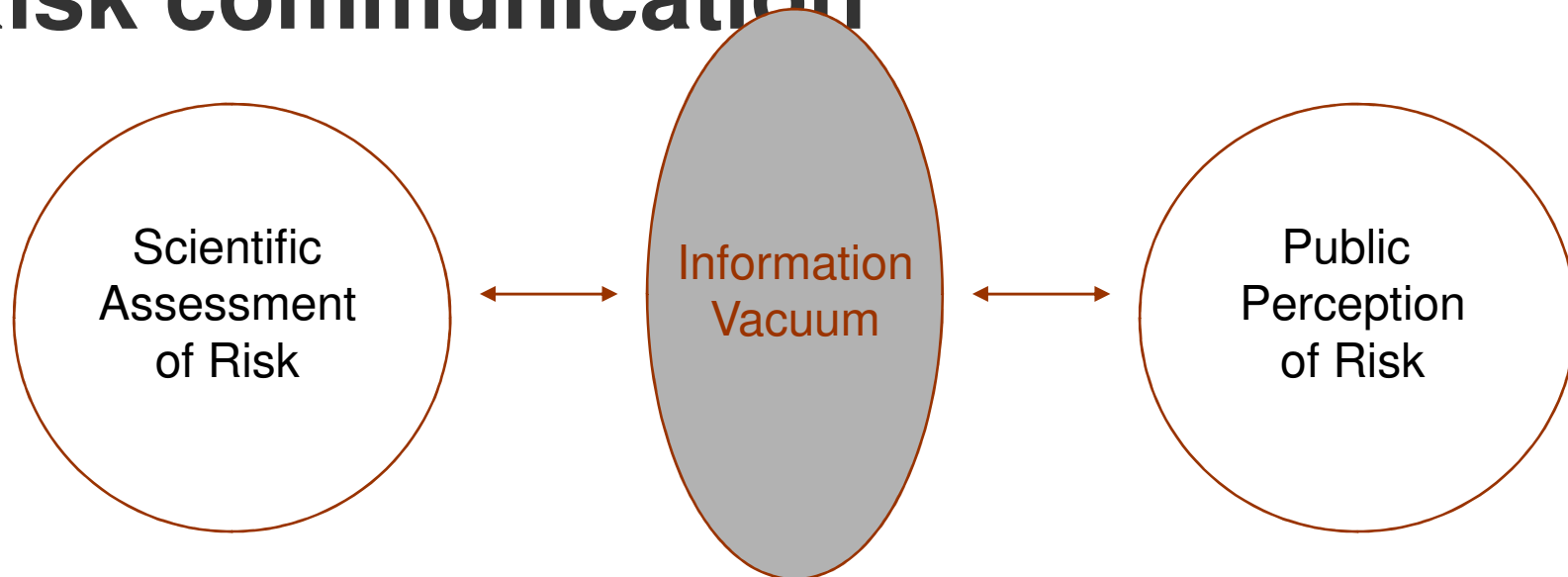
Dr. Ben Chapman is an assistant professor and food safety extension specialist at North Carolina State University. He's interested in learning from and sharing stories from outbreaks. Through using new methods and messages, Ben hopes to compel folks from farm-to-fork to change food safety behavior and create a culture of food safety.

Posts by Topic

- Allergies (1)
- Animal Welfare (12)
- Animals (13)
- Celebrity (74)
- Food Safety



Risk communication



- Need to be able to address
 - What you are doing
 - Why you have risk reduction practices
 - Update often
- In absence, it gets filled by... whomever

Powell, 1997

Witty Willie

- public statement regarding being caught with a bag of Marijuana
- "It's a good thing I had a bag of Marijuana instead of a bag of spinach. I'd be dead by now."



