



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

**APRIL TO JUNE 2023**

Volume 7, Number 2

In this Issue

Broward FCS Staff.....	2
Medication Disposal.....	3
Nightly Cleaning.....	4
Take Care of Your Heart.....	11

## From the Desk of Broward

County's FCS

Dear Readers,


Hi Apple Core & More Readers-

Happy Spring! It is that time of year to think about spring cleaning and keeping your home free of dust, clutter and allergens. Also stay focused on your health and engage in self-care. Exercise, follow a healthy diet and control portion sizes. Get outside to get some Vitamin D.

Thank you so much for continuing to read our FCS newsletter. We welcome your comments and your feedback. Please sign up to receive the Apple Core & More Newsletter and email me for articles you would like to see in future newsletter editions. See p. 8.

Also please follow our Facebook and Twitter pages. See p. 9.

Please take care and enjoy this special time of the year.

  
Brenda Marty-Jimenez, MHM, RDN, LDN,  
FCS Extension Education Agent IV  
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### Reduce Food Waste Today

Leftovers are a great way to use foods in your refrigerator that otherwise would go to waste.  
Try to plan one meal per week that involves using leftovers

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste>

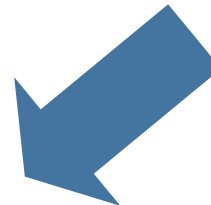


### Reduce Food Waste Today

Don't leave perishable foods out at room temperature for longer than 2 hours. This is known as the two-hour rule. Refrigerate leftovers after 2 hours. Keep food out of the danger zone. Keep foods safe to eat

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<https://www.fda.gov/food/consumers/tips-reduce-food-waste>



[Prevent Food Waste - UF/IFAS Extension](#)

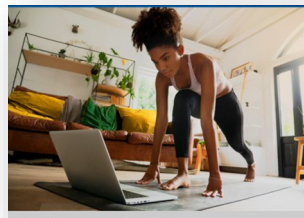


**MyPlate:** Check out all of the resources on healthy eating!

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

## Focus on self-care (Click)

[Time to Focus on Self-Care - UF/IFAS Extension Broward County \(ufl.edu\)](#)



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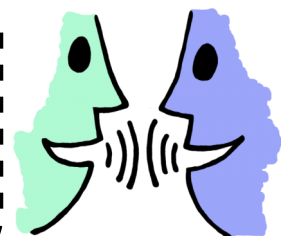
Do you have an idea or nutrition story  
you'd like to share?

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



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University of Florida

**IFAS** | IFAS  
University of Florida

**IFAS** | IFAS  
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## **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  
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Broward  
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FCS Staff**

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## Properly Dispose of Unwanted Medications






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Properly disposing of expired or unused medications can help reduce the prevalence of prescription drug abuse in Florida. It also helps prevent accidental ingestion by children or pets, helps prevent accidentally taking the wrong medication, and prevents medications from entering water sources. Here are some dos and don'ts for disposing of your medications.

### Best Option



#### Drug Take-Back Locations or Events

-  The DEA sponsors biannual National Prescription Take Back Days in April and October.
-  City or county trash and recycling services may handle drug take back.
-  Many sheriff's offices and police departments offer anonymous medication drop-off locations.
-  Many pharmacies have drop-off locations in store.
-  Find a year-round public disposal location here:  
<https://tinyurl.com/MedicationPublicDisposal>

Source: <https://edis.ifas.ufl.edu/ss680>



### Don't

#### flush medications down the drain.

Water treatment plants don't remove medication from the water, and compounds end up released into surface or groundwater, contaminating them.



## THE BENEFITS OF VITAMIN D – “The Sunshine Vitamin”

By Rose Morales, FCS Extension Training Specialist



Do you like having fun in the sun? I am sure you like to enjoy a walk in the park, a day at the beach or simply an afternoon at a picnic under the sun!

All this is good and healthy too! Not only because you are enjoying nature, which it soothes us and lessens stress, tension, and anxiety, but it also can increase our vitamin D levels. Vitamin D is produced by our skin in response to exposure to the sun and is essential for calcium absorption in our bodies.

In addition to getting Vitamin D from sun exposure, we can also consume foods that contain Vitamin D, such as: salmon, sardines, eggs, milk, fortified cereals and liver.

Having a low level of Vitamin D greatly increases the risk of age-related loss of muscle strength, a major risk for falls and fractures; according to Harvard's Health Publishing – Harvard Medical School. Following a healthy diet based on the recommendations from MyPlate and the U.S. Dietary Guidelines on consuming three servings of Dairy foods daily will help us achieve good bone health throughout our lifetime.

