



Julie Garden-Robinson
Food & Nutrition Specialist

Smart & quick food safety during a refrigerator power outage

If perishable food is above 40 degrees Fahrenheit for more than two hours, it needs to be tossed.



Perishable food that has been at room temperature for too long can't be spared without taking a risk to your health. (Pexels photo)

"How long is food OK in the fridge when the fridge goes out?" one of my friends asked me.

Then he mentioned throwing away some summer sausage from a friend, along with most of the contents of his fridge.

If I told you the source of the meat, his friend might find out he threw it. I will give you a big hint: these animals build dams, have large flat tails and prominent teeth.

I suspect my friend wasn't overly disappointed about the loss

of that summer sausage.

When a refrigerator loses power and food has been above safe temperatures for too long, the decision about what to keep becomes fairly straightforward.

No one wants to be part of the national problem of food waste. We toss 30%-40% of food, and much of it ends up in landfills. According to the U.S. Department of Agriculture, food waste adds up to 133 billion pounds annually, with a price tag of \$161 billion.

When an appliance malfunctions, the issue is out of our control unless we catch it soon enough and can move the food to another fridge.

Even when food is stored cold at less than 40 degrees Fahrenheit, spoilage microorganisms can act slowly. Sometimes, they let us know they are doing their devious work.

For example, molds produce colorful fuzzy substances that lead to off-odors, tastes and potential safety issues. We know not to taste it, with some exceptions, such as blue cheese, where mold is supposed to be present.

Yeasts can announce their presence in foods such as pickles with cloudiness in the brine.

Bacteria are trickier. Most of the time, we will not see, smell or taste their presence. We need to track temperature and time to determine the safety of food.

I do not enjoy wasting food, but perishable food that has been at room temperature for too long can't be spared without taking a risk to your health.

We recommend following the U.S. Department of Agriculture's two-hour rule. If perishable food is above 40 degrees for more than two hours, then, unfortunately, it needs to be tossed.

What foods are perishable and need to be tossed in case of a refrigerator outage?

- Raw meat, poultry, gravy, casseroles, soups and stews would all fall in the throw-away category, because they are high in moisture and protein, which bacteria love.

- Soft cheeses, such as blue, brie, cottage, cream, ricotta and mozzarella, would need to be tossed, along with shredded cheese. Pro-

cessed cheese, hard cheeses (Colby, Swiss, Parmesan, Romano) and grated cheese (Parmesan, Romano) are OK.

- Milk, cream, sour cream and yogurt would all need to be discarded. Hard-cooked eggs and other dishes containing eggs, such as custards, need to be discarded if left at room temperature for too long.

- Cut fresh fruit is perishable, while uncut fruit, dried fruit and opened fruit juice are OK. Plant foods can be composted.

- Many condiments, such as barbecue sauce, mustard and taco sauce are OK because of their acidity. Fruit pies are safe at room temperature, but cream pies are perishable and would need to be tossed.

- Cooked pasta, rice and potatoes need to be discarded if at room temperature too long.

The USDA has a downloadable safety chart ("Refrigerated Food During Power Outage Safety Chart") with many more examples. Consider saving it to your computer or printing it "just in case." You never know when appliances will decide they have reached the end of their lifespan.

No meal is worth the risk, no matter how "unique" the protein source might be. If you're planning meals around what you have

on hand, here's a simple, flexible recipe to try, courtesy of Iowa State University's "Eat Smart Spend Smart" program.



One Pot Meal — Pasta Fagioli Soup

- 1/2 pound turkey sausage
- 1 tablespoon oil (canola or olive)
- 1 cup onion, diced
- 1 clove garlic, minced
- 2 cups water
- 2 cups reduced-sodium chicken broth
- 1 can (15.5 ounces) white beans

(cannellini or great northern), drained and rinsed

- 1 can (14.5 ounces) diced tomatoes
- 1/4 teaspoon ground black pepper
- 1 cup whole wheat pasta
- 1 cup fresh spinach, cut into bite-sized pieces
- shredded Parmesan cheese

Heat a large saucepan over medium heat. Cook sausage and drain. Remove sausage to a plate or bowl. Add oil to the pan and heat. Add onion and garlic, then saute for 3 minutes. Add water, broth, drained beans, tomatoes and pepper. Heat to boiling. Add pasta and cook until tender (about 8 minutes). Reduce heat to low. Add sausage and spinach, and simmer until spinach is wilted (about 3 minutes). Top with Parmesan cheese if desired.

Makes five servings (1 1/2 cups per serving). Each serving has 320 calories, 8 grams (g) fat, 21 g protein, 43 g carbohydrate, 8 g fiber and 650 milligrams sodium.

(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.)

~~ We the People ~~

The Birthright Citizenship Case and the Text of the 14th Amendment



Adler

By David Adler

The text of Section One of the 14th Amendment declares: "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside." In the history of the U.S. Supreme Court, those words have meant what they say. Apart from a few narrow exceptions—children born to foreign ambassadors, children of soldiers actively occupying U.S. territory, and, until 1924, members of Native American tribes who owed direct allegiance to their tribes, rather than the United States--the clause has been interpreted to confer "Birthright Citizenship" on virtually everyone born on American soil, or under the American flag.