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(Getty Images)

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Study: Fecal Bacteria Found On Most Supermarket Shopping Carts

March 7, 2011 1:20 PM

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 RT @H_Amos_: ewww. RT @benjaminchapman: Eat at Sierra Grill in North York on Jan 23? You might want to get a shot <http://bit.ly/gWQSeC> #hepatitisA
marthajhoyt, [+] Wed 26 Jan 16:59 via HootSuite

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H_Amos_, [+] Wed 26 Jan 16:48 via HootSuite


 Cooking Tips of The Day is out! <http://bit.ly/doDxL9> Top stories today by @matsaker @benjaminchapman @norwichbulletin @sarahletrent
IShopTheWorld, [+] Wed 26 Jan 16:47 via Paper.li

 Eat at Sierra Grill in North York Ontario on Jan 23? You might want to line up and get a shot <http://bit.ly/gWQSeC> #hepatitisA
benjaminchapman, [+] Wed 26 Jan 16:37 via TweetDeck


 Sure, it's gross RT @Jake_rrr: Wish @benjaminchapman was on weekly with @danbenjamin. Can you talk about Scrapple?
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User Profile

 **Ben Chapman**
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Food safety extension specialist,
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[Twitter page](#)

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 Sure, it's gross RT @Jake_rrr: Wish @benjaminchapman was on weekly with @danbenjamin. Can you talk about Scrapple?
benjaminchapman, [+] Mon 24 Jan 21:46 via TweetDeck

 The difficulties of food safety culture and talking about it on The Daily Edition <http://bit.ly/ggva6d> #thedailyedition #barfblog
benjaminchapman, [+] Sun 23 Jan 23:32 via TweetDeck



There are three separate weekly blogs here:

- the story of my fourth pregnancy, a bit of a surprise discovered in late November 2006 and ending with the birth of Monroe on July 9, 2007, surprisingly and thrillingly, without any intervention but for a last-minute epidural. Monroe was 7 pounds, 6.7 ounces (they rounded up), 20.25 inches long and was born at 11:40 p.m.;
- the story of my escapades with fertility and pregnancy starting in August 2004 (one week off the "official" gestational week), ending in the birth of Truman on April 28 2005 via c-section after 30-some hours of unmedicated labor. Truman was 7 pounds, 7 ounces, 19.5 inches long and was born at 6:24 p.m.;
- and the story of my second pregnancy, which sadly ended in the **eighth week** due to miscarriage.

See the bar to the right for weekly links. Clearly this blog is not "secret," despite its directory, as it's on the Internet. But sometimes I like to pretend.

Everything on these pages is copyright 2004-2007 by me, Sarah Gilbert.

Pregnancy stats: No longer pregnant! I'll be updating occasionally with news of my sisters' pregnancies, perhaps.

2007.08.06. running my blues away

"When I get home," said Jonathan, whose unexpected orders for annual training had come in just over a week ago, "why don't you have your running clothes on and be ready to go."

housekeeping...

These weekly blog pages defy blog practice by appearing in *forward* chronological order.

the story of my fourth pregnancy, due July 2007...

[Week 1](#) ... [Week 2](#) ... [Week 3](#) ... [Week 4](#)
[...Week 5](#) ... [Week 6](#) ... [Week 7](#) ... [Week 8](#) ...
[Week 9](#) ... [Week 10](#) ... [Week 11](#) ... [Week 12](#)
[...Week 13](#) ... [Week 15](#) ... [Week 16](#) ... [Week 17](#) ...
[Week 18](#) ... [Week 19](#) ... [Week 20](#)
[...Week 21](#) ... [Week 22](#) ... [Week 23](#) ... [Week 24](#) ...
[Week 25](#) ... [Week 26](#) ... [Week 27](#)
[...Week 28](#) ... [Week 29](#) ... [Week 30](#) ... [Week 31](#) ...
[Week 32](#) ... [Week 33](#) ... [Week 34](#) ...
[birth](#) ...

