Greetings! The COVID-19 pandemic restrictions are being lifted. Hopefully we will be back to normal soon. Hurricane season runs from June 1st through November 30th. Please make sure you are planning and prepping. I have included several informative articles in this edition of the Apple Core & More Newsletter to help you prepare. I am so happy to share that we again have a guest author this quarter-who is a valued Family and Consumer Sciences Advisory Committee member. Michelle Stewart is a registered and licensed dietitian in the state of Florida. See Michelle’s article on the benefits of exercise on page 5 and page 6. On the back page you will find our motivational moment and the Q & A Challenge. If you or someone you know is continuing to struggle at this time, note the Disaster/Distress Hotline number which is 1-800-985-5990. It is a 24 hour service and you can speak with a counselor, if needed. The Apple Core & More Newsletter is published quarterly to educate individuals and families. Thank you for your comments and for learning along with Broward Extension. Wishing you a wonderful and healthy July, August and September.

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E-mail: bjimenez@ufl.edu

Broward County Hurricane Hotline: Call the Emergency Hotline at 311 or 954-831-4000 for more information. Emergency shelters are a service of the Broward County Commission and the Broward

Centers for Disease Control and Prevention (CDC)-

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

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Stay Well as a Hurricane Approaches

Stay Well

Limit your News Consumption
It's important to keep track of where the storm is, but limit your consumption to the morning and evening and do not watch all day.

Identify Calming Activities
Each person will have their own preferences for what relieves stress. Some ideas include: exercising, taking a hot bath, journaling, yoga, listening to music and engaging in hobbies.

Prepare for the Storm
Before a hurricane, focus on preparing yourself and your family. The more prepared you are, the less anxious you will feel.

Notice the Signs of Stress
You may snap at people or be short tempered. Other signs of stress: sleep problems, crying, and loss or increase of appetite. Once you notice these stress signals, seek calming activities that will help you relieve stress.

Stay Busy
Regardless of the specific activity, keeping yourself busy and being productive can add to your sense of control and improve your mental well-being.

Seek Support if you are Struggling
From March to May, it can be hard to cope. The Substance Abuse and Mental Health Services Administration offers a free crisis line for people who have experienced disaster and this can be a good resource for urgent support. You may call 900-255-2970 or text TalkWithUs to 66746.
PANTRY PREP:
Stock Up for Emergencies

1. Check to see what food staples you already have and plan your list from there. Don’t forget about medical and hygiene supplies.
2. As you make your shopping list, include nutritious, familiar foods your household enjoys. Make sure there is enough food for anyone with special dietary needs.
3. Buy enough food and supplies for two weeks at home.
4. When stocking your pantry, freezer or refrigerator, remember the First in, First Out (FIFO) principle. Rotate the oldest items to the front and store the newer ones in the back.
5. Don’t overstuff your refrigerator or freezer. This can block the airflow and make the system work harder to keep food at a safe temperature.

FRESH/ REFRIGERATED
Think about things that last both unrefrigerated and in the pantry.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Apples</td>
<td>Potatoes</td>
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<tr>
<td>Grapes</td>
<td>Green beans</td>
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<tr>
<td>Oranges</td>
<td>Celery</td>
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<tr>
<td>Bananas</td>
<td>Cucumbers</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Mashed potatoes</td>
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</table>

Shelf-stable
Think about foods that last without refrigeration or canning in jars, cans or heat-sealed, aseptic packaging.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Fruit</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Olives</td>
<td>Squash</td>
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<tr>
<td>Tomatoes</td>
<td>Corn</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Peas</td>
</tr>
<tr>
<td>Carrots</td>
<td>Canned cranberries</td>
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</tbody>
</table>

Dried
Think about dried food products, used for cooking, baking, grilling and as snacks or easy meal prep ingredients.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Dried beans</td>
<td>Grains</td>
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<tr>
<td>Quinoa</td>
<td>Rice</td>
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<tr>
<td>Dried fruits</td>
<td>Breads</td>
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<tr>
<td>Crackers</td>
<td>Meat</td>
</tr>
<tr>
<td>Snack foods</td>
<td>Vegetables</td>
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</tbody>
</table>

