

## Prairie Fare: Take precautions when serving guests with allergies

Julie Garden-Robinson, Ph.D., R.D., L.R.D



Milk and wheat are two of the "Big 9" most common allergens that must be listed in the ingredient statement on food packages. (Pixabay photo)

"Did you get sick when you stayed with us?" I asked.

"No, not once," he responded.

"Whew!" I thought to myself.

He probably noticed my observations while he lived with us for a month.

Our former guest has celiac disease so I took many precautions. I moved all the flour out of the kitchen. I taught myself how to bake with alternative ingredients or bought specialty mixes and food products.

I am a regular food label reader. With a special diet to consider, label reading became critical. Some food packages are labeled "gluten free," and you can trust that information.

People with celiac disease must permanently avoid having wheat, rye, barley and anything cross-contaminated with those grains.

Celiac disease is an autoimmune disorder, which is different from a wheat allergy. For those with celiac disease, consuming gluten-containing foods damages the small intestine and affects the absorption of nutrients from food. When gluten is avoided, the intestine can heal.

Celiac disease is a genetic condition that affects about one

in 133 people. People with the disease may experience weight loss, gastrointestinal distress, including bloating, anemia, diarrhea and other symptoms.

You may find yourself providing food for people with allergies or intolerances during the holiday season. Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans and sesame are the "Big 9" that must be listed by the ingredient statement on food packages.

In all, at least 160 foods can cause issues for people. For example, some people are allergic to the sugar alpha-galactose found in red meat. Others may have allergies or sensitivities to sulfites, which can be found in wine, dried fruit and condiments.

Food allergy symptoms can range from mild to severe and can affect the skin, stomach and/or lungs. Some allergens cause vomiting, sneezing or a dry cough. Others can cause a swelling of the lips, tongue or throat and result in difficulty breathing, a loss of consciousness or death.

Yes, this is very serious.

Children may have more vague symptoms that can be confused with a cold or other illness. They

might have a runny nose, congestion, sneezing, watery eyes, and ear aches or infections.

The other day I was at a buffet. They did the right thing by signaling which items were gluten free. However, anyone at the buffet could have used a spoon or tongs from a gluten-containing food to retrieve other food in the gluten-free bowls.

Avoid cross-contamination from kitchen preparation through serving. Allergens can be passed around, just like germs.

As we enter the season of holiday get-togethers, here are a few tips to help protect your guests who may have issues with allergens, intolerances or auto-immune diseases.

If you are the host, make an effort to find out about any food issues. Make labels to go in front of the dishes to alert guests of the allergen-containing foods. Have the packages available so people can study the ingredient lists, because some allergens are not among the major allergens.

Provide separate serving utensils and keep allergenic foods away from each other.

If you or family members have severe allergies, you probably

want to bring your own food to avoid the risk.

In the kitchen, start with clean hands, utensils and containers. For example, if flour somehow made its way into your utensil drawer, carefully wash everything in the drawer. Even tiny amounts of wheat can pose an issue for those with celiac disease.

If you have multiple guests with a peanut allergy, plan a menu that contains no peanuts or potential cross-contamination with peanuts.

If you attend with a friend who has severe allergies, be sure to keep an eye on the person. Do they have an auto-injector pen containing epinephrine that you may need to use?

We have a series of publications at NDSU Extension ("All About Allergens") with more tips.

Here's a treat that does not contain wheat, but it contains another allergen, peanuts. You could substitute sunflower, soy or almond butter for peanut butter, and sunflower seeds for the peanuts.

### Honey-Peanut Cereal Bars (Wheat free)

1/4 c. sugar, granulated  
1/2 c. honey  
1/2 c. peanut butter  
3 c. wheat-free cereal (Cheerios, Rice Chex, etc.)  
1/2 c. salted peanuts

In a 3-quart saucepan, over medium heat, heat sugar and honey just to boiling, stirring occasionally. Remove from heat. Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated. Press evenly in 9- by 9-inch buttered pan, using the buttered back of a spoon. Cool one hour. Cut into four rows by three rows. Store loosely covered.

Makes 12 servings. Each serving has 180 calories, 9 grams (g) fat, 5 g protein, 25 g carbohydrate, 1 g fiber and 130 milligrams sodium.

## DAKOTA DATEBOOK: Sesame Street

We all know what we can find on Sesame Street - friendly monsters, catchy tunes, and sunny days - even if we still couldn't tell you how to get there after 55 years of singing about it. That's right, this month marks the 55th anniversary of Sesame Street nationally and the 54th in North Dakota. The children featured in the original Sesame Street theme song could be grandparents now. But with more Emmy and Grammy awards than any other children's program, Sesame Street seems to be here to stay.

