



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

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From the Desk of  
Broward

County's FCS

Dear Readers,




Hi Apple Core & More Readers-  
Where is 2023 going? Whew! The 4th  
quarter of the year starts this month.  
We continue to be in hurricane season  
now through November 30th. Please  
stay prepared.

Thank you for continuing to read our  
FCS quarterly newsletter. **Please**  
share with others so they can sign up  
to receive the Apple Core & More  
Newsletter and email me article topics  
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.

Focus on healthy snacking, consum-  
ing a healthy diet, well-being, and self-  
care this time of year. Keep your food  
safe to eat and know the 2-hour rule.

Take care and enjoy the holidays with  
friends and family. Take some alone  
time just for you too.

  
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 \(ufl.edu\)](#)



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

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

**Focus on Self-care (Click)**

[Time to Focus on Self-Care - 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?  
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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



## 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.

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## 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.

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



# HEALTHY SNACKING IDEAS FROM BROWARD EXTENSION, FAMILY AND CONSUMER SCIENCES (FCS)

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

Many people enjoy frequent snacking. There are so many choices to choose from! Some snack choices can be unhealthy and others healthy. Healthy snacking is important at any age. Why not make the most of your snacking by choosing healthy food choices that benefit your health?

By choosing nutrient-dense snacks, you are providing your body with important nutrients, vitamins, minerals, and fiber. Moderate portion sizes are important too. In making wise snack choices you can control your saturated fat, sodium, cholesterol, and sugar intake. Snacks can add to your calorie intake and increase your risk for obesity if you aren't careful how much you are eating (over time) in one sitting.

I teach my students – *“It’s a small handful, not the whole canful when comes to eating nuts! Be wise, watch your portion size”*.

*“It is also a good idea not to eat from a container, bag, or box. Serve one portion on a plate or napkin and put the serving container away and out of sight. If the whole container is visible, it is too easy to go back for more and more and more”*.

Have a snacking plan and decide in advance what you are going to snack on. Set limits. It is easier to eat healthily when you have healthy snacks on hand and within reach. Put healthy snacks on your grocery list, include them in your weekly menu plan, and pick them up during shopping trips. Prepare them the night before. Choose nutrient dense snacks over empty-calorie snacks. Pack and take nutritious snacks with you on the go!



## What are some snack ideas that have nutritional value?

1. Baby carrots and hummus
2. Low sodium pretzels
3. A small container of fresh grapes
4. Strawberries <https://blogs.ifas.ufl.edu/browardco/2023/03/27/enjoy-seasonal-strawberries/>
5. Popcorn
6. ½ of a fresh banana
7. Watermelon <https://blogs.ifas.ufl.edu/browardco/2023/07/05/sweet-and-tasty-watermelon/>
8. Low-fat or fat-free cheese cubes or a cheese stick
9. Animal crackers
10. Avocado slices with some Pico de Gallo
11. Cottage cheese and fruit
12. Graham crackers and milk
13. A small yogurt and fruit parfait
14. Raisins
15. Trail mix
16. A small bag of whole grain cereal
17. Apple slices and peanut butter
18. Nuts and seeds
19. Whole grain crackers
20. ½ a turkey sandwich on whole wheat bread
21. A bag of cherry tomatoes
22. Crisp carrot and celery sticks
23. A rice cake with low fat tuna salad
24. Cut up fresh broccoli and cauliflower florets
25. A frozen fruit bar with whole fruit and limited sugar



# HEALTHY SNACKING IDEAS FROM BROWARD EXTENSION, FAMILY AND CONSUMER SCIENCES (FCS)-Continued.

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

## Choose snacks that are lower in sodium, sugar, and saturated fat

Watch for added salt, sugar, and saturated fat which can contribute extra, empty calories to your diet. Try making healthier versions of packaged snacks at home so you can choose the ingredients, serving size and include what you like. For example: make your own mini, mixed, fresh fruit salad, trail mix, and/or bite-sized sandwiches. Wash and cut up your own vegetables and bag them up in snack-size portions. Serve nuts from the container and put them in small portions in reusable containers or snack-sized zip-type bags.