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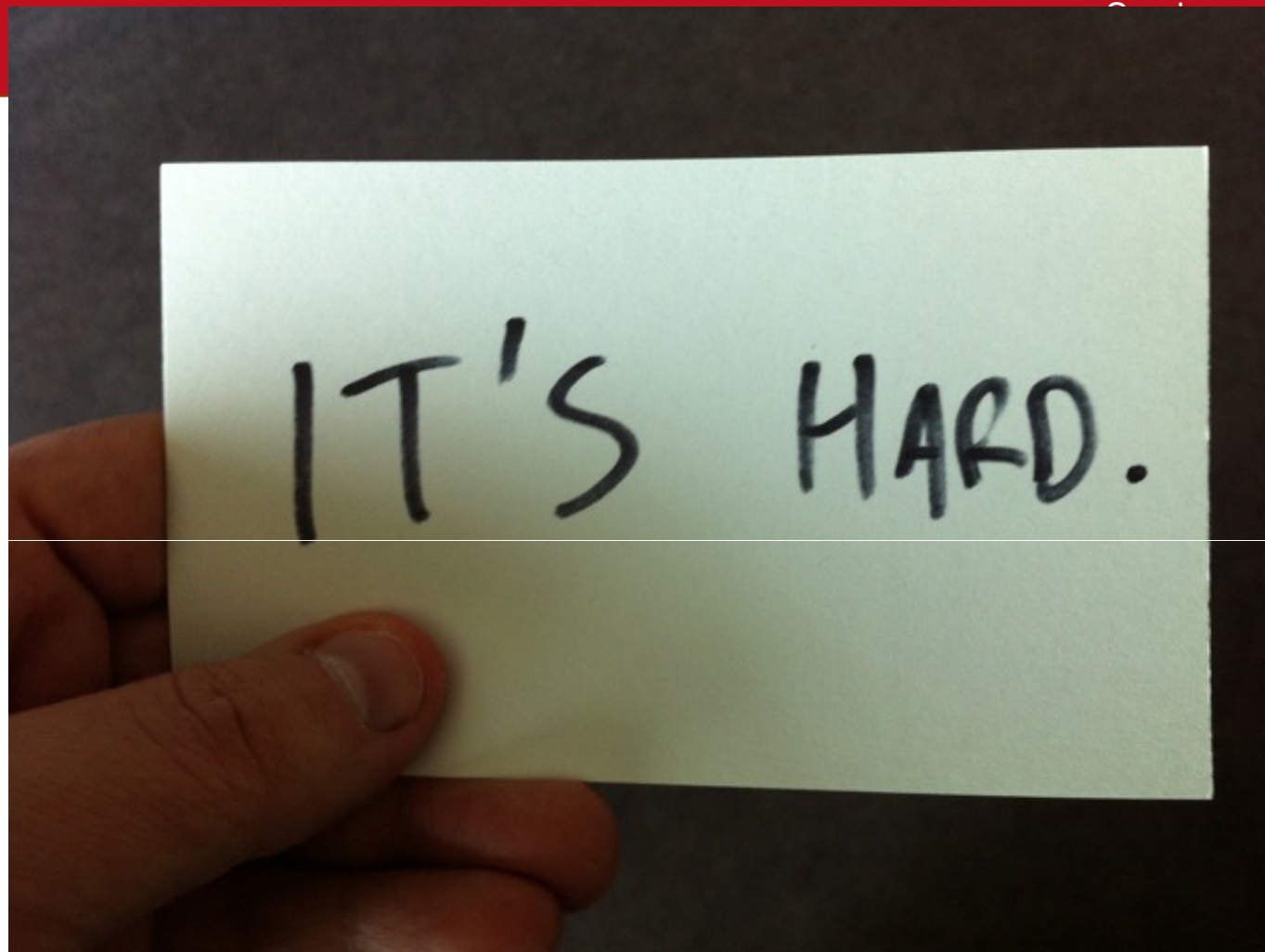
[10 things to do when you're pregnant](#)

[easy ways to eat healthy while pregnant](#)

[photos of the pregnant me](#)

[some baby names i like](#)

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FOOD SAFETY TALK

Every couple of weeks Don and Ben get together on the interwebs and talk food safety. Sometimes there are guests.