References: [www.MyPlate.gov](http://www.MyPlate.gov) [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov) [www.health.harvard.edu](http://www.health.harvard.edu)



Help Prevent Virus  
and Bacteria Spread with

# NIGHTLY CLEANING



## Make your own disinfecting solution at home.

Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water

Prepare alcohol  
solutions with at  
least 70% alcohol

### KITCHEN



- Refrigerator handles and doors
- Drawer and cabinet pulls
- All countertops
- Stove including knobs
- Sink including the taps

### GENERAL HOUSEHOLD



- High traffic common surfaces
- Light switches
- Doorknobs
- TV remote controls
- AC returns

### BATHROOM



- Toilet including handle
- Sink including the taps
- Light switch
- Doorknobs
- Replace hand towels daily

### ELECTRONICS



- Computers and mice
- Keyboards
- Tablets
- Phones

Review specific manufacturers  
recommendations for cleaning.

Source: Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

## Older Adults, Save your Energy and Simplify

### MEAL PREPARATION

- Create a healthy and nutritious weekly meal plan, in advance. This will prevent too much time spent thinking about: "What's for dinner?"
- Sit while cutting and chopping, if this is easier for you.
- During meal preparation, prepare extra servings and freeze leftovers for later. This will save time in the future.

<https://blogs.ifas.ufl.edu/browardco/2022/04/04/older-adults-save-your-energy-and-simplify/>  
<https://edis.ifas.ufl.edu/publication/FY738>

**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)

Click here

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Ayude a prevenir la  
propagación de  
virus y bacterias con

## LIMPIEZA NOCTURNA



### Haga su propia solución desinfectante en casa.

Prepare una solución de blanqueador con cloro al mezclar:

- 5 cucharadas (¼ de taza) de blanqueador con cloro por galón de agua o
- 4 cucharaditas de blanqueador con cloro por litro de agua

Prepare soluciones de  
alcohol con al menos  
70% de alcohol

### COCINA



- Manijas y puertas del refrigerador
- Tiradores de cajones o gavetas y gabinetes
- Todas las encimeras
- Estufa, incluyendo las perillas
- Fregadero, incluyendo el grifo

### HOGAR GENERAL



- Superficies de contacto frecuente en áreas de uso común
- Interruptores de luz
- Manijas de puertas
- Controles remotos
- Rejillas de entrada y salida del aire acondicionado

### BAÑO



- Inodoro, incluyendo la manija
- Lavamanos, incluyendo el grifo
- Interruptor de luz
- Manijas de puertas
- Reemplace las toallas de mano diariamente

### ELECTRÓNICA



- Computadoras y ratón de la computadora
  - Teclados
  - Tabletas
  - Teléfonos
- Revise las recomendaciones específicas del fabricante para la limpieza.

Fuente: Centros para el Control y la Prevención de Enfermedades (CDC por sus siglas en inglés), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html> | Traducido por miembros de CAFÉ Latino: Virgilia Zabala y Jenny Rodríguez



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# SPRING CLEANING



# SPRING

## WORD SEARCH



A F L Y D N I W S B B R W Q M  
R X S F C O V O L U L J W U S  
E T I K D J S U O T N O K F E  
Q N E D R A G K B T E X O I E  
I P F N H P S L V E X E Z M D  
D C C U I H M Q O R J P U F S  
Y E U X K H T P S F E S L L X  
E J S U G U S P V L O O M A V  
B R E V C L N N S T Y C H I W  
O A W Y A M P J U E T P T E Y  
G I T L I R P A R S Z Y P E N  
G N I R P S M S E E T R K R N  
E C Z M R A W N E B E F A X U  
V T T P N O B X H J H G U M B



