



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

**JANUARY TO MARCH 2025**

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From the Desk  
of Broward  
County's  
FCS Agent



Hi Apple Core & More Readers-  
Happy New Year! 2025 is full of exciting possibilities! Hurricane Season ended on November 30th. What can you do with all of those food supplies now? Read this newsletter to learn 9 tips and ideas for using leftover non-perishable supplies. See p. 4

There were many food recalls last year. Please remember to engage in safe food handling practices and wash your hands properly to prevent food poisoning/foodborne illness. See p. 7

Please encourage your family and friends to sign up for this informative newsletter too. We gained many new subscribers in 2024. See p. 9.

Remember to follow our Broward FCS blogs and read more to learn more. [Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](#)

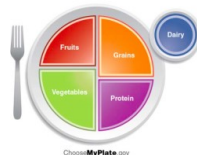
*Brenda Marty-Jimenez*  
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FCS Extension Education Agent IV  
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Clean hands help stop the spread of infection



[Handwashing is critical to good health - UF/IFAS Extension Broward County \(ufl.edu\)](https://ufl.edu)



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

[MyPlate | U.S. Department of Agriculture](https://www.choosemyplate.gov)

**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](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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## **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**



# End of Hurricane Season:

## Time to use or donate your non-perishable supplies

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



The end of hurricane season is here, and it's a good time to either use up your non-perishable supplies or donate them to a worthy cause. This ensures that your stock is refreshed for the next season while helping those who may benefit from the items or simply using them in your weekly menus.

Our hurricane season runs from June 1st through November 30th. It is a big relief when December 1st comes around and we can relax a bit. The month of December is a great time to rotate, share, use up and/or donate your non-perishable disaster supplies.

What are non-perishables? These are processed or packaged foods that withstand prolonged storage. These are staples such as canned vegetables, fruit, soups, tuna, boxed crackers, cereal, granola bars, and peanut butter. Non-perishables are perfect for emergency preparedness kits, because they can be stored for long periods of time.

Check the expiration date printed on your emergency supplies today. Expired food can be unsafe to eat and cause a food safety issue. Be mindful of what you have stocked in your pantry and what needs to be used up in your meal plan. An expiration date is a previously determined date after which something should no longer be used, because it has exceeded its anticipated shelf life for perishable goods.

Expiration dates are applied to selected food products where the age of the product may potentially impact its safe use. I have heard from Family and Consumer Sciences program participants over the years expressing their disappointment in having to throw away costly emergency preparedness food that had expired. It is a total waste of money.

Reducing food waste is important in our society. Don't let good food go bad. It is a terrible waste to have to toss out food that has expired. Money is tight with the state of the economy and people can use a break with their food budget. <https://blogs.ifas.ufl.edu/browardco/2024/04/01/13-quick-tips-to-reduce-food-waste-just-do-it/> <https://blogs.ifas.ufl.edu/browardco/2023/04/11/think-about-reducing-food-waste-today/>

Rotate not only your disaster supplies but also regularly stocked food items. We often use the acronym FIFO when speaking about food safety. FIFO stands for first in, first out. Use older food items first to ensure freshness and make sure to keep them visible and in the front rows in your pantry. Store the newer supplies in the back of shelving. So now, the "first in" your pantry (which are now the older items), should be the "first to go out" and be eaten.

Whatever you do, take stock of your supplies and manage them wisely.





# The End of Hurricane Season continued.....



Here are 9 ideas to consider for using stored disaster supplies in your home right now!

1. Plan recipes using non-perishable items. How about preparing quick hurricane wraps on a busy day that you don't feel like cooking? Non-perishable supplies needed: canned and drained chicken breast, sweet corn, black beans and diced new potatoes. Other ingredients: Wheat tortillas, a small fresh diced tomato, minced fresh onion, a small, diced avocado, lime juice, balsamic vinegar, salt and pepper. Easy preparation includes mixing all the ingredients in a bowl and then spreading onto wheat tortillas and wrapping them.
2. Evaluate what food items you may be able to share with others. Share excess with family, friends and/or neighbors.
3. Use extra cans of tuna fish and make tuna finger sandwiches on whole wheat bread with a nice green salad for a holiday luncheon.
4. How about turning some non-perishable supplies into a festive holiday gift? Many years ago, a friend of mine gifted me a beautiful Italian pasta bowl. Inside the bowl was a box of pasta, cans of tomato sauce and diced tomatoes, a spice bottle of oregano and dried basil, an oven mitt, a mixing spoon, and tongs, along with a recipe to make her grandmother's spaghetti with meat sauce. I remember being so touched by the thoughtful gift.

Today you could gift canned tuna, a box of pasta, crackers, a mixing spoon, and a handwritten tuna pasta salad recipe, in a nice festive bowl or a colander wrapped in clear cellophane with a big red ribbon, as a nice gift for someone. These days we can all use menu plan ideas that are easy to meal prep and serve.

