Recipe Idea: Tasty Meatball Soup

Upcoming Events

Cybersecurity & Fraud

Nutrition Corner

Happy New Year!

And just like that it is 2019. WOW! Many individuals are making resolutions to improve some aspect of their lives. Common resolutions include: losing weight, exercising more, decreasing screen time, becoming more cyber secure, adding time for mindfulness, recycling, decluttering closets and the garage, spending more time with family, money management, sticking to a budget and/or plans to travel more.

If you have selected a goal or two, remember to not overwhelm yourself and start with something achievable and reasonable. Tackle one thing at a time. Small successes can lead to big change. It can help to write things down and check off as you go. Looking back, when next January comes around, you can see your accomplishments over time.

I hope you enjoy the articles I’ve written and included in this issue of the Apple Core. Please let me know if you share information with others.

Wishing you all an abundance of peace, good health and happiness this year.

With warmest regards,

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Do you have an idea or nutrition story you would like to share? Do you have any feedback and/or suggestions for the Apple Core newsletter? Look for an upcoming newsletter survey. Please provide your comments!

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Saving Money With Coupons

Want to get more for your money? By using coupons, you can save several dollars a week on your grocery bill. We can all use a little extra money these days. Try some of these tips to get around high food prices for you and your family! As the saying goes, “Every little bit helps!”

Where Can I Find Coupons?

Coupons can be found in several places. Coupons are a type of sales promotion that encourage individuals to try a product they may not have tried before. If families and consumers like a product, they are more likely to repeat the purchase. Check out: the Sunday newspaper, online printable coupons, weekly store flyers, manufacturer and store websites, in-store coupons and store loyalty cards. Share coupons with others who enjoy couponing.

1. Plan all meals for each week, in advance and create a master shopping list that falls within your budget. Stick to your list when in the store and try not to shop when you are hungry.
2. Search the places mentioned above for coupons.
3. Get organized! Arrange coupons into groups, such as cereals, paper goods, canned goods, snacks or anything you buy often. Inexpensive file boxes are available to store coupons. This will help you keep track of your coupons and find them quickly.
4. Use coupons when you are making a shopping list. It may be helpful to place a check mark next to the items you plan to buy with a coupon.

Helpful Tips When Using Coupons

- Do not buy items just because you have a coupon for it! Make sure you need it, will use it and make sure you have space for the items in your cabinets and/or pantry.
- Compare prices with store brand items to see if using the coupon is the cheaper option. Sometimes it is and sometimes it is not.
- Use coupons to stock up on non-perishable items that you and your family use often.
- Using coupons and stocking up on needed items during sales are great money-saving options.
- Don’t buy perishable food in large amounts if you will not be able to use it or freeze it before it expires.
- Shop at stores that will take manufacturers’ coupons and the in-store coupon for the same product.
- Ask if a store will match a sale or coupon from a different store.

(Continued on page 4)
**Tasty Meatball Soup**

*Makes: 4 servings*

Mixed vegetables, meatballs, and brown rice make a delicious and hearty soup that will warm you up on a cold winter night.

**Ingredients**
- 6 cups water
- 1/3 cup brown rice
- 3 bouillon cubes (low-sodium chicken or beef flavored, or 1 tablespoon low-sodium bouillon powder)
- 1 tablespoon oregano (fresh, finely chopped)
- 8 ounces ground beef (90% lean, or turkey or chicken)
- 1 tomato (finely chopped)
- 1 egg (large)
- ½ teaspoon salt
- 2 cups vegetable mix (chopped, fresh, carrots, celery and broccoli)

**Directions**
1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender.
5. Serve hot.

*Source: California Champions for Change, Lunch Recipes, California Department of Public Health, Network for a Healthy California*
Cybersecurity & Fraud Anxiety

Do you fear having your identity being stolen or becoming a victim of fraud? Have you received unsolicited phone calls about your IRS tax status needing immediate attention and/or email that requests you to click on unknown links? Do you receive a lot of junk email that you can’t stop? Have you had to cancel a credit card because an unauthorized person obtained and used your credit card information to make a purchase? You are not alone! Many families and consumers fear identity theft and cybersecurity compromises and hope it never happens to them.