However, on the first day of his second term of office, President Donald Trump issued on January 20, 2025, Executive Order 14160 that would limit "Birthright Citizenship" to the children of U.S. citizens and lawful permanent residents (green-card recipients). Trump's order was declared blatantly unconstitutional by various federal courts and has never been effectuated, anywhere. In Trump v. Barbara, the administration brought an appeal to the U.S. Supreme Court, which held oral argument last week. The Justices's questions, across the bench, reflected, at a minimum, deep skepticism of the government's argument, and indicated little, if any, support for Trump's order. Rightly so. The order, as a federal judge had written, flouted the constitutional text and principles, congressional intent and longstanding Supreme Court precedent.

The most conspicuous, historic purpose of the Citizenship Clause, ratified in 1868, was to confer upon former slaves and their children, the status of citizenship, thus overruling the Court's infamous Dred Scott decision, which held that Black people whose ancestors were

seized and brought to this nation, and sold as slaves, were not entitled to any protection from federal courts because they were not, and never could become, U.S. citizens. Those who controlled the Reconstruction Congress--the Radical Republicans--however, revolutionized the nation and the Constitution through the 13th, 14th and 15th Amendments, which placed Blacks on par with whites in the eyes of the law.

The Citizenship Clause, emphatically, was not limited to the protection of the newly freedman. Senator Lyman Trumbull, one of the leading Radicals and the principal author of the provision, referred in the original bill that established birthright citizenship to people of "African descent." He later changed that language to "all persons born in the United States," which prompted Senator Edgar Cowan to ask Trumbull if the clause would make citizens of the "children of Chinese and Gypsies born in this country." Trumbull's reply says everything about the scope of the amendment. "Undoubtedly," he said, confirming the expansive scope of Birthright Citizenship, which is centered on soil, not blood.

The Cowan-Trumbull exchange, like the broader legislative history that illuminates the original understanding of the 39th Congress that wrote the 14th Amendment, represents a direct repudiation of President Donald Trump's claim that the citizenship clause was limited "to babies of slaves."

The strict limitations on birth-

right citizenship imposed by Trump's executive order, advanced by the administration in Trump v. Barbara, the case before the Supreme court challenging the order, finds no support in our legal history. In fact, the Court, in U.S. v. Wong Kim Ark (1898), held that the 14th Amendment protections extend to babies born in the United States to parents of noncitizens. As Justice Horace Gray observed, the clause is not restricted by "color or race."

President Trump's executive order, and the administration's arguments in support of it, fly in the face of 150 years of historical understanding of the Citizenship Clause. Trump falsely claims that no other country has birthright citizenship. At least 30 other countries do. The government's argument that birthright citizenship does not include those who are temporarily in the nation, or those here illegally, and thus not "under the jurisdiction" of the United States, contradicts the reasoning of the Court's landmark opinion in Plyler v. Doe (1982). In Doe, Justice William Brennan wrote that undocumented children are "persons" under the jurisdiction of state law and the 14th Amendment's Equal Protection Clause.

Birthright citizenship speaks to who, and what, we are as a nation. The premise and promise of the 14th Amendment is that America is not defined by bloodlines, but by values, laws and rights that should be applied to all, equally, beginning at birth.



Turtle Mountain Housing Authority

Homeowners Assistance Fund EXPO

Need help with finding a contractor? We can help you!

Thursday, April 30th, 2026 **3:00 P.M.-7:00 P.M.**

@SkyDancer Casino Event Room

<p><u>What to Expect:</u></p> <ul style="list-style-type: none"> ✓ Planning your project ✓ Meet skilled contractors and reliable services for repairs and ongoing care ✓ Talk directly with professionals ✓ HAF Contract Information 	<p><u>Who should attend?</u></p> <ul style="list-style-type: none"> ✓ Homeowners on HAF Program in need of a contractor ✓ TERO Licensed Contractors ✓ Potential HAF Applicants
--	---

Don't miss this opportunity to get the help you need!

For more information, you may contact the TMHA Homeowners Assistance Fund Program staff at haf@tmhousing.net or (701) 477-5051.



TURTLE MOUNTAIN HOUSING AUTHORITY T.D.H.E.
A TRIBALLY DESIGNATED HOUSING ENTITY
P.O. BOX 620 • 1/4 mile S. on Hwy. #5 • Belcourt, ND 58316-0620
Telephone 701-477-5673 Administration Office Fax 701-477-3247

BID ADVERTISEMENT
Disposition of Equipment

The Turtle Mountain Housing Authority will be accepting bids from now through May 13, 2026, at 2:00p.m. CST. Below is a list of vehicles and equipment being bid on:

- 2006 Chevrolet Silverado 3/4 ton, 4x4, #10-Transfer Case issues.
- 2006 Chevrolet Silverado 3/4 ton, 4x4, #22 - Transmission issues
- 2009 Ford F-150 1/2 ton, 4x4, #19 - Transmission issues
- 2005 AGCO Utility Tractor 4x4 - PTO issues
- 2002 Ford F-250 3/4 ton, ext. cab, 4x4 - front end issues
- Husqvarna Lawn Tractor - Parts
- Husqvarna Lawn Tractor - Parts
- Cub Cadet Lawn Tractor - Parts

**** Unreasonable low bids may be rejected at TMHA's discretion****

To view the items, please contact Property & Supply at (701) 477-3153. Bids should be submitted to the TMHA Main Office no later than 2:00p.m. on May 13th. The bid should be in a sealed envelope with the name(s) of the equipment being bid on.

TMHA reserves the right to waive any informality and/or reject any and all bids. Indian Preference will Apply.