

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster, M.P.H.

Family & Community Health
County Coordinator

Heston Henry
Agriculture/Natural Resources

Office 409-882-7010



Scan and go directly to
our AgriLife website

orange.agrilife.org



County Judge

Brint Carlton

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

John Gothia

Commissioner Precinct 4

Jody Crump



Orange County
Texas A&M AgriLife Extension



Scan and go directly to
our Facebook page

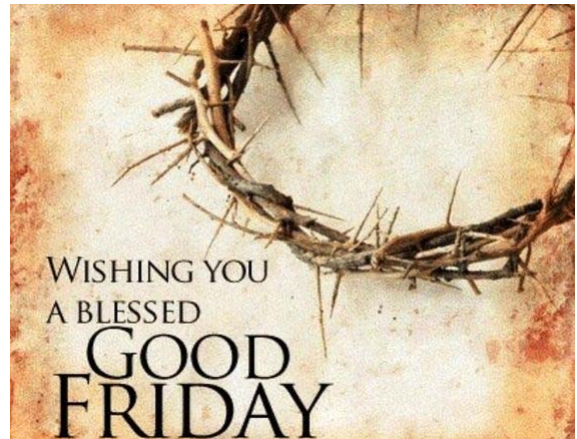
Orange County AgriLife Newsletter

March 2018



Friday, March 2nd

AgriLife Office will be closed in observance of this day.



Friday, March 30th

AgriLife Office will be closed in observance of this day.



Family & Community Health



SERVING UP FOOD SAFETY

From The Food Protection
Management Program (FPM)
Texas A&M AgriLife Extension
Service

SPRING 2018

2253 TAMU 118 Cater-Mattil
College Station, TX 77843
Phone: 979-458-2025
830-896-9037
Email: FPM@ag.tamu.edu

TFER FAQ

Does milk have to be date marked?

Milk is a commercially processed ready to eat time/temperature control for safety (TCS) food and must be date mark at the time the original container is opened.



Is a variance necessary for establishments that process deer meat for individuals?

Yes, a variance would be necessary for an establishment that processes deer meat for individual customers. The deer meat can not be sold or served in the establishment.

What are the names of some approved sanitizer/detergents?

DSHS does not currently maintain such a list. A list of approved sanitizers can be found in 21 CFR 178.1010 and also can be found on the Environmental Protection Agency (EPA) website: www.epa.gov. Sanitizers are regulated as pesticides.

If you want the a copy of the Texas Food Establishments Rules (TFER), go to Chapter 228 2015 TFER: <http://dshs.texas.gov/foodestablishments/laws-rules.aspx>

Understanding What May Have Gluten

Many people think of wheat, when they think of gluten but gluten is in other grains as well. When customers ask food employees about foods that may contain gluten, make sure your staff is informed. **Some grains that contain gluten are: wheat (including varieties such as spelt, kamut, farro, and durum), couscous, barley, rye, and triticale, just to name a few.**

But what is extremely important to remember is to read labels. Also understand the difference between allergen and gluten labeling, it can be confusing because wheat is an allergen but it also contains gluten. Your employees might think they know what ingredients are in a food product or what it is made of but they need to be sure. For example vinegar or malt extract can contain gluten because they may derived from one of those sources. Furthermore, some plants are processing gluten-free grains and grains that contain gluten and some packages might say "Processed on Shared Equipment" but these statements are not required or regulated by the FDA. If you are or your employee are unsure of what the labeling on the package means, refer to the company's or manufacturer's website or call their customer service helpline.

When information is needed it is best to be cautious and find out the facts. No matter if finding out about gluten or allergies, a person's health or life may depend on it!

For more information go to:

<https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/allergens/ucm362510.htm>

Source: Food Safety Magazine Dec/Jan 2018 issue

Article by: Julie Prouse

Continued on next page

Family & Community Health

E. Coli in Cut Leafy Greens

According to previous CDC estimates, each year roughly 1 in 6 Americans or 48 million people get sick, 128,000 are hospitalized, and 3,000 deaths occur from foodborne illness

What is E.coli?

E. Coli (*Escherichia coli*) is a bacterium that is often found in the intestines of warm blooded animals or people. Some types of E. Coli are harmless while others can make a person very sick. E. Coli can make a toxin called Shiga. This toxin is very harmful often causing abdominal cramps, vomiting, fever, and bloody diarrhea. It is also the leading cause of acute kidney failure in children.