Other

<table>
<thead>
<tr>
<th>Dairy</th>
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<tbody>
<tr>
<td>Milk</td>
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<tr>
<td>Cheese</td>
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<tr>
<td>Yogurt</td>
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<td>Buttermilk</td>
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<td>Margarine</td>
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<th>Meat</th>
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<tr>
<td>Eggs</td>
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<tr>
<td>Dill</td>
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<tr>
<td>Juice</td>
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<tr>
<td>Condiments</td>
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</tbody>
</table>

Remember: Stock up on what you need, but don’t overbuy. This helps ensure everyone can get what they need.

Spanish

Prepárate para el futuro: Cómo abastecerte para emergencias

1. Verifica qué alimentos básicos ya tienes y planifica tu lista desde allí. No olvide incluir los suministros médicos y de higiene.
2. Al hacer tu lista de compras, incluye alimentos nutritivos que disfrutes en su hogar. Asegúrate de que haya suficiente comida para cualquier persona con necesidades dietéticas específicas.
3. Compra suficientes alimentos y suministros para dos semanas en casa.
4. Al abastecer su despensa, congélate o refrigerar, recuérda el principio “Primero en entrar, primero en salir”. Coloca los alimentos más antiguos al frente y almacén los más recientes en la parte posterior.

Recuerda: Si los miembros de tu hogar estarán en casa por más tiempo de lo que acostumbran durante su rutina diaria, podrías necesitar más alimentos de lo habitual.

4. Al abastecer tu despensa, congélela o refrigerar, recuerda el principio “Primero en entrar, primero en salir”. Coloca los alimentos más antiguos al frente y almacén los más recientes en la parte posterior.

Recuerda: Si los miembros de tu hogar estarán en casa por más tiempo de lo que acostumbran durante su rutina diaria, podrías necesitar más alimentos de lo habitual.

5. No sobrecargues tu refrigerador o congelador. Esto puede bloquear el flujo de aire y hacer que el sistema trabaje más para mantener los alimentos a una temperatura segura.

Recuerda: Compra lo que necesites, pero no compras en exceso. Esto ayuda a garantizar que todos puedan obtener lo que necesitan.
**Monster Mixtures**

**Dangerous Household Cleaning Combinations!**

The CDC recommends that we clean and disinfect frequently touched surfaces to kill viruses and bacteria that can make us sick. You might be tempted to use two or more cleaning products together to make them more effective. **BUT STOP!** Common cleaners that are safe to use by themselves can be very dangerous if they are used together.

In some instances, these mixtures can cause breathing problems within minutes of inhaling the vapors!

Follow label instructions, store cleaners in their original containers, do not use more cleaner than is recommended on the label, and never mix cleaners or use them one right after another without rinsing first with water.

- **Mixing bleach and vinegar** can irritate your eyes, make you cough, and cause breathing problems.
- **Mixing bleach and ammonia** produces a toxic gas that causes shortness of breath and chest pain.
- **Mixing bleach and alcohol** (both rubbing alcohol and ethyl alcohol) can damage your eyes, lungs, and liver.
- **Mixing hydrogen peroxide and vinegar** produces a corrosive acid that will irritate your eyes, skin, and respiratory tract.

Beware of the potential health risk from breathing these household chemicals. Use cleaners as the label instructs, in the amounts advised, and separately from other cleaners to avoid creating a monster mixture—and a serious risk to your health!

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**Mezclas Monstruosas**

¡**Combinaciones Peligrosas de Limpieza Doméstica!**

El Centro de Control y Prevención de Enfermedades (CDC por sus siglas en inglés) recomienda que limpiemos y desinfectemos con frecuencia las superficies que tocamos para matar los virus y las bacterias que pueden enfermarnos. Es posible que sienta la tentación de mezclar o usar dos o más productos de limpieza para que sean más efectivos. ¡Deténgase!

Los detergentes comunes que son seguros de usar por sí solos pueden ser muy peligrosos si se mezclan con otros limpiadores.

