



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-

Happy 2023! It is a new year and time for new thinking. January is one of the best months to think about how far you have come and where you want to be over the next 12 months. Keep a keen focus on your health and self-care. Make this one of your best years.

Thank you so much for continuing to read our FCS newsletter. We welcome your comments and your feedback. Please sign up to continue to receive this Apple Core & More Newsletter and email me for articles you would like to see in future newsletter editions. See p. 5.

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

Please take care and stay positive and healthy this year.


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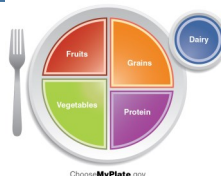


This is the time many people are thinking about new ideas, things they want to change and resolutions to be made to make for a better year. Thoughts, actions, and knowledge matter when making healthy changes.



**HAPPY
NEW YEAR**

[New Year. New Thinking. - 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

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
Visit us on the web at:
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>
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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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**



— Tips for —

Holiday Season Money Management

This year, people are looking to keep traditions alive. Don't allow seasonal overspending on gifts, food, decorations and non-gift purchases add stress to your holiday season.

Plan ahead, make a list and check it twice – the new year will thank you!

- ✦ **CREATE A BUDGET AND STICK TO IT.** Take your spending plan and shopping list with you.
- ✦ **DON'T PURCHASE ON IMPULSE.** Beware of retail tricks like loyalty cards, BOGO pricing and bundled purchases.
- ✦ **TRACK YOUR SPENDING.** The UF/IFAS Money Management Calendar, available at <https://ifasbooks.ifas.ufl.edu>, can help you keep track of your expenses, stay on top of bills and build a spending plan for the coming year.



Food

- ✦ Write a menu for holiday meals.
- ✦ When shopping for food, take a list with you and stick to it.

Gifts

- ✦ Develop a gift-exchange strategy with family and friends that sets limits on dollar amounts and recipients.
- ✦ You can scale down your list and manage expectations by drawing names or having a “white elephant” gift exchange with set dollar limits.



Decorations

- ✦ Inventory decorations you already have before you buy more.
- ✦ Try making your own holiday decorations as a family project. Natural decorations made from leaves, berries and nuts can be composted after the holidays, won't take up room in your closets.

Non-Gift Purchases

- ✦ Ask yourself, is it something absolutely necessary to make the season merry and bright? If the purchase cannot fit into your planned budget, think twice before buying it.



For money management help all year round, visit <https://sfyl.ifas.ufl.edu/family-resources/money-matters/>

Heidi Copeland, Extension Agent III, Family and Consumer Sciences, UF/IFAS Extension Leon County;
Samantha Kennedy, Extension Agent III, Family and Consumer Sciences, UF/IFAS
Extension Wakulla County

OUTDOOR FUN IN BEAUTIFUL FLORIDA

WHAT TO DO

- **TRAIL HIKING**
Trails and parks offer access to caverns, wetlands, hardwood forests, undeveloped beaches, rivers, and more.
- **PADDLING**
Florida's rivers, wetlands, and coasts offer many chances for exploring fresh and saltwater areas by canoe, kayak or paddle board.
- **CYCLING**
You can explore the outdoors by bicycle on trails or paved greenways. Check with local organizations to find trails in your area.
- **SWIMMING**
Numerous springs and waterways, along with ample coastline, mean Florida is a premier state for swimming. Snorkeling, scuba diving, and surfing are other ways to enjoy water recreation.

THINGS TO DO

When preparing for and during your trip, make sure you do the following:



- Become **FAMILIAR** with the area you are traveling. Print out or buy maps of the trail or park and know how to read them.
- Bring a **GPS** navigator or compass if you will be traveling on unmarked trails or unfamiliar territory.
- Bring appropriate **GEAR**: snacks, water, good footwear for hiking, personal flotation devices and swimwear for water outings. First-aid kits are always recommended.
- Check the **WEATHER**, and be aware of the tide schedule and currents that you will encounter.
- **LEAVE NO TRACE**. Discard trash in appropriate bins or bring a bag for carrying your trash until you can dispose of it properly.

WHERE TO GO

If you want to embark on an adventure, here are some areas to explore:

- **NATIONAL PARKS** <http://www.nps.gov/state/FL/index.htm>
- **STATE PARKS** <https://www.floridastateparks.org/things-to-do/activities>
- **STATE FORESTS**
<http://www.freshfromflorida.com/Divisions-Offices/Florida-Forest-Service>
- **FLORIDA'S GREENWAYS AND TRAILS**
<http://www.dep.state.fl.us/gwt/default.htm>
- **THE GREAT FLORIDA BIRDING TRAIL**
<http://www.floridabirdingtrail.com/>



For more information, please visit lfas.ufl.edu

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DID YOU KNOW? Being active is an important part of staying healthy for individuals, families, and consumers. It gets your heart rate up, burns calories, and strengthens your muscles and bones. Everyone throughout the lifecycle should engage in healthy self-care behaviors including getting regular exercise and staying active. Best of all, being active can help people with diabetes or pre-diabetes. Read more here:

[Physical Activity and Diabetes - UF/IFAS Extension Broward County \(ufl.edu\)](http://www.ufl.edu/extension/broward/physical-activity-and-diabetes)



Home » UF/IFAS Extension Broward County » Physical Activity And Diabetes

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Physical Activity and Diabetes

An Equal Opportunity Employer and Institution 4

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up today!*

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**USE THIS LINK TO SIGN UP TO
OUR QUARTERLY NEWSLETTER:**

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

OR SCAN THIS CODE
TO OPEN THE SIGN UP
FORM



**UF/IFAS EXTENSION, BROWARD COUNTY
FAMILY & CONSUMER SCIENCES
VIRTUAL EDUCATIONAL NETWORKS**

**CLICK THE LINKS BELOW TO FOLLOW US ON SOCIAL MEDIA
AND KEEP UP WITH THE LATEST FROM UF/IFAS EXTENSION
BROWARD COUNTY FCS PROGRAM!**



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Sign up today!

