



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

JULY TO SEPTEMBER 2020

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From the Desk of Broward County's FCS Extension Agent...



Dear Readers,

I hope this newsletter finds you healthy and well. COVID-19 has brought about so many unforeseen changes in our world. Make sure you continue to wash your hands for at least 20 seconds with soap and water and that you are sanitizing high touch surfaces frequently.

Included this quarter's newsletter is important information about our communications map, our valuable advisory committee that provides regular input into FCS programming and some of our accomplishments for 2020. The schedule for up-coming ServSafe classes can be found on page 2.

Please check out Family and Consumer Sciences blog articles on eating from backyard gardens or articles on hurricane preparedness that may interest you at: <http://blogs.ifas.ufl.edu/browardco/author/bjimenez/> Hurricane season runs from June 1st thru November 30th. Stay prepared and ready for what may come our way.

The *Apple Core & More Newsletter* is published quarterly to educate individuals and families.

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

HURRICANE SEASON 2020

Hurricane Season runs from June 1st through November 30th. Hurricanes are always a possible threat to Florida. We have seen the devastating effects to communities which have been hit hard by hurricanes. Preparedness is one key to successful weathering through these types of storms.

Stocking your pantry, creating a food shopping list centered around healthy menu ideas, planning for food storage, food safety and clean up are all important steps in the planning process.

Many do not think about meal planning and just purchase random food supplies. It is a good idea to have a specific shopping list in hand when purchasing food items. So, think about nutrition when creating your shopping list and planning purchases. Good nutrition includes a well-balanced diet including a variety of foods from each of the food groups: protein, fruit, vegetable, grain, and dairy groups. Healthy eating should be easy and fun. It should also include food choices providing plenty of vitamins and minerals. Last minute shopping often finds consumers with empty grocery store shelves and limited food options. Shop early to avoid crowds and social distance. Prepare in advance.

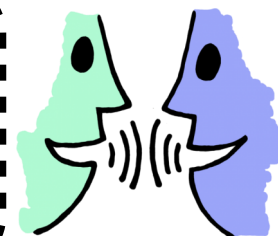
BE PREPARED
HURRICANE SEASON



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



UPCOMING Events



Hurricanes & Food Safety

ServSafe Manager's Class and Exam

Upon successful completion of the training, participants will receive a Certificate of Achievement from the University of Florida Food Safety and Quality Program. The exam is 90 questions in multiple choice format. The score needed to pass the exam is 75%.

September 9th 9:00AM—5:00PM

October 21st 9:00AM—5:00PM

November 18th 9:00AM—5:00PM

To register for this course, please navigate to the following page:

<https://www.eventbrite.com/e/davie-fl-servsafe-managers-class-and-exam-tickets-55907332336>

Classes and exam are held at the UF/IFAS Extension Auditorium in Davie, FL



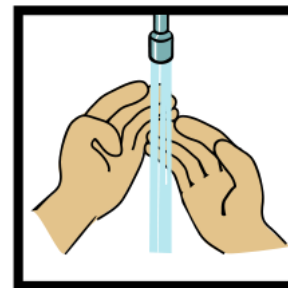
Food Safety

Remember basic handwashing for 20 seconds with soap and water is always recommended and follow the basic food safety principles: cook, clean, chill and separate. Sanitize cooking and food preparation surfaces often.

Food safety-<https://www.fightbac.org/>

Without power, electricity, or a cold source to store food in refrigerators and/or freezers, food can become unsafe. Bacteria in food grow rapidly at temperatures between 40 °F to 140 °F and if these foods are consumed you can become very sick.

Use a thermometer to test internal food temperatures. Store food in covered containers. Make sure to keep cooking and eating utensils and outdoor stoves and grills clean. Throw away any food that has come in contact with contaminated flood water. Toss out food that has been at room temperature for more than two hours or any food that has an unusual odor, color, or texture. Do not eat foods from cans that are dented, swollen, or corroded, even though the product may look safe to eat. Check expiration dates.



Remember “*When in doubt, throw it out.*”

Stock Your Pantry!