We live in a time where we can manage more and more of our daily lives digitally. We don’t need actual cash on hand to make purchases if we have a debit or credit card. Ordering groceries or dinner from the internet is easy. We can on-line holiday shop from home. We can book airline tickets and purchase and print concert tickets too—all from the comfort of our home. We can bank and deposit checks from our cell phones, access email and use social media to keep up-to-date with family and friends. TV’s and home security cameras connect to the internet to enable access to more functions than ever and help keep our families and home safe.

Many of us live in the fast lane and in most cases, can speed across the digital highway to take care of business. We live in times of fear and anxiety for a lot of reasons. No one wants to become a victim of a cybersecurity breach, yet we see it happen on a regular basis. This potential threat can cause anxiety, especially for parents of young children and for the elderly.

Be aware. Be cyber aware.

More About Coupons...

Don’t Forget!
1. Bring the coupons to the store with you! They will do you no good if you forget them at home.
2. Watch the expiration dates. Discard expired coupons. Read the coupon’s fine print!

Children Can Help Coupon Too!
Most children love to help when they can. Couponing can be a life skill youth can learn and continue with into adulthood. Keep them involved by asking them to sort, clip, or find coupons. Even young children can help!

❖ Have children sort coupons based on the system you decide. Sorting can be great fun.
❖ Create a coupon binder or folder and let your child decorate it. You can find these at most dollar stores.
❖ Teach your child to watch out for expiration dates and how to interpret them.
❖ If your child is old enough and knows how to handle scissors properly, have them cut coupons.
❖ At the store, give your child a coupon and have them try and locate the item. Most children love to be helpful.
❖ Have kids keep an eye out for any in-store deals or coupons too.

Summary
Choose well-balanced meals that include plenty of fruits and vegetables. Follow MyPlate nutrition guidelines.

Keep your health in mind when creating your shopping list and purchasing ingredients and menu items.

Healthy eating starts with smart and wise shopping. Use coupons and save money, when able.

What is the Cottage Food Law?

COME AND LEARN!
WHEN: August 2, 2019 from 8:30 a.m. to 4 p.m.
WHERE: Cottage Food Workshop at UF/IFAS Extension Broward County in Davie

This course will cover learning how to start a cottage food business in FL. The FL Cottage Food Law of 2011 has opened many opportunities for budding food entrepreneurs. The number of cottage food businesses is expected to continuously increase. The workshop will provide information on food safety and quality, product development and regulatory requirements for FL
Cybersecurity Terms

Do you know what these mean?

Cyber-This word means relating to computers, information technology or the digital, virtual world.

Cyber attack-An attempt by hackers or wrong-doers to damage or destroy a computer network or system.

Cyber stalking-Persistent and targeted trail-ing and harassment from someone online, most often via email and/or social media.

Fraud-This is basically wrongful or criminal deception and dishonesty intended to re-sult in financial or personal gain.

Identity theft-This is when someone takes some piece of your personal information and uses it without your knowledge and consent to commit fraud or theft.

Malware-Malicious software including viruses, and spyware.

Phishing-A process used to gain sensitive information usually done through email.

Sensitive information-Information that includes confidential information such as email address, credit and debit card de-tails, user name, password, address, phone number, birth date, Medicare number, so-cial security number etc.

Social networking websites-Websites that allow people to keep in touch with family and friends but may inadvertently share personal information about themselves and others with individuals that don’t have the best intentions.

Spam-This is unwanted email.

Spyware-A type of malware designed to steal confidential and/or sensitive information.

Unauthorized access-This is when an individual gains access to a website, email ac-count, credit card account, server or service using someone else’s account or other methods.

How to avoid becoming a victim:

Don’t become a victim of email or telephone fraud by staying informed of what you can do to prevent it. Alert children and elderly family members of what to look out for. Teach children about the potential dangers of the internet. Talk to el-derly parents and relatives about current scams going around so they can stay vigilant. These scams can pull on the heart strings of the elderly; these predators are skilled at getting trusting el-derly to send money for fictitious reasons.

Excess robo-calls and solicitors can fill up voice mail and answering machine space. Screen calls with caller ID. In most cases, it is good idea to ig-nore unknown callers. Even with caller ID still be prudent to insure caller intentions; scam artists can be persistent. Ask for information and when in doubt, just hang up.

