



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 Agent



Hi Apple Core & More Readers-


Greetings Apple Core & More subscribers. We are delighted to publish another edition of the Family & Consumer Sciences -Apple Core & More Newsletter. This newsletter is full of helpful information. Now is the time to focus on preparing for any tropical storms that may come our way. This is expected to be another active hurricane season.

Please encourage your family and friends to sign up for this informative FCS newsletter too.

Remember to follow our Broward FCS blogs and read more to learn more.

[Brenda Marty-Jimenez, Author at UF/IFAS Extension Broward County \(ufl.edu\)](#)

Take care and have a happy and healthy day!


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

Important Non-Food Emergency Items

- ★ Battery-powered radio
- ★ 2-week supply of medications
- ★ First aid kit
- ★ Extra clothing, including sturdy shoes
- ★ Blankets and pillows
- ★ Toilet paper and paper towels
- ★ Sanitizing wipes
- ★ Extra batteries



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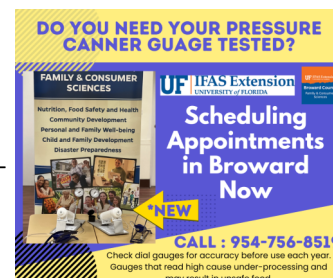
MyPlate. Check out all of the resources on healthy eating!

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)

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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

**SHARE
YOUR
STORY**

FCS Staff

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Family & Consumer Sciences

EXTENSION AGENT IV; REGISTERED
AND LICENCED DIETITIAN

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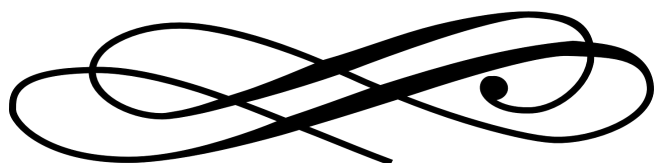
Family & Consumer Sciences

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Florida Cooperative Extension Service: Vision, Mission and Values

Vision:

To be a leading provider of research-based solutions that empower individuals, families, and communities to improve their quality of life while creating a better tomorrow for all Floridians.

Mission:

Florida Cooperative Extension engages with individuals, families and partners with communities to provide quality, relevant education and research-based expertise to foster healthy people, a resilient environment, and a strong economy.

Values:

- 1. Integrity:** We serve all with mutual respect and honesty.
- 2. Excellence:** We provide relevant, high quality, unbiased, research-based educational programs that empower the people of Florida to improve their lives.
- 3. Responsiveness:** We provide timely solutions that are research-based, practical and relevant.
- 4. Lifelong Learning:** We value the personal development of our faculty, volunteers and the people we serve.
- 5. Access:** We support Florida's diverse population, and we ensure that our programs are accessible to all.

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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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Creating Healthy & Sustainable Families

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Important Hurricane Preparedness Resources

Hurricane Season is a great time to review available resources to remind us of tips and suggestions to include when engaging in your disaster and emergency preparedness plans. Here are several resources I have compiled for your information and review:

STOCKING YOUR PANTRY

Pantry Prep: Stock Up for Emergencies (English) [81cf3bdb-739b-4319-8164-1c8cb915fcea.pdf \(ufl.edu\)](#)

Pantry Prep: Stock Up for Emergencies (Spanish) [FCS_PantryStaplesInfographic_Spanish.pdf \(ufl.edu\)](#)

Prepare for hurricane season by stocking up on plenty of non-perishable foods- <https://disaster.ifas.ufl.edu/resources/non-perishable-foods/>

NUTRITION, MEAL & MENU PLANNING

Hurricane Preparedness: THINK NUTRITION All About Healthy Eating and Stocking Your Pantry (English) [Hurricane Preparedness/Think Nutrition - YouTube](#)

Hurricane Preparedness: THINK NUTRITION All About Healthy Eating and Stocking Your Pantry (Spanish subtitles: Click on CC on the bottom right) <https://www.youtube.com/watch?v=wnbxmDF6FOI&t=1s>

