



An Educational Partnership Between the Broward County Board of Commissioners and University of Florida Extension / IFAS

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From the Desk of
Broward

County's FCS


Dear Readers,

Hello Apple Core & More Readers-

Spring is in the air and so is the publication of our next quarterly newsletter. I have included some great information in this issue on healthy living. Read to find out about the benefits of exercise for people with diabetes and the health benefits of eating fish in your weekly diet.

Reducing food waste is another emphasis this month. With rising prices and inflation, it is the perfect time to take a self assessment of how much food you waste. See this issue for ideas on ways to reduce food waste in your life. The goal is to: **Save food. Save money.**

As always, I welcome your comments and your feedback. Please email me for articles you would like to see in future newsletter editions. Please take care and enjoy this special time of the year. **Stay well!**


Brenda Marty-Jimenez, MHM, RDN, LDN,
FCS Extension Education Agent IV
E-mail: bjimenez@ufl.edu



FOODKEEPER

**Reduce
Food
Waste
Today**

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Save food and save money.
Use the FoodKeeper app
which can help you understand
food and beverage storage as
well as help you maximize the
freshness and quality of items

FoodKeeper App | [FoodSafety.gov](https://www.foodsafety.gov)



MyPlate: Check out all of the
resources on healthy eating!

[MyPlate](https://www.myplate.gov) | [U.S. Department of Agriculture](https://www.usda.gov)

FoodKeeper app-

[FoodKeeper App](https://www.foodsafety.gov/foodkeeper-app) | [FoodSafety.gov](https://www.foodsafety.gov)



**FAMILY &
CONSUMER
SCIENCES**
People-Centered Sciences

**hello
spring!**

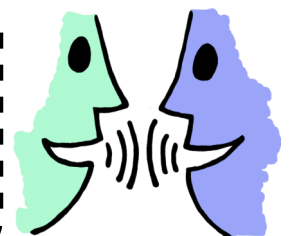
Do you have an idea or nutrition story
you'd like to share?

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<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

[SolutionsForYourLife.com](https://www.solutionsforyourlife.com)



Freezing Fresh Broccoli

Food Preservation Saves You Money

Buying produce that is in season and buying in larger quantities often leads to more money in your pocket. However, many people struggle to use their produce before it goes bad. This is where properly freezing your produce can help you reduce food waste and ultimately, saves you money. Having frozen vegetables that may not be in season at the time can add more variety and excitement to your meals!

What is Blanching?

Blanching is a cooking technique in which produce is scalded by boiling water or steam for a short period of time. Produce is then rinsed under cold water or set in an ice bath to stop any further cooking. This process stops enzymatic reactions which could lead to changes in taste, texture, or color. The amount of time which vegetables need to be blanched varies depending on the type and size of the vegetables. You can find detailed instructions for specific fruits and vegetables here: <https://edis.ifas.ufl.edu/pdf/FY/FY71900.pdf>.

How to freeze broccoli:

Supplies/Ingredients:



1 large head of broccoli, fresh with any brown bit trimmed away



4 tsp salt



Colander or strainer



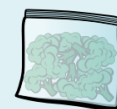
Large stock pot or sauce pan



Steamer basket



Large bowl of ice water



Freezer bags and permanent marker for labeling

Directions:

1. Wash, peel, and trim stalks.
2. Remove insects from heads by soaking in a solution of 4 tsp salt per gallon of water for 30 minutes and then rinse in colander.
3. Set a large pot of water to boil.
4. Cut away the florets of broccoli. Pieces should be no more than 1½ inches across.
5. Place broccoli in a steamer basket and submerge in boiling water for 3 minutes.
6. Remove broccoli and immediately transfer to an ice bath to stop further cooking. Let sit for 4 minutes, then remove and drain thoroughly.
7. Once broccoli has completely dried, pack broccoli tightly in a freezer bag or container labeled with the date and place in freezer.



Frozen vegetables should maintain their quality for 8-12 months if your freezer remains at 0°F or lower.



Frozen vegetables do not need to be thawed before using.

