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From the Desk of Broward County's FCS Extension Agent...



Dear Readers,

Happy New Year! The COVID-19 pandemic continues but we do have good news that the vaccine is now available. Read here for more information on how the vaccine works:

<https://coronavirus.uflhealth.org/vaccinations/vaccine-safety/>

<https://coronavirus.uflhealth.org/vaccinations/vaccine-science/>

I am so happy to share that we have two guest authors this quarter--both are valued Family and Consumer Sciences Advisory Committee members. They are registered and licensed dietitians in the state of Florida. See page 3 and page 5. On the back page you will find some tips related to picking the proper cut of corned beef for St. Patrick's Day. If you or someone you know is struggling at this time, note the Disaster/Distress Hotline number which is 1-800-985-5990. It is a 24 hour service and you can speak with a counselor, if needed. Be mindful of wellness, food safety and good nutrition. The *Apple Core & More Newsletter* is published quarterly to educate individuals and families. Wishing you a wonderful and healthy 2021.

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Stay Hydrated! Drink Plenty of Fluids



Water is essential to life. Everyone needs water every day for proper hydration. Water helps the body use nutrients, lubricate joints, rid body of wastes, aids digestion, helps to regulate body temperature, and helps to prevent heat related illnesses.

Water is calorie free, sugar free, fat free, caffeine free, convenient and can be cost free!

Drink plenty of water. Do heavier work and outdoor workouts during the coolest parts of the day. Wear light, breathable clothing. Avoid alcohol and sugary drinks,

Always take a break at the first sign of feeling overheated and tell someone.

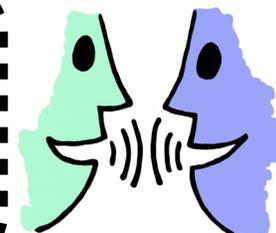
If you suspect you or someone else has a heat related illness, seek medical assistance or call 911.

Reference: <https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>

Centers for Disease Control and Prevention (CDC)-
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Do you have an idea or nutrition story you'd like to share?
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 Visit us on the web at:
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>
SolutionsForYourLife.com



Seniors and Foodborne Illness

By: Darlene Moppert, MS, RDN, LDN, Broward FCS Advisory Committee

According to the CDC, more than one half of the people over age 65 with confirmed food related illnesses are hospitalized. There are several reasons why food poisoning hits seniors a little harder: As people age, their digestive systems become a little slower and less stomach acid may be produced, allowing bacteria to grow more freely; their liver and kidneys may not work as well to rid the body of bacteria and toxins; there is a decline in the immune system after age 50; underlying medical conditions such as cancer, diabetes and auto immune diseases as well as medication therapy increases an individual's susceptibility to food-borne illness. Following these steps helps reduce the risk of food-borne illness:

Sanitize hands and food preparation surfaces. Wash hands often for 20 seconds, especially before beginning food preparation, after handling food, after using the bathroom, after changing diapers or after handling pets. Wash and sanitize counter tops and food preparation surfaces such as cutting boards. Cutting boards must be cleaned and sanitized between cuttings of raw meat, etc. (poultry, seafood and other foods). It's a good idea to have more than one cutting board available.

Separate to avoid cross-contamination. An example of separation would be separating raw meat, etc. in grocery carts and the refrigerator so that leaking meat juices cannot contaminate other foods.

Cook food to safe temperatures. Cook gravies, sauces and soups to at least a temperature of 165° F. Heat leftovers to 165° F. Cook beef, veal and lamb to 145°F. Cook poultry to 165°F. Cook egg dishes to 160°F.

Refrigerate food promptly and properly. It is a good idea to place a thermometer in your refrigerator and freezer. Refrigerators need to be at 40°F or below and freezers at 0°F or below. Thaw foods in the refrigerator, not on the counter. Divide large amounts of food into smaller containers so they chill more rapidly. Keep your refrigerator neat and organized to maximize air flow.

Food safety begins at the store. When selecting raw meat, etc., put the package into a plastic bag, preventing the product from dripping. If bags are not available at the meat counter, check the produce department. Do not reuse bags you used to hold packaged raw meat, etc. Buy only pasteurized milk, cheese and dairy products. If you buy bottled fresh juice, be sure label says **pasteurized**. Purchase raw eggs in shells, and refrigerate in the store carton. If you use raw eggs in a non-cooked recipe such as salad dressing, icings, homemade ice cream and alcoholic mixed drinks, use only pasteurized eggs. Never buy food when the packaging is destroyed, unclean or damaged. Avoid produce that is bruised or damaged. Check the expiration date on jarred, canned or other prepared products.

