



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

Dear Readers,



Hi Apple Core & More Readers-

I have included some great information (and links) in this issue on questions about baby formula, hurricane preparedness, benefits of exercise, and preventing food waste. Read more to learn more. Follow the links and follow Broward FCS on social media.

Disaster preparedness is another emphasis this month. With rising prices and inflation, it is the perfect time to take a self assessment, inventory your supplies, and adjust your budget to include these items. Purchase needed items now. The goal is to be: **Ready. Set. Safe.**

As always, I welcome your comments and your feedback. Please email me for articles you would like to see in future newsletter editions. Please take care and stay safe this hurricane season. *Stay well!*

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

Have questions about Baby Formula?

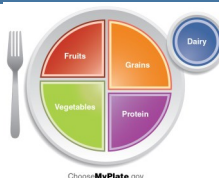


Check out this link from the Department of Health and Human Services for more information and resources.

<https://www.hhs.gov/formula/index.html>



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

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

Focus on self-care (Click)

[Time to Focus on Self-Care - UF/IFAS Extension Broward County \(ufl.edu\)](https://www.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



6 Tips to Save on Hurricane Preparedness Expenses

By Lourdes Mederos, UF/IFAS Extension, Public Relations Specialist III and Brenda Marty Jimenez, MHM, RDN, LDN, FAND, UF/IFAS Extension, Broward County, Extension Agent IV

Hurricane season launched June 1, and the first glimpses of stormy weather already passed through parts of the Sunshine State. As prices continue to increase, people will have to pay more for everything, including storm supplies. UF/IFAS Extension experts suggest taking advantage of the annual state's tax holiday for hurricane supplies.

“Purchasing perishable and non-perishable supplies to successfully weather a storm comes with additional expenses that can impact an already tight budget,” said Brenda Marty-Jimenez, one of several UF/IFAS Extension agents throughout the state specializing in family and consumer sciences. “It can be challenging to find the time and resources necessary to feed our families nutritious food and stock up on recommended supplies.” Thinking ahead is key, she said.

“There are plenty of cost-saving measures you can adopt now that will save you money over time, such as taking advantage of the current Florida tax holiday, creating hurricane menus and shopping for what you can, ahead of time,” Marty-Jimenez said.

Here, Marty-Jimenez adds her top six strategies to keep disaster preparedness costs under control during the 2022 hurricane season:

1. Tax relief in Florida- With Florida's tax holiday through June 10, consider buying storm supplies now. You may purchase qualifying items related to disaster preparedness, exempt from sales tax. Household pet supplies and some other items are new this year. Take advantage of the savings available to you.



2. Planning saves time and money- Eating healthy, managing food dollars and cooking at a lower price tag requires meal planning, a key step to managing resources. Before heading to the store, set up a grocery list that will yield multiple recipes and falls within your budget. Be prepared that substitutions may be necessary – due to ongoing supply chain challenges, stores may not have all items in stock.

Keep a copy of your disaster menu plan stored with your disaster supplies. Some find it useful to take a photo of their grocery list to keep in their smartphone in case the list gets misplaced, especially during stressful moments. Before heading to the register, double-check your grocery list to make sure you have all the items you need inside your cart. A second trip to the grocery store costs time and extra gas money.

3. Remember MyPlate-When planning meals, be sure to include plenty of fruits and vegetables, whole grains, low fat dairy and lean proteins to stock your pantry with disaster supplies. Don't buy lots of perishable food if you cannot eat it in time or freeze it before it expires – and remember, frozen food has a time limit if your home loses power.

4. Check your supplies-It is tempting to put off shopping and delay the expense of purchasing supplies when money is tight. Spreading your costs over time, if possible, can be the most efficient management strategy.

Track spending like you track a storm: One week, plan to purchase non-perishable food supplies and bottled water – and, remember, these items are generally not taxable; the next week, buy paper products; perhaps followed by batteries, flashlights and lanterns.

Be prepared to make alternative purchasing decisions, as stocked items may be low or limited, due to supply chain issues. Make a spending plan that includes a little money set aside each week for needed items. Remember to stock up on what you need, but don't overbuy.