Hurricane Preparedness: Meal and Menu Planning (English) [Hurricane Preparedness: Meal and Menu Planning - UF/IFAS Extension Broward County \(ufl.edu\)](#)

Hurricane Preparedness: Meal and Menu Planning (Spanish)

Think Nutrition During Hurricane Season (English)- http://sfyl.ifas.ufl.edu/media/sfylifasufledu/broward/docs/pdfs/fcs/other-pdfs/Think-Nutrition-During-a-Hurricane_BMJ.pdf

Hurricane Preparedness: Meal and menu Planning- <http://blogs.ifas.ufl.edu/browardco/2020/06/01/hurricane-preparedness-meal-and-menu-planning/>

WATER

Consume Safe Drinking Water During an Emergency (English & Spanish) [Consume Safe Drinking Water During an Emergency - UF/IFAS Extension Broward County \(ufl.edu\)](#)

Food and Water Needs: Preparing for an emergency or disaster- <https://www.cdc.gov/disasters/foodwater/prepare.html>

Helpful Telephone Numbers for Broward County Citizens

FROM UF/IFAS EXTENSION, BROWARD COUNTY FAMILY AND CONSUMER SCIENCES (FCS)

*Compiled by UF/IFAS Extension, Broward County, Family and Consumer Sciences. Please contact us if you would like to schedule classes on hurricane preparedness and/or food safety. Keep these numbers handy should you need them before, during and/or after a disaster. Be prepared. Check out our links. QR codes and connect with us.

Emergency number to call	911
24-hour Helpline for /crisis, Health and Human Services Support	211
Broward County Hurricane Hotline	311 or 954-831-4000
Broward Elderly and Veterans Services	954-357-6622
Broward Emergency Management for Special Needs Shelter Registration	954-831-3902
Broward County, Florida Health Department	954-467-4700
Broward County Emergency Management	954-831-3900
Broward County School District Hotline (School closures)	754-321-0321
Price Gouging Hotline	1-866-966-7226
Broward County Transit	954-357-8400
FEMA Hotline	1-800-621-3362
Florida Food Stamps/DCF	866-762-2237
Ft. Lauderdale Debris Removal	954-828-8000
Ft. Lauderdale Fire Department	954-828-6800
Florida Power and Lights/Report Outages	800-468-8243
Homeless Information	954-563-4357
Humane Society Hotline	954-266-6871
United Way of Broward County	954-462-4850
American Red Cross South Florida Chapter	www.redcross.org
Neighbors to the Rescue/Hands on Broward	954-233-1300
Suicide Hotline	988
The Florida Initiative for Suicide Prevention	954-384-0344
UF/IFAS Extension, Broward County Family and Consumer Sciences	954-756-8550

Stay
Alert!

Keep this list handy, in case you need it!



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REMEMBER:

Be sure to have a 7-day supply of water on hand for emergencies. Plan for 1 gallon per person per day.

Don't forget pets!

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BE READY!

Hurricane Preparedness

PROTECT YOUR STUFF

Keep your important papers, photos, financial documents, and family records safe by storing them in a fireproof, waterproof strongbox.

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Disaster Prep for Older Adults

- Gather supplies to shelter-in-place and to evacuate
- Identify local special needs shelters including pet-friendly ones
- Have at least three days of food and water including snacks
- Organize and/or purchase items for your specific needs including medications, hearing aid batteries, special foods and incontinence supplies
- Have written instructions for care in case you are unable to communicate
- What is your plan if the electricity goes out?
- Have up-to-date emergency contact, medication and healthcare provider lists
- Notify family and other caregivers of your plans



BE SET!



Prep for Your Pets!

When planning for an emergency, don't forget your pets. Make sure they have food, water, bedding, toys, treats, medications, and their vaccination records. **Remember**, only dogs and cats are allowed in a pet-friendly shelter.



