



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

APRIL TO JUNE 2024

Volume 8, Number 2

In this Issue

Broward Family & Consumer Sciences Staff.....	2
Reduce Food Waste.....	3
Pressure Canner Gauge Testing in Broward.....	7
Wellness Corner & Motivational Moment.....	12

From the Desk of
Broward

County's FCS

Dear Readers,

Hi Apple Core & More Readers-




Thank you for continuing to read our FCS quarterly newsletter. This quarter we are focusing on reducing food waste, our new pressure canner gauge testing, and healthy habits.

Please share this information with others so they can sign up to receive the UF/IFAS Extension, Broward County Extension, Apple Core & More Newsletter. We are looking for 50 more readers in 2024. See p. 9.

Follow us on Facebook and Twitter pages. See p. 10.

Read our Broward FCS blogs for some great information. [Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](#)

Take care and Happy Spring!


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



**Save
money by
reducing
food
waste**

UF | IFAS Extension
UNIVERSITY of FLORIDA

UF | IFAS Extension
Broward County
Family & Consumer
Sciences

Handwashing is critical to good health!



[Handwashing is critical to good health - UF/IFAS Extension Broward County \(ufl.edu\)](http://ufl.edu)



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

MyPlate | U.S. Department of Agriculture



**Get your pressure canner gauge checked
in 2024 (Click link)**

Pressure Canner Gauge Testing in Broward County - UF/IFAS Extension Broward County (ufl.edu)

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



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

E-Mail: bjimenez@ufl.edu

Visit us on the web at:

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

SolutionsForYourLife.com

**SHARE
YOUR
STORY**

Family & Consumer Sciences Program

Led by Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
UF/IFAS Extension, Broward County, Agent IV
2002 to present



UF | IFAS Extension
University of Florida

IFAS | IFAS
University of Florida

IFAS | IFAS
University of Florida



Brenda Marty-Jimenez, MHM, RDN, LDN, FAND

Family and Consumer Sciences, Agent IV

For 20 years, Brenda has successfully led our Family and Consumer programs in the community and beyond covering topics such as: nutrition, health, food, safety, ServSafe, Cottage Food Law, disaster preparedness, food preservation, chronic disease prevention and wellness.

Brenda holds a BS in Nutrition and Dietetics from the College of St. Scholastica, with a Dietetic Internship at McKennan Hospital in Sioux Falls, SD. She also completed her Master in Health Management at St. Thomas University and has over 18 years of acute care experience as a Registered and Licensed Dietitian and Nutritionist in Florida.

Since 2002, Brenda has been a motivation to our team and an inspiration to industry professionals. She has been recognized in the past as recipient of the NEAFCS Distinguished Service Award, most recently at the 2021 EPAF Conference with the NEAFCS Continued Excellence Award and 2022 NEAFCS Disaster Education Award.

Phone: (954) 756-8519

E-mail: bjimenez@ufl.edu



Rose M. Morales

*Family and Consumer Sciences,
Education Training Specialist I*

Rose is responsible for educating citizens and working with the Family Consumer Sciences in Broward County. She engages in community outreach and educational research-based programming.

She comes to us with 13 years of experience in teaching South Floridians subjects such as: the importance of eating healthy, increasing physical activity, and keeping hydrated, while working for the Family Nutrition Program.

She is motivated and passionate about connecting with people and delivering classes on different topics. She is seasoned with making an impact with the audiences she serves in terms of knowledge gain and behavior change.

She is friendly, personable and an asset to Family and Consumer Sciences. Rose was awarded the Paraprofessional Award in 2019 by UF/IFAS Extension and has received several other accolades.

Phone: (954) 756-8528

E-mail: RoseMMorales@ufl.edu

**UF/IFAS
Extension,
Broward
County
FCS Staff**



PREVENT FOOD WASTE! 10 WAYS TO USE LEFTOVER ROTISSERIE CHICKEN

Author: Brenda Marty Jimenez, FCS Agent IV

Why reduce food waste?

This simple procedure can save you money and help the environment. It takes the farming and agriculture industry a lot of time and resources to grow/raise, produce, and bring food to your table. It is economical to avoid wasting food in your home and it feels good too.

Check your refrigerator to see what you have on hand and what food items need to be used before spoiling. Keep items visible and not hidden from view. Rotate your food items regularly. Remember to check expiration dates and use-by dates often.



It is a good idea to first shop within your refrigerator, freezer, pantry, and cabinets! What do I mean by that? See what items you have on hand before going back to the grocery store for more items. This can help reduce food waste and save your food dollars.

Using rotisserie chicken in your recipes can be fun, easy, and tasty. Some of the wholesale chain stores offer rotisserie chicken at a special price and/or local grocery stores may have it on sale. Be sure to comparison shop to save money.

Nutrition, Protein, and MyPlate

MyPlate consists of 5 colorful food groups: protein, dairy, fruit, vegetables, and grains. Chicken is a source of protein and would be considered a food source from the purple group. A three-ounce portion of roasted chicken breast contains approximately 170 calories and 25 grams of protein. https://www.fsis.usda.gov/sites/default/files/media_file/2020-10/Chicken_Turkey_Nutrition_Facts.pdf It is important to eat a variety of foods from each of the food groups to get vitamins and minerals into your diet. All foods can fit into a healthy and nutritious balanced diet within moderation.