Do not click on any email links that look suspici-ous. The saying- “Better safe than sorry” does apply! Be suspicious of emails with obvious spelling or grammatical mistakes. Be suspicious of emails or text messages asking you to validate your log-in credentials or other confidential infor-mation. Do not reply, click on links or open at-tachments from emails or texts unless you recog-nize the sender’s email address as legitimate and know the content is safe. Email “From:” address can be easily forged, so even be suspicious of un-expected messages from those you do know.

Understand that no website is 100% secure, 100% of the time; a legitimate long-standing web-site can become compromised. We frequently see these instances on the news.

When shopping on the internet be cautious when entering in payment information. Make sure the site is secure. Do not store passwords or pay-ment information. It takes longer to enter pay-ment information each time you make a purchase, but it allows for greater security.

Keep your laptop, iPad and/or cell phone with you always. You don’t want your devices and/or access to your personal in-formation to fall into the wrong hands. Use a passcode to lock your cell phone and other devices. It can take a long, long time to correct identity theft issues or resolve a scam.
Cybersecurity TIPS

◊ Avoid using public computers and public Wi-Fi to access sensitive websites such as banking or shopping as your data could be copies or accessed.

◊ Do not share passwords, social security number, credit card numbers, etc. unless you are positive the request is legitimate. Do not text passwords, credit card numbers etc. to anyone. Change passwords often. Passwords should be like underwear: don’t share and change them often.

◊ Do not plug unknown USB or mobile devices to your computer. Malware can be spread through infected flash drives, hard drives, and even cell phones.

◊ Turn your computer off when not in use.

◊ Back up your data regularly, and make sure your anti-virus software is always up-to-date.

◊ Keep confidential paperwork secure in your home and secure on your devices.

◊ Let trusted neighbors know when you will be away. Stop your mail and newspaper delivery. Limit the information you share on social media. You could potentially let someone know your home is vacated or unintentionally let others know your personal information. Again, be savvy and don’t share too much on line.

We have a responsibility to be engaged and alert with what is going on around us even if we are too busy! Hopefully, one day we will have foolproof cybersecurity and be free from most cases of identity fraud. It doesn’t look like that will be anytime soon. We must be aware and take this seriously.

Cybersecurity matters. It matters to all of us.

Wise words I received from a UF Expert...

“Cybersecurity should be on your mind any time you’re using a computer, tablet, or smartphone, and even taking a phone call. Crooks will try to trick you with a phone call, saying your computer is causing problems on the Internet, and they need to help you fix it.”

-Dan Cromer, UF/IFAS Director of Information Technology

RESOURCES

For further information on identity theft, fraud, scams and cybersecurity-

Federal Bureau of Investigation Internet Crime Complaint Center (IC3)

Federal Trade Commission telephone number- (202) 326-2222


Broward County Sheriff’s Office (BSO)- (954) 765-4321

Broward Crime Stoppers (954) 493-8477

Broward County Law Enforcement (954) 831-8905


UF/IFAS Extension Broward County- website http://sfyl.ifas.ufl.edu/broward/

UF/IFAS Extension -website http://sfyl.ifas.ufl.edu/

UF/IFAS Extension Broward County- blogs http://blogs.ifas.ufl.edu/browardco/
Go **GREEN** for St. Patrick’s Day!

Choose plenty of fruits and vegetables! Can you name three green fruits and three green vegetables? See answers below. There may be more...

1. **FRUIT** ______________________  **VEGETABLE** ______________________
2. **FRUIT** ______________________  **VEGETABLE** ______________________
3. **FRUIT** ______________________  **VEGETABLE** ______________________

Diets rich in foods that contain fiber, such as some fruits and vegetables, may reduce the risk of heart disease, obesity, and type 2 diabetes. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke. Eating a diet rich in some fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.

On MyPlate the green group is the vegetable group. Eat healthy every day of the week, include fruits and vegetables, engage in physical activity, drink adequate amounts of water and get plenty of sleep!

**ANSWERS**
- Green fruit: green grapes, green apples, pears
- Green vegetables: cucumbers, green beans, green pepper, broccoli, lettuce

**Motivational Moment**
"Be a rainbow in somebody’s cloud."
- Maya Angelou

**Q&A Challenge**

**Question:** What is the current nutrition guide published by USDA that depicts a place setting with a plate and glass divided into 5 food groups and which replaced MyPyramid in 2011?

**Answer:** MyPlate

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