Why are cut leafy greens often associated with E.Coli outbreaks?

A report done by the CDC estimated that about 1 in 5 illnesses were linked to leafy greens. Leafy greens are grown on the ground, subject to potentially contaminated waters, animal waste, pathogens in the soil etc. Also workers hygiene could play a role in the transmission of harmful pathogens as well as contamination later in the food chain in the kitchen or at a restaurant.

How to protect yourself and customers.

To help prevent E. coli or any other foodborne infection, it is recommended to wash your hands thoroughly before and after preparing and eating food. Additionally, clean and sanitize counters, wash cutting boards and utensils after they touch raw meat to avoid contaminating other foods. Finally, avoid preparing food when you are sick, particularly if you are sick with fever, diarrhea, vomiting, or have other symptoms associated with foodborne illness.

If you are concerned that you might have an E. coli infection or any foodborne illness, please seek medical care.



Source: <https://www.cdc.gov/foodborneburden/attribution/index.html>

Article by: Rebecca Dittmar



Upcoming Food Protection Management Course

To find the next Certified Food Managers or Food Handlers course in your area, please go to our website:

<http://foodsafety.tamu.edu> or visit us on Facebook www.facebook.com/foodprotectionmanagement

Family & Community Health

THE ORANGE COUNTY MASTER GARDENERS ASSOCIATION

PRESENTS

THE ANNUAL BLOOMIN' CRAZY PLANT FAIR

NUMEROUS VARIETIES OF PLANTS WILL BE AVAILABLE



**CORMIER PARK
8235 FM1442
ORANGEFIELD**

**SATURDAY, 3-24-18
8AM - 1PM**



VISIT [HTTPS://TXMG.ORG/ORANGE](https://txmg.org/orange) FOR MORE INFORMATION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

TEXAS A&M
AGRI LIFE
EXTENSION

Kick start Your Mondays to a Healthier You!

Food, Fun, & Fitness 8 Week Challenge

Fallon Foster, County Extension Agent for Family & Consumer Health will hold free classes for 8 weeks on Mondays, January 29th–March 26th

5:30 pm to 6:30 pm

Orange County Convention & Expo Center, 11475 FM 1442, Orange

Call the AgriLife Office, 409-882-7010 to let us know you will be joining us.

30 Minutes of Nutrition

30 Minutes of Exercise

TEXAS A&M
AGRI LIFE
EXTENSION



Discussion Topics:

- Exercise Tips
- Beneficial Food
- A Healthier Body & Much More



Join us Thursday March 1st,
8th, 15, & 22nd

Beginning at 9 AM

Raymond Gould Community
Center Gazebo
385 Claiborne St. Vidor, TX

For Questions or to R.S.V.P
Call: 409-882-7010

TEXAS A&M
AGRI LIFE
EXTENSION

BETTER LIVING
FOR TEXANS
TEXAS A&M AGRI LIFE EXTENSION

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Agriculture/Natural Resources

Agriculture Symposium: Putting \$ Back in Your Pocket

Tuesday, April 17, 2018

7:30 am to 12:15 pm

Texas A&M AgriLife Extension Office

11475 FM 1442 Orange

The following topics will be discussed by Extension Range, Agronomist and Livestock Specialist through a Webinar on Marine, Range and Livestock and Cropping Systems. Additional applications training will follow. This Webinar is Free to all participants.

CEU's will be provided for those with an pesticide applicators license.

Please register by Thursday, March 29, 2018 by calling the AgriLife office at 409-882-7010



4-H/Youth Development

Adult Leaders Association 6 pm

1st Monday, March 5th @ 4-H Office 4-H

Clay Busters Shooting Sports

Meetings—1st Tuesday, March 6th @ 6 pm
(WILL BE ELECTING OFFICERS 3-13)

Tuesdays Shooting practice 6 pm

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

Dusty Trails 4-H Project Club

2nd Monday, March 12th

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945

Mighty Pirates 4-H

2nd Tuesday, March 13th @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester

