UPDATES

Health notices · Saturday 3 October

3 notices from the agencies today, in plain words, each with the original linked.

Expanded recall of some frozen organic berry products for possible E. coli

CDC · Food safety

If you bought certain frozen organic berry products, the CDC says Frutas y Hortalizas del Sur S.A. (San Carlos, Chile) expanded its recall. The recall now includes additional lots of Great Value frozen organic Triple Berry Blend (10 oz), Great Value frozen organic Blueberries (10 oz), and one lot of Trader Joe's frozen organic Mixed Berry Blend (12 oz).

This matters because these products may be contaminated with E. coli O145, a type of bacteria that can cause illness.

The expanded recall was published on 2026-10-02, building on recalls that were previously initiated on 2026-07-03 and 2026-09-03.

Read the original notice

FDA approval for diltiazem hydrochloride tablets

FDA · Approval

If you have hypertension (high blood pressure), the FDA says diltiazem hydrochloride may be used to help manage it, either by itself or with other blood pressure medicines.

If you have chronic stable angina or angina due to coronary artery spasm (chest pain related to heart blood vessel spasm), the FDA says it is indicated for management.

This approval means a new medicine option is available for these conditions through prescriptions. The notice does not give specific steps for patients to take now.

Read the original notice

WinCo recalls salsa bean dip trays due to recalled peperoncini

CDC · Food safety

If you bought salsa bean dip trays from WinCo Foods in Boise, ID, this recall may affect you.

The trays were recalled because they included recalled peperoncini from G.L. Mezzetta.

The important change is that these specific products may contain ingredients from a separate recall, so you should check whether what you have is part of it.

Read the original notice

Where this comes from

- Expanded recall of some frozen organic berry products for possible E. coli

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766568
- FDA approval for diltiazem hydrochloride tablets

  US Food and Drug Administration - Drugs@FDA · https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm?event=overview.process&ApplNo=220590
- WinCo recalls salsa bean dip trays due to recalled peperoncini

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766572