5. How about hosting a potluck at work (using extra non-perishable hurricane preparedness staples) that can also be a lunchtime teambuilding activity? Menu: Chicken salad sandwiches, three bean salad with boiled potatoes and an ambrosia salad using canned fruit cocktail, pineapple and peaches as ingredients.
6. Donate your unused non-perishables to a holiday food drive, a food pantry, food shelf, church, and/or soup kitchen. Many in our community are in need and would really appreciate the donations for the holidays.
7. Try experimenting with making a tasty yellow rice casserole including canned corn, rice, canned mixed vegetables, canned mushrooms, diced fresh onions, saffron, assorted tri-colored diced fresh peppers, and a small can of tomato sauce.
8. Use up quantities of peanut butter to make favorite holiday cookies. I love to make peanut blossoms which have a chocolate kiss pressed in the middle. Peanut butter challenges are hosted where unopened jars of peanut butter are collected and donated to those in need. (Be mindful of peanut and other nut allergies.)  
<https://sfyl.ifas.ufl.edu/peanutbutter/>
9. Hydrate using the cases of bottled water you may have stored in a closet. Rotate the cases. It is recommended that the average person needs approximately 8 glasses of water each day. Needs vary depending on activity level, health status and age. Try replacing sugary beverages with water.  
<https://www.eatright.org/health/essential-nutrients/water/how-much-water-do-you-need>  
<https://blogs.ifas.ufl.edu/browardco/2024/05/08/re-think-your-beverage-choices/>



# Food Safety Matters

Always follow the basic four food safety principles (**Clean, Separate, Cook and Chill**) to avoid foodborne illness.

Wash your hands with soap and water **BEFORE** handling & preparing raw meat, poultry or seafood. Handwashing for at least 20 seconds before and after handling food, will help stop the spread of infection.



<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/handwashing>

09/17/2021



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# Food Safety Matters

Always follow the basic four food safety principles (**Clean, Separate, Cook and Chill**) to avoid foodborne illness.

Cook meat (i.e., beef, chicken, pork) to a safe internal temperature. Use a food thermometer to test the doneness of food. Follow the FSIS safe-minimum internal temperature chart.



[https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/0,1313,\\_,\\_](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart/0,1313,_,_)

09/17/2021



# Food Safety Matters

Always follow the basic four food safety principles (**Clean, Separate, Cook and Chill**) to avoid foodborne illness.

Defrost meat, poultry and seafood in the refrigerator, microwave oven or under running cold water that is changed every 30 minutes to insure it is kept cold to slow bacterial growth. See more on safe defrosting methods for consumers at the FSIS site.



<https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/the-top-ten-safe-defrosting-methods-for-consumers>

09/17/2021





## Why do we wash our hands?

Author: Rose Morales, ETS UF/IFAS Extension, Broward County

Washing our hands helps prevent the spread of infection. Handwashing with soap and water removes germs and helps us to stay healthy. Germs, which are usually unseen without a magnifying glass, can be harmful to our health. Germs can easily spread from person to person.

*What are the 5 steps to handwashing?*

**WET** – your hands with clean, running water (warm or cold) and apply soap.

**LATHER** – your hands by rubbing them together with soap, whether it is a soap bar or liquid soap.

**SCRUB** – your hands for 20 seconds, by singing the “Happy Birthday” song twice. Scrub your hands, between your fingers, and under your nails. Make sure to wash underneath your nails, as dirt and germs can live under your fingernails. If you own a nail brush, you can scrub your nails with the brush. It is recommended to clean and sanitize the nail brush once you are done using it.

[www.cdc.gov/hygiene/about/nail-hygiene](http://www.cdc.gov/hygiene/about/nail-hygiene)

**RINSE** – your hands thoroughly with running water to remove the lather.

**DRY** – your hands with a clean paper towel. Turn off the faucet with the paper towel and discard it.

*When do we wash our hands?*

- Before, during and after preparing food
- Before and after eating food
- Before and after treating a wound or caring for someone sick
- After using the restroom
- After touching garbage
- After touching or feeding an animal or any pet
- After blowing your nose, coughing, or sneezing
- After changing diapers

Handwashing is important to everyone and contributes to an overall healthy lifestyle.

[www.cdc.gov/clean-hands/about/index-html](http://www.cdc.gov/clean-hands/about/index-html)

[www.cdc.gov/clean-hands/data-research/facts-stats-hand-sanitizer-facts-html](http://www.cdc.gov/clean-hands/data-research/facts-stats-hand-sanitizer-facts-html)





# DO YOU NEED YOUR PRESTO PRESSURE CANNER GAUGE TESTED?

**December 13, 2024**

**January 10, 2025**

**February 7, 2025**

**March 7, 2025**

**April 4, 2025**

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**Scheduling  
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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, [bjimenez@ufl.edu](mailto:bjimenez@ufl.edu) at least 1 week in advance. Advance notice is necessary to arrange for some accessibility needs.

