



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

**JULY TO SEPTEMBER 2023**

Volume 7, Number 3

In this Issue

Broward FCS Staff.....	2
Hurricane Resources and Links.....	3
Stock Your Emergency Supplies.....	4
Calcium & Vitamin D- Important Nutrients.....	11

From the Desk of  
Broward  
County's FCS



Dear Readers,

Hi Apple Core & More Readers-  
We hope you are doing well in 2023.  
The 3rd quarter of the year starts this  
month. We are in hurricane season  
now through November 30th. Please  
review the resources found in this  
newsletter and stay prepared before,  
during and after a hurricane. Also con-  
tinue to stay focused on your mental  
health and engage in regular self-  
care. Eat calcium rich foods and get  
Vitamin D from food sources and get  
outside to absorb some sunlight to  
make some Vitamin D.

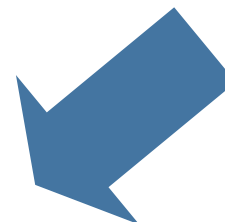
Thank you so much for continuing to  
read our FCS newsletter. **Please** sign  
up to receive the Apple Core & More  
Newsletter and email me for articles  
you would like to see in future news-  
letter editions. See p. 7.

Also **please** follow us on Facebook  
and Twitter pages. See p. 8.

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



**Hurricane season runs from June 1st to November 30th.**



[Review your Hurricane Plan and Resource Links from Extension Today! - 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](http://MyPlate | U.S. Department of Agriculture)

## Focus on self-care (Click)

[Time to Focus on Self-Care - 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)



## 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](mailto: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](mailto:RoseMMorales@ufl.edu)

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



# HELPFUL HURRICANE PREPAREDNESS RESOURCES AND LINKS FROM BROWARD EXTENSION, FAMILY AND CONSUMER SCIENCES

By Brenda Marty Jimenez, Extension Agent IV

We are in Hurricane Season now through November 30th. Are you ready? It is time to review your hurricane plan and read about disaster preparedness resources to help you implement your plans. These annual reminders and resource links are meant to help to inform you on how to better get through a natural disaster.

## STOCKING YOUR PANTRY

[81cf3bdb-739b-4319-8164-1c8cb915fcea.pdf \(ufl.edu\)](#)

[FCS\\_PantryStaplesInfographic\\_Spanish.pdf \(ufl.edu\)](#)

<https://disaster.ifas.ufl.edu/resources/non-perishable-foods/>

## NUTRITION, MEAL & MENU PLANNING

Hurricane Preparedness/Think Nutrition - YouTube

<https://www.youtube.com/watch?v=wnbxmDF6FOI&t=1s>

Hurricane Preparedness: Meal and Menu Planning - UF/IFAS Extension Broward County (ufl.edu)

[http://sfyl.ifas.ufl.edu/media/sfylifasufledu/broward/docs/pdfs/fcs/other-pdfs/Think-Nutrition-During-a-Hurricane\\_BMJ.pdf](http://sfyl.ifas.ufl.edu/media/sfylifasufledu/broward/docs/pdfs/fcs/other-pdfs/Think-Nutrition-During-a-Hurricane_BMJ.pdf)

## WATER

Consume Safe Drinking Water During an Emergency - UF/IFAS Extension Broward County (ufl.edu)

<https://www.cdc.gov/disasters/foodwater/prepare.html>

<https://www.cdc.gov/disasters/foodwater/facts.html>

## FOOD SAFETY

<http://blogs.ifas.ufl.edu/browardco/2018/08/13/what-you-need-to-know-about-foodborne-illness-and-food-safety/>

<https://www.youtube.com/watch?v=S4phA5DhKSI>

[https://edis.ifas.ufl.edu/entity/topic/disaster\\_food\\_safety](https://edis.ifas.ufl.edu/entity/topic/disaster_food_safety)

<https://food.unl.edu/food-safety-during-emergencies-and-disasters>

<https://extension.colostate.edu/disaster-web-sites/food-safety-and-storage-for-emergency-preparedness/>

<https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency>



## STAY WELL AS A HURRICANE APPROACHES-MANAGE YOUR WELLBEING, ANXIETY AND STRESS.



# STOCK YOUR EMERGENCY FOOD SUPPLY!

*Focus on non-perishable, nutritious foods from each food group.*

**Grains:** Crackers, granola bars, rice cakes, cereal

**Fruits:** Dried fruit, canned fruit, fruit juice, trail mix

**Vegetables:** Canned veggies, non-condensed soup

**Protein:** Dried meat, tuna, nuts, peanut butter

**Dairy:** Powdered milk, shelf-stable milk



## Important Non-Food Emergency Items

- ★ Battery-powered radio
- ★ 2-week supply of medications
- ★ First aid kit
- ★ Extra clothing, including sturdy shoes
- ★ Blankets and pillows
- ★ Toilet paper and paper towels
- ★ Sanitizing wipes
- ★ Extra batteries



**DID YOU KNOW?** Meal planning is a great way to save money, save time and eat healthy. When you have a plan it is easier to stick to your budget, you won't waste time wondering what is for dinner and you may eat healthier placing more nutritious food items on your menu.

