Hi Apple Core & More Readers-

Happy Fall! I have to say that this has been the fastest year ever for me, with so much going on in life & the world. Please make sure to be mindful and take care of your physical & mental health.

We are still in hurricane season and we have seen the devastation of Ian. Please keep your supplies on hand and read some of the emergency preparedness tips in this edition of the newsletter. The holidays will soon be upon us. I hope yours will be filled with joy, happiness and quality time with friends and family.

I welcome your comments and your feedback. Please sign up to continue to receive this newsletter and email me for articles you would like to see in future newsletter editions. See p. 5. Please take care and stay positive and healthy. Wellness matters!

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

An Equal Opportunity Employer and Institution
Meet our new staff:

WELCOME

Rose!

Rose M. Morales
Family and Consumer Sciences, Education Training Specialist I

Rose is responsible for educating citizens and working with the Family Consumer Sciences in Broward County. She engages in community outreach and educational research-based programming.

She comes to us with 13 years of experience in teaching South Floridians subjects such as: the importance of eating healthy, increasing physical activity, and keeping hydrated, while working for the Family Nutrition Program.

She is motivated and passionate about connecting with people and delivering classes on different topics. She is seasoned with making an impact with the audiences she serves in terms of knowledge gain and behavior change.

She is friendly, personable and an asset to Family and Consumer Sciences. Rose was awarded the Paraprofessional Award in 2019 by UF/IFAS Extension and has received several other accolades.

Phone: (954) 756-8528 E-mail: RoseMMorales@ufl.edu

Brenda Marty-Jimenez, MHM, RDN, LDN, FAND
Family and Consumer Sciences, Agent IV

For 20 years, Brenda has successfully led our Family and Consumer programs in the community and beyond covering topics such as: nutrition, health, food, safety, ServSafe, Cottage Food Law, disaster preparedness, food preservation, chronic disease prevention and wellness.

Brenda holds a BS in Nutrition and Dietetics from the College of St. Scholastica, with a Dietetic Internship at McKennan Hospital in Sioux Falls, SD. She also completed her Master in Health Management at St. Thomas University and has over 18 years of acute care experience as a Registered and Licensed Dietitian and Nutritionist in Florida.

Since 2002, Brenda has been a motivation to our team and an inspiration to industry professionals. She has been recognized in the past as recipient of the NEAFCS Distinguished Service Award, most recently at the 2021 EPAF Conference with the NEAFCS Continued Excellence Award and 2022 NEAFCS Disaster Education Award.

Phone: (954) 756-8519 E-mail: bjmenez@ufl.edu
# Healthy Holiday Swaps

<table>
<thead>
<tr>
<th>Dish</th>
<th>Try This!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Potatoes</td>
<td>Mashed Cauliflower + Parmesan cheese</td>
</tr>
<tr>
<td>Sweet Potato Fluff</td>
<td>Sweet potato + egg + cinnamon + vanilla topped with toasted pecans and a little brown sugar</td>
</tr>
<tr>
<td>Green Bean Casserole</td>
<td>Sautéed green beans with toasted walnuts</td>
</tr>
<tr>
<td>Sausage Stuffing</td>
<td>Whole grain bread + onions, celery, cubed butternut squash, or kale</td>
</tr>
<tr>
<td>Squash Casserole</td>
<td>Roasted or baked acorn squash + apples</td>
</tr>
<tr>
<td>Chocolate Cake</td>
<td>Greek Yogurt Chocolate Mousse</td>
</tr>
<tr>
<td>Mac and Cheese</td>
<td>Mac and Cheese + pureed carrots, butternut squash, and or cauliflower</td>
</tr>
<tr>
<td>Pecan Pie</td>
<td>Rustic pear tart with whole grain crust</td>
</tr>
<tr>
<td>Creamy Vegetable Casserole</td>
<td>Roasted Brussels sprouts with balsamic vinegar</td>
</tr>
<tr>
<td>Apple Pie</td>
<td>Baked apples stuffed with cranberries + nuts</td>
</tr>
</tbody>
</table>

For more information, contact: Andrea Nikolai, andreanikolai@ufl.edu
A Florida Thanksgiving

Florida agriculture is on full display at the Thanksgiving table starting with the vegetable tray appetizer, through the green bean casserole main course, and ending with the pumpkin pie.

1 Snap Beans
Florida leads the nation in fresh market snap beans.

2 Sweet Corn
The state is second in fresh market sweet corn.

3 Green Beans
While everyone else has experienced frost and some places have snow, Florida grew about 24,000 acres of green beans to meet the Thanksgiving and Christmas markets.

4 Sweet Potatoes
Florida is quickly increasing the number of acres growing sweet potatoes. UF/IFAS has identified the needs of niche markets for local sweet potatoes.