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



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SFYL.IFAS.UFL.EDU/BROWARD

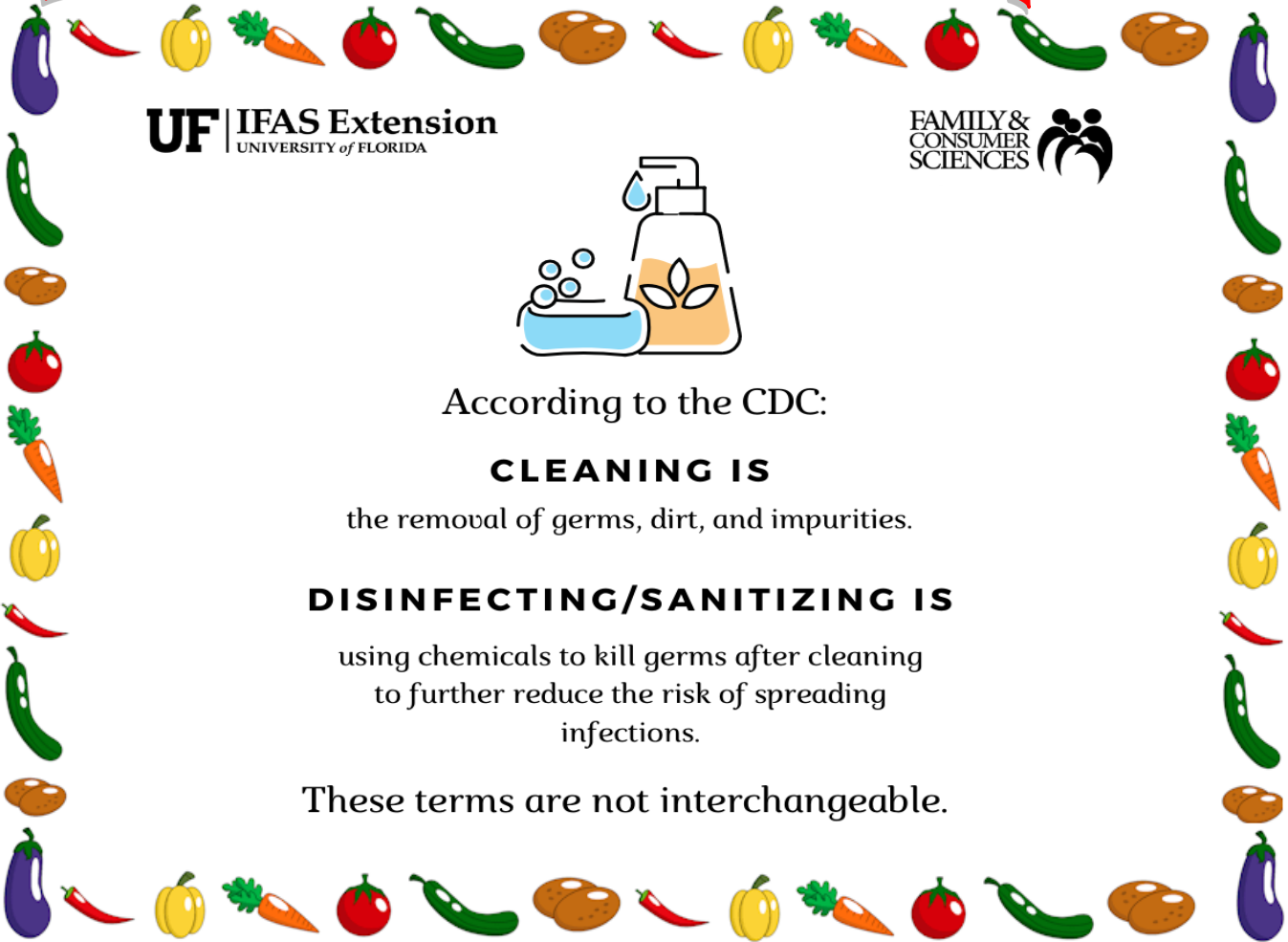


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**Broward County, Parks and Recreation:** We have so many beautiful county parks to visit. Take the opportunity to visit as many as you can, in 2025, to relax, view nature, spend time with family, absorb some vitamin D, and get physical activity. Check out these things to do in a park near you.



# WELLNESS CORNER



**UF** | IFAS Extension  
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FAMILY &  
CONSUMER  
SCIENCES 



According to the CDC:

### CLEANING IS

the removal of germs, dirt, and impurities.

### DISINFECTING/SANITIZING IS

using chemicals to kill germs after cleaning to further reduce the risk of spreading infections.

These terms are not interchangeable.

Motivational Moment: *Use your time wisely.*

"The biggest mistake we make in life is thinking we have time. "

-Author: Unknown.



## Q&A Challenge

**Question:** How many seconds should you take to wash your hands?



**Answer:** 20 seconds

### 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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