HURRICANCE SHOPPING LIST; Suggested pantry items

Consider adding items such as these to your shopping list when stocking up on pantry items and filling hurricane food supply kits.

- Ready-to-eat canned or prepackaged meats, tuna, chicken, fruits, vegetables
- Canned soups
- Canned chili
- Canned ravioli; spaghetti
- Dried fruit
- Jerky
- Protein or fruit bars
- Peanut butter
- Dried beans
- Pasta/rice
- Dry ready-to-eat cereal, oats, or granola
- Bread
- Dinner rolls
- Red sauce, other favorite sauces
- Jam/jelly
- Non-perishable pasteurized milk
- Cookies
- Graham crackers
- Animal crackers
- Vanilla wafers
- Nuts and seeds
- Trail mix
- Coffee, tea, cocoa
- Canned or bottled juices
- Bottled water
- Aluminum foil
- Parchment paper
- Paper plates and bowls
- Disposable eating utensils
- Disposable aluminum pans
- Zip type storage bags
- Dish soap
- Hand sanitizer
- Kitchen gloves, face coverings
- Trash bags

SAMPLE HURRICANE MENUS/ MENU PLANNING

Consider meals such as these; remembering everyone has different likes and dislikes. Choose the healthiest options, when available.

Breakfast ideas

Apple juice • ready to eat cereal • small box of raisins • breakfast bar with fruit • shelf-stable skim milk • tea or instant coffee • [water](#)

Orange juice • hot cereal/instant oatmeal • banana • muffin • shelf-stable skim milk • tea or instant coffee • water



Lunch options

Chunky beef soup (ready to eat style that only needs heating) • crackers • carrot & celery sticks • nuts • fruit cup packed in water • vanilla wafers • shelf-stable skim milk • tea or instant coffee • water

Canned cream soup (ready to eat style that only needs heating) • tuna sandwich on whole wheat bread • tomato slices • unsweetened applesauce • cookies • shelf-stable skim milk • tea or instant coffee • water

Dinner suggestions

Canned meat or cheese ravioli • 3-bean salad (canned) • fresh yellow apple • bread with margarine or butter • fat free pudding cup • shelf-stable skim milk • tea or instant coffee • water

Egg salad sandwich on whole wheat bread • canned green beans • canned fruit • fat free pudding cup • shelf-stable skim milk • tea or instant coffee • water

UF IFAS Extension
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FAMILY & CONSUMER SCIENCES ADVISORY COMMITTEE

MEET THE MEMBERS (2020)

UF/IFAS Extension, Broward County
3245 College Avenue, Davie, FL 33314
954-756-8550 | 954-756-8519

sfyl.ifas.ufl.edu/broward

Active Membership



Jeanna Rhoulhac
(Chair)

- Years of Service: 17
- Occupation: Clinical Outpatient Dietitian, Broward Health



Daniel Tuyn

- Years of Service: 17
- Occupation: Nutrition Sales Representative



Mary Wall

- Years of Service: 17
- Occupation: Clinical Dietitian, Coral Springs Medical Center



Gustavo E. Gonzalez

- Years of Service: 12
- Occupation: Disease Management Specialist, RN



Michelle J. Stewart

- Years of Service: 4
- Occupation: Michelle Stewart Consulting and Associates, LLC/ The Nutrition Planner



Charmaine Clarke

- Years of Service: 3
- Occupation: Area Supervisor, Food and Nutrition Services
- Broward County Public Schools



Zoe Crego

- Years of Service: 1
- Occupation: Task Assigned Program Manager, Nutrition Education and Training
- Broward County Public Schools

Retired Membership



Christel Henseler

- Retired Member, 2020
- Years of Service: 17
- Occupation: Adjunct Nutrition Professor, FIU

Darlene Mopert

- Retired Member, 2020
- Years of Service: 17
- Occupation: School Board Nutrition, Broward County Public Schools

Rebecca Hacker

- Retired Member, 2020
- Years of Service: 11
- Occupation: Dietitian, Florida Department of Health

CONTACT US

FACEBOOK: @UFIFASEXTBROWARD

INSTAGRAM: @BROWARDCOUNTY4H

YOUTUBE: UF IFAS EXTENSION BROWARD FCS

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

<http://blogs.ifas.ufl.edu/browardco/author/bjimenez/>

Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
UF/IFAS Extension, Broward County – Agent IV



COVID-19: A Pandemic Like You've Never Seen

Author: Brenda Marty Jimenez, Family and Consumer Sciences Extension agent IV, UF/IFAS Extension Broward County

What Happened?