How can I use leftover rotisserie chicken?

It's time to be creative using leftover rotisserie chicken in a salad, soup, pasta, and more. Here are some ideas I incorporate and plan for when purchasing rotisserie chicken. Sometimes I cube up leftover cooked chicken and add it to a salad together with lettuce, shredded carrots, sliced radish, tomatoes, sweet corn kernels, rinsed black beans, shredded cheese, pumpernickel croutons, and my favorite salad dressing. On other occasions, I stir-fry leftover chicken pieces in my favorite sauce with plenty of broccoli, carrots, celery, and onions. I serve this over noodles or rice. It is delicious!

...Continued on next page

Here are 10 great recipes to consider adding to your weekly menu that call for cooked chicken:

1. Easy Chicken Pot Pie Recipe – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-chicken-pot-pie>
2. Chicken Brunswick Stew – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/brunswick-stew>
3. BBQ Chicken Pizza – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/bbq-chicken-pizza>
4. Chicken and Broccoli Bake – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-and-broccoli-bake>
5. Chicken and Cranberry Salad – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-and-cranberry-salad>
6. Chicken and Spanish Rice – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-and-spanish-rice>
7. Chicken Apple Salad Sandwich – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-apple-salad-sandwich>
8. Chicken Soup – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-soup>
9. Chicken Spaghetti – <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-spaghetti>
10. Chicken Rice and Fruit Salad- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-rice-and-fruit-salad>

Food Safety

Always wash your hands for at least 20 seconds with soap and water before, during, and after handling and cooking food. Follow the basic food safety principles of clean, separate, cook, and chill. There is no need to wash raw chicken before cooking. The recommendation is to NOT wash raw chicken. Food Safety Tip: Do Not Wash Raw Chicken – UF/IFAS Extension Broward County (ufl.edu)



Conclusion

Reduce food waste today. Money lost due to food waste could be spent in other ways. It takes some planning, but it can be done. Reducing food waste can make you happy too. Try some of these recipe ideas using leftover cooked chicken that I have shared in this blog and let me know what you think of the ones you do try. Enjoy!

Read More. Learn More.

Think about reducing food waste today, UF/IFAS Extension, Broward County Family and Consumer Sciences – <https://blogs.ifas.ufl.edu/browardco/2023/04/11/think-about-reducing-food-waste-today/>

Prevent food waste, UF/IFAS Extension, Broward County Family and Consumer Sciences – <https://blogs.ifas.ufl.edu/browardco/2022/03/28/prevent-food-waste/>

REDUCE FOOD WASTE!



UF | IFAS Extension
UNIVERSITY of FLORIDA

FAMILY &
CONSUMER
SCIENCES



BROWARD
COUNTY
FLORIDA

**Reduce
Food
Waste
Today**

An Equal Opportunity Institution and Employer

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.

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



FOOD WASTE
*Prevention
Week*

APRIL 1-7, 2024

Reference: www.cdc.gov/foodsafety

An Equal Opportunity Employer and Institution 5



healthy BREAKFAST

Start every day with
something fresh and tasty!



National School
Breakfast Week.

UF IFAS Extension
UNIVERSITY of FLORIDA

UF IFAS Extension
Broward County
Family & Consumer
Sciences



Breakfast

Rose and I had so much fun participating in National School Breakfast Week 2024! UF/IFAS Extension, Broward County Family and Consumer Sciences (FCS) also was at Water Matters Day 2024 held at Tree Tops Park where we actively educated and disseminated educational information to our community. There were over 50 educational booths and exhibits helping residents learn about the importance of water, hydration, recipe ideas to use fruit from FREE trees given away, conservation, landscaping, 4-H youth development and much, much more. #WaterMatters



Do you use a pressure canner?

Author—Brenda Marty Jimenez, FCS Agent IV

Canning can be a fun, safe and economical way to preserve food at home. Canning favorite products to be enjoyed by family and friends can be a pleasant experience and a source of pride and joy for many families and consumers.

Remember -

Testing your pressure canner gauge regularly is important to ensure proper results.

- Your pressure canner may have a dial gauge for indicating the pressure and regulating the pressure.
- Dial gauges should be checked for accuracy before use each year, since older gauges may weaken and become inaccurate.

Gauges that read high (it says it has more pressure than it really does) cause under-processing and may result in unsafe food. Low readings (it has more pressure than it really does) cause over-processing, and soft, mushy food. Pressure adjustments can be made if the gauge reads incorrectly. Gauges may need to be replaced when readings differ by more than 2 pounds. Handle canner lid gaskets carefully and clean them according to the manufacturer's directions. Nicked or dried gaskets will allow steam leaks during the pressurization of canners. Keep gaskets clean between uses.