## Read the label

Check the nutrition label when at the grocery and shopping for snacks. Look at the caloric, sodium, saturated fat, sugar, and fiber content. Choose whole grains over refined grains. Choose low sodium pretzels, crackers, and nuts. Select fresh fruit and vegetables in season and better yet, on sale. Low-fat cheese is also a good option as well as food and beverages without a lot of added sugar.

Carefully read the number of calories that are in one serving. Calories in snacks can add up quickly. Look for snacks that are around 100-200 calories per serving. Generally, the average person eats about 2,000 calories each day. This could break down to 600 calories for breakfast, 600 calories for lunch, 600 calories for dinner, and one 200-calorie snack for a total of 2,000 total calories in one day.

## Food safety

Always practicing food safety when handling and preparing snacks. Wash your hands for 20 seconds with soap and water before prepping foods. Use clean cutting boards and knives. Clean and sanitize surfaces. Keep perishable foods refrigerated or in a cooler type of bag with ice packs to help lower the risk of food poisoning or a food-borne illness.



## Conclusion

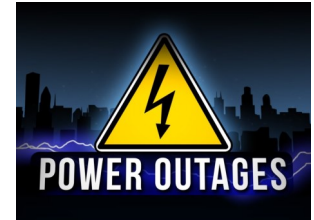
Make sure you are snacking to nourish your body, not calm your nerves, reduce boredom, and/or decrease your stress level. Eat for good health. Always follow the advice of your healthcare provider. Choose a variety of fruits, vegetables, whole grains, lean protein foods, and low-fat dairy as nutrient-dense snack options. Limit your portion size. Remember a snack is a snack, not a meal. Control the frequency and amount of snacking between meals. Be creative and think about nutrition when deciding what to snack on. Have healthy snacks planned, visible, and ready to grab and go! Enjoy the benefits of healthy snacking and eating!

## UF/IFAS Extension, Family and Consumer Sciences resources to learn more.

- Dietary Fiber – <https://blogs.ifas.ufl.edu/browardco/2023/07/05/dietary-fiber/>
- Control your cholesterol – <https://blogs.ifas.ufl.edu/browardco/2023/06/01/control-your-cholesterol/>
- All about saturated fat – <https://blogs.ifas.ufl.edu/browardco/2023/06/02/all-about-saturated-fat/>
- Eat foods with healthier fats - <https://blogs.ifas.ufl.edu/browardco/2023/06/06/eat-foods-with-healthier-fats/>
- Follow the rainbow for good health – <https://blogs.ifas.ufl.edu/browardco/2022/03/01/follow-the-rainbow-for-good-health-during-nutrition-month/>
- Portion size matters - <https://blogs.ifas.ufl.edu/browardco/2023/01/13/portion-control-matters-portion-size-matters/>
- Focus on fruit and vegetables - <https://blogs.ifas.ufl.edu/browardco/2022/07/01/get-health-benefits-this-summer-focus-on-fruits-and-vegetables/>

# Dealing with a Power Outage

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



Power outages can occur for several reasons, including severe weather (such as storms, tropical depressions, or hurricanes), equipment failure, overload of the power grid, accidents, or routine maintenance. When a power outage occurs, the affected area experiences a loss of electrical power, which can have several consequences. It can be scary and cause uncertainty.

People can be caught off guard and panic. They wonder what should be done. We all should have a plan for possible power outages and know what we would do, should it happen.

Here are some ideas and suggestions to consider.

## *15 tips for when the power goes out -*

1. Flashlights, battery-powered lanterns, and batteries should be part of your disaster kit. Make sure these items are easy to find, so you don't have to search in the dark to locate them. I have a "power-out-box". My box contains flashlights, battery packs, and battery-powered lanterns.
2. Give everyone in the home a flashlight to keep them safe from trips and falls. The elderly are most at risk for a potential slip or fall. It is too easy to trip over pets, toys, or a throw rug when you can't see them in the dark.
3. With temperatures on the rise, battery-operated fans are a good idea when the power goes out and so does the air conditioning. It may get extremely hot without air conditioning. A small fan for each family member may keep everyone cool and less cranky when it does get hot.
4. A battery-operated radio and TV are important to make sure you know what's going on locally. Stay connected.