It is currently flu and respiratory disease season.

We must always take precautions and follow recommendations for good reason.

Consumers and families are dealing with a lot during this unparalleled year. The CDC has circulated best practices for all to hear.

What is this COVID-19?

It is a pandemic unlike anything we've ever seen.

In Wuhan, China, it was first detected. A global pandemic was not what we expected.

These are unique times that we hope will be under control soon.

No person or place is immune.

How is it contagious and how does it spread?

It spreads from person-to-person contact, which we all have read.

It spreads between people who are in close contact, we know.

The new habit of *social distancing* is beginning to grow.

Symptoms can include fever, cough, or shortness of breath.

So we must practice handwashing and respiratory etiquette in great depth!

Some may have classic symptoms which include a fever.

For a vaccine to come, we are anxious and eager.

Water, hand sanitizer, toilet paper, and more have all flown off shelves at our local grocery store.

Hoarding, price gouging, and fraud have been reported on TV.

Protect your resources with care, as well as you and me.

What Can I Do?

Do your part to help fight the coronavirus spread and “flatten-the-curve” making happy the epidemiologists and the public they serve.

The flatter the curve, the slower the spread.

This gives doctors more time and resources to treat the people who lie sick in bed.

So whether you are in counties such as Broward, Dade, or Palm Beach, plan to clean and disinfect all high-touch surfaces, especially those within reach.

Follow guidance from your local health authority.

Avoid touching your eyes, nose, or mouth, just like the majority.

Use soap and water to carefully wash each finger and hand.

Unfortunately, this is the place many germs land.

Practice good respiratory etiquette by covering your cough and sneeze.

Cover your mouth with a tissue or sleeve!

Then throw the tissue into the trash before leaving.

A path to good health you are achieving.

Avoid contact with sick people now.

Why? To stop the spread of infection, we must vow.

Stay home when you are sick.

Don't infect others—to this rule we must stick.

Keep everyone safe and experiencing wellness.

Call before visiting your doctor—this disease is infectious.

Let the elderly go first in grocery store lines, keeping their hardships in mind. Do onto others as you would like them to do onto you and **be kind**.

Support and reach out to family and friends far and near.

Take the time to spread kindness, compassion, and cheer.

Carry On

Young and old will remember 2020 as a time of handwashing, sanitizing, and cleaning aplenty!

Get enough sleep and eat three well-balanced meals.

Stay calm and informed as our whole world heals.

Check out more facts at the UF/IFAS Extension, which has a website with resources which are too many to mention!

Follow research-based advice that is scientifically bound.

To keep you and your family healthy and sound.

Note the guidelines set by the Department of Health and the Centers for Disease Control and Prevention—Wash your hands, cover your cough, and get tested, which will help ease much of our tension.

Please don't panic and stay calm, above all.

So when you see COVID-19, will you remember.

The coronavirus outbreak and the community in which you were a member?