6 Tips to Save on Hurricane Preparedness Expenses continued...

5. Take advantage of in-store specials and use coupons

Do not buy what your family will not eat just because it is on sale or you have a coupon. Purchasing “buy one, get one free” items can save money. Cases of water are often sold at buy one, get two free during hurricane season. Coupons can be found in several places, like the Sunday newspaper, online printable coupons, weekly store flyers, manufacturer and store websites, in-store coupons and store loyalty cards. By using coupons, the dollars you save each week can add up.



6. Prepare your car.

Keep your gas tank half full during hurricane season. Plan where you will do your shopping based on where you will find the best deals and how far you will have to travel. This may take some extra research but will save you time and money in the end. You can share shopping trips with a friend, family member or co-worker.

They can pick up supplies at one store for you while you purchase supplies for them at another. Travel, buy and plan in advance, while the shelves are still stocked. When the shelves are empty, you will spend more gas money driving around to find what you need. Make sure you are maintaining your gas tank at the half-full level during hurricane season. Consider joining one of the rewards programs at your local gas station.

When a storm is approaching, gas lines can become long, and supplies may run out. Download a gas availability app now, such as the GasBuddy app. This may save time and money when looking for gas and supplies are running low. Turnpike tolls are often suspended when evacuation orders are active.

An infographic with a yellow-to-orange gradient background. On the left, the text reads: "Stay hydrated. Know the signs and symptoms of heat related illness." On the right, there is a cartoon illustration of a yellow character with a blue hat and shirt, drinking from a blue water bottle. A red sun with yellow rays is in the upper right, and blue water droplets are falling from the bottle. In the bottom left corner is the UF IFAS Extension logo, and in the bottom right corner is the Broward County logo.

Stay hydrated. Know the signs and symptoms of heat related illness.

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[Prevent dehydration in Broward! Drink plenty of water. \(Click\)](#)

Prevent Dehydration in Broward-Drink Water Often - UF/IFAS Extension Broward County (ufl.edu)

5 Reasons to Start Exercising Today

By Brenda Marty Jimenez, MHM, RDN, LDN, FAND, UF/IFAS Extension, Extensison Agent IV

There are many benefits to staying active and getting regular exercise. One of the best things you can do for your health and wellbeing is to prioritize getting some type of exercise every day. Need a reason to exercise? Being active is an important part of staying healthy at any age. It gets your heart pumping and your heart rate up, burns calories, may help you sleep better, and can strengthen your muscles and bones. Everyone throughout the lifecycle should engage in getting regular exercise and staying active. To prevent injury, warm up and stretch before you start. Then, cool down and stretch again at the end of your exercise routine. Make sure you have a good, supportive pair of shoes too. Don't forget hydration! With temperatures on the rise, drink plenty of fluids before, during, and after your workout to keep your body properly hydrated.

Always talk to your health care team before starting to exercise, as they can suggest exercises that are best for your medical and/or physical condition and needs. Your healthcare provider may want you to have a physical exam before starting a new exercise program.

Five (5) Reasons to Exercise

1. Physical activity can reduce the risk for many health conditions and improve overall health. Regular physical activity can help you control your body weight, blood glucose levels, and decrease your risk of heart disease. Many people who are sedentary are overweight or obese. Obesity and its related illnesses are the leading causes of death in the U.S. and worldwide (Centers for Disease Control and Prevention, 2021). Obesity is often treatable and preventable when addressed with proper diet and nutritional intake, calorie control and regular exercise, which can help you manage your weight and live a healthy lifestyle.



2. Staying active can help you sleep better. Being physically active requires you to expend energy, and helps you feel more tired and ready to rest at the end of a busy day. Research indicates that regular exercise, that is part of a consistent routine, may help boost sleep duration, in addition to sleep quality. Try to exercise at the same time every day and stick to your routine.

3. During uncertain times, exercise may help control stress. Physical activity has been linked to reduced risk of anxiety and depression. It can also keep your learning, judgment and thinking skills sharp as you age and reduce the risk of dementia (including Alzheimer's disease) according to the Department of Health and Human Services.

4. Exercise can keep muscles and bones strong, which may help to maintain independent living as we age. Stronger bones and muscles can improve your ability to do daily living activities and help to prevent slips and falls (for older adults) and unfortunate injuries from falls. Engaging in exercise can improve your posture and balance.