Turn your refrigerator to its coldest setting. Avoid opening and closing it once the power goes out. A refrigerator will stay cool for about 4 hours without power and a freezer lasts about 24 hours in a half-full freezer. Refrigerated or frozen foods may not be safe to eat after the loss of power. When in doubt, toss it



**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)



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# Dealing with a Power Outage-Continued

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

Turn your refrigerator to its coldest setting. Avoid opening and closing it once the power goes out. A refrigerator will stay cool for about 4 hours without power and a freezer lasts about 24 hours in a half-full freezer. Refrigerated or frozen foods may not be safe to eat after the loss of power. When in doubt, toss it out. <https://www.cdc.gov/foodsafety/food-safety-during-a-power-outage.html>

6. Don't keep opening and closing the refrigerator and freezer for beverages and ice. Transfer beverages to a cooler with ice. Access beverages directly from the cooler instead of continually opening and closing the refrigerator. If the doors stay closed, the food will stay safe to eat for a longer period.
7. When the power goes out, eat what's in the refrigerator first, the freezer next, and save canned food for last. Again, refrigerated, or frozen foods may not be safe to eat after the loss of power. *Never* taste food to determine if it is safe to eat. Keep your food safe to eat!
8. One of my *favorite* power outage hacks is the – frozen cup of water with a penny placed on top, kept in the freezer. The penny stays on top of the frozen water if the power doesn't go out. If you evacuate and return to your home, you can tell if the power went out by looking at the placement of the penny. If it is still on top of the frozen water, then power was not lost. If the penny is now refrozen inside the ice, you can be pretty certain that the power was out allowing the water to thaw and then refreeze. Here is a photo of the cup in my freezer.

Use portable generators and grills outside only in a well-ventilated area. Make sure they are away from any windows. Never use them inside your home.

<https://www.osha.gov/sites/default/files/publications/OSHA3286.pdf> • <https://www.fema.gov/fact-sheet/use-generators-safely-home>

If the power goes out, use flashlights or other battery-powered lights, if possible, instead of candles. If you must use them, place them in safe holders away from anything that could catch fire. Never leave a burning candle unattended. <https://www.cdc.gov/disasters/psa/candles.html> Consider using the flashlight app on your smartphone, as able.

11. Keep matches and lighters away from small children. Avoid any possible fire hazards. Always supervise children. Keep children safe.
12. Turn off and unplug appliances in case of potential power surges. Protect your electronics from possible power surges. Examples may include surface computers, gaming systems, TVs, cell phones, and laptops.
13. Watch local news or listen to the radio for important updates, using your battery-operated devices and/or your cell phone. You may learn about boil water advisories, potential area tornado warnings, and more.
14. Make sure your home is secure. Things can get scary in the dark. Unfortunately, thieves and criminals may take the opportunity to act when lights are out, and security systems are not working properly. Be alert. Safety first.
15. Check on your neighbors to make sure they have flashlights, batteries, food, and water. In the end, kindness matters.

## References/Resources

Homeowner's Handbook – Download an electronic copy of the handbook to prepare for disasters. <https://disaster.ifas.ufl.edu/media/disasterifasufledu-/docs/Florida-Homeowners-Handbook.pdf>

FEMA – National Hurricane Program (NHP) provides data, resources and technical assistance for hurricane planning and response. <https://www.fema.gov/emergency-managers/risk-management/hurricanes>

Engage in Food Safety Behaviors– <https://blogs.ifas.ufl.edu/browardco/2022/02/08/engaging-in-food-safety-behaviors-does-matter/>

