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From the Desk of Broward County’s FCS

Dear Readers,

Happy 2022! The calendar pages have quickly turned into a new year. I hope this educational newsletter, finds you healthy and well.

I have included several informative articles in this edition of the Apple Core & More that I hope you find interesting and informative.

The Apple Core & More Newsletter is published quarterly to educate individuals and families on nutrition, health, wellbeing and food safety topics. Please let me know of any future topics that you may be interested in at bjimenez@ufl.edu

Thank you for your feedback and for learning along with UF/IFAS Extension, Broward County, Family & Consumer Sciences. Wishing you a wonderful and healthy year.

Stay well!

Brenda Marty-Jimenez, MHM, RDN, LDN, FCS Extension Education Agent IV
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MyPlate: Check out all of the resources on healthy eating!
MyPlate | U.S. Department of Agriculture

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
Fire Preparedness Matters

Fire Safety: Indoor and Outdoor Kitchen and Cooking Safety
By Brenda Martínez-Jiménez, MMH, RD/V, LDN, FAND, Katherine Marin, M.Ed., MHFA

Home kitchen fires can quickly happen. According to data from the National Institute of Statistics (INSE), 15 percent of accidents that occur at home originate in the kitchen. By paying extra attention when cooking, you can prevent a kitchen fire. Fire preparedness is vital in the kitchen, at home, and in your community. The following tips will help prevent a fire when frying, grilling, or broiling food while cooking in indoor or outdoor settings.

- If you are frying, grilling, or broiling food, stay in the kitchen.
- Turn off the stove if you must leave the kitchen, even if only for a short time.
- Monitor small children around kitchen stoves and outdoor cooking equipment. Small children must be supervised.
- Keep matches and lighters out of the sight and reach of children.

Always Have a Fire Extinguisher on Hand

- Check the food being cooked regularly and use a timer to remind you that there is something cooking.
- Keep flammable objects such as dishcloths, potholders, oven mitts, wooden utensils, paper towels, napkins, mail & paper, or plastic bags away from burners and the stovetop.
- Wear short-sleeve shirts and/or close-fitting clothing that won’t extend over or touch burners while cooking.
- Always use grills and outdoor fryers in a ventilated area, according to the manufacturer’s directions.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging tree or shrub branches.
- Turkey fryers can pose significant fire hazards. Review and follow the manufacturer’s directions and exercise caution when using a turkey fryer.

Dial 911 for Emergencies

Sources:
- FEMA USA at www.usa.fema.gov
- University of Florida UF-IFAS Electronic Data Information System at www.ifas.ufl.edu/archive/med/topic/families_and_consumers/winter_fire_safety.htm
- National Park Service at www.nps.gov/articles/952-deep-fried-turkey-fire-safety.htm
Get Moving in 2022!

TRAIL HIKING

PREPARATION

• BEFORE YOU LEAVE
  Familiarize yourself with a map of the area and make sure that your compass is reliable. Take a GPS locator, cell phone, whistle, and other tools and leave a trail plan with your family or friends.

• ON THE TRAIL
  To preserve the environment, make as little impact as possible. Do not remove anything from the trail, and do not leave trash on the trail.

• AFTER THE HIKE
  Before you leave the trail, check your clothing and equipment for insects, ticks, or ticks that you may have picked up along the way.

LOOK FOR

• ANIMALS
  Squirrels and rabbits can often be seen along Florida trails. Other animals will usually be hidden, such as deer, turkeys, and fox, but you may find their tracks along the path.

• INSECTS
  Look for butterflies. These colorful insects can often be found around Florida’s wildflowers. Several state parks feature butterfly gardens in addition to hiking trails.

• PLANTS
  Depending on the season, you will probably see wildflowers, trees, and shrubs along the trail. Try making a game of identifying these plants as you walk.

AVOID

• ANIMALS
  Raccoons and oppossums may look cuddly, but these animals can be very fierce if approached. Alligators look slow and clumsy, yet they can move very quickly over land. Do not approach or feed these animals under any circumstances.

• INSECTS
  Bring insect repellent with you, as well as an antihistamine product in case you get bitten.

SAFETY

• MAP & COMPASS
  Always pack these in addition to your backpack.

• FOOD AND WATER
  Bring more than you think you will need.

• FIRST-AID KIT
  Be sure to bring along some bandages, antiseptic, antihistamines, sunscreen, and a small roll of duct tape.