5 Other Crops
The other crops used in dishes or seasoning that come from Florida this time of the year are tomato, bell pepper, celery, radish, squash and herbs.

6 WAYS TO EASE HOLIDAY STRESS
Does just thinking about the holidays stress you out? You’re not alone. Fortunately, there are things you can do to mitigate stressors and make the holidays a fun and relaxing time.

1 PLAN AHEAD AS A GROUP.
Stressful arguments and hurt feelings about where, when and how to spend holiday time can be avoided by planning ahead and including as many people as possible in the discussion.

2 MANAGE EXPECTATIONS.
Keep in mind that the goal of the holidays should be to enjoy your time together. Avoid trying to cram in too many activities or make every meal and get together perfect.

3 HEAD OFF PERSONAL CONFLICTS.
Agree to take hot-button issues — political or otherwise — off the table. Keep in mind that you can love someone even if you don’t like their views on particular topics.

4 IF CONFLICTS DO ARISE, STAY CALM.
If you or other family members get into a fight, do what you can to keep or regain everyone’s composure before moving forward. That may mean removing yourself from the situation for a while by going for a walk or engaging in some other soothing activity.

When you come back, it will be easier to see one another’s points of view, and come up with creative solutions and compromises.

5 FOCUS ON THE POSITIVES.
Inevitably, something will go wrong with our holiday plans—a flight will be delayed, cookies will get burnt, a gift will be out of stock. Don’t let these hiccups overshadow the positive aspects of the holidays, such as spending quality time with family and friends.

6 REMEMBER TO TAKE CARE OF YOURSELF.
It’s easy to let healthy habits slide during the holidays, indulging more than usual, staying up later or dropping our exercise routines.

However, taking care of your physical and mental health can be an antidote to holiday strain.
APPLE CORE & MORE

USE THIS LINK TO SIGN UP TO OUR QUARTERLY NEWSLETTER:

https://bit.ly/3D0ycFr

OR SCAN THIS CODE TO OPEN THE SIGN UP FORM
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?

# After Disaster Strikes — Getting Financial Relief

1. **File with FEMA (Federal Emergency Management Agency)** and get your FEMA number. ASAP! Download the FEMA app. They prefer that you register online rather than by phone.

2. **File a claim with BOTH your homeowner’s and flood insurance.** Even if it’s a flood, homeowner’s insurance may cover some wind damage and most of them will compensate you for “loss of use” if you can’t live in your house.

3. **File for DSNAP (disaster food stamps).** ANYONE in the affected areas can get them. Do not be proud—you can use the money you save on food to replace clothes and other necessities.

4. **File for Disaster Unemployment.** Again, DO NOT BE PROUD! If you can’t live in your house or go to work because your work is closed or flooded, this applies to you.

5. **Get rental assistance.** FEMA and SBA (Small Business Administration) provide rental assistance to help pay for a place to live until you can get back into your house or find a new one.

6. **Apply for an SBA loan.** If you want to buy a house. The interest rates will be VERY CHEAP. Although it is called the SBA, it is for homeowners too.

7. **Call the Salvation Army and American Red Cross.** Sometimes they can assist financially as well. Just call and apply.

8. **Check local businesses for specials and discounts for people in the affected flood areas.** Businesses may offer things like half-price pizza, furniture and clothing specials.

9. **Call all of your bill collectors** and notify them that you are in the affected area. Most will delay your bill due dates for a month or two. This includes your mortgage company, cable, electricity, water, credit card companies, phone, etc.

10. **Most importantly, allow people to help you!**

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## Generator Safety

**Are You Prepared?**

- **Never use inside home/in attached garage.**
- **Use carbon monoxide alarms.**
- **Opening windows does not provide adequate ventilation.**

**Never hook directly to home power supply.**

**Connect appliances to generator.**

**Do not overload generator.**

**Do not store fuel for generator in home.**

**Allow generator to cool down before refueling.**

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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

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UFIFAS.UFL.EDU/BROWARD

Brenda Marty Jimenez
bjimenez@ufl.edu

Sign up today!
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)
Be Aware Of The Risks Of Eating Raw Oysters
by Brenda Marty-Jimenez
August 26, 2022

Seafood is one of those foods people find delicious and a special treat when dining out. Many cultures have it as a mainstay of their meals. Seafood can be a nutritious part of a well-balanced and varied diet. This blog will focus on ...

CLICK HERE:
Be Aware of the Risks of Eating Raw Oysters - UF/IFAS Extension Broward County (ufl.edu)

Q&A Challenge

Question: Why could it be dangerous to eat raw cookie dough?

Answer: It may contain raw eggs.

For additional information please contact:
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Broward County Extension Agent IV
3245 College Avenue

WE'RE ON THE WEB AT:
http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/

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.

BMJ 10/2022

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