



THE APPLE CORE & MORE



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

APRIL TO JUNE 2025

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From the Desk
of Broward
County's
FCS Agent



Hi Apple Core & More Readers-

Greetings Apple Core & More subscribers. We are happy to welcome many new recipients! This newsletter is full of exciting and helpful information. Now is the time to focus on reducing food waste and sun safety. Read this newsletter to learn tips and ways to protect your skin.

We had a great turnout at Water Matters Day 2025 and are looking forward to next years event scheduled for **March 14, 2026**. *Save the date!* We will be presenting a workshop titled: *Spice it Up* and Growing Herbs in Broward during April. We will also be participating in the 11th *annual Soup and Salad Bowl* at Franklin Park on April 24th for seniors. Please encourage your family and friends to sign up for this informative FCS newsletter too.


Brenda Marty-Jimenez, MHM, RDN, LDN,
FCS Extension Education Agent IV
E-mail: bjimenez@ufl.edu

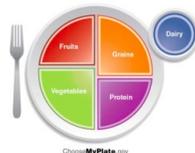


Reduce Food Waste Today

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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<http://blogs.ifas.ufl.edu/browardco/2021/02/04/keep-food-safety-in-mind-at-your-super-bowl-party/>



MyPlate. Check out all of the resources on healthy eating!

MyPlate | U.S. Department of Agriculture

Get your Presto pressure canner gauge checked

in 2025 (Click link) Pressure Canner Gauge Testing in Broward County - UF/IFAS Extension Broward County (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



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.

Phone: (954) 756-8519

E-mail: bjimenez@ufl.edu



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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FCS Staff**



Sun Safety Matters: PROTECT YOUR SKIN!

Information provided by: Dr. Melissa Vilaro, UF/IFAS Extension, Assistant Professor – Health and Wellness Extension State Specialist, Department of Family, Youth and Community Sciences

What Causes it?

Exposure to UV rays from sunlight is the most common cause of skin cancer.



UV rays from the sun can damage your skin and cell DNA.



Getting sunburned five times can more than double your risk of getting skin cancer.



Outdoor professionals face double the risk of skin cancer compared to indoor workers.*



Why Does it Matter?



1 in every 5 Americans will develop skin cancer in their lifetime.**



If skin cancer is detected and treated early, there is a 99.9% survival rate.



If left untreated skin cancer can spread to vital organs, becoming fatal.



Anyone, no matter their skin tone, can develop skin cancer.

All About Skin Cancer For Outdoor Professionals

Using sunscreen and practicing sun protection can help reduce the \$9 billion spent annually on skin cancer treatments in the U.S.



Most Common

Rarest

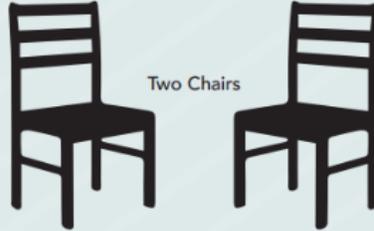
| Basal Cell Carcinoma | Squamous Cell Carcinoma | Melanoma |
|---|--|---|
|  |  |  |
| Round flesh colored growth | Firm red scaly bump | Irregular borders with ragged or blurred outline |
| Commonly found on head, neck, and arms | Commonly found on face, neck, arms, chest, and ears | Commonly found on arms, back, face, and legs |
| Can damage nerves and bone | Can damage healthy tissues and organs | Can spread to other body parts and damage surrounding cells |

Less Dangerous

Most Dangerous (Deadly)

