Starting a Food Business & Staying Well.............2
Disaster Prep and Planning..................................3
Back to School....................................................4
Thanksgiving Tips.................................................5

From the Desk of Broward County’s FCS Extension Agent...

Dear Readers,

I hope this newsletter, once again, finds you healthy and well. The COVID-19 pandemic continues as does a very active 2020 hurricane season. Please continue to keep yourself prepared and maintain your disaster related supplies. This issue contains some great hurricane preparedness & recovery tips.

There is also some information on staying well in the event a hurricane approaches our area. Many of us have never experienced a pandemic and a hurricane at the same time. This unprecedented duo can cause stress, fear and anxiety. There are several wellness tips listed as well as a phone number in case you or someone you know is struggling. The number is 1-800-985-5990.

The kids have gone back to school and the holidays will be here soon. It is always important to be mindful of wellness and good nutrition. The strawberries I have purchased recently have been so sweet and delicious. On the back page you will find some tips related to freezing strawberries.

The Apple Core & More Newsletter is published quarterly to educate individuals and families. Stay prepared. Stay healthy. Stay well!

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Hurricane Season runs from June 1st through November 30th. Hurricanes are always a possible threat to Florida. We have seen the 2020 devastating effects to communities which have been hit hard by storms, such as Hurricane Laura and Hurricane Sally. Preparedness is one key to successful weathering through these types of storms. Make sure you have plenty of water for you, your family and your pets. Stock up on one gallon of water per person per day. Have a three to seven day water supply on hand.

Reference: https://sfyl.ifas.ufl.edu/archive/hot_topics/

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
How to Start a Food Business

ConsideRations Before-Hand

Advantages
- Be your own boss!
- Do something that you enjoy and/or are good at!
- Be challenged and explore your creativity!

Disadvantages
- Risk of failure
- Financial strain
- Lifestyle change
- Emotional stress

Product Development
- Develop and test a prototype.
- Determine the batch size for commercial operation.
- Determine the cost of inputs.

Business Planning
- Write a business plan.
- Determine the amount and source of financing needed.
- Register your business with the state.

Food Regulation
- Determine regulatory requirements applicable to your product(s).
- Find out requirements for a food preparation/processing facility.
- Decide whether or not to obtain a universal product code (UPC).
- Decide if you wish to make health or nutrient claims. If you do, arrange necessary analysis and invest time and money for FDA compliant nutrition labeling.

Product Marketing
- Write a marketing plan.
- Determine a selling price.
- Develop a distribution method based on the characteristics of your product(s).

Production
- Identify reliable suppliers for equipment, ingredients, and supplies.
- Decide where you will produce your product.
- Find storage place for ingredients, packaging, and final products.
- Obtain all necessary permits and approvals for production of your product(s).

Stay Well as a Hurricane Approaches

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

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.

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.

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
Even with these tips in practice, 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 800-355-7920 or text TalkWithUs to 66746.

Adapted from: Troy Moore, “Mental health during hurricane season,” UF/IFAS blog post, June 2020.

https://branding.ifas.ufl.edu/media/brandingifasufledu/infographics/HurricaneMentalHealthInfographic.jpg
https://branding.ifas.ufl.edu/media/brandingifasufledu/infographics/FoodBusiness.jpg

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BACK TO SCHOOL, SAFE & SUPPORTIVE

As students return to school this year, some will face challenges not only academically, but from their fellow students. Victor Harris, a relationship expert and associate professor in the UF/IFAS Family, Youth and Community Sciences department, offers tips for parents to help their children maintain a sense of confidence and civility:

- **TALK** with your children about the upcoming school year. Focus on building positive self-esteem.
- **ENCOURAGE** opportunities for your children to act as leaders, not followers.
- **DISCUSS** the importance of being an "upstander" rather than a bystander. Upstanders stand up for themselves and for others who are being bullied.
- **ASK** them about adults they trust to go to for help.
- **DISCUSS** why they should "do the right thing for the right reason"—not because they feel pressured or everyone else is doing it.

[https://branding.ifas.ufl.edu/media/brandingifasufledu/ICS_Back2SchoolSafeSupportiveInfographic.jpg](https://branding.ifas.ufl.edu/media/brandingifasufledu/ICS_Back2SchoolSafeSupportiveInfographic.jpg)
Tips to Make Thanksgiving Cooking Go Smoothly

**Beforehand:**
- Be sure to wash your hands!
- Have an oven-safe thermometer.
- Keep fresh turkeys in the fridge for only one or **two days**.
- Never thaw a frozen turkey on the kitchen counter at room temperature. Thaw it in the refrigerator or use a constantly refreshed cold water bath.

**Meal Preparation:**
- Cook stuffing separately from the turkey.
- The inside temperature of the turkey must reach **165°F**. Check temp in thickest part of breast and innermost part of the thigh and wing.
- Minimize the handling of foods with bare hands. Instead, use utensils.
- Keep hot foods at **140°F** or warmer, and keep cold foods at **40°F** or colder.

**Leftovers:**
- Be sure to sanitize the area where the turkey was prepared.
- Refrigerate dishes prepared with meat, poultry, seafood, eggs, dairy products, cooked rice, and vegetables within **two hours** of purchasing or cooking, and within **one hour during extreme heat**, such as days when it is **90°F**.
- Reheat leftovers to **165°F** and use cooked leftovers within **3 to 4 days**.

https://branding.ifas.ufl.edu/media/brandingifasufledu/infographics/Thanksgiving.jpg

**Thankful**
Motivational Moment

“Health is not valued ‘till sickness comes.”

Author: Thomas Fuller

Question: What are the four core food safety practices per the Partnership for Food Safety Education?

Answer: Cook. Chill. Clean. Separate

https://www.fightbac.org/food-safety-basics/the-core-four-practices/

For additional information please contact:

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