References: <https://blogs.ifas.ufl.edu/seminoleco/2022/02/13/cooking-local-food-storage/>
<https://edis.ifas.ufl.edu/pdf/FY/FY71900.pdf>

An Equal Opportunity Institution.
March 2022

Eat Plenty of Fruits and Vegetables!

By Brenda Marty Jimenez

#FoodIsOurMiddleName is a new hash tag for UF/IFAS Extension. Florida is a great source of many food items, we put on our table. UF/IFAS Extension supports fruit and vegetable growers, the seafood and beef industries, and more, throughout the state with our research based and factual information.

Florida farms are a perfect source for colorful ingredients from tasty, green broccoli, red tomatoes to fresh blueberries. As a registered/licensed dietitian and an extension agent, I promote variety, and portion control per the MyPlate food icon, when selecting foods and beverages to include in your daily diet. All foods can fit into a healthy and nutritious, balanced diet within moderation. Don't forget food safety. Engaging in consistent food safety practices keeps your food and beverages safe to eat and drink. Eat colorful, healthy foods packed with nutrients to add to your plate today for good health.



A Practical Guide to Healthy Living

Wellness is more than just a balanced diet and physical activity. Several dimensions of wellness contribute to a healthy lifestyle. Disruptions to your overall wellness may lead to changes in blood pressure, negative impacts to diet and exercise, heart-related health problems, memory issues, inattention, and irritability. Read on to learn more about the dimensions of wellness and several healthy living practices.



Spiritual Wellness

Finding purpose, value, and meaning in your life.

- Personal reflection
- Mind-body connection
- Volunteer work



Emotional Wellness

Managing emotions in a constructive way, handling stressors, and adapting to change.

- Stress reduction
- Mindfulness
- Constructive thinking



Intellectual Wellness

Improving your knowledge and skills, using critical thinking, and keeping your mind active.

- Educational opportunities
- Learning a new language
- Connecting with the arts
- Exploring personal interests
- Playing an action-based or strategy game



Physical Wellness

Keeping your body healthy through adequate nutrition and daily activity.

- Physical activity
- Healthy diet
- Self-care
- Healthy living habits (e.g., quitting smoking)
- Preventative medical care and routine checkups



Financial Wellness

Managing resources, making informed financial decisions, and preparing for short-term and long-term needs and emergencies.

- Household budget
- Meal preparation at home
- Using shopping strategies (e.g., grocery list and coupons)
- Reviewing annual credit reports
- Planning ahead for retirement and end of life



Social Wellness

Developing and maintaining positive social relationships.

- Attending local events
- Participating in a service group
- Volunteering
- Joining a support group
- Spending time with pets
- Strengthening connections with family and/or friends



Environmental Wellness

Maintaining or improving the quality of your environment.

- Spending time in nature
- Home gardening
- Integrated pest management
- Removing trash and litter
- Protecting water and indoor air quality
- Recycling
- Florida-Friendly Landscaping™
- Composting
- Energy conservation
- Walking and biking

Diabetes and Physical Activity

By Brenda Marty Jimenez, MHM, RDN, LDN, FAND, UF/IFAS Extension, Broward County, Extension Agent IV and Jeanna Rhoulhac, RDN, LD/N, CDCES: Nutritionist/Certified Diabetes Care and Education Specialist, Broward Health Community Health Services

Being active is an important part of staying healthy for individuals, families, and consumers. It gets your heart rate up, burns calories, and strengthens your muscles and bones. Everyone throughout the lifecycle should engage in healthy self-care behaviors including getting regular exercise and staying active. Best of all, being active can help people with diabetes or pre-diabetes:

- Lose body fat
- Get more fit
- Boost muscle strength and aerobic endurance
- Lower blood glucose
- Enhance mood
- Improve blood pressure and cholesterol
- Feel less stressed or anxious
- Reduce your chances of dying early <https://bit.ly/38wH8FV>



Exercise is a crucial component of diabetes management. Exercise may help:

- Improve blood sugar levels
- Boost overall fitness
- Manage weight
- Reduce risk of heart disease and stroke.
- Improve overall well-being.

