About the Cover

The use of powdered shake mixes as nutritional supplements or meal replacements has become increasingly popular among health-conscious individuals. Consumption of these mixes, however, might pose a public health risk due to possible contamination of harmful substances such as heavy metals. This month’s cover article, "Heavy Metal Contamination of Powdered Protein and Botanical Shake Mixes,” analyzed a select group of popular powdered protein and botanical shake mixes for arsenic, cadmium, chromium, and lead. Over half of the products tested contained elevated levels of at least one toxic heavy metal. The findings highlight that these types of mixes can be a significant source of exposure to toxic heavy metals.

Set page 8.

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Advancement of the Science

Heavy Metal Contamination of Powdered Protein and Botanical Shake Mixes ........................................ 8
Certified Food Safety Manager Impact on Food Inspection Citations ......................................................... 16
Microbial Quality of Ice Machines and Relationship to Facility Inspections in the Toledo, Ohio, Area ................................. 22

Advancement of the Practice

Assessing Training Needs and Competency Gaps in Food Protection Staff .................................................. 30
Building Capacity: Fort Worth Builds Capacity Through a Customer Focused and Consolidated Delivery of Municipal Services ... 36
Direct From AFSDR: Evaluating Potential Health Effects of Secondary Drinking Water Contaminants ................. 40
Direct From CDE/EHHS: Utilizing the Emergency Responder Health Monitoring and Surveillance System to Prepare for and Respond to Emergencies .................................................. 44

Advancement of the Practitioner

Career Opportunities ................................................................................................................................. 48
EH Calendar .............................................................................................................................................. 48
Resource Corner ....................................................................................................................................... 50

Your Association

President’s Message: Gratitude Served With a Side of Sacrifice ................................................................. 6
NEHA 2018 AEC ..................................................................................................................................... 51
Sponsor Listing ......................................................................................................................................... 52
U.S. Postal Service Statement of Ownership ............................................................................................. 54
NEHA Organizational Members ............................................................................................................... 55
A Tribute to Our 25-Year Members ......................................................................................................... 56
NEHA News ............................................................................................................................................. 60
DirectTalk: Musings From the 10th Floor: What Is the Value of Membership? ........................................ 62

E-Journal Bonus Article

Hazardous Chemical Releases Occurring in School Settings, 14 States, 2008–2013 ........................................... E1