Tammy Glawson 409-474-2811

Franny Woods 409-330-7024

Boots and Bridles 4-H Horse Club

3rd Monday, March 19th

6 pm @ T2 Arena

Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday, March 19th

1 pm @ 4-H Office

(may meet at the Park)

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666



“Learn to Build a
Recordbook”

1st Tuesday

March 6th

6pm @ 4-H Office



Pitmasters

Meeting date may
change

Call the office or
Mr. Ron



Food & Nutrition
(cooking)

3rd Tuesday

March 20th

6pm @ 4-H Office



4-H Sewing

4th Tuesday

March 27th

6 pm @ 4-H Office



Robotics

4th Thursday

March 22nd

6pm - 8 pm

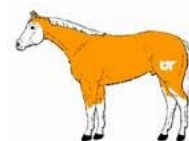
@4-H Office



Livestock Judging

Every Wednesday

6:30 pm at the
4-H Office



HORSE JUDGING

Horse Judging

Every Thursday

6:30 pm at the
4-H Office

4-H/Youth Development

MARCH 2018

BE SURE TO HAVE YOUR ELIGIBILITIES COMPLETED WITH
THE SCHOOL BEFORE YOUR SHOW DATE.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Horse Judging 6pm	2 Office Closed Texas Indep. Day	3
4	5 Adult Leaders Meeting 6pm @ 4H Ofc	6 Recordbook 6pm @ 4H ofc Claybusters 6pm @ Gun Range	7	8	9	10 Duds to Dazzel Workshop 10-2 @ 4H Ofc
11 Daylight Sav- ings Time Begins	12 Dusty Trails 6 pm @ 4H Ofc	13 Mighty Pirates 7pm @VJH	14 Club Officers Training 1-4 @ 4- H ofc	15 Horse Judging 6pm	16	17
18 Houston Ends	19 All HEART 1pm @ TBA Boots & Bridle 6 pm @ T2 Arena	20 Food & Nutri- tion 6 pm @ 4H Ofc	21 Horse Judging Registration dead- line	22 YMBL Begins Lamb & Goats Robotics 6pm @ 4H Ofc	23 YMBL- Market Poultry	24 YMBL-Rabbits
25 YMBL F-1 & Swine	26 County Food Show Deadline Council 6pm @ 4H Ofc	27 YMBL-Steer Sewing 6 pm @ 4H Ofc	28 YMBL Auction Photography En- tries Deadline	29 YMBL-Auction	30 Office Closed Good Friday	31 YMBL Livestock Judging

APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Adult Leaders Meeting 6pm @ 4H Ofc	3 Recordbook 6pm @ 4H ofc Claybusters 6pm @ Gun Range	4 Livestock Judg- ing deadline District Roundup Deadline Livestock Judging 6pm	5 Horse Judging 6	6	7 County Food Show & BBQ cookoff Horse Judging contest
8	9 Dusty Trails 6 pm @ 4H Ofc	10 Mighty Pirates 7pm @VJH	11 Livestock Judging 6 pm	12	13	14
15	16 All HEART 1pm @ TBA Boots & Bridle 6 pm @ T2 Arena	17 Food & Nu- trition 6 pm @ 4H Ofc	18 Livestock Judging 6pm	19	20	21
22	23	24 Sewing 6 pm @ 4H Ofc	25	26 Robotics 6pm @ 4H Ofc	27	28
29	30 Council 6pm @ 4H Ofc					

4-H/Youth Development



4-H/Youth Development

2018 YMBL South Texas State Fair Livestock Schedule

GOOD LUCK to all our 4-H
Members showing Livestock



Lamb & Goat Show–March 22nd

Poultry Show–March 23rd

Rabbit Show–March 24th

F-1 Heifers & Swine Show–March 25th

Steer Show–March 27th

Poultry & Rabbit Auction –March 28th

Lamb, goat, Swine & F-1 Heifers Auction–March 29th

Livestock Judging–March 31st.

Houston Livestock Show and Rodeo

February 27–March 18, 2018

Good Luck to all the 4-H Members participating in Houston Livestock.



4-H/Youth Development

2018 State Fair Of Texas Validation

Tag order must be called into the 4-H Office by deadline date.