Diabetes specialists, the American Diabetes Association, and registered and licensed dietitian/nutritionists, recommend a minimum of 150 minutes of movement per week. Adults should engage in at least 150 minutes of moderate-intensity physical activity each week. Aerobic activity such as brisk walking or general gardening can be done in episodes of at least 10 minutes and preferably be spread throughout the week. <https://www.diabetes.org/healthy-living/fitness/weekly-exercise-targets>

Preparing to exercise

Work with your healthcare team to design an exercise program specific to your individual needs

*Safety first! Test blood sugar before and after exercise. (Monitoring and checking blood sugar before and after exercise is very important, especially if the person with diabetes is taking insulin.)

Physical Activity and Diabetes continued...

- * Wear proper fitting shoes with good support and wear cotton socks
- * Be prepared to treat low blood sugar. Carry a fast-acting source of glucose in case you have a low blood sugar reaction. Glucose tablets and glucose gels are available for this purpose. You can carry them in a shirt, shorts or pant pocket with a zipper, a wrist band type exercise pouch, or in a gym bag.
- * Use nonslip footwear in potentially slippery pool and beach areas
- * Examine feet regularly for blisters, cuts, scrapes, redness and/or swelling
- * Wear a diabetes alert necklace or bracelet in case of emergency (medical ID jewelry)
- * Keep properly hydrated. Drink adequate amounts of water!

Examples of pre-exercise snacks

1. Fresh fruit and crackers
2. Greek yogurt with fresh berries
3. A small apple with peanut butter
4. Small handful of raisins and nuts
5. Peanut butter and jelly sandwich on whole-grain bread

*Amounts depend on your prescribed calorie level and meal pattern.



Tips to keep active and stay motivated

- Move more. Sit less. It's up to you.
- Walk instead of driving to nearby destinations
- If driving, park a bit farther away from the door or entrance
- Get off the bus at a farther stop and walk the rest of the way
- If you have a dog, walk it daily, or offer to walk a neighbor, relative or friend's dog
- Start or join a walking group in your neighborhood or at work. Always walk in safe neighborhoods and in well-lit areas.
- Walk with an accountability partner who will help keep you on track and reach your goals
- Keep up the momentum
- Practice positive self-talk about exercise

Have fun!

Make exercise a priority! Always check with your healthcare provider about diabetes management, exercise guidelines, your specific meal pattern & daily calorie level, recommended blood sugar levels, and questions about managing your diabetes.

Staying active is one of the best things you can do for your health. Keep moving for better health and management of your diabetes. Start walking more today and reap the benefits!

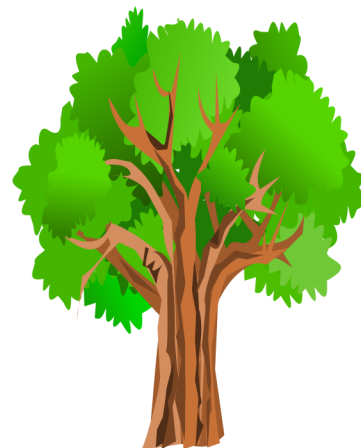
Get Moving in 2022!



References and opportunity to learn more about Exercise and Diabetes

- ♦ UF/IFAS Extension, Healthy Living; Exercise and Diabetes <https://edis.ifas.ufl.edu/publication/FY669>
- ♦ National Diabetes Information Clearinghouse (NDIC). *Diabetes Diet, Eating, & Physical Activity* <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>
- ♦ ADCES Self-Care Behaviors- Being Active, Healthy Eating, Taking Medication, Healthy Coping, Reducing Risks, Problem Solving, and Monitoring <https://bit.ly/38vkihU>
- ♦ American Diabetes Association-The Benefits of Walking <https://www.diabetes.org/healthy-living/fitness/benefits-walking>
- ♦ American Diabetes Association-With pre-diabetes action is the best medicine <https://www.diabetes.org/diabetes/prediabetes>
- ♦ National Diabetes Prevention Program Videos <https://www.cdc.gov/diabetes/prevention/videos.html>

Broward County, Parks and Recreation: We have so many beautiful county parks to visit. Take the opportunity to visit as many as you can, in 2022, to relax, view nature, spend time with family, absorb some vitamin D, and get physical activity. Check out these things to do in a park near you.