Pressure does not destroy microorganisms, but high temperatures applied for an adequate period of time do kill microorganisms. Adding pressure increases the temperature, which kills bacteria much faster. *Clostridium botulinum* bacteria are the main reason low-acid foods must be pressure canned to be considered safe. https://nchfp.uga.edu/papers/guide/GUIDE01_HomeCan_rev0715.pdf Home canned foods are responsible for over 90% of all cases of foodborne botulism. [Botulism: take care when canning low-acid foods | UMN Extension](https://nchfp.uga.edu/blog/umm...what-exactly-is-botulism-part-ii#gsc.tab=0) Low readings cause over-processing. <https://nchfp.uga.edu/blog/umm...what-exactly-is-botulism-part-ii#gsc.tab=0>

How can I get my gauge tested?

Broward County's UF/IFAS Extension Office in Davie has a pressure gauge tester and can test most pressure gauges for accuracy. Call today for an appointment with UF/IFAS Extension, Broward County Family and Consumer Sciences. For more information, contact Broward County Extension Family and Consumer Sciences at 954-756-8550 or 954-756-8519.

Learn more.

- ♦ UGA National Center for Home Food Preservation: Using Pressure Canners – https://nchfp.uga.edu/papers/factsheets/Preserving_Food__Using_Pressure_Canners.pdf
- ♦ UGA National Center for Home Food Preservation: Resources – https://nchfp.uga.edu/how/general/example_processing_charts.html#gsc.tab=0
- ♦ National Presto Industries – Service Department, 3925 North Hastings Way, Eau Claire, WI 54703-3703. Attention: gauge testing. For more information, phone Presto Customer Service: 1-800-877-0441 or contact@gopresto.com

DO YOU NEED YOUR PRESSURE CANNER GAUGE TESTED?

FAMILY & CONSUMER SCIENCES

Nutrition, Food Safety and Health
Community Development
Personal and Family Well-being
Child and Family Development
Disaster Preparedness

UF IFAS Extension
UNIVERSITY of FLORIDA

UF IFAS Extension
Broward County
Family & Consumer
Sciences

Scheduling Appointments in Broward Now

***NEW**

CALL : 954-756-8519

Check dial gauges for accuracy before use each year.
Gauges that read high cause under-processing and
may result in unsafe food.



Check dial gauges for accuracy every year!



FAMILY AND
CONSUMER
SCIENCES
APPLE CORE &
MORE



*Please sign
up today!*

NEWSLETTER

**USE THIS LINK TO SIGN UP TO
OUR QUARTERLY NEWSLETTER:**

<https://bit.ly/3D0ycFr>

OR SCAN THIS CODE
TO OPEN THE SIGN UP
FORM



Family and
Consumer Sciences

CONNECT WITH US

MAIN WEB PAGE

<https://sfyl.ifas.ufl.edu/broward>



FACEBOOK
@Family and
Consumer Sciences
Broward County
Extension



YOU TUBE

@ufifasextensionbrowardfcs7741



WEB PAGE
<https://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/food-nutrition-and-wellness-in-broward/>

TWITTER
@Broward_FCS



EMAIL
BJimenez@ufl.edu
RoseMMorales@ufl.edu



An Equal Opportunity Institution

Family and
Consumer Sciences

CONNECT WITH US

MAIN WEB PAGE

<https://sfyl.ifas.ufl.edu/broward>



FACEBOOK
@Family and
Consumer Sciences
Broward County
Extension



YOU TUBE

@ufifasextensionbrowardfcs7741



WEB PAGE
<https://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/food-nutrition-and-wellness-in-broward/>

TWITTER
@Broward_FCS



EMAIL
BJimenez@ufl.edu
RoseMMorales@ufl.edu



An Equal Opportunity Institution



The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as alternate formats of written material, please contact Brenda Marty Jimenez, bjimenez@ufl.edu; (954) 756-8550 at least [1 –2 weeks in advance].

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 2024, 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)



WELLNESS CORNER



#2024

Manage Your Stress & Take a Deep Breath

Positive thought for the day:

Avoid harmful habits, and care for your body with regular exercise and healthy, nutritious food packed with vitamins and minerals.

Schedule a physical with your healthcare provider this year.

Stress Management Ways to Cope- FY51700.pdf (ufl.edu)

UF IFAS Extension
UNIVERSITY OF FLORIDA



FAMILY AND
CONSUMER SCIENCES



Motivational Moment

"Take care of your body. It's the only place you have to live in." Author: Jim Rohn



Q&A Challenge

Question: _____ is the No. 1 thing in landfills.

Answer: Food.

[6 Surprising Food Waste Facts - Feeding Westchester](#)



WE'RE ON THE WEB AT:

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

UF IFAS Extension
UNIVERSITY OF FLORIDA

DISCLAIMER

The information in this community newsletter is for informational purposes only. The Broward County Extension office and/or the Broward County Board of Commissioners are not engaged in rendering medical advice or professional services and cannot provide consultation on individual health conditions. The information provided in this newsletter should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or may suspect you have a health problem, you should seek appropriate medical attention from your health care provider.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin.
Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

For additional information please contact:

Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
Broward County Extension Agent IV
3245 College Avenue
Davie, FL 33314-7719
Phone: (954) 756-8522
Email: bjimenez@ufl.edu