You will be responsible for late tag orders through the office

Swine Tag order Deadline

Wednesday, April 25, 2018

Lamb and Goat Tag order

deadline-Monday, April 16, 2018

State Fair of Texas (Dallas) & Major Shows (Ft. Worth, San Angelo, San Antonio, Houston & Austin)

Steer & Heifer Validation

Tag order must be called into the 4-H Office by deadline date. You will be responsible for late tag orders through the 4-H office.

Steer Tag order

Monday, April 16, 2018

Heifer UIN count for Fall Show

Monday, April 16, 2016

HORSEMANSHIP CLINIC 101



Saturday June 30th, 2018

8 AM– 2 PM

Tin Top 2 (T2) Arena

3810 Old Peveto Road Orange

Deadline to register: June 20th, 2018

\$15 per person, includes meal and supplies

Coggins required to participate with your horse.

Teaching Basic Horsemanship skills and safety around horses.

NO STUDS ALLOWED

You do not have to own a horse to attend.

For additional information contact the

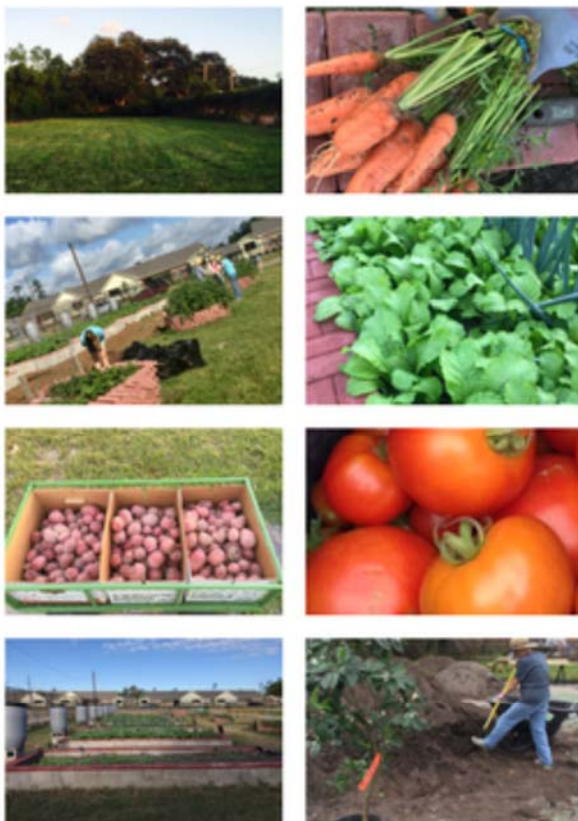
Orange County 4-H Office

409-882-7010



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

Agriculture/Natural Resources



W I S H

Y O U

W E R E

H E R E

Volunteer

@

The Field of Plenty

2120 Wickard
thefieldofplenty@gmail.com
Email Us Today!



Call or stop by the AgriLife Extension
Office

Tuesdays & Thursdays 10am-2pm

Or call and talk with our

Master Gardener on the MG Hotline,
409-745-9708,

You can also call the office Monday-
Friday 882-7010 and leave a message
for the Master Gardener .

Family & Community Health



Certified Food Managers Two Day Course with Test

Tuesday, April 10th &
Wednesday, April 11th

Registration Deadline:
March 20th



Classes are held 9 am to 5 pm each day

Fallon Foster, M.P.H.
County Extension Agent
Family & Consumer Science
will conduct the course and
exam at the Extension office
11475 FM 1442 Orange,
409-882-7010.



Must pre register by obtaining the
registration form from

<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person
payable to FPM Account 230202 along with
registration form to FPM prior to deadline
dates.

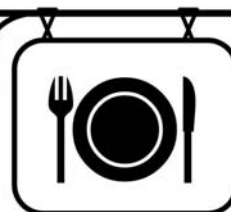
TEXAS A&M
AGRI LIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

STRENGTH DOESN'T
COME FROM
WHAT YOU CAN DO.
IT COMES FROM
OVERCOMING
THE THINGS
YOU ONCE
THOUGHT YOU
COULDN'T.

- NIKKI ROGERS

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

May 10th, 2018
August 14th, 2018
November 15th, 2018

6 pm to 8 pm

\$20 per person paid
day of class
Make check or money
order
payable to
FPM Account 230202
No cash accepted

To PRE-REGISTER Call
409-882-7010
Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange



This class is recommended for all food service employees to
help promote the service of safe food.