5. Exercise can improve your quality of life and can increase the chances of living longer. This is a great health benefit associated with physical activity. We should all strive to achieve and maintain high levels of fitness, positivity, and wellness.

It is not always easy to start and/or maintain an exercise routine, but once you find activities you enjoy, you will see that staying active is not as difficult as you think! Once exercise becomes part of your daily activities, it becomes a beneficial and a worthwhile habit for a lifetime.

There are more than these five reasons to exercise. Find one that motivates you and start moving today and reap the benefits. Make exercise a priority!

Read more and learn more about exercise!

UF/IFAS Extension, Healthy Living; Exercise and Diabetes <https://edis.ifas.ufl.edu/publication/FY669>

National Diabetes Information Clearinghouse (NDIC). Diabetes Diet, Eating, & Physical Activity <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>

American Diabetes Association-The Benefits of Walking <https://www.diabetes.org/healthy-living/fitness/benefits-walking>

Exercise and Diabetes- <https://blogs.ifas.ufl.edu/browardco/2022/04/06/physical-activity-and-diabetes/>

MyPlate- <https://www.myplate.gov/>

Benefits of Physical Activity- <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Human Performance Resources by CHAMP. *Power Plate: Eat to Fuel Your Performance.* <https://www.hprc-online.org/nutrition/performance-nutrition/power-plate-eat-fuel-your-performance>

Real life benefits of exercise and physical activity - <https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity>

Can exercise extend your life?- <https://bit.ly/3n864aN>



JUST DO IT!

REDUCE FOOD WASTE TODAY

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Read these 6 suggestions on preventing food waste!

[Prevent Food Waste - UF/IFAS Extension Broward County \(ufl.edu\)](https://blogs.ifas.ufl.edu/browardco/2018/08/13/prevent-food-waste/)



Hurricane Season runs from June 1st thru November 30th in Florida. Are you prepared? Have you thought about your important documents, nonfood emergency supplies, medications, pantry needs, food and water supplies and survival of your pets during a disaster?

<https://blogs.ifas.ufl.edu/browardco/2018/08/13/hurricane-season-runs-from-june-1st-to-november-30th/>

Family & Consumer Sciences Encourages-2022 Hurricane Preparedness Matters: June 1st –November 30th

Hurricane Preparedness

PROTECT YOUR STUFF

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




PANTRY PREP: STOCK UP FOR EMERGENCIES



1. Write a list of what you have already. (Don't forget medical and hygiene supplies.)
2. Plan a menu for two weeks to include nutritious foods your household enjoys.
3. Purchase enough food and supplies for two weeks. (Don't forget, if everyone is home, you might need more provisions than usual.)
4. Don't overstuff your refrigerator or freezer: It blocks the airflow and the appliance won't work as efficiently.
5. Remember: Stock up on what you need, but don't overbuy.

We are all in this together!




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

Protect Your Important Documents!


In case of an emergency, keep your important papers and other documents in a waterproof, fireproof lock box. It's also important to keep digital backups that can be easily accessed after a disaster.

Important documents may include wills, birth certificates, deeds, liens, passports, credit cards, household inventories, death certificates, insurance policies, driver's licenses, social security cards, financial records, and pet vaccination records.




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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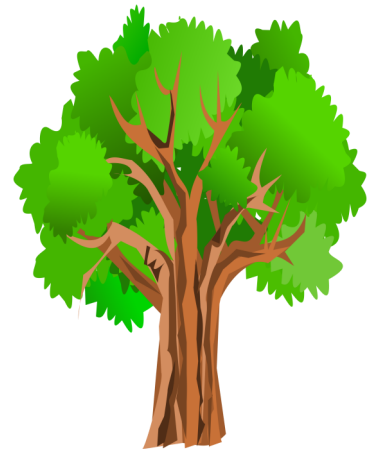
Scan me!



Visit our website for more information on our programs and the impact they have on our community everyday.