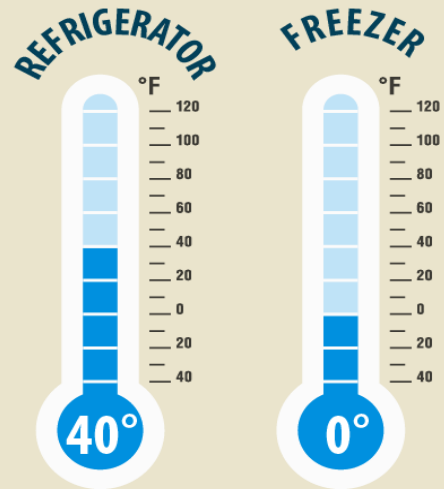


# Food Safety Matters During a Power Outage!

## Eat Safe Food after a Power Outage

**Before** a power outage, keep appliance thermometers in your refrigerator and freezer.

- ⚡ The refrigerator should be at **40°F** or below.
- ⚡ The freezer should be at **0°F** or below.



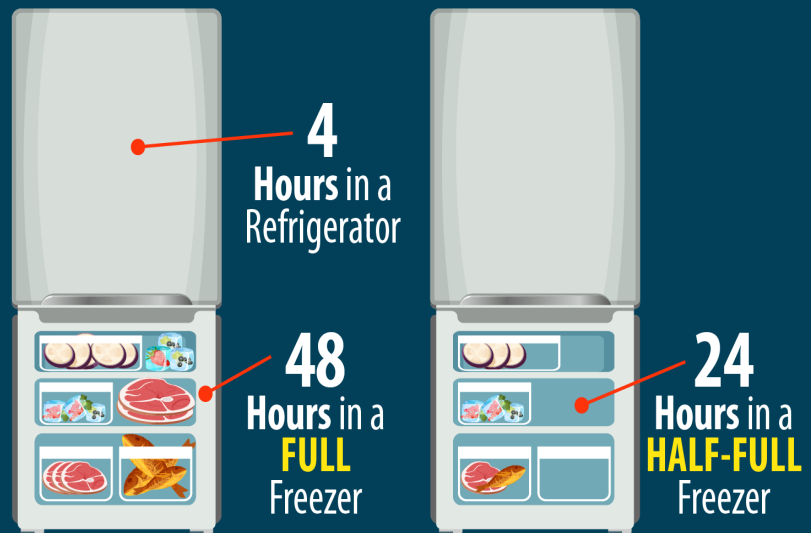
[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS310309-B

## Eat Safe Food after a Power Outage

**During** a power outage, keep refrigerator & freezer doors closed

- ⚡ If the doors stay closed, food will stay safe for up to:



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS310309-C

FOOD SAFETY

# MYTHBUSTERS



**MYTH:** Rinsing raw chicken with water will remove bacteria like Salmonella.



**FACT:** Rinsing raw chicken will not remove bacteria. In fact, it can spread harmful bacteria around your sink, onto your countertops, and onto ready-to-eat foods. To kill harmful bacteria, poultry should be cooked until the internal temperature reaches 165°F on a digital food thermometer.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)



FOOD SAFETY

# MYTHBUSTERS



**MYTH:** My leftover delivered food is safe to eat because it's already been cooked.



**FACT:** All leftover food needs to be handled safely to help prevent the risk of food poisoning. Refrigerate perishable food within two hours (or one hour if exposed to temperatures above 90°F). Use an appliance thermometer to make sure your refrigerator is cooled at 40°F or below. Leftovers should be reheated to 165°F on a digital food thermometer and eaten within three to four days.