Stocking Up for Hurricane Season?

Buy the Right Size for Your Family



Purchase canned food in the size to feed your family in one meal so you don't have to store the leftovers

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BE SAFE!

Tips for Keeping Food Safe During a Power Outage

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature
- Refrigerator will keep food cold for about 4 hours if it is unopened
- A full freezer will keep the temperature for approximately 48 hours (24 hours if half full) if the door remains closed



Source: USDA.gov

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Beets! Delicious Beets!

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



Beets – Delicious Beets!

Many people love to eat beets, while others are hesitant to try them. Beets rhyme with "treats," and I think they're a healthy, low-calorie, and nutritious treat too!

You can enjoy them pickled or plain. Whole, sliced, or diced. On top of a salad, in pasta, or as a side dish. The taste of beets can be an acquired one—but however you choose to eat them, they can be delicious.

Beets and Nutrition

Beets are part of the USDA's MyPlate Vegetable Group. It's important to eat a variety of foods, and vegetables are one of the five essential food groups. Any vegetable—or 100% vegetable juice—counts toward your daily veggie intake. Vegetables can be raw or cooked, fresh, roasted, frozen, canned, or dried/dehydrated. They may be eaten whole, cut-up, or mashed.

Based on nutrient content, vegetables are grouped into five subcategories:

- Dark green
- Red and orange
- Beans, peas, and lentils
- Starchy
- Other vegetables



Beets fall into the red and orange vegetable subgroup. And you've probably heard it before: "Make half your plate fruits and vegetables for better health!"

Beets are low in calories and high in nutrition. Red beets provide vitamins A and C, calcium, iron, and dietary fiber. Beets are a good source of fiber, which may benefit your digestive health and reduce the risk of several chronic health conditions. A ½-cup serving of plain, diced beets contains just 25 calories. <https://www.uaf.edu/ces/publications/database/food/beets.php>

Learn more about vegetables at MyPlate.gov

Preparation

Here are some preparation methods from Purdue Extension. Beets can be eaten raw, or they can be roasted, baked, boiled, microwaved and/or incorporated into recipes. Always wash your hands for at least 20 seconds with soap and water before preparing food.

<https://extension.purdue.edu/foodlink/food.php?food=beet>

BEETS CONTINUED...

Raw: Rinse beets in stream of cold water, cut tops and roots off beet and peel. Cut into thin, round slices and eat them with your favorite dip. Or grate or process beets in food processor to top a salad or add to coleslaw. Note: if you rinse the beet shreds and squeeze dry, they will not color the other vegetables.

Baked: Heat oven to 400°F. Wash beets in cold water and cut off tops and roots. Wrap in foil, place on baking sheet. Bake beets for about an hour. After cooling, remove it from the foil. Rub the beets gently to remove skin. Serve mashed or sliced with butter, salt, and pepper to taste.

Roasted: Heat oven to 400°F. Rinse beets in stream of cold water, cut tops and roots off beet and peel. Cut from stem to root and lay flat on a cutting board. Cut beets into 1/2-inch cubes and toss in a bowl with olive oil and a little salt. Spread beets in a single layer on a baking sheet and bake for about 45 minutes. Beets are done when they are tender when you poke them with a fork.

Boiled: Cook unpeeled beets in boiling, lightly salted water for about 45 minutes, or until you can easily slice them with a sharp knife. Remove from heat and immerse them in cold water. Next, use a damp cloth to remove the skin.

Microwave: Wash, peel, and cube beets. In a microwave-safe dish, add 2 tablespoons of water per 2 ½ cups of beets. Cover with a lid and cook for about 5 minutes and stir. Cook an additional 3 minutes. Repeat until tender. <https://extension.purdue.edu/foodlink/food.php?food=beet>

Tasty Beet Recipes

Looking for ways to enjoy beets? Try these:

Pink party salad - <https://snaped.fns.usda.gov/resources/recipes-and-menus/health-menus/valentines-day#recipe-1848>

More recipes using beets - https://www.myplate.gov/myplate-kitchen/recipes?search=beets&items_per_page=20&sort_bef_combine=title_ASC



Growing Beets in Florida

Beet variety names are as fun as they are flavorful! Have you heard of these garden beet types?