TEXAS A&M
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Class taught by
Fallon Foster, M.P.H.
Family & Consumer Agent



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Zucchini tid bits

Medifast / Take Shape For Life 5 and 1 compliant

Ingredients

- 10 sprays non-stick pan spray
- 1 cup zucchini, grated
- 1 egg
- ½ cup green spring onion, chopped
- 1/4 cup low fat cheddar cheese
- 1 packet Medifast Crackers, crushed
- 1/8 teaspoon Salt
- ½ teaspoon Pepper



Directions

1. Preheat oven to 400F. Spray a mini-muffin tin with non-stick spray.
2. Grate zucchini and then place in a dish towel to squeeze out the excess water- like when using frozen spinach; if you skip this part, the middle of the zucchini tots will be really soggy while the outside gets crispy and no one wants that.
3. In a bowl combine, the egg, onion, cheese, cracker crumbs, zucchini, salt and pepper.
4. Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 15-18 minutes, or until the top is browned and set.

Makes one serving. 3 vegetables, 2 condiments, 1 optional snack, 1 ounce protein

SuesHealthierLife.com

Family & Community Health

Oriental Lettuce Wraps

Ingredients:

Nonstick cooking spray

- 1 1/2 pounds ground turkey breast
- 1 1/2 cups shredded carrots
- 1 cucumber, peeled and diced
- 2 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoon honey
- 2 tablespoons minced fresh gingerroot
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 12 Bibb or Boston lettuce leaves
- 1/2 cup julienned green onions
- 1/3 cup sliced almonds, toasted

Directions:

1. In a large nonstick skillet coated with cooking spray, cook turkey crumbled until the cooking temperature reaches 165 degrees F.; drain and set aside.
2. In a small bowl, whisk the vinegar, soy sauce, honey, ginger, garlic powder, and red pepper flakes.
3. Add the cucumber and carrots to the meat and stir in the sauce. Cook until the vegetables are tender.

Prep time: 10 minutes

Cook time: 10 minutes

Serves: 4

Cost per Serving: \$1.76

Utensils Needed:

Cutting Board

10" skillet

Mixing bowl

Wire Whisk

NUTRITION FACTS

Serving Size	2 wraps
Calories	252
Fat	8 g
Cholesterol	97mg
Sodium	498 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Protein	44 g

dinnertontight

3 Egg Sponge Cake



- 1 tablespoon butter
- 1/2 cup milk
- 3 eggs, separated
- 1/2 cup sugar

- 1 1/2 teaspoon cream of tartar
- 1 pinch salt
- 1 cup flour, sifted
- 1 teaspoon baking soda

Preheat the oven to 375 degrees F. Line a sponge cake pan with parchment paper.

Combine the butter and milk together in a saucepan over medium heat. Cook, stirring, until the butter melts. Remove from the heat and set aside.

In a mixing bowl, add the egg whites and beat with an electric mixer until stiff peaks form. Add the yolks and continue to beat. With the mixer running, slowly pour in the sugar and mix until incorporated. Fold in the cream of tartar, salt, and flour.

Add the baking soda to the milk mixture and stir well then fold into the batter. Pour the batter into the prepared pan. Place in the oven and bake at 375 degrees F for 30 minutes or until the cake springs back when touched.

Remove from the oven and let cool for 5 minutes in the pan then turn out onto a cooling rack.

Serves 6

cdkitchen.com

Family & Community Health

Texas A&M AgriLife Extension & Committee on Aging Invites you to Join us for our 49th Annual Senior Citizens Rally Day

Health
Vendors
&
Screenings



Door
Prizes

To Be Healthy 

Come Enjoy
Bingo
Fellowship
Free Lunch
Entertainment

Tuesday, May 8, 2018

9 am to 1 pm

Orange County
Convention & Expo Center

11475 FM 1442 Orange



TEXAS A&M
AGRI LIFE
EXTENSION

Questions Call
409-882-7010



Lions Eye Bank of Texas
will accepting all used
eye glasses



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Extension office at 409-882-7010, five working days prior to the meeting so appropriate arrangements can be made.

Agriculture/Natural Resources

HAVE YOU EVER WONDERED HOW TO TELL IF FRUIT IS RIPE? READ ON TO FIND OUT!