Finally, after safely preparing the food, always wash (sanitize) your hands before eating. Encourage those who are dining with you to do the same.



References:

[Food Safety for Older Adults and People with Cancer, Diabetes, HIV/AIDS, Organ Transplants, and Auto-Immune Diseases \(fda.gov\), Aug. 2020](https://www.fda.gov/food/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index)

https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/ct_index

[People with a Higher Risk of Food Poisoning | Food Safety | CDC](https://www.cdc.gov/foodpoisoning/), January 2019

Adapted from: *Food Safety for Older Adults and People with Cancer*, Food and Drug Administration, August 2020

Recognize the signs of disordered eating.

DISORDERED-EATING VS. EATING DISORDERS

Parents, teachers, and youth professionals should learn to recognize signs of disordered-eating and eating disorders, and understand the difference between the two.



Qualities of Disordered Eating:

- Irregular and inconsistent thoughts about food
- Wide range of irregular, abnormal eating patterns
- Can present anytime throughout life
- Rarely life-threatening and treated with non-intensive therapy
- Examples: skipping meals, habitual dieting

VS.

Qualities of an Eating Disorder:

- Consistent and all-consuming preoccupation with food
- Persistent abnormal eating patterns
- Usually develop in adolescence (12-17 years)
- Life-threatening and requires immediate medical attention and intensive treatment
- Examples: anorexia nervosa, bulimia nervosa, binge-eating disorder (BED)

Eating disorders have more serious consequences, yet the potential consequences of disordered eating should NOT be ignored.

TIPS

When teenagers understand realistic body images—not ones portrayed by the media—then they can become happier with themselves.

Enhancement comparisons, which are tools to help teens assess positive features about themselves and compare them to strong suits of others, can also boost self image.

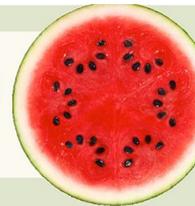
Parents, who know the signs of eating disorders and can talk with children about their associated risks, and reach out a mental health professional, nutritionist, or doctor for additional support.

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WATER-WISE WATERMELONS IN FLORIDA'S SUWANNEE VALLEY



For the past 25 years UF/IFAS Extension has partnered with the Florida Department of Agriculture and Consumer Services, the Suwannee River Water Management District and the USDA Natural Resources Conservation Service to develop systems and best practices that help Suwannee Valley watermelon growers conserve water, fuel and fertilizer.

\$88 MILLION
watermelon
industry
statewide

NEARLY 1/3
of all Florida watermelons are
grown in the Suwannee Valley area

RESEARCH-BASED BMPs
have led to an industry-wide shift from overhead irrigation techniques on open soils to a more efficient system of drip irrigation under plastic mulch.

Suwannee Valley Area RESULTS



Less water used

2.1 billion gallons in annual water savings—roughly equivalent to the water use of 65,000 Florida residents



Less fertilizer applied

180,000 lbs less nitrogen applied annually



Less fuel expended

120,000-270,000 gallons in diesel fuel savings per year



Greater watermelon yields

50-60,000 lbs watermelon harvested per acre annually—compared with 25-40,000 lbs/acre in the early 1990s



WATERMELONS

Valentine's Day is a time to shower the ones you love with affection, and it's also the perfect time to be sustainable. Be kind to your Valentine and the environment this February 14 with these sustainable holiday tips.

TIPS FOR A SUSTAINABLE VALENTINE'S DAY

Give Valentine cards printed on recycled content, and recycle the cards you don't choose to keep.

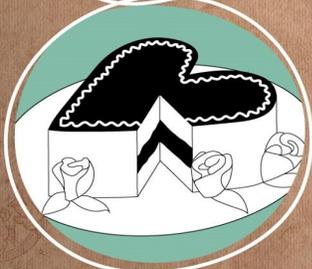
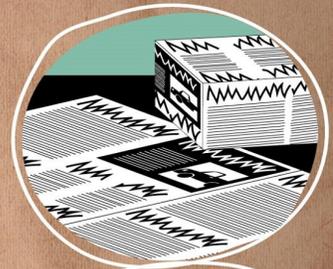


Valentine's Day is a popular holiday for restaurants. If you'll be dining out this year, try restaurants that serve local foods.



