



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

**JANUARY TO MARCH 2026**

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From the Desk of  
Broward County's  
FCS Agent



Hi Apple Core  
& More Readers-

Apple Core & More subscribers—  
Happy New Year!

This newsletter is full of helpful information for families and consumers, that I hope you find it useful and learn at least one new fact or piece of information. Let me know if you would like to see any specific information published in this publication.

Remember to follow our Broward FCS blogs and read more to learn more.

[Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](#)

Our next edition of the Apple Core & More will come out in April. Until then, wishing you all a great 1st quarter of 2026.

Enjoy your day!

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

## Food Safety Shopping Tip:

WHEN SHOPPING FOR  
GROCERIES, YOU CAN HELP  
REDUCE THE SPREAD OF  
BACTERIA AND VIRUSES BY  
ONLY TOUCHING THE ITEMS  
YOU ARE GOING TO BUY.

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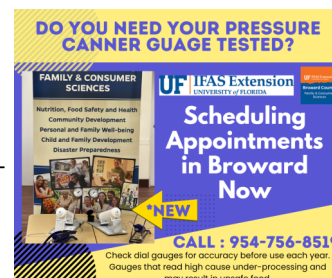


**MyPlate.** Check out all of the  
resources on healthy eating!

[MyPlate | U.S. Department of Agriculture](#)

**Get your Presto pressure canner  
gauge checked**

**in 2026 (Click link)** Pressure Canner Gauge  
Testing in Broward County - UF/IFAS Extension  
Broward County  
([ufl.edu](http://ufl.edu))



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

E-Mail: [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu)

Visit us on the web at:

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

[SolutionsForYourLife.com](http://SolutionsForYourLife.com)

**SHARE  
YOUR  
STORY**

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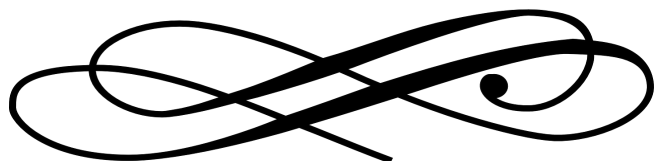
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## Florida Cooperative Extension Service: Vision, Mission and Values

### Vision:

To be a leading provider of research-based solutions that empower individuals, families, and communities to improve their quality of life while creating a better tomorrow for all Floridians.

### Mission:

Florida Cooperative Extension engages with individuals, families and partners with communities to provide quality, relevant education and research-based expertise to foster healthy people, a resilient environment, and a strong economy.

### Values:

- 1. Integrity:** We serve all with mutual respect and honesty.
- 2. Excellence:** We provide relevant, high quality, unbiased, research-based educational programs that empower the people of Florida to improve their lives.
- 3. Responsiveness:** We provide timely solutions that are research-based, practical and relevant.
- 4. Lifelong Learning:** We value the personal development of our faculty, volunteers and the people we serve.
- 5. Access:** We support Florida's diverse population, and we ensure that our programs are accessible to all.

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**MAIN WEB PAGE**

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



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@ufifasextensionbrowardfcs7741



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

**TWITTER**  
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**FAMILY & CONSUMER SCIENCES**  
Creating Healthy & Sustainable Families

An Equal Opportunity Institution

Take  
care of  
yourself  
in  
2026.

## DIMENSIONS OF WELLBEING

1. **Physical:** self-care like eating right, medical care, and exercising
2. **Social:** friends, family, acquaintances, and coworkers
3. **Occupational:** job satisfaction and fulfillment
4. **Financial:** being able to meet financial obligations, feeling financially secure
5. **Spiritual:** living your beliefs and values
6. **Community:** getting involved, making a difference

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FAMILY &  
CONSUMER  
SCIENCES 



### About NatureScape Broward—

We hope to see you there! Family & Consumer Sciences (FCS) will be there again this year. NatureScape is about creating Florida-friendly landscapes that conserve water, protect water quality, and create wildlife habitat. NatureScape encourages the use of native plants because they are uniquely adapted to grow in South Florida.



# **PREVENT FOOD WASTE!**

***Don't let good food go bad.***



By Brenda Marty Jimenez, UF/IFAS Extension Agent IV, Broward County FL

With food costs increasing upwards, it is best to prioritize handling your leftovers wisely, to prevent food waste. Here are some tips to consider implementing if you are hosting a gathering, where you will be serving food.