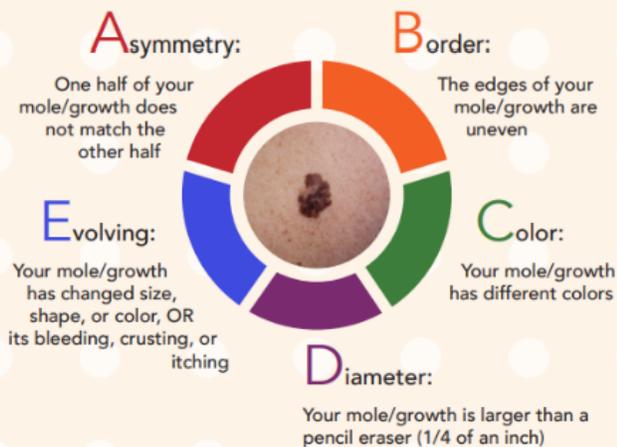
Do It Yourself: Skin Self-Exam

What You Need



What To Look For

The ABCDE's of Skin Cancer



If you notice anything unusual, please contact your healthcare provider.

To find a provider visit:
www.zocdoc.com

Steps You Take:



1 **Check Your Entire Face**
Use your hand-mirror to see behind your ears.



2 **Check Your Scalp**
Use a blow-dryer or brush to move your hair away; ask someone to help if you can.



3 **Check Your Hands & Arms**
This includes your palms, between fingers, under nails & even your armpits.



4 **Check Your Torso**
In the full-length mirror, check your neck, chest, stomach area & under your breasts.



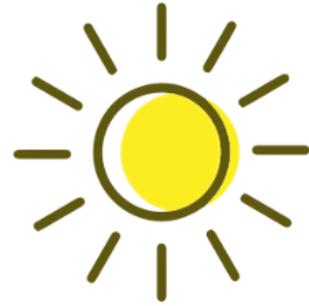
5 **Check Your Backside**
Have your back facing the full-length mirror & use the hand-mirror for a closer look at your shoulders, neck, upper arms & butt.



6 **Check Your Legs**
Look at the front & back, your ankles & feet. (Toes, toenails, & underneath too) Sit & put one leg on a chair at a time to check your private areas & between your legs.

Be Sun Safe At Work

How To Reduce Your Risk Of Skin Cancer



Sunscreen

Use Broad-Spectrum Sunscreen with at least 30 SPF

- UV radiation from sunlight can damage skin in just 15 minutes.
- UVA rays cause loss of elasticity, aging, wrinkling, and tanning.
- UVB rays or burning rays, increases risk of skin cancer.
- Reapply sunscreen every 2 hours.



Clothing & Sunglasses

Wear protective clothing and eye wear

- Wear light and loose clothing. Look for materials like lycra, elastane, nylon, and polyester.
- Wear wide-brimmed hats.
- Wear sunglasses with UV400 rating or 100% UV protection on the label.



Shade

Spend more time under shade and in air conditioning when possible

- There is high UV exposure from 10 am to 2 pm, try to limit exposure during this time and plan to do more strenuous outdoor tasks outside this time frame.



Medical Factors

Be aware of medications and products that increase photosensitivity or sun sensitivity

- Check product labels for warnings about increased sun sensitivity or photosensitivity.
- Medications that increase sensitivity to sunlight include antibiotics, cholesterol lowering drugs, cold medicine, and more.



Drink hydrating fluids often, even if you do not feel thirsty.



Give yourself a self skin exam, checking your skin from head to toe. Look for changes or anything unusual.

Reduce Food Waste Now!

Author: Brenda Marty Jimenez, UF/IFAS Extension, Broward County FCS Agent IV



Reduce Food Waste Today

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Be careful in buying food items in bulk, unless you have a definite plan to use them before they expire or go bad. Large quantities of food may go bad before you use them up. Share bulk items with a relative, friend or neighbor. Don't waste your food dollars.

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



Reduce Food Waste Today

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Shop from a written shopping list before you go to the grocery store. Make sure the shopping list matches recipes you plan to make and meals you plan to serve.

<http://blogs.ifas.ufl.edu/browardco/2020/09/24/grocery-lists-coupons-can-save-money-for-busy-families/>



Reduce Food Waste Today

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If you prepare too much food, freeze it for another meal. Don't let it stay in the refrigerator until it goes bad. Freezing is a great way to store most foods to keep them safe until ready to eat.