Those staying in can make their own meals with locally-grown ingredients.

If you buy gifts, purchase them from local businesses and wrap them with newspapers, brown paper bags, or reused wrapping paper.



Give homemade Valentine's treats (like heart-shaped cookies and cakes) in reusable and/or recyclable containers.



If you're giving your Valentine flowers, opt for ones that are locally-grown.



You can also try alternatives to the traditional bouquet by giving a potted plant, a live bush or shrub, or tree seedling.



Spend your Valentine's Day at a park, wildlife reserve, or other natural area.

HYDROPONIC Vegetable Production in Florida



WHY BUILD A HYDROPONIC GARDEN?

- Easy to build
- Provide nutritious vegetables for home use
- Avoid many pest problems associated with soil

CROPS

Several leafy salad crops such as lettuce, mustard greens, mizuna, mint, chives, and kale grow well during the cool season. There are fewer crop options for the warm season; however, basil, Swiss chard, cucumber, watercress, and some cut-flowers, like Zinnia and sunflowers, have done well. Also consider growing herbs, peppers, tomatoes, vegetable/herb mixes, and strawberries.

FLOATING RAFT SYSTEMS

Floating raft systems utilize Styrofoam rafts or mats with holes drilled in them which are floated on nutrient-rich water. This system works well with short-season, shallow-rooted crops, such as lettuce, basil, and watercress, which grow well under high-moisture conditions in the root zone.



MEDIA-FILLED POTS OR UPRIGHT BAGS

These upright containers can be spaced in two rows, similar to rockwool culture for lay-flat bags. Drip irrigation supplies a nutrient solution to the containers, which is usually not re-circulated, but timed to pulse-flow through the containers. Composted pine bark is the most common media used because of its ample availability from the forest-pulp industry in Florida.



MEDIA-FILLED TROUGH

The media-filled trough is a hydroponic system that uses various liner materials to produce a trough that will hold a media selected by the grower. A drip system runs the length of the trough, uniformly providing water.



NUTRIENT FILM TECHNIQUE

The nutrient film technique (NFT) is where plants are grown with roots contained in a plastic film, a trough or PVC pipe. Nutrient-laden water is recirculated through the system, bathing the roots.



PERLITE BUCKET SYSTEM

Perlite is naturally occurring volcanic glass or rock and is white, angular, and pearl-like. Perlite hydroponic systems include drip-irrigated, perlite-filled, Dutch buckets or lay-flat plastic bags. Perlite is also used in a variety of other cropping systems such as vertical systems and perlite-filled, aluminum roofing panels.



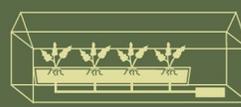
ROCKWOOL CULTURE

Rockwool is an inert, fibrous material produced from a heated mixture of volcanic rock, limestone, and coke. Rockwool is extruded as fine threads and pressed into loosely woven sheets.



SOIL-MIX RAISED BEDS

This system consists of a combination of peat, perlite, vermiculite, and composted product or similar substrate, sometimes mixed together with fertilizer. Drip irrigation supplies water and nutrients to these crops, which are grown in rows under a protected greenhouse structure.



VERTICAL SYSTEMS

Vertical hydroponic systems produce crops in upright rows, a method that can significantly increase plant populations. More recently, vertical-production techniques have also been developed for tomato.



For more information, please visit <https://edis.ifas.ufl.edu/hs405>

Why You Need Exercise to Manage the 2021 New Year

By: Michelle Stewart, MPH, RDN, LDN, CDE, FAND, Broward FCS Advisory Committee

One of the biggest challenges often faced is all about *do* and *don't*, along with *when* and *how*, when it comes to physical activity. When can I exercise, or get in a workout? How can I manage the time and how can I find the most user-friendly activity for my schedule and stamina? These questions are not seasonal, they come up year 'round; they just feel more pressing when we're faced with a finite amount of time and little flexibility on expanding those calendar dates.

Exercise is essential; it helps reduce body fat, and aids in maintaining a healthy body weight. It lowers the risk of Type 2 Diabetes, improves mood, and can lower anxiety. This is the short list, there are several others. Here are some benefits that may be most helpful during the New Year.