[fightbac.org/mythbusters](http://fightbac.org/mythbusters)





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

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TO OPEN THE SIGN UP  
FORM



Family and  
Consumer Sciences  
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<https://sfyl.ifas.ufl.edu/broward>



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



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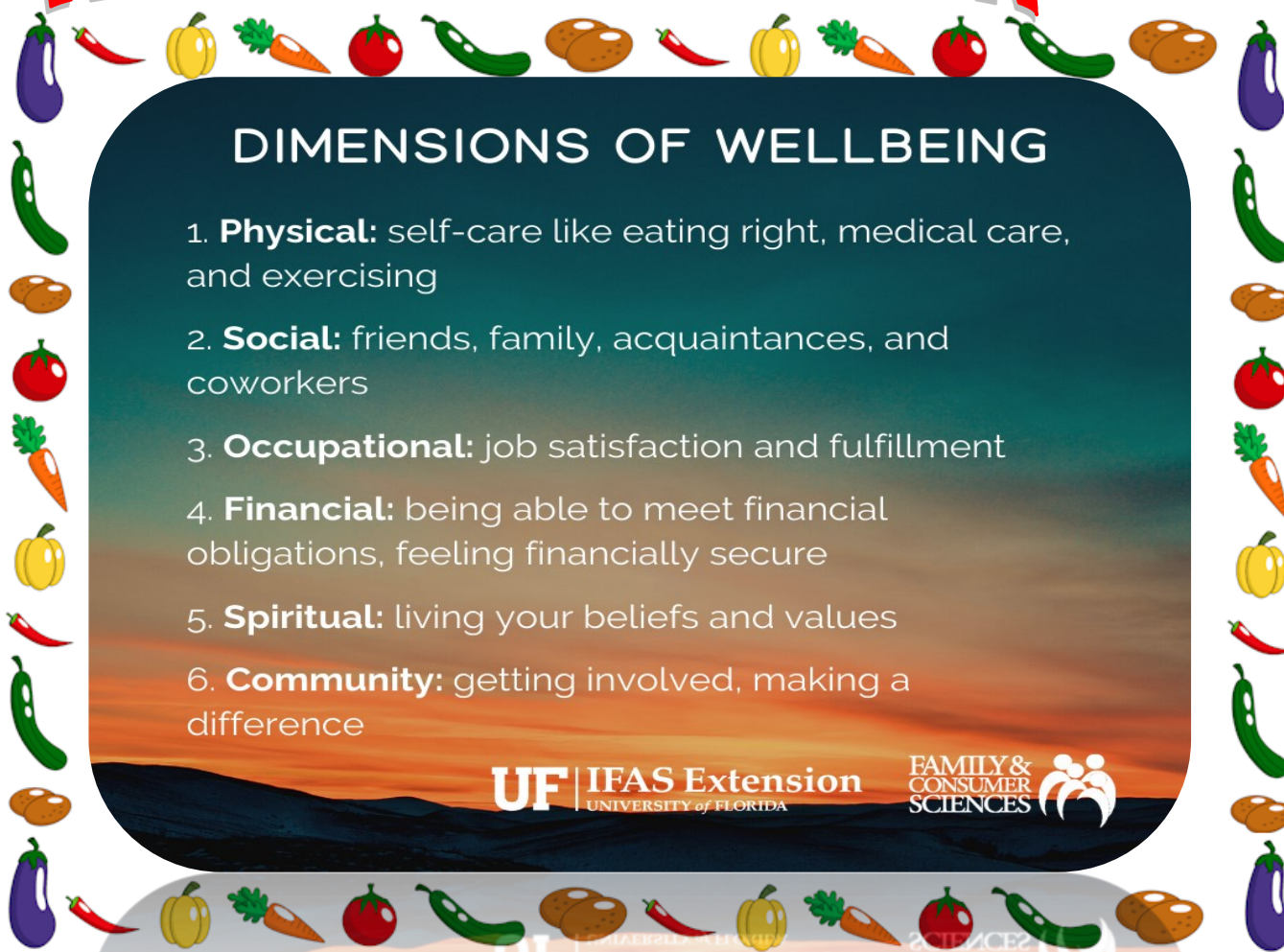
*The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as alternate formats of written material, please contact Brenda Marty Jimenez, [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu); (954) 756-8550 at least [1 –2 weeks in advance].*

**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 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



## 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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### Motivational Moment

*"Take time to do what makes your soul happy."*

Author: Unknown



### Q&A Challenge

**Question:** YES or NO: Can you always smell, see, or taste harmful bacteria in food that can cause illness?



**Answer:** NO.

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

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