



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 Extension Agent...



Dear Readers,

Happy Spring! We sure have a lot going on in our world with the global pandemic of novel coronavirus (COVID-19). This issue highlights the need for proper hand-washing year round, not just during cold and flu season. We now have new words and phrases such as: social distancing (separate yourself from those that are sick) and use proper respiratory etiquette (cover coughs and sneezes). Citizens should not panic and should follow the guidelines provided by the Centers for Disease Control (CDC) and our local health department.

This quarter, we have a guest author, Jeanna Rhoulhac, who is a registered and licensed dietitian in our county. She is also a long-standing and valuable member of our Family and Consumer Sciences advisory committee. Her informative article on irritable bowel syndrome can be found on page 3 of this issue.

The *Apple Core & More Newsletter* is published quarterly to educate individuals and families. We appreciate any feedback you may have on this newsletter including topics for future issues.

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PREVENTING THE SPREAD OF GERMS AND VIRUSES

There are many germs, microorganisms and viruses in our environment. With a healthy immune system, and with a manageable level of germs, we can successfully fight off these germs and stay healthy.

Handwashing with soap and water for at least 20 seconds is one of the most effective methods to prevent the spread of infection.

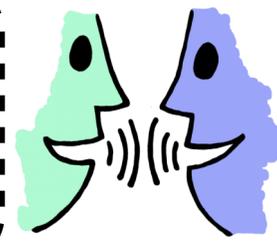
What precautions should I take to reduce my risk of infection?

- ◆ Cover nose and mouth when coughing.
- ◆ Cover your sneeze with a tissue, then throw the tissue in the trash.
- ◆ Avoid touching your eyes, nose, and mouth.
- ◆ Avoid contact with people who are sick displaying cold or flu like symptoms.
- ◆ Stay home when you are sick.
- ◆ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ◆ Clean hands by washing with soap and water for at least 20 seconds. <https://www.cdc.gov/handwashing/>

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



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%.

April 22nd 9:00AM—5:00PM

May 20th 9:00AM—5:00PM

June 10th 9:00AM—5:00PM

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



All About Germs

How do germs enter my body? Germs can enter your body through several routes such as through your eyes, nose, mouth and through a cut or open wound.

What is the recommended hand washing procedure? Wash your hands frequently with soap and water for at least 20 seconds, especially after using the restroom, before eating, after handling pets, after blowing your nose, sneezing or coughing, etc.

The Center for Disease Control (CDC) says, “Handwashing is like a do-it-yourself vaccine involving five simple and effective steps, wet, lather, scrub, rinse and dry.”

Regular handwashing is a great practice to help prevent the spread of germs to others and to help avoid illness.

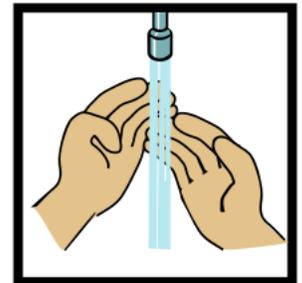
Want to learn more?

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

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

<https://www.cdc.gov/handwashing/>

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>



Recommended Handwashing Procedure

What is the recommended hand washing procedure? Wash your hands frequently with soap and water for at least 20 seconds, especially after using the restroom, before eating, after handling pets, after blowing your nose, sneezing or coughing, etc. Regular handwashing is a great practice to help prevent the spread of germs to others and to help avoid illness. Proper handwashing is important for reducing the number of harmful microorganisms on our hands every day not just flu season.

The following are instructions for proper handwashing:

1. Wet your hands with clean, running water (warm or cold), turn off the faucet, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, front of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. What equals 20 seconds? Sing the “Happy Birthday” song quietly in your head, from beginning to end, twice.
4. Rinse your hands and wrists thoroughly under clean, running water.
5. Dry your hands using a clean paper towel or air dry them.

<https://www.cdc.gov/handwashing/>

TUMMY TROUBLES ?

NUTRITION GUIDELINES: HEALTHY GUT NUTRITION

BY: JEANNA RHOULHAC, REGISTERED AND LICENSED DIETITIAN

Eating should be a pleasurable and enjoyable activity. When eating is complicated by digestive problems, what can be done to treat the digestive issues?

A healthy digestive system is important to overall health. Did you know your gut houses more than 70% of your immune system?

The Father of Medicine, Hippocrates wisely stated, “ *All diseases begin the gut*”.