1. Start by writing down your menus and creating a shopping list, while keeping track of your budget. Don't forget to pull out, assess, and include any needed ingredients for all your food and beverage recipes.
2. If hosting a gathering, it makes sense to ask the people you are inviting to respond whether they can make it to the event and meal you are hosting. Yes-RSVP's! This way you can show how much food you will need to plan for and purchase for the projected number of guests that will attend your event. No hostess wants too little or too much food.
3. When people offer, ask them to bring what's called a "signature dish" — which is really their favorite food they like to make and share with family and friends. When several people bring a food item to your gathering, it can be a big help to lower the cost of your whole event. Most people want to contribute something and are excited when someone else asks for their recipe!
4. Create a second set of menus, based on projected leftovers and how you will use them up, and even repurpose them into newer menu choices. Have a plan! For example - Turkey casserole, turkey sandwiches, a green salad with diced ham, ham and bean soup, split pea soup with pieces of leftover ham, or diced ham in scrambled eggs, are among ways people enjoy utilizing leftover turkey and ham.
5. Think about batch cooking and/or doubling your recipes. Batch cooking is meal preparation strategy where you cook and prepare large quantities of food at once and store it for later use. It can be efficient and reduce stress. Batch cooking can help in budgeting by reducing food waste and allowing you to buy ingredients in bulk.
6. When in the grocery store purchasing items, stick to your shopping list. This is top priority! I've heard so many people recently say that they went to the store for one item and came home with a bag of groceries costing over \$100-\$200, containing items they did not plan to purchase. (Remember - have your plan and stick to it.)
7. If you have the space, purchase your items in advance in hopes that you may be able to catch some sales or buy-one-get-one free items. With the economic issues we are facing, saving money is something we are all striving to do.
8. Consider freezing leftovers for another delicious meal, before the food goes bad.
9. Check expiration dates on spices, extracts and canned goods now. Some spices are sometimes stored in the cabinet way too long. The end of the year is a good time to assess what you have, rotate items, and toss out what is no longer safe to eat.

Careful planning will be the key to minimizing food waste at your next gathering.

# Want to try a new recipe?

## Ten Minute Chili



- ⌚ Prep Time: 5 min
- 🔥 Cook Time: 10 min
- 🍴 Serving Size: 1 & 1/2 cup
- 🍽 Serves: 4

### INGREDIENTS

- ½ pound 90% lean ground beef
- 1 small onion, chopped
- 1 (16 ounce) cans low sodium red kidney beans, drained and rinsed
- 2 (16 ounce) cans no salt added tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon garlic powder

### STEPS

1. Cook ground beef and onion together in a pot. Drain to remove excess fat.
2. Add beans, tomato sauce, chili powder, and garlic powder to the pot. Stir to mix ingredients.
3. Cook over medium heat until heated through, about 10 minutes. Serve.

Reference: Ten Minute Chili - UF/IFAS Extension Family Nutrition Program

# DO YOU NEED YOUR PRESTO PRESSURE CANNER GAUGE TESTED?

**January 9, 2026**

**February 6, 2026**

**March 6, 2026**

**April 10, 2026**

**May 15, 2026**

**June 5, 2026**

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## Scheduling Appointments Now



**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.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Brenda Marty Jimenez, FCS Agent IV, [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu) at least [1 week in advance]. Advance notice is necessary to arrange for some accessibility needs.  
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*Want to read more from  
Broward Family and  
Consumer Sciences?*



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### **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 [2026](#), to relax, view nature, spend time with family & friends, absorb some vitamin D, and get physical activity. Check out all the things you can do in a Broward County park near you. [www.broward.org/Parks](http://www.broward.org/Parks)

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



# WELLNESS CORNER



Author: Brenda Marty Jimenez

## Motivational Moment:

*"You are never too old to set another goal or to dream a new dream."*

Author: C.S. Lewis



## Q&A Challenge

**Question:** What ingredient is added to brown sugar to make it brown?

**Answer:** Molasses



WE'RE ON THE WEB AT:

**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.

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

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