**FAMILY &
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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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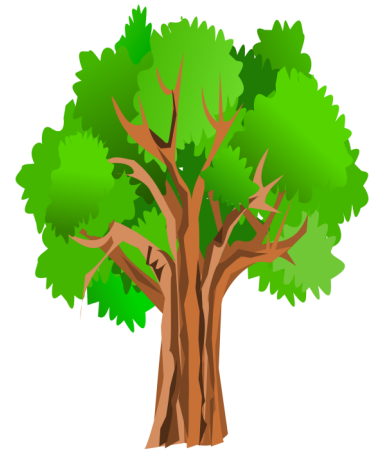
Scan me!



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

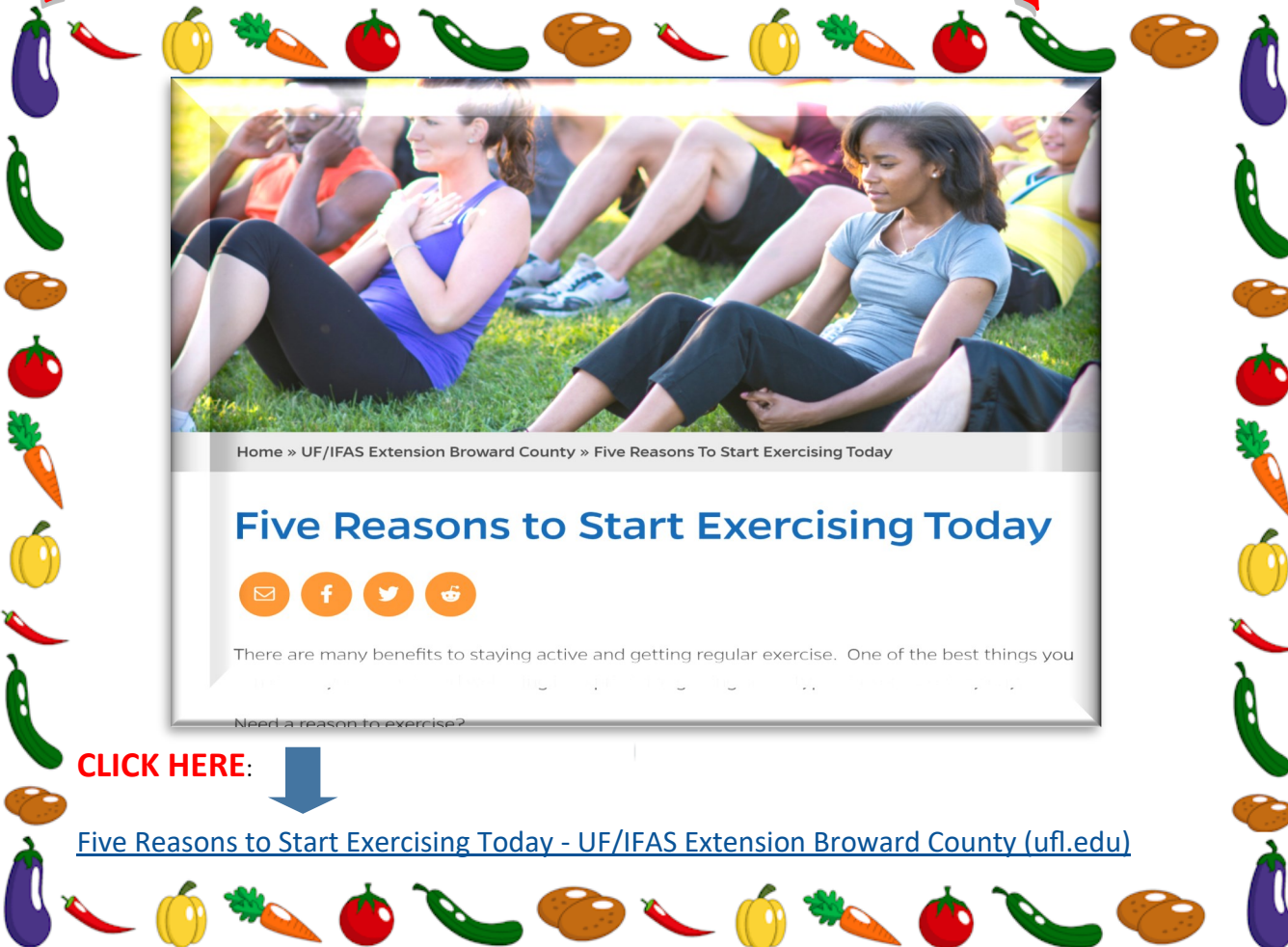
SFYL.IFAS.UFL.EDU/BROWARD

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 2022, 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



Home » UF/IFAS Extension Broward County » Five Reasons To Start Exercising Today

Five Reasons to Start Exercising Today



There are many benefits to staying active and getting regular exercise. One of the best things you

Need a reason to exercise?

CLICK HERE:



[Five Reasons to Start Exercising Today - UF/IFAS Extension Broward County \(ufl.edu\)](http://ufl.edu)

Motivational Moment

"Whatever you are, be a good one."

Author: Abraham Lincoln



Q&A Challenge

Question: Vitamin A is important for what?

Answer: Vision.



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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