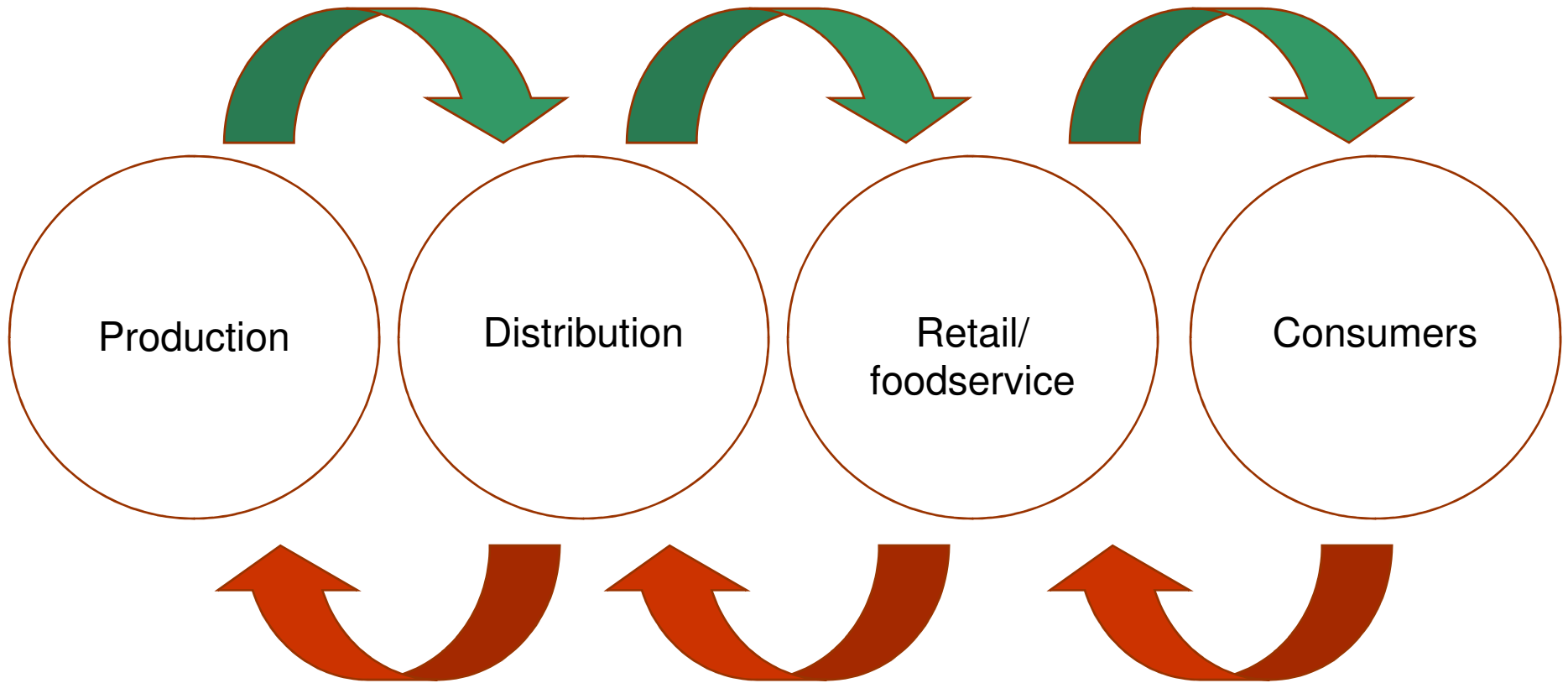
FOOD SAFETY TALK, EPISODE 4

FRIDAY, OCTOBER 7, 2011 AT 02:29PM

Episode 4 of Food Safety Talk. In which Ben and Don can't mesh their schedules, so Don interviews Michael Batz, who turns out to be just as big a food safety nerd as Don or Ben. Like certain **other podcasters**, Batz insisted on using WiFi rather than a wired Ethernet connection as **suggested by the experts**. Although he promised to "sit real close" to his wireless base station, the quality of the call degrades toward the end. Don was prepared to drop in a few choice **sound effects** in case Mike dropped out completely, but in the end everything Mike had to say made it into the recording.



Marketing food safety culture



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[Raw and steamed oysters linked to recent norovirus outbreaks](#)

[Illinois Subway linked to Shigella sonnei outbreak](#)

RISKY PRACTICES

Romaine lettuce linked to E. coli O145 outbreak

May 6, 2010 in [E. coli](#), [Farm](#), [Food Handling](#) | by [Ben Chapman](#) | [Leave a comment](#)

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