Chioggia, Early Wonder, Detroit Dark Red, Cylindra, Little Ball, Asgrow Wonder, Green Top, Pacemaker III, and Red Ace.

These names are new to me—I especially like “Pacemaker III.” 😊

Watching my grandfather grow and harvest beets was a great memory for me. I loved to see them pulled from the ground with the red, round beet emerging from the soil. Learn more about growing beets.

<https://gardeningolutions.ifas.ufl.edu/plants/edibles/vegetables/beets/>

Go beets!

Beets are delicious and easy to include in your diet. They're a great addition to salads, side dishes, pasta, smoothies, dips, and juices. I think I will add beets to my meal plan this week and roast some with other root vegetables. Yum!



Want to try a new recipe?

Squash—Apple Casserole



Vary your diet
this week!
Try something
new

Both apples and winter squash make a perfect Fall side dish. You can use your favorite variety of apples (such as Granny Smith or Macintosh) and winter squash (butternut, acorn, or hubbard).

Keeping the skin on the apples adds more fiber to the meal! Apples are good sources of fiber and provide our bodies with vitamin C. Winter squash provides us with fiber and potassium. Fiber keeps us regular while potassium maintains normal blood pressure. Vitamin C strengthens our immune system, which can help us fight off germs this flu season!

Ingredients

- 2 ½ cups winter squash
- 1 ½ cups apples
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon

Directions

1. Wash the apples and winter squash
2. Cut apples and squash into thin layers
3. In an 8x8 inch pan, lay down alternating layers of squash and apples (keep apples as top layer)
4. Sprinkle cinnamon and nutmeg on top
5. Cover with aluminum foil
6. Bake at 350° F for 45-60 minutes, until squash is tender.

Sources: [Recipe](#), [Apple Nutrition](#), [Everything You Should Know About the Benefits of Squash](#)

Reference: [Squash-Apple Casserole - EFNEP - Expanded Food and Nutrition](#)

UF/IFAS Extension Broward County Family & Consumer Sciences

Broward FCS Participates in Judging at Tri-County 4-H District Events - May 22, 2025

Broward FCS agent, Brenda Marty Jimenez, participates in District 4-H Events held in Davie, FL. A panel of judges evaluated and provided member feedback at the tri-county district events on the evening of May 22nd. Projects included: 3 Share the Fun; 4-Fashion Review; 4 -Demo and Illustrated Talks; 1 Demonstrated talk; and 1 Public Speaking. Agents are responsible for contributing **5%** of their time to 4-H youth development.



4-H is a youth development program where adult volunteers provide positive, hands-on, fun and educational opportunities with youth age 5 to 19. This can take place in many different settings such as project clubs, community clubs, after school programs, camps, workshop or events.

4-H provides youth the opportunities to succeed and learn new experiences to help them become productive, successful adults.

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



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 at least [1 week in advance]. Advance notice is necessary to arrange for some accessibility needs.

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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 & friends, absorb some vitamin D, and get physical activity. Check out all the things you can do in a Broward County park near you. www.broward.org/Parks



WELLNESS CORNER



Manage Your Stress & Take a Deep Breath

Positive thought for the day:

Within me is the strength and wisdom to overcome life's challenges, and to help those around me grow in confidence. **Be mindful of your health and well-being.**

Stress Management Ways to Cope- FY51700.pdf (ufl.edu)

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Author: Brenda Marty Jimenez



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Motivational Moment:

"In the midst of a hurricane we discover our inner strength."

-Author: Unknown.



Q&A Challenge

Question: Hurricane season runs from June 1st through __ 30th.

Answer: November



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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