The following information from the Academy of Nutrition and Dietetics, the professional association of Registered Dietitians can help us better understand digestive health and important facts to know about managing “Tummy Troubles” also known by the medical diagnosis term, “ Irritable Bowel Syndrome.” (<https://www.eatright.org/>)

Irritable bowel syndrome, or IBS, is a chronic or intermittent disorder of gastrointestinal functioning. IBS is associated with a group of symptoms that affect the large and small intestines. It is estimated that IBS affects 10 to 15 percent of adults. Though no specific cause is known, several factors may contribute to IBS, including genetics, lifestyle, allergies, infection or a change in intestinal bacteria type or amount. Certain foods and stress may trigger symptoms. Diet changes, stress management and a healthy, active lifestyle may help manage IBS.

Symptoms-Symptoms of IBS vary, but typically include one or more of the following:

- Abdominal pain
- Cramping
- Constipation or diarrhea
- Bloating
- Gassiness

Your doctor may order medical tests to rule out other causes of these symptoms.



Triggers-People with IBS have a sensitive intestinal tract in which stress and diet may play a role.

Stress. The colon contains nerves that connect to the brain. For people with IBS, stress can stimulate spasms in the colon, causing discomfort and pain.

Diet. Some people with IBS find symptoms worsen after eating large meals or high-fat foods. Specific foods may also trigger symptoms and can vary from person to person.

Changes for the better-The best way to manage IBS is to understand what may cause episodes of discomfort and then work to eliminate or minimize them. While medication, stress management and probiotics may help, diet and eating habits should be a focus, because both can have significant impact. Simple changes in your diet can offer relief and reduce future flare-ups.

Establish regular eating habits. Eating your meals at the same time each day may help regulate your bowels.

Eat small, frequent meals instead of large ones. This will ease the amount of food moving through your intestinal tract.

Eat fiber-rich foods. Try whole fruits, vegetables, beans and whole grains including rolled oats, brown rice and whole-wheat bread. Make changes slowly. Fiber helps move food through your intestine, but it takes time for your body to adjust to eating more. Adding too much too quickly may result in gas, bloating and cramping.

Drink enough fluids. Fiber draws water from your body to move foods through your intestine. Without enough water and fluids, you may become constipated.

Watch what you drink. Alcohol and caffeine can stimulate your intestines, which may cause diarrhea. Artificial sweeteners that contain sugar alcohols such as sorbitol, mannitol and xylitol may cause diarrhea too. Carbonated drinks can produce gas.

Identify problem foods and eating habits. Recording your daily food intake in a food diary during flare-ups can help you figure out which foods contribute to IBS symptoms.

Ask your physician for a referral to a Registered Dietitian Nutritionist (RDN) who can assist you with meal planning and help you reduce tummy troubles and other symptoms.

NUTRITION CORNER



Healthy Eating and Food Safety in the Kitchen

◆ Should I wash my chicken before I cook it?

This question comes up frequently. Research says there is no need to wash chicken prior to cooking it. You must cook chicken to the proper temperature which is 165 degrees F. The best way to tell the internal temperature of cooked meat is to use a meat thermometer. Eggs and egg dishes should be cooked to 160 degrees F.

Fight Bac/Safe Cooking Guidelines- https://www.fightbac.org/wp-content/uploads/2016/04/PFSE-7696-cooking-chart_FINAL.pdf

◆ Do fruits and vegetable need to be washed before eating?

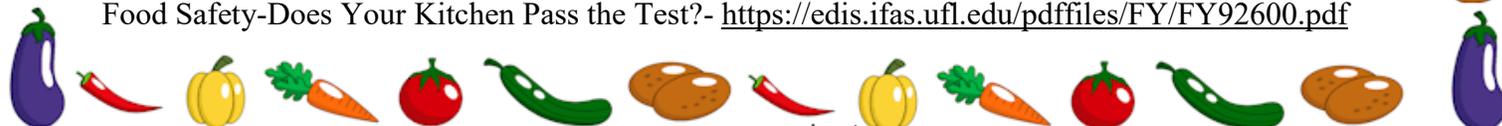
Fruits and vegetables should be thoroughly washed prior to eating too.

Washing fruits and vegetables-https://sfyl.ifas.ufl.edu/archive/hot_topics/families_and_consumers/washing_fruits_and_vegetables.shtml

◆ Is it safe to spray my countertops and sink with a solution of bleach and water to sanitize them?

Yes. In addition, the kitchen sink drain, disposal, and connecting pipe should be sanitized every few days. Make a solution of one teaspoon bleach in one quart (about one liter) of water and pour it down the drain.

Food Safety-Does Your Kitchen Pass the Test?- <https://edis.ifas.ufl.edu/pdf/FY/FY92600.pdf>



Motivational Moment

"Good health is true wealth." -Author: Urijah Faber



Q&A-Challenge

Question: How many seconds does the Center for Disease Control (CDC) recommend you wash your hands with soap & water?



Answer: 20 seconds

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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