Apples: Hardness is a good indication of crispness. Press your thumb into it; listen for a good solid sound and cracking of the skin. Store fruit in your fridge's crisper.

Apricots: Avoid fruit that is very soft, shriveled or with a green shad. You want fruit that yields to gentle pressure with velvety skin and a sweet aroma.

Avocados: Avocado is a fruit! It ripens from the bottom upwards so feel around the stem at the top for softness if you want that's ready to eat. Otherwise, they ripen at room temperature at home. Place in a brown paper bag with a banana for fast ripening.

Bananas: Avoid buying bananas that are bruised and split. Green fruit is okay as bananas ripen off the plant. Storing bananas in the fridge makes the skin turn black but stops them from ripening. Try freezing bananas when they

become too ripe. They make a tasty frozen treat and are great in smoothies.

Berries: Berries should be firm, bright and richly colored with no sign of damage or bruising.

Strawberries: should have a lovely, sweet scent and be free of whiteness; those with no fragrance will be bland. Eat or



freeze berries ASAP, because they don't store well.

Cherries: Choose large, firm cherries with a rich, red color. Use as soon as possible

Grapes: Look for new, fresh stalks; dead stalks mean overripe grapes. Give the bunch a good shake. If too many grapes fall off, they're too mature.

Lemons/Limes: Choose lemons and limes that are firm, heavy for their size and fragrant. Avoid any with soft spots. Green lemons will not ripen off the tree.

Mangoes: The stronger and sweeter the aroma the better! Watch out for too many black spots. Green mangoes will ripen at room temperature in two to five days.

Melons (cantaloupe and honeydew):

Smell is the best indicator of flavor and ripeness. Also, shake the fruit. If it rattles, it's mushy inside. Soft and sunken spots are a sign of spoiling.

Nectarines:

They should be smooth, bright, shiny and unblemished. The flesh near the stem should yield slightly when ripe. Will ripen at room temperature out of direct sunlight.

Oranges: Pick them up in the palm of your hand. They should be firm and heavy. Don't choose oranges with brown or black blemished on the skin.

Passion fruit: Wrinkly fruit is good! It indicates ripeness and sweetness (smooth and shiny is unripe). Make sure the fruit is heavy and full.

Papaya: When ripe, it will yield at the stem a little more than a ripe avocado. Avoid fruit with too many black spots and bruising. Eat as soon as ripe.

COWBOY PASTA SALAD

Serves: 10-12

- 1 pound dried mini pasta shells
 - 1 pound Signature Farms® Hickory Smoked Bacon, diced
 - 3/4 pound lean ground beef
 - 1 teaspoon cumin
 - pinch of red pepper flakes
 - salt and pepper
 - 1 cup mayonnaise
 - 1/4 cup Signature Kitchens® Original Barbecue Sauce
 - 2 tablespoons Signature Kitchens Spicy Brown Mustard
 - 2 tablespoons Worcestershire sauce
 - 2 1/2 teaspoons hot chili sauce
 - 1 can (15 ounce) Signature Kitchens Whole Kernel Golden Sweet Corn, drained
 - 2 cups cherry tomatoes, halved
 - 1 1/2 cups shredded sharp cheddar cheese
 - 5 scallions, diced
1. Bring a large pot of water to a boil; cook pasta until al dente according to package directions. Drain and rinse under cold water. Drizzle with a little olive oil to prevent sticking.
 2. In the meantime, saute bacon in a large nonstick skillet over medium heat until crispy, about 10 minutes. With a slotted spoon, transfer to a paper towel lined plate to drain off grease. Wipe out skillet, leaving a little of the bacon grease. Add the ground beef; cook, breaking it up with a wooden spoon, until cooked through and no longer pink, about 3 minutes. Season with the cumin, red pepper flakes, and with a pinch of salt and pepper. Drain off fat. Set aside to cool completely.
 3. In an extra large bowl, whisk together the mayonnaise, barbecue sauce, mustard, Worcestershire sauce, and hot chili sauce until combined and smooth. Add in the cooked pasta, bacon, beef, corn, tomatoes, cheese, and scallions; toss to combine and coat.
 4. Enjoy right away or refrigerate until ready to serve.