Older Adults-Save Your Energy and Simplify - UF/IFAS Extension Broward County (ufl.edu)



*People-Centered Sciences*



# PANTRY PREP: STOCK UP FOR EMERGENCIES



1. Write a list of what you have already. (Don't forget medical and hygiene supplies.)

2. Plan a menu for two weeks to include nutritious foods your household enjoys.

3. Purchase enough food and supplies for two weeks. (Don't forget, if everyone is home, you might need more provisions than usual.)

4. Don't overstuff your refrigerator or freezer: It blocks the airflow and the appliance won't work as efficiently.

5. Remember: Stock up on what you need, but don't overbuy.

**We are all in this together!**

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA

FAMILY &  
CONSUMER  
SCIENCES 

## PROTECT YOUR STUFF

Keep your important papers,  
photos, financial documents,  
and family records safe by  
storing them in a fireproof,  
waterproof strongbox.

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA

FAMILY &  
CONSUMER  
SCIENCES 

# Self-care is not selfish.

YOU CAN'T TAKE CARE OF OTHERS IF YOU DON'T TAKE CARE OF YOURSELF.

Do things to take care of your mind, body, and soul by engaging in activities that promote well-being and reduce stress.

**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



## Self Care

Taking time for yourself

Staying hydrated

Putting your health first

Going outside

Being genuine

Acknowledging your feelings

Fueling your body

Practicing forgiveness



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**

@uffasextensionbrowardfcs7741



**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**

@uffasextensionbrowardfcs7741



**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



UF/IFAS EXTENSION, BROWARD COUNTY

# WOULD YOU LIKE TO MAKE AN IMPACTFUL DONATION TO OUR FAMILY, NUTRITION AND CONSUMER SCIENCES PROGRAM IN BROWARD COUNTY?

UF IFAS Extension  
UNIVERSITY OF FLORIDA

Broward County  
Family & Consumer  
Sciences

**DONATE  
TODAY**

Scan me!



*Visit our website for more information on our programs and the impact they have on our community everyday.*

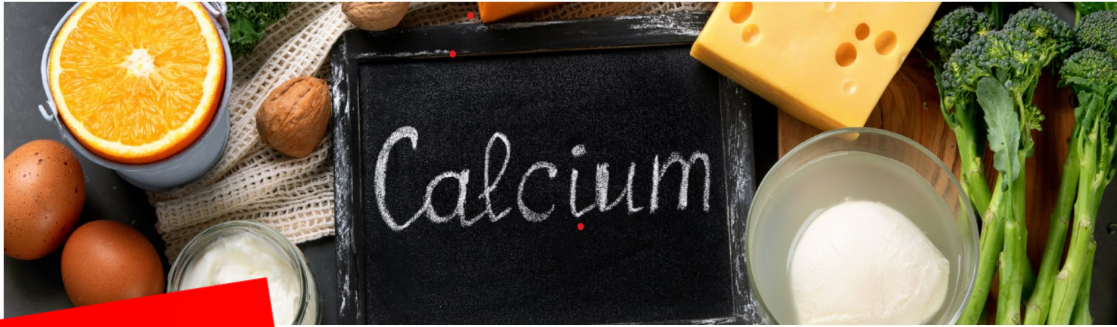
**SFYL.IFAS.UFL.EDU/BROWARD**

**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 2023, 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



## Calcium and Vitamin D Are Important Nutrients

Why do I need to eat or drink calcium-rich foods and food products? Why do I need to eat or drink calcium-rich foods and food products?

Calcium and Vitamin D are Important Nutrients - UF/IFAS Extension Broward County (ufl.edu)

### Motivational Moment

*"Better to pay the grocer than the doctor."*

Author: Unknown



### Q&A Challenge

**Question:** True or False: Food should be rotated using the "first in, first out" system to ensure that food waste is reduced & that there is less chance of out-of-date food being used?



**Answer:** True.

#### WE'RE ON THE WEB AT:

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



#### 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](mailto:bjimenez@ufl.edu)

