

Prairie Fare: Consider using reusable grocery bags more often

BY JULIE GARDEN-ROBINSON, NDSU EXTENSION FOOD & NUTRITION SPECIALIST



On average, we each collect 365 plastic bags per year according to information from the Center for Biological Diversity. (Pixabay photo)

I noticed a plastic bag high in the tree outside my home. I wanted to hire a squirrel to get it out of the tree. Squirrels are not very helpful, unfortunately.

As we drove around doing errands, I was tuned into the presence of plastic bags. I saw plastic bags trapped in bushes and against fences and buildings. I saw other trash, too, but that's another story.

When I arrived home with a few bags of groceries, I was happy I had remembered to bring reusable bags to carry our groceries to the car.

I have too many plastic bags. I have a "bag of bags" in my closet.

I do not think I am the only person that amasses plastic bags.

On average, we each collect 365 plastic bags per year according to information from the Center for Biological Diversity.

At least 500 cities and 20 states have banned plastic bags. What's the big deal with plastic bags?

Unfortunately, plastic does not break down easily. Some estimate that plastic bags may take 20 years to decompose. Plastic can be a danger to animal and aquatic life that may become trapped in the plastic.

Animals and fish might see plastic as food. Further, animals and fish become food for many of us. Plastic, anyone?

Plastic bags have many uses. We can certainly reuse plastic bags for trash or other things, so that lessens the impact.

Sometimes, I just carry the grocery item out of the store without a bag or in my grocery cart. I am aware of my ample supply of plastic bags at home, which make me feel a bit guilty.

We can bring our plastic bags to the bag-recycling bin at the grocery store if available. Local thrift stores often are pleased to receive plastic bags to pack their items.

We can use reusable bags for all kinds of shopping. Keep in mind that reusable cloth bags could also pose some food safety risks.

Scientists have been thinking about reusable bags for quite some time. In 2013, food scientists collected reusable bags in California and Arizona and tested them for E. coli. In their published report, they noted that 12% of the bags contained this dangerous type of bacteria.

The researchers also tested

the number of bacteria that grew after the bags were stored in trunks in hot weather. The number of bacteria multiplied by 10 in just two hours.

Since that study and other research, some best practices for reusable bags have been provided to consumers. If you use reusable cloth bags for groceries, be sure to avoid cross-contamination and reduce your risk.

Use food bags for food only. Consider color-coding your reusable grocery bags. Use green bags for produce and red bags for meat and other proteins. You probably want to place the meat in the plastic bags near the meat case to avoid the risk of contaminating other foods in your cart and in your bag. (Then reuse the plastic bags to wrap trash or pick up after pets.)

When you set reusable bags down in your kitchen, think about where you are placing the bags. For example, avoid setting the

bags on the surface of the parking lot and then stuffing the bags inside of each other.

Wash cloth reusable bags with hot, soapy water.

We can think about "repurposing" in our kitchens if we have leftover foods after a meal. To avoid wasting food, think of leftovers as planned-over.

If you have planned-over whole roast chicken: Shred it, add some mayonnaise and chopped celery, and use it to make sandwiches. Add some salsa and use it for chicken tacos. Simmer it with barbecue sauce and make sandwiches. Make some chicken-vegetable soup.

If you have planned-over spaghetti sauce with meat: Use it to make lasagna or homemade pizza, or freeze it for a quick dinner later.

If you have planned-over roast beef: Use it to make soup, stew or stir-fry. Shred it, add some barbecue sauce and serve it on buns.

Here is a recipe to make use of planned-over chili that you might have in your refrigerator.

Planned-over Taco Salad

Leftover chili, recipe of choice (or use 15- to 16-ounce can chili)

1/2 head lettuce

8 ounces grated cheddar cheese

1 tomato, chopped

4 cups baked tortilla chips or corn chips

Salsa

Heat chili. On each of four plates, place 1 cup chips. Top with chopped lettuce, one-fourth of the chili, grated cheese and chopped tomatoes. Serve with salsa on the side.

The nutritional value will vary depend on the ingredients you use.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

GRAVEL HAULING BIDS Dickey County Highway Department

Dickey County will receive sealed bids for hauling and loading gravel for the county. Bid to be at the Dickey County Auditor office—Box 215, Ellendale, North Dakota 58436—no later than 10:30 a.m. April 2nd, 2024. Bids will be opened at 11:00 a.m. in the Commissioners room April 2nd, 2024. Bids for the County will be divided into two sections of the County. Each section will be bid separately. The envelopes containing the bid should be marked "GRAVEL HAULING BID." The gravel hauling bid and spec's sheet can be obtained at the Dickey County Highway Department office—213 15th Street North, Ellendale, North Dakota 58436. Telephone Number 1-701-349-3326. The board reserves the right to accept the bid that is to the advantage of and is in the best interest of Dickey County.

Dickey County is an Equal Opportunity Provider

DICKEY COUNTY SEEKING Deputy Director of Tax Equalization

Dickey County is accepting applications for the full-time position of Deputy Director of Tax Equalization. Under direct supervision of the Director of Tax Equalization, this position is responsible for the inspection & assessment of agricultural, residential, & commercial property.