• WHISTLE
  The piercing sound carries farther and tends to have a longer effect than yelling—three blasts is the international call for help.

• FLASHLIGHT
  Don’t forget to pack extra batteries and an extra bulb.

• FIRE STARTER
  Bring matches and some small, dry materials.

• SHARP KNIFE
  You can use the knife to cut through underbrush if you should get lost.

For more information, please visit ifas.ufl.edu

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 2022, 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.

Things To Do Things To Do (broward.org)
Help Prevent Virus and Bacteria Spread with NIGHTLY CLEANING

KITCHEN
- Refrigerator handles and doors
- Drawer and cabinet pulls
- All countertops
- Stove including knobs
- Sink including the taps

GENERAL HOUSEHOLD
- High traffic common surfaces
- Light switches
- Doorknobs
- TV remote controls
- AC returns

BATHROOM
- Toilet including handle
- Sink including the taps
- Light switch
- Doorknobs
- Replace hand towels daily

ELECTRONICS
- Computers and mice
- Keyboards
- Tablets
- Phones


Make your own disinfecting solution at home.
Prepare a bleach solution by mixing:
- 5 tablespoons (1/3 cup) bleach per gallon of water or
- 4 teaspoons bleach per quart of water

Prepare alcohol solutions with at least 70% alcohol

An Equal Opportunity Employer and Institution
Dish up Nuts, Seeds and Legumes for Good Health

By Michelle J. Stewart MPH, RDN, LDN, CDCES, FAND; Broward FCS Advisory Committee

In looking at food trends for the coming year, Nielsen research indicates that ninety-one percent of people say they snack daily and snacking is on the rise among all age groups and genders. And I am encouraged that folks are focusing more on snacks that are rich in nutrients like nuts, seeds and legumes—choices that earn high marks from me. These three foods are readily available nutrition powerhouses. They are excellent sources of protein, low in saturated fat and sodium; they are cholesterol free and good sources of fiber.

In lining up resolutions for the coming year, during this season of good eating, you’ll find an assortment of seeds, nuts and legumes on lots of tables. If you dish up good things to eat during the next holiday gathering, adding some seeds, nuts and legumes will give you a head start on making changes in your daily diet for better health in the New Year.

Seeds are the embryo and food supply of new plants. These include chia, pumpkin, sesame, sunflower and flax seeds. True nuts according to the botanical definition are a composite of seed and dry fruit inside a hard outer shell, i.e., chestnuts, hazelnuts and acorns. Culinary nuts are those that do not meet the botanical definition, yet we consider them nuts too—walnuts, pecans, almonds, pistachios and cashews. Now peanuts on the other hand are actually legumes whose edible seeds are enclosed in pods. Most nuts are grown on trees however peanuts grow underground from a single plant.

- Legumes also include peas, beans, and lentils.
- Peas include black-eyed peas, green peas, snow peas, snap peas, and split peas.
- Bean varieties are adzuki beans, black beans, soybeans, Anasazi beans, fava beans, garbanzo beans (chickpeas), kidney beans and lima beans.
- Lentils are not spherical in shape, but flat, rounds, generally identified by color i.e. yellow, orange, green, brown or black.

These foods have each grown in popularity and are often posted on the latest list of “trending” foods. Nuts and seeds contain heart healthy mono-and polyunsaturated fats; these fats help lower cholesterol and maintain normal structure of cells in the body. For folks who crave crunchy snacks, seeds and nuts are the best choices—they allow for healthy munching with crunch, and are great options to serve or enjoy at parties.

Legumes will show up on buffets as roasted soybeans or edamame (young green soybeans), roasted chickpeas, hummus or black bean dip. For New Year’s entertaining, black-eyed peas are perennial dishes on the menu to help guarantee good luck throughout the year.

As with many edibles on a party buffet, it is not about “all you can eat.” Choose your portions wisely and limit the nuts and seeds to about 1-ounce or 1/4-cup. They are good snacks and filled with plenty of nutrients; just remember all things in moderation.
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- IFAS Extension Broward County Fund
- Our FCS Agent’s Blog

Sign up today!
WE'RE ON THE WEB AT:

http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/

**Question:** What are the benefits of eating right and exercising?

**Answer:** For both individuals and society, the benefits of eating right and exercising can include improved quality of life, decreased chronic disease and lower health care costs.

**Motivational Moment**

"Strive not to be a success, but rather to be of value." - Albert Einstein

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