For More Information

UF/IFAS Extension Broward County website

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

UF/IFAS Extension Broward County blogs

<http://blogs.ifas.ufl.edu/browardco/>

UF/IFAS Extension, Solutions for Your Life

<http://sfyl.ifas.ufl.edu/>

USDA Choose MyPlate

<https://www.choosemyplate.gov/>

Centers for Disease Control—Coronavirus

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

Florida Department of Health in Broward County

<http://broward.floridahealth.gov/>

Federal Trade Commission Consumer Information

on Coronavirus Scams

<https://www.ftc.gov/>

Handwashing

<https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html>

UF/IFAS Extension Broward County

Family & Consumer Sciences

Brenda Marty Jimenez, Agent IV

April 30, 2020 Update

FCS Publications

1. UF/IFAS Extension Comings and Goings Newsletter, page 7; COVID-19 Rhymes with a reason (March/ April 2020)
2. (2) Apple Core and More FCS Newsletters (Jan to March 2020 and April to June 2020)
3. Quarterly FCS Accomplishments, Broward Comings and Goings (January to March 2020)

FCS Scholarly Blogs

**10 blogs written/
3386 people reached**

- COVID-19-Control Anxiety & Stress
- COVID-19-Recipe and Food Ideas
- COVID-19-Cottage Food Considerations
- COVID-19 No hype, just sights and sounds ad simple advice
- Think Nutrition During a Quarantine
- Prevent the Spread of Germs & Viruses-FAQ'a
- Prevent Spread of Germs & Viruses
- ServSafe in Davie
- Super Bowl-54 Salad Ideas
- Star-fruit-A Source of Vitamin C

Quotes/Comments

1. "I tried the iguana taco recipe and my kids loved them! Thanks for sharing!"
2. "I love all the recipe ideas! Our recipe inventory was running low, until I read this! It's just what I was looking for"
3. West Africa-"We are grateful for the information assisting us on making mango fruit leather to use up fallen mangos after recent local storms"

FCS Social Media & Website

1. Twenty-four (24) FCS COVID-19 Public Service announcements posted on Extension Facebook, 4-H Facebook and Instagram, FCS state Facebook and to Master Gardener group (**12,423** views)
2. Apple Core and More FCS Newsletter-Jan to March 2020, April to June 2020 (Circulated and posted to website)
3. Quarterly FCS Accomplishments, Broward Comings and Goings (January to March 2020)

FCS YouTube Videos

239 views

1. Healthy Lifestyle #1: **Keep Sanitizing**
2. Healthy Lifestyle #2: **Sanitize Your Home Workstation**
3. Healthy Lifestyle #3: **Stay Healthy**

Other Creative Works

1. Twenty-four (24) FCS COVID-19 Public Service announcements created suitable for posting on social media.
2. Deck of 24 COVID-19 PSA's modified by IFAS Communications suitable for statewide use in FL.
3. Ignite session presentation: Iguanas and Me
4. Two exhibits (COVID-19 Handwashing and Sanitation and Healthy New Year Tips
5. FCS 2020 Roadmap
6. Judged 89 Broward 4-H Fair youth projects

2020 by the numbers

55



Phone calls

44



Emails

21/684



Classes taught/
attendees

19



Creative
Works

NUTRITION CORNER



Slow Cooker Shredded Salsa Chicken Tacos

INGREDIENTS

- 1 (16-ounce) jar salsa
- 1 (16-ounce) package frozen corn
- 1 (14.5-ounce) can black beans, drained and rinsed
- 1 tsp. cumin
- 4 chicken breasts, thawed



DIRECTIONS

1. Combine the salsa, corn, black beans and cumin in a medium bowl.
2. Lay chicken breasts in bottom of slow cooker. Pour salsa mixture over chicken breasts.
3. Cook on low for six to seven hours or on high for four hours, or until the chicken reaches an internal temperature of at least 165 F.
4. Shred chicken and serve. Freeze leftovers in meal-size portions.

*Serving Suggestion: Serve atop whole-wheat tortillas.

Makes 15 servings (about ½ cup each).

Per Serving: about 120 calories, 1.5 grams (g) of fat, 13 g carbohydrate, 16 g protein and 310 mg Sodium

Source: https://www.ag.ndsu.edu/vision/recipes/meats/slow_cooker_shredded_salsa_chicken_tacos



Motivational Moment

"A beautiful day begins with a beautiful mindset."

Author: Unknown



Q&A Challenge

Question: What temperature is recommended for your refrigerator?

Answer: 40° F. Keep your refrigerator at 40° F or below.



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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