Minimum requirements: High School Diploma or equivalent and valid ND Class D driver's license. Preferred requirements: AA or 2 year technical degree with experience in real estate, building construction, property appraisal or equivalent combination of education and experience.

This is a full time (40 hr/wk) exempt position. Competitive salary based on experience with excellent benefits. Generic employment application and full job description can be downloaded from www.jobsnd.com or may be picked up from Job Service or the Dickey County Courthouse. Position will remain open until filled. Send signed employment application and resume to: Office of Tax Equalization ~ Dickey County PO Box 393 ~ Ellendale, ND 58436 EOE

DICKEY COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER. DICKEY COUNTY DOES NOT DISCRIMINATE ON THE BASIS OF AGE, COLOR, DISABILITY, GENDER, MARITAL STATUS, NATIONAL ORIGIN, PUBLIC ASSISTANCE STATUS, RACE, RELIGION, OR SEXUAL ORIENTATION.

Obituary

Audrey Enger
March 17, 1931 ~ March 18, 2024



Audrey Leigh (Flaughter) Enger passed away at the age of 93 on March 18, 2024 at Oakes, ND. She had been a resident at the Good Samaritan Society at Oakes for the past year.

She was born on March 17, 1931 to (Everett) Wayne Flaughter and Hazel Dorothy Petersen at Carrington, ND, the youngest of four daughters. The family moved from Heaton, ND to Bremerton, WA in 1944.

Audrey graduated from Bremerton High School in 1949 and attended Olympic College where she took classes in art and pipe organ. She worked for many years as a bookkeeper at a bank in Bremerton and later taught piano and organ lessons until the age of 85 years.

Audrey married Larry E. Andrus on June 26, 1955 in Port Orchard, WA. They became the parents of four children. They later divorced in 1974.

Audrey then married Clarence Enger, Jr. on March 28, 1975. They, along with her four children, moved to the Enger homestead near Fullerton, ND. Clarence passed away in 2016.

Audrey had many hobbies and interests. From the age of 11, she started playing organ and piano for church services and continued until her 90s. She accompanied the Guelph Sing 'n' Aires for seven years. With Audrey on piano, her husband, Clarence, on saxophone, Deloris Hassebroek on organ and Henry Hassebroek singing, "The Grand Old Four," as they were known, performed in 17 nursing homes throughout the area for 18 years.

Audrey also enjoyed to paint, make paper dolls, sew, knit, crochet and bird watch. She also loved her cats. One of her favorite pastimes was to play Chess online with opponents from around the world. Her friends near and far were a great source of joy to her.

She was preceded in death by her parents; sisters and their husbands; Wanda (Gene) Storebo, Donna (Ervin) Jensen and Shirley Bird; her husbands, Larry Andrus and Clarence Enger, Jr.; her son Dale Andrus; and her granddaughter, Heather Cavileer. She is survived by her children, Lucinda (Tim) Cavileer of Moscow, ID; Alison (Phil) Ligman of Silverdale, WA and Dana Andrus of Bremerton, WA; four grandchildren; two nieces and three nephews.

At Audrey's request, there will be no service. She will be interred at Our Savior's Lutheran Church in Clement. Memories may be shared and viewed on the Dahlstrom Funeral Home website www.dahlstromfuneral-home.com on her obituary page.

Field Inspector Wanted WILL TRAIN!

The North Dakota State Seed Department is seeking a seasonal field inspector who lives in or around the Dickey or Lamoure county areas. Small grain field inspection work is primarily in July-August for a minimum six weeks; soybean inspections are in September. Inspectors are guaranteed 240 hours of pay. No experience necessary. Training and vehicle are provided.

Contact NDSSD by emailing ndseed@ndseed.ndsu.edu or calling 701.231.5400 with questions.

A Awender Realty

Listing: 1508 Hickory Ave., Oakes, ND

3 bedroom plus bonus room, 2 bathroom home built in 1963, two stall attached garage and single detached garage. Large fenced in yard. **\$187,000**

Listing: 909 Main Ave, Oakes, ND

Charming two bedroom, one and a half bath home built in 1937. Kitchen and bathrooms have been updated as well as new flooring throughout the house. Many updates, including barn doors which add character and functionality. Move in ready! **\$170,000**

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SENIOR LOAN OFFICER – KULM

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AG LOAN OFFICER – KULM

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INTERNAL AUDITOR – ASHLEY

Duties would include coordinating audits with external auditors and regulatory authorities, prepare and present reports that reflect the audit's results, review departments and services at HCU and report to Board, Supervisory Committee and Management.

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- Open personal and business deposit accounts
- Process loan requests
- Cross-sell bank products and services
- Process regular teller transactions in an efficient, friendly and accurate manner

Qualifications:

- Five to eight years of experience in customer service, sales, consumer lending and cash handling preferred
- One to three years of management or supervisory experience preferred
- Require effective communication, customer relations, sales and service skills
- Strong leadership abilities and self-motivation required

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