APRIL  
BLOOM  
BUNNY

GARDEN  
KITE  
MAY  
NEST  
RAIN

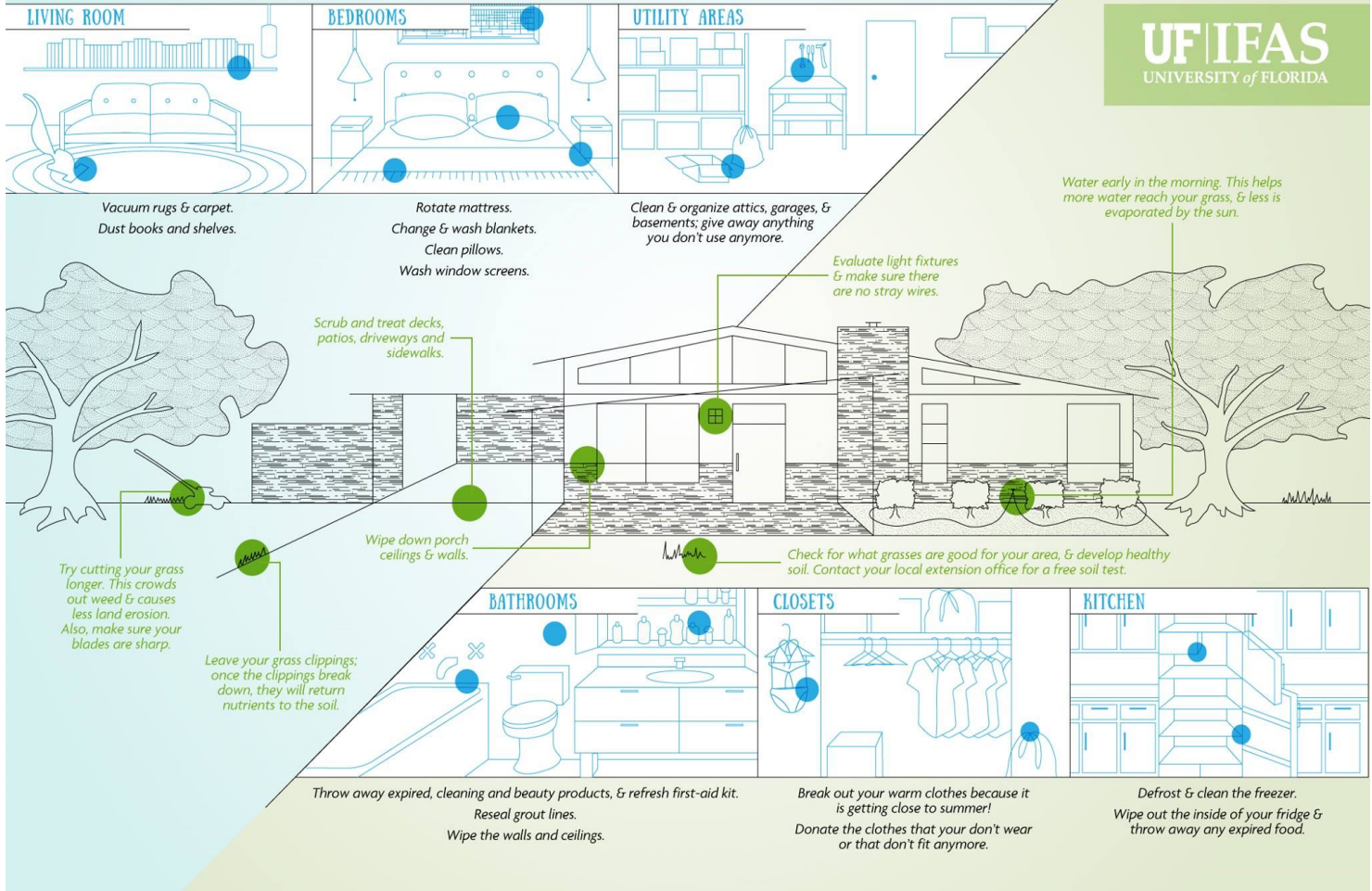
SEEDS  
SPRING  
SUNSHINE  
WARM  
WINDY





# SPRING CLEANING: INSIDE & OUT

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Portion Control Matters.

Portion Size Matters. -

UF/IFAS Extension

Broward County

(ufl.edu)

**Click here**

**Read more on portion control & click on the above link.**

**This is a very important part of a healthy diet.**

4-H & Youth
What's New

Home » UF/IFAS Extension Broward County » Portion Control Matters. Portion Size Matters.

## Portion Control Matters. Portion Size Matters.

Author Profile  
**Brenda Marty-Jimenez**



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APPLE CORE &  
MORE

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up today!*

# NEWSLETTER

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

OR SCAN THIS CODE  
TO OPEN THE SIGN UP  
FORM





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Consumer Sciences

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



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Consumer Sciences  
Broward County  
Extension



## YOU TUBE

@ufifasextensionbrowardfcs7741



## WEB PAGE

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



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UF/IFAS EXTENSION, BROWARD COUNTY

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

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**Broward County**  
Family & Consumer  
Sciences

**DONATE  
TODAY**

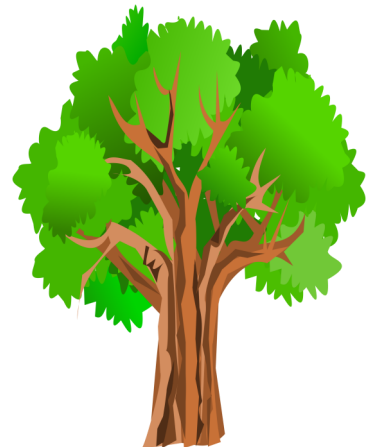
Scan me!