Reduces body fat

According to the National Institutes of Health 68% of Americans are considered overweight or obese. Realizing everyone does not fall into this range, exercising regularly can help you opt out of this expanding group. It is recommended that you exercise five days a week for at least 30 minutes. I can hear the "but I don't have time," feedback! Commit to two to three days of exercise and gradually increase. Make sure you include stretching in your exercise routine—it warms up your muscles and can increase your flexibility. The energy you use exercising will burn calories and reduce fat which helps you maintain or achieve a healthy weight. The more you exercise, the easier it is for your body to burn off those calories.

Lowers Risk of Type 2 Diabetes

You can lower your risk of developing Type 2 Diabetes with a regular exercise plan. Research indicates regular exercise plus a healthy diet of low-fat, high-fiber whole grain foods can aid in lowering the risk of diabetes. Eating wisely is especially important during holidays and special occasions. Be strategic in navigating the buffet table, choose small plates, vegetables as dippers, limit bread, and go for two-bite desserts. Limit alcoholic beverages and drink more water.

Improves mood

The holiday season can be difficult for a lot of people for numerous reasons, which may result in depressed moods and outlook. Exercise can be an ally in moving the mind to a better, more positive place. When you exercise, chemicals including endorphins are naturally released by your body. The endorphins interact with the receptors in your brain that reduce your perception of pain. They also create a positive euphoric or happy feeling. As regular exercise becomes routine, your brain will associate the positive happy feeling with exercise, reinforcing the importance of exercise in feeling positive and good.

Lowers anxiety

Anxiety, like mood improvement is connected to the increased level of endorphins, stimulated by exercise. During your workout or swim, you are stepping away from the daily grind or problems that you may feel are overwhelming. Your focus is on the workout—once you have finished working out you may have a fresh outlook, are less anxious, and have renewed energy to tackle the issues that weighed you down.

This is a short list of exercise benefits. I hope that you will embrace exercise as the remedy you need to manage tasks and enjoy the holiday season.

Take Away: Add regular exercise to your routine to ensure a healthy happy outlook every day of the New 2021 Year.

References:

<https://www.nih.gov/health-information>

<https://www.choosemyplate.gov/>

<https://www.dietaryguidelines.gov/current-dietary-guidelines/2015-2020-dietary-guidelines>



NUTRITION CORNER

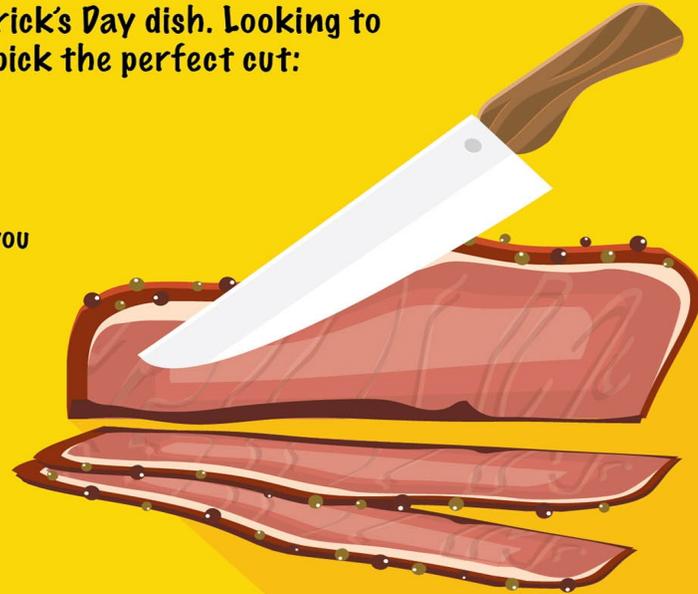


Pick the Perfect Cut

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Corned beef is a popular St. Patrick's Day dish. Looking to make your own? Here's how to pick the perfect cut:

-  Look for a brisket.
-  Look for a cut that is lean or you can easily cut off excess fat.
-  The meat itself should look marbled.
-  Give it a squeeze and make sure it's a firm cut.
-  Not sure how much to buy? 1 pound per person is a good rule to follow.



Motivational Moment

"I like to think of life as an adventure, like a roller coaster. It helps with the ups and downs." -Eddie Izzard



Q&A-Challenge

Question: The only way to be sure foods are cooked long enough to kill harmful bacteria is to...



Answer: Use a food thermometer.

WE'RE ON THE WEB AT:

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

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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.

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