In 1966, Joan Ganz Cooney hosted a dinner party. Lloyd Morrisett, who was later a co-founder of the Sesame Workshop, was one of her guests. Over dinner, they discussed ways to "master the additive qualities of television and do something good with them." Three years later, the first episode of Sesame Street was on the air.

This month in 1969, Gordon showed a new girl named Sally around the Sesame Street neighborhood. She scared Big Bird, learned about the letter "W" from Kermit the Frog, and saw Bert & Ernie bicker over a bathtub.

But Sesame Street wasn't only unique because of muppets and a talking alphabet. As Malcolm Gladwell put it, "Sesame Street was built around a single, breakthrough insight: that if you can hold the attention of children you can educate them." Michael David, a Sesame Street writer, took a slightly different tone when he jokingly called Sesame Street "perhaps the most vigorously researched, vetted, and fretted-over program."

However you look at it, it's true that Sesame Street was the first show to use formal psychological research to educate children of all backgrounds. It became known as the "Children's Television Network Model," and many shows still try to imitate it - to varying levels of success.

But in the 1990s more shows started dabbling in educational elements, so Sesame Street had to rethink itself to stay unique. They decided to target more preschoolers. This led to more of everyone's favorite, the fuzzy red Elmo! The release of Tickle Me Elmo and the launch of Elmo's World ushered in "Elmo-Mania" on Sesame Street.

Dakota Datebook by Leewana Thomas

## Public Notices

www.ndpublicnotices.

### STATE OF NORTH DAKOTA COUNTY OF DICKEY IN DISTRICT COURT SOUTHEAST JUDICIAL DISTRICT SUMMONS FOR ASSET FORFEITURE PURSUANT TO N.D.C.C. § 19-03.1-36.3 11-2024-CV-00079

Case No. 11-2024-CV- \_\_\_\_\_

The State of North Dakota, Plaintiff,

vs.

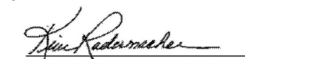
\$3,880.00 United States Currency,

Brandy Estelle Marenell, Sarah Anne Fisher, and Guy Worley, Owner.

#### The State of North Dakota to the above-named Owners:

[1] You are hereby summoned and required to appear and defend against the Complaint in this action, which is herewith served upon you, by serving upon the undersigned an answer or other proper response within TWENTY (20) DAYS after the service of this Summons upon you, exclusive of the day of service. If you fail to do so, Judgment by Default will be taken against you for the relief demanded in the Complaint.

Dated this 28th day of August, 2024.

  
Kimberly J. Radermacher (#05856)  
Dickey County State's Attorney  
309 2nd St. N. - P. O. Box 38  
Ellendale, ND 58436  
Phone: (701) 349-3249 Option 8  
Fax: (701) 349-3560  
kiradermacher@nd.gov

## Dickey County Public Transportation

Handicapped Accessible Vehicles

Ellendale:  
Monday - Thursday  
8:30am - 4:30pm

Oakes:  
Monday - Friday  
8:30am - 4:30pm

To Aberdeen:  
The third (3) Monday  
of each month

If you need a ride, call:  
742-3509

The McIntosh County Bus goes through Ellendale on their way to Aberdeen the 1st and 3rd Tuesdays of the month. If you would like to catch a ride call: 701-731-0072

## Dickey County Senior Menu

Ellendale: 349-4513

Oakes: 742-3509

**Friday:** Pancakes w/syrup, Scrambled Eggs, Blueberries and Vanilla yogurt, Pork Sausage Links, Soft Margarine Cup, 1% Milk

**Monday:** Pork Chop, Roasted Potatoes, Roasted Broccoli, Pineapple, Whole Grain Bread, Soft Margarine Cup, 1% Milk

**Tuesday:** Ground Beef Stroganoff, Seasoned Egg Noodles, Beets, Apricots, Whole Grain Bread, Soft Margarine Cup, 1% Milk

**Wednesday:** Baked Cod w/ Garlic Butter, Lemon Dill Orzo, Carrots, Fruited Jello, Whole Grain Bread, Soft Margarine Cup, 1% Milk

**Thursday:** Turkey a la King, Biscuit, Vegetable Blend, Rosey Applesauce, Soft Margarine Cup, Whole Grain Bread, 1% Milk



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605-725-6906

### TRUCK DRIVER WANTED

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605-725-6906

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[WWW.GREATPLAINSHA.COM](http://WWW.GREATPLAINSHA.COM)

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300 2nd Ave NE - Suite 200 | Jamestown, ND 58401

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Ryan Nelson, DDS [www.lisbonsmiles.com](http://www.lisbonsmiles.com)