[Things To Do Things To Do \(broward.org\)](https://www.broward.org)

Fish on the Menu Helps Scale Back Calories

By Michelle J. Stewart MPH, RDN, LDN, CDCES, FAND; Broward FCS Advisory Committee

Now that Spring has arrived, I have had calls from several clients and organizations asking me to share information to help them shape up for events on their calendars. Whether it is the summer wedding, vacation, or annual gala they are now focusing with laser-like sharpness on what they can do to morph into very svelte silhouettes as soon as possible.



To reach your goals you will need to trim calories and add exercise to your routine. Now in cutting calories I do not want you to feel deprived; I do want you to make wise choices by including a variety of good for foods in your daily diet. Fish is a good addition to add to the menu a couple of times a week. It's a high-protein, low-fat food. Protein is essential for good health—it builds, maintains, and replaces body tissues. Muscles, organs, and the immune system are primarily made up of protein.

White-fleshed fish is a particularly low-fat choice; in fact, it is lower in fat than other sources of animal protein. Higher fat or oily fish are nutritious too because they are high in omega 3 fatty acids. The benefits of omega 3 fatty acids include:

- Lower risk of arthritis, cancer, and heart disease
- They may have positive effects on memory, performance and behavior

Infants of mothers who do not consume enough during pregnancy are at risk of developing vision and nerve problems

Research has also shown promising results from omega 3 fatty acids in studies of depression and attention deficit attention hyperactivity disorder (ADHD)

High omega 3 containing fish are varieties which are readily available in local markets. These choices include:

- Wild salmon from Alaska (fresh, frozen, or canned)
- Arctic char
- Pacific and Atlantic mackerel
- Sardines
- Sablefish
- Anchovies
- Farmed rainbow trout
- Albacore tuna from the U.S. and Canada.
- Herring



In cooking the fish, you will want to focus on grilled, baked, or broiled methods of preparation. Though the fish is the center of the plate item, you will want to pair it with low calorie vegetables and heart healthy carbohydrates such as brown rice, whole grain pasta or lentils. In flavoring the carbs, look to low sodium broth, garlic, herbs, and spices, *and* use fats sparingly.

In addition to adjusting your diet to include more wholesome foods, regular exercise will aid you in burning more calories than you are eating. Your exercise routine should include 30 minutes of vigorous exercise each day or approximately 150 minutes a week. Try breaking your 30 minutes into ten-minute intervals if 30 minutes in one segment is a challenge.

With low-fat food choices, lower caloric intake, and plenty of exercise, you'll be able to shape up in no time. Remember fewer calories plus more exercise will add up to a slimsational healthy you!

Reference:

Protein Foods/MyPlate-<https://www.myplate.gov/eat-healthy/protein-foods>



BAKED FISH RECIPE

INGREDIENTS

- 1 pound cod fillets (fresh or frozen)
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/4 teaspoon oregano (dried)
- 1/4 teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine (melted)

DIRECTIONS

1. THAW FROZEN FISH ACCORDING TO PACKAGE DIRECTIONS, IF USING FROZEN FILLETS.
2. PREHEAT OVEN TO 350 F.
3. SEPARATE FISH INTO FOUR FILLETS OR PIECES.
4. PLACE FISH IN UNGREASED 13" X 9" BAKING DISH.
5. COMBINE PAPRIKA, GARLIC POWDER, ONION POWDER, PEPPER, OREGANO, AND THYME IN A SMALL BOWL.
6. SPRINKLE SEASONING MIXTURE AND LEMON JUICE EVENLY OVER FISH.
7. DRIZZLE MARGARINE EVENLY OVER FISH.
8. BAKE UNTIL FISH FLAKES EASILY WITH A FORK, ABOUT 20-25 MINUTES.

The Health Benefits of a Healthy Dietary Pattern Including Protein

Science is the foundation of the Dietary Guidelines recommendations on what Americans should eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs. The science shows that consuming a healthy dietary pattern, meeting food group and nutrient needs with nutrient-dense foods and beverages and limiting intake of foods and beverages that are not nutrient-dense is related to many health benefits.