¡En algunos casos, estas mezclas pueden causar problemas respiratorios a pocos minutos de inhalar los vapores!

Siga las instrucciones de la etiqueta, guarde los limpiadores en sus envases originales, no use más limpiadores de los recomendados en la etiqueta, y nunca mezcle los limpiadores ni los use uno tras otro sin antes enjuagarlos primero con agua.

- **Mezclar blanqueador cloro y vinagre** puede irritar los ojos, causar tos y problemas respiratorios.
- **Mezclar blanqueador cloro y alcohol** (alcohol isopropílico o alcohol etílico) puede dañar los ojos, los pulmones y el hígado.
- **Mezclar peróxido de hidrógeno** (agua oxigenada) y **vinagre** produce un ácido corrosivo que irritará los ojos, la piel y las vías respiratorias.

Use limpiadores como se indica en la etiqueta, en cantidades recomendadas, y por separado de otros limpiadores. De esta manera, evitará crear una mezcla monstruosa y un riesgo grave a su salud.

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*Translated by members of CAPE Latino: Virgilio Zaldivar y Jenny Avila Rodriguez*
One of the biggest challenges often faced by clients is about do and don’t, along with when and how when it comes to exercise. When can I exercise, or get in the workout? How can I manage the time and how can I find the most user friendly activity for my schedule and stamina? These questions are not seasonal, they come up year ‘round, they just feel more pressing when we’re faced with a finite amount of time and little flexibility on expanding those calendar dates.

Exercise is essential; it helps reduce body fat, aiding you in maintaining a healthy weight. It lowers the risk of Type 2 Diabetes, improves mood and lowers anxiety. This is the short list, there are several others, but for this article, I want to zero in on the benefits that may be most helpful during this time of the year.

**Reduces body fat**

According to the National Institutes of Health 68% of Americans are considered overweight or obese. Realizing everyone does not fall into this range, exercising regularly can help you opt out of this expanding group. It is recommended that you exercise five days a week for at least 30 minutes. I can hear the “but I don’t have time,” feedback! Commit to two to three days of exercise and gradually increase. Make sure you include stretching in your exercise routine—it warms up your muscles and can increase your flexibility. The energy you use exercising will burn calories and reduce fat which helps you maintain or achieve a healthy weight. The more you exercise, the easier it is for your body to burn off those calories.
Lowers Risk of Type 2 Diabetes

You can lower your risk of developing Type 2 Diabetes with a regular exercise plan. Research indicates regular exercise plus a healthy diet of low-fat, high-fiber whole grain foods can aid in lowering the risk of diabetes. Eating wisely is very important. Be strategic in navigating a buffet table, choose small plates, vegetables as dippers, limit bread, and go for two-bite desserts. Limit alcoholic beverages and drink more water.

Exercise can improve mood

The holiday season and other times of the year, can be difficult for a lot of people for numerous reasons, which may result in depressed moods and outlook. Exercise can be an ally in moving the mind to a better, more positive place. When you exercise, chemicals including endorphins are naturally released by your body. The endorphins interact with the receptors in your brain that reduce your perception of pain. They also create a positive euphoric or happy feeling. As regular exercise becomes routine, your brain will associate the positive happy feeling with exercise, reinforcing the importance of exercise in feeling positive and good.

Lowers anxiety

Anxiety, like mood improvement is connected to the increased level of endorphins, stimulated by exercise. During your workout or swim, you are stepping away from the daily grind or problems that you may feel are overwhelming. Your focus is on the workout—once you’ve finished working out you have a fresh outlook, are less anxious, and have renewed energy to tackle the issues that weighed you down.

This is a short list of exercise benefits.

Take Away: Add regular exercise to your routine to ensure a healthy happy outlook every day of the year.
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Sign up today!
Motivational Moment

“A cyclone derives its power from a calm center. So does a person.”

-Credit: PictureQuotes.com

Question: Should you taste a food to determine its safety?
Answer: NEVER


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Email: bjimenez@ufl.edu

Click on this link to learn more about Hurricane Preparedness: Meal and Menu Planning.

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

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