

# PROJECT COLLABORATE

working together for better health in our community

University of Texas College of Pharmacy students providing health maintenance evaluations to many in Texas' underserved communities.

Quarterly Newsletter: Volume 10.2015

October 2015

## Dole Fresh Vegetables Recalls Limited Number of Spinach Salads

On October 13, 2015, the U.S. Food and Drug Administration (FDA) announced that Dole Fresh Vegetables is voluntarily recalling certain products of their spinach salads due to potential *Salmonella* contamination.

During the random sample test done by the Michigan Department of Agriculture and Rural Development, a positive result came from a sample of Dole Spinach salad. No illnesses have been reported, and the officials are working to prevent any future illnesses.

*Salmonella* infection is a problem that keeps coming back in the United States. Make sure to check updated news on possible contaminated food products regularly.

### How to prevent?

- Wash your hands
- Avoid eating raw egg, meat, and unpasteurized milk
- Keep cooking utensils clean, especially after handling raw meat or poultry



For more information, visit:  
<http://www.cdc.gov/salmonella/general/prevention.html>



### What is *Salmonella*?

*Salmonella* is a type of bacteria, commonly found in contaminated food products. It can cause diarrhea, fever, and stomach cramps that last about four to seven days.

For information on prevention, see the article to the left.

## Active in Austin

Have you been looking for a fun way to stay active?

On November 26th there will be a Turkey Trot located at the Long Center (701 W. Riverside Dr., Austin TX 78704). The 5-mile run/1-mile walk starts at 9:30 AM with registration beginning at 7:30 AM. Proceeds go to Caritas, which provides education and support services to the working poor.

For more information visit: [www.thundercloud.com/turkey-trot](http://www.thundercloud.com/turkey-trot)



### October is Lupus Awareness Month

Lupus is an autoimmune disease that can damage any part of the body (skin, joints, and organs inside the body).

Autoimmune means that the body attacks itself, which can lead to pain, rashes all over the body, headaches, tiredness, and many problems inside the organs of the body.

#### Some facts about Lupus:

- Women are the most likely to develop Lupus, especially between ages 15-44.
- Lupus can be mild or life-threatening, but with treatment from a doctor, most people can live a normal life.
- Lupus is not related to cancer, however many of the treatments used in cancer patients can be used to help treat lupus.
- 5 million people around the world have Lupus.

For more information on this disease visit:

<http://www.lupus.org/>

### Flu Shots

As the weather gets cooler in autumn, it is the perfect time to be proactive and get a flu shot. Everyone over 6 months old needs a new influenza vaccine every year because the flu virus changes every year. This disease is easily spread through the air by sneezing and coughing. Simply washing your hands will not prevent you from getting sick, so please get your shot as soon as you can. Find a pharmacy near you and ask the pharmacist about a flu shot today!

## Fall Vegetable Salad

#### Ingredients:

2 cloves of garlic, minced  
3 cups Brussels sprouts, halved  
1 large sweet potato, peeled and diced  
4 tablespoons coconut oil, melted and divided  
1/2 cup pomegranate seeds  
1 bunch of kale (about 8 cups), removed from ribs and chopped into bite-sized pieces

#### Directions:

1. Preheat oven to 450 °F. Line a large baking sheet with parchment paper.
2. In a large bowl, combine garlic, Brussels sprouts, sweet potato, and 2 tbsps coconut oil. Toss until everything is evenly coated with oil and minced garlic. Season with salt and pepper if desired.
3. Spread in a single layer on lined baking sheet and roast in the oven for 15-20 minutes (or until tender).
4. Meanwhile, heat the remaining 2 tablespoons of coconut oil in a large skillet over medium heat. When the oil is hot, add kale and sauté for about a minute or until kale starts to slightly wilt.
5. Remove kale from heat and put in a large serving bowl. Add roasted Brussels sprouts and potatoes. Add pomegranate seeds. Toss lightly and serve immediately.