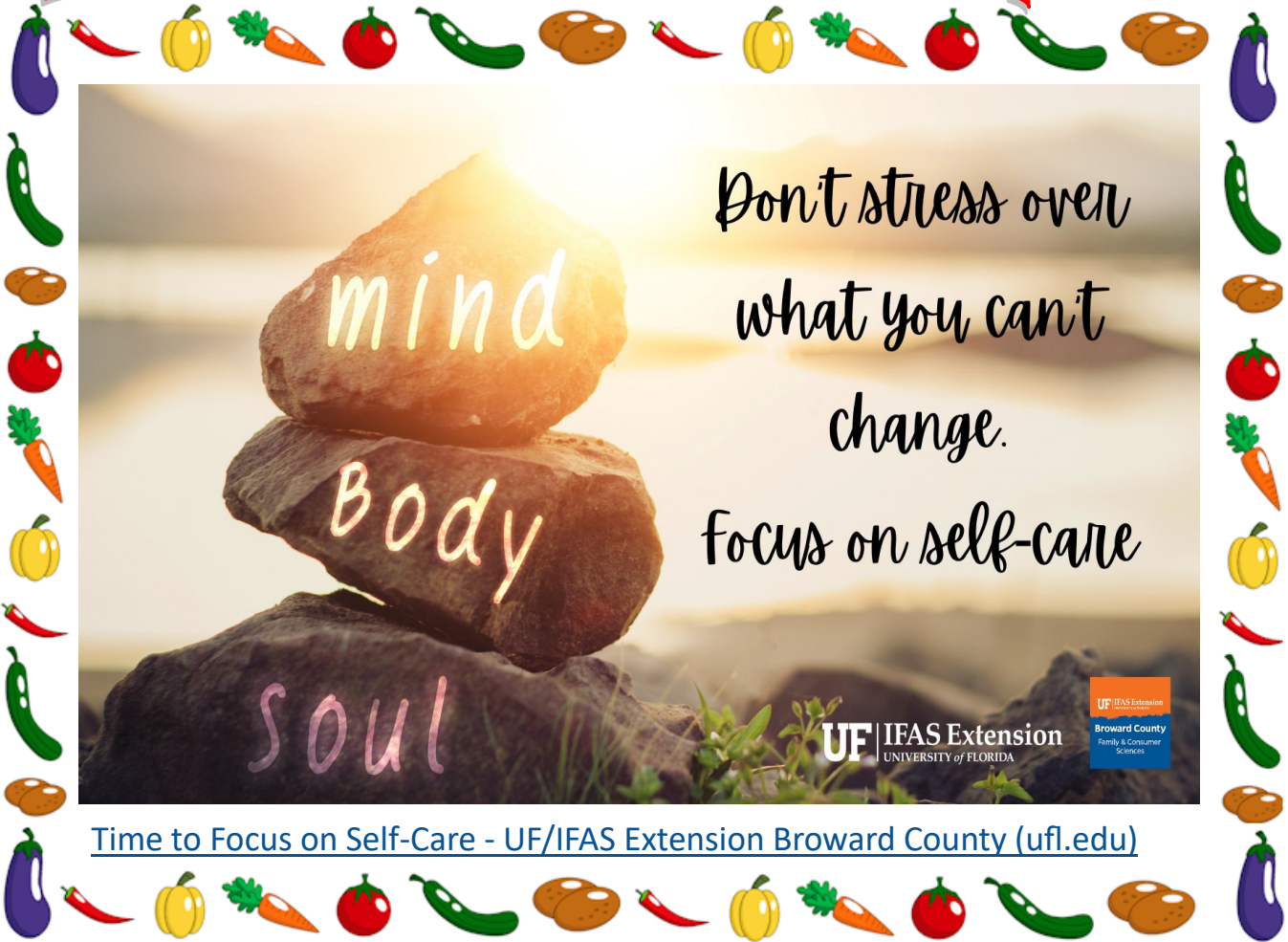
SFYL.IFAS.UFL.EDU/BROWARD

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 \(broward.org\)](https://www.broward.org)

WELLNESS CORNER



Don't stress over
what you can't
change.
Focus on self-care

[Time to Focus on Self-Care - UF/IFAS Extension Broward County \(ufl.edu\)](http://ufl.edu)

Motivational Moment

“Set peace of mind as your highest goal, and organize your life around it.”

-Author: Brian Tracy



Q&A Challenge

Question: Potato chips are a healthy way to eat potato. TRUE or FALSE?

Answer: FALSE. Chips are made from potato but cooked in oil, so are higher in fat and usually have added salt. You need to eat a wide variety of fruits and vegetables for a healthy diet.



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.

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