Protein Foods • Meats, Poultry, Eggs: Meats include beef, goat, lamb, pork, and game meat (e.g., bison, moose, elk, deer). Poultry includes chicken, Cornish hens, duck, game birds (e.g., ostrich, pheasant, and quail), goose, and turkey. Organ meats include chitterlings, giblets, gizzard, liver, sweetbreads, tongue, and tripe. Eggs include chicken eggs and other birds' eggs. Meats and poultry should be lean or low-fat. • **Seafood:** Seafood examples that are lower in methylmercury include: anchovy, black sea bass, catfish, clams, cod, crab, crawfish, flounder, haddock, hake, herring, lobster, mullet, oyster, perch, pollock, salmon, sardine, scallop, shrimp, sole, squid, tilapia, freshwater trout, light tuna, and whiting. • **Nuts, Seeds, Soy Products:** Nuts and seeds include all nuts (tree nuts and peanuts), nut butters, seeds (e.g., chia, flax, pumpkin, sesame, and sunflower), and seed butters (e.g., sesame or tahini and sunflower). Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate, and soy concentrate. Nuts should be unsalted. Reference: https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans_2020-2025.pdf

Family & Consumer Sciences Encourages- Reduce Food Waste in Your Home Today!



Reduce Food Waste Today

Be careful in buying food items in bulk, unless you have a definite plan to use them before they expire or go bad. Large quantities of food may go bad before you use them up. Share bulk items with a relative, friend or neighbor. Don't waste your food dollars.

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste/>



Reduce Food Waste Today

Shop from a written shopping list before you go to the grocery store. Make sure the shopping list matches recipes you plan to make and meals you plan to serve.

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<https://blogs.ifas.ufl.edu/browardscs/2020/09/24/grocery-tips-coupons-can-save-money-for-busy-families/>



Reduce Food Waste Today

If you prepare too much food, freeze it for another meal. Don't let it stay in the refrigerator until it goes bad. Freezing is a great way to store most foods to keep them safe until ready to eat.

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste>



Reduce Food Waste Today

Don't leave perishable foods out at room temperature for longer than 2 hours. This is known as the two-hour rule. Refrigerate leftovers after 2 hours. Keep food out of the danger zone. Keep foods safe to eat

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<https://blogs.ifas.ufl.edu/browardscs/2021/02/04/keep-food-safe-in-mind-at-your-super-bowl-party/>



Reduce Food Waste Today

Leftovers are a great way to use foods in your refrigerator that otherwise would go to waste. Try to plan one meal per week that involves using leftovers

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste>



Reduce Food Waste Today

Check your refrigerator often to see what you have and what needs to be used. Foods first put inside the refrigerator, should be the first to be eaten or used. Eat or freeze items before you need to throw them away.

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

UF/IFAS EXTENSION, BROWARD COUNTY

FAMILY & CONSUMER SCIENCES

VIRTUAL EDUCATIONAL NETWORKS

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FAMILY & CONSUMER SCIENCES
Creating Healthy Futures for All Families

BROWARD COUNTY
FLORIDA

Older Adults, Save your Energy and Simplify

PLAN AHEAD AND ORGANIZE YOUR SHOPPING EFFORTS

- Shop for groceries from a list. This will prevent extra trips to the grocery store.
- Shop at times when the store is less busy. Use a motorized cart when needed.
- Store extra items in your pantry so you don't need to make multiple trips to the store.

<https://blogs.ifas.ufl.edu/browardco/2022/04/04/older-adults-save-your-energy-and-simplify/>
<https://edis.ifas.ufl.edu/publication/FY738>

Motivational Moment

"Associate yourself with people of good quality, for it is better to be alone than to be in bad company." -Author: Booker T. Washington



Q&A Challenge

Question: If I eat a lot of fruit, I don't need to eat any vegetables. TRUE or FALSE?

Answer: FALSE. You need to eat a wide variety of fruits and vegetables for a healthy diet.



WE'RE ON THE WEB AT:

<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

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Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

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