

Living Well

Summer Issue

Dear Extension Family,

The most enjoyable time of the year for me is the summer month's here in Florida. While the days are beautiful and the nights are breathtaking we must always keep in mind that these fun filled summer days can be harmful if not prepared. Remember to stay hydrated while out enjoying these beautiful days and don't forget the sunscreen! Check out the family corner on ways to create family moments with your children.

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Does your refrigerator need a makeover? In the Heart Healthy section find out how you can do just that. In the Home and Energy section I will also discuss ways to make sure your family is prepared for Natural Hazards such as inclement weather. Feel free to indulge in the recipe of the month as well. I hope that you find this newsletter as enjoyable to read as I have enjoyed providing this information. Have a safe fun and relaxing summer! Feel free to contact me at anytime if you have any questions or comments.

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Special points of interest:

- * Simple tips to makeover your fridge with healthy choices.
- * The biggest danger in canning
- * The importance of playing with your kids
- * Refreshing Summer Recipe



Refrigerator Makeover

When you open the door of your refrigerator what do you see? Is it over stuffed? Is there currently a science experiment taking place in the back of it? Sometimes we don't give the refrigerator the attention it deserves. When it comes to eating right the refrigerator is the mission control to our bodies. We place the desired food in it to feed our families and fuel our bodies.

Are you concerned about ways to feed your family better options? Try these quick tips to make over your refrigerator and include foods that are quick healthy options.

- ⇒ Low-fat cheese is a great option for a simple snack, making an omelet or a quesadilla. Low-fat cheese reduces saturated fat.
- ⇒ Fruits and vegetables, pre-cut, fresh, canned or fro-

zen are convenient for quick snacks, smoothies or an after dinner dessert. Incorporate green, red, yellow and orange vegetables into your diet. Pair vegetables with your favorite dips or hummus.

"The refrigerator is the mission control to our bodies."

- ⇒ Drinking water instead of sugary drinks is a healthy choice and beneficial in hydrating our bodies in the hot summer months.
- ⇒ Nuts and seeds are a delicious snack choice and last longer in the fridge.
- ⇒ Eggs are a quick and convenient snack. Add to salads, serve deviled or boiled.
- ⇒ Greek yogurt can be filling and can be topped with

fruit, cereal or nuts for an energizing breakfast. Add