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

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

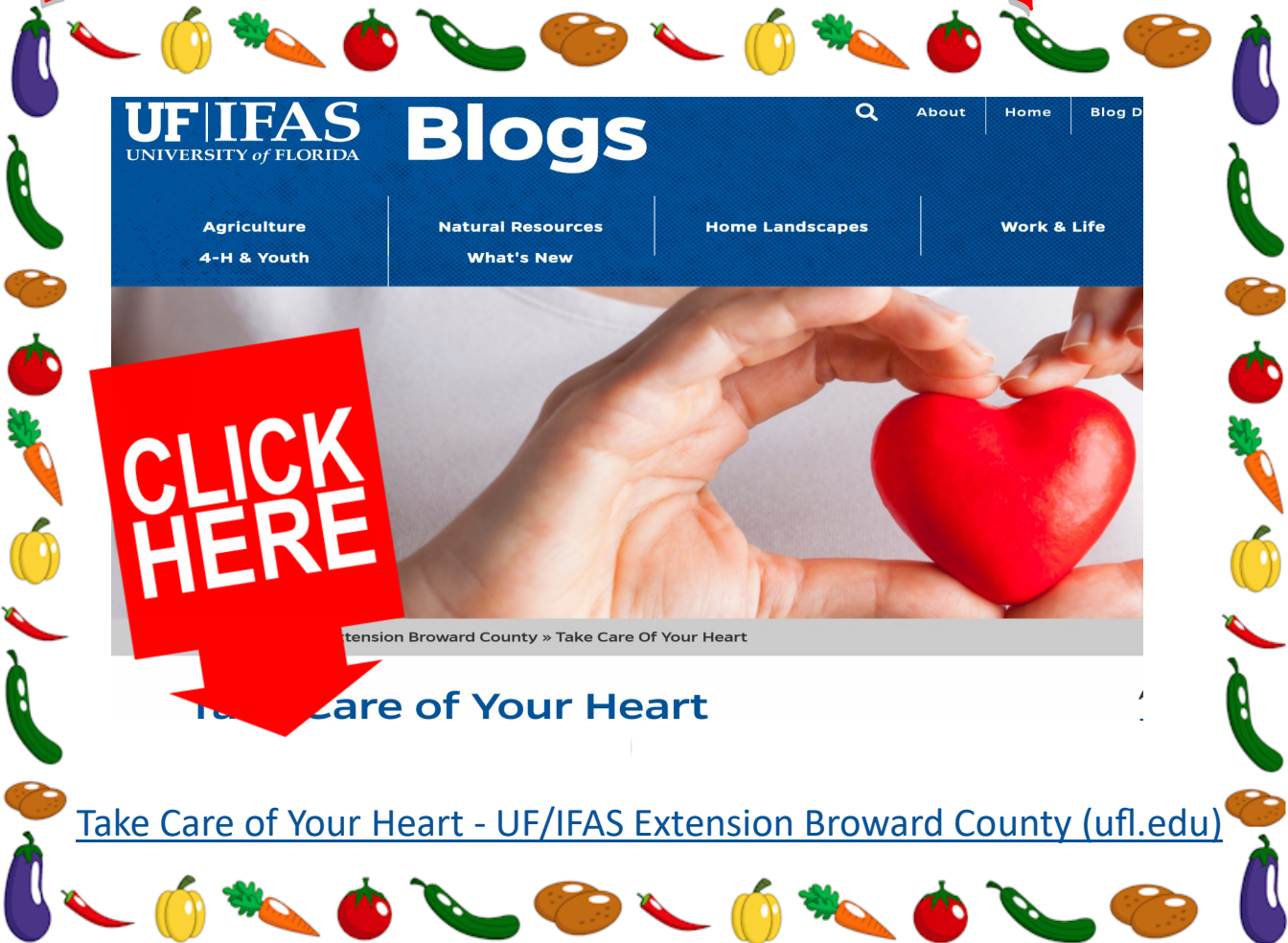
**Broward County, Parks and Recreation:** We have so many beautiful county parks to visit. Take the opportunity to visit as many as you can, in 2023, to relax, view nature, spend time with family, absorb some vitamin D, and get physical activity. Check out these things to do in a park near you.



[Things To Do Things To Do \(broward.org\)](https://broward.org)



# WELLNESS CORNER



[Take Care of Your Heart - UF/IFAS Extension Broward County \(ufl.edu\)](http://ufl.edu)

## Motivational Moment

*"Yesterday is history, tomorrow is a mystery, today is a gift, which is why we call it the present."*

Author: Bill Keane



## Q&A Challenge

**Question:** Getting out in the sun helps your body produce Vitamin D?

**Answer:** True. Our bodies make Vitamin D when exposed to the sun/outdoor light. Vitamin D is called the "sunshine vitamin".



## 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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