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



Reduce Food Waste Today

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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

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



Family and Consumer Sciences (FCS) Participates in Water Matters Day 2025

By Brenda Marty Jimenez, MHM< RDN, LDN, FAND

Over 4089 county citizens participated in the 23rd Water Matters Day event held at Tree Tops Park on March 8, 2025 and received education on SUN SAFETY. Family and Consumer Sciences connected with and educated over 250 individuals.

Success Stories and Comments:

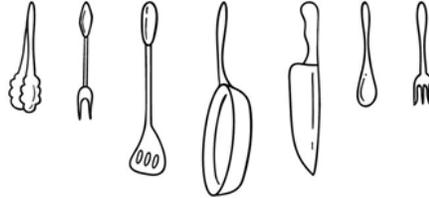
1. Many participants shared stories and scars of skin cancer procedures they had gone through and were happy this education was being provided to the public at this community event.
2. Many did not know the recommended UV400 rating for sunglasses and special material for clothing.
3. Many were not aware that 1 in 5 Americans will develop skin cancer in their lifetime. (<https://www.aad.org/media/stats-skin-cancer>). Also, if skin cancer is detected and treated early, there is a 99.9% survival rate. Lastly, use of broad-spectrum sunscreen with at least 30 SPF is recommended to protect skin and it is recommended to reapply every 2 hours, was new information for many.
4. Several did not know that sun exposure may be dangerous and thought being in the sun for extended periods of time, without any protection, was healthy.
5. Many learned the 6 tips to self-exam. (Check entire face, scalp, hands and arms, torso, backside and legs).
6. One participant stated she will share this information with her family. I am going to place it in my first aid kit.



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Want to try a new recipe?

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Banana Berry Smoothie

Ingredients

2 bananas, peeled
1 cup frozen berries
1 cup low-fat vanilla yogurt
¾ cup 1% milk or unsweetened soy milk
½ cup ice cubes (optional)

Directions

1. In a blender, combine bananas, frozen berries, yogurt, and milk (or soy milk). Blend until smooth.
2. To make a frostier smoothie, add a few ice cubes and blend until smooth.

Nutrition Facts

Serving Size 1 serving (234.29g)
Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 21g

Protein 5g

Vitamin A 4% • Vitamin C 10%

Calcium 15% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



For more information about EFNEP, visit:
<http://efnep.ifas.ufl.edu/>

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and UF/IFAS Extension are equal opportunity providers and employers.

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Soup and Salad Bowl with a Twist for Seniors

Date: April 24th from 9:30 a.m. to 1 p.m.

Location: Franklin Park, 2501 NW 22nd Road, Fort Lauderdale, FL 33311

Coordinator: Jessica T., Parks Manager Associate Office - (954) 357-6867

***Family and Consumer Sciences will be educating on Sun Safety.**



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DO YOU NEED YOUR PRESTO PRESSURE CANNER GAUGE TESTED?

April 4, 2025

May 2, 2025

June 6, 2025

July 18, 2025

August 1, 2025

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Scheduling Appointments Now



BROWARD
COUNTY
FLORIDA
PARKS AND RECREATION

CALL : 954-756-8519

Check dial gauges for accuracy before use each year. Gauges that read high cause under-processing and may result in unsafe food.

The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Brenda Marty Jimenez, FCS Agent IV, bjjimenez@ufl.edu at least [1 week in advance]. Advance notice is necessary to arrange for some accessibility needs.

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FOOD SAFETY

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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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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



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; (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 2025, 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.



WELLNESS CORNER



THINK
BEFORE
YOU
THROW
OUT

Far too often, we throw out food like bread, vegetables, and fruits.

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Motivational Moment:

"Do something today that your future self will thank you for in the future. "

-Author: Unknown.



Q&A Challenge

Question: Food safety principle: When in doubt, throw it _____.

Answer: Out



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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