



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

JANUARY TO MARCH 2022

Volume 6, Number 1

In this Issue

Fire Preparedness Matters.....	2
Get Moving!.....	3
Nuts, Seeds & Legumes for Health.....	5
Self-Care Matters.....	7

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
E-mail: bjimenez@ufl.edu

new year, new thinking

Mindfulness matters



Practice deep breathing when your emotions are running high. Breathe in through your nose to a count of four, hold for one second, and then exhale through the mouth to a count of five. Repeat often, as needed.



<https://edis.ifas.ufl.edu/publication/FY1498>

An Equal Opportunity Institution and Employer



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

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

Centers for Disease Control and Prevention (CDC)-

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



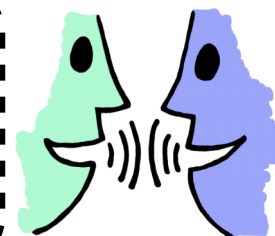
Do you have an idea or nutrition story you'd like to share?

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



Dial 911 for Emergencies



UF/IFAS Miami-Dade & Broward County Resources

Fire Safety: Indoor and Outdoor Kitchen and Cooking Safety

Available in English & Spanish



Scan the code and subscribe to our newsletter!

Resource Sheet
Publication date:
October 2021

By Brenda Marty-Jimenez, MHM, RDN, LDN, FAND, Katherine Marin, M.Ed., MHFA

Home kitchen fires can quickly happen. According to data from the National Institute of Statistics (INE), of the accidents that occur at home, 15 percent 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.



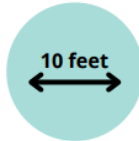
Keep flammable objects such as dishcloths, potholders, oven mitts, wooden utensils, paper towels, napkins, mail & paper, or plastic bags away from burners and the stovetop.



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:

Miami-Dade Fire Rescue Department
R. David Paulson Fire Rescue Headquarters
9300 NW 41st Street
Miami, Florida 33178
Non-Emergencies (786) 331-5000

Broward Fire Rescue Department
Broward's Sheriff's Office
2601 West Broward Boulevard
Fort Lauderdale, FL 33312
Non-Emergencies (954) 764-HELP (4357)

1. FEMA USA at www.usfa.fema.gov
2. Consumer Safety Product Commission at www.cpsc.gov/safety-education/safety-guides/home-fire/recipe-safer-cooking
3. University of Florida's / IFAS Electronic Data Information System at sfl.ifas.ufl.edu/archive/hot_topics/families_and_consumers/winter_fire_safety.shtml
4. National Park Service at www.nps.gov/articles/p52-deep-fried-turkey-fire-safety.htm

An Equal Opportunity Institution. UF/IFAS Cooperative Extension, University of Florida, Institute of Food and Agricultural Sciences. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices.



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, cellphone, walkie-talkie, or other short-range radio. Leave a travel 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 plants, ticks or insects 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 opossums may look cuddly, but these animals can be very fierce if approached.
Alligators look slow and clumsy, 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 anti-itch product in case you do get bitten.
To avoid picking up ticks along the trail, tuck your shirt into your pants and your pants into your boots. Wear tick repellent, and try not to sit down or walk in bushy areas.
Do not disturb nests or hives. If you do disturb a nest of flying insects and are stung, run away to a safe distance, then seek treatment.
- **PLANTS**
Beware of poison ivy, oak, sumac, and other poisonous plants. All parts of these plants—leaves, stems, and roots—are poisonous at all times.

SAFETY

- **MAP & COMPASS**
Always pack these in addition to your guidebooks.
- **FOOD AND WATER**
Bring more than you think you will need.
- **FIRST-AID KIT**
Be sure to bring along bandages, antiseptic, anti-itch medication, sunscreen, and sunburn ointment.
- **WHISTLE**
The piercing sound carries farther and takes less energy than shouting—three blasts is the international call for help.
- **FLASHLIGHT**
Don't forget to pack extra batteries and an extra bulb.
- **FIRE STARTER & WATERPROOF MATCHES**
Check the park rules before building a fire.
- **SHARP KNIFE**
You can use the knife to cut through underbrush if you should get lost.



UF IFAS
UNIVERSITY of FLORIDA

For more information, please visit lfas.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 \(broward.org\)](http://broward.org)



UF IFAS Extension
UNIVERSITY OF FLORIDA

Help Prevent Virus and Bacteria Spread with

NIGHTLY CLEANING

Make your own disinfecting solution at home.

<p>Prepare a bleach solution by mixing:</p> <ul style="list-style-type: none"> • 5 tablespoons (1/3rd cup) bleach per gallon of water or • 4 teaspoons bleach per quart of water 	<p>Prepare alcohol solutions with at least 70% alcohol</p>
---	---

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

Review specific manufacturers recommendations for cleaning.

Source: Centers for Disease Control and Prevention (CDC), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

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.

**UF/IFAS EXTENSION, BROWARD COUNTY
FAMILY & CONSUMER SCIENCES
VIRTUAL EDUCATIONAL NETWORKS**

**CLICK THE LINKS BELOW TO FOLLOW US ON SOCIAL MEDIA
AND KEEP UP WITH THE LATEST FROM UF/IFAS EXTENSION
BROWARD COUNTY FCS PROGRAM!**



[FCS Facebook](#)



[IFAS Extension
Broward County Fund](#)



[FCS Quarterly
Newsletter](#)



[More Info for Families
and Consumers](#)



[FCS Youtube](#)



[Our FCS
Agent's Blog](#)

UF/IFAS EXTENSION
MAIN ACCOUNTS



FACEBOOK:
[@UFIFASEXTBROWARD](#)



INSTAGRAM:
[@UF_IFAS_EXTENSION_BROWA
RD](#)

[HTTP://BLOG.IFAS.UFL.EDU/
BROWARDCO](http://blog.ifas.ufl.edu/browardcc)

SFYL.IFAS.UFL.EDU/BROWARD

Brenda Marty
Jimenez
bjimenez@ufl.
edu

Sign up today!

**FAMILY &
CONSUMER
SCIENCES**
People-Centered Sciences

WELLNESS CORNER



new year, new thinking

Self-care matters



Maintaining good health and adopting positive behaviors that promote wellbeing are very important to a healthy and satisfying life. Practice good personal hygiene



An Equal Opportunity Institution and Employer

<http://blogs.ifas.ufl.edu/browardco/2021/07/26/time-to-focus-on-self-care/>



Motivational Moment

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



Q&A Challenge

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.



WE'RE ON THE WEB AT:

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



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.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin.
Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida.

For additional information please contact:

Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
Broward County Extension Agent IV
3245 College Avenue
Davie, FL 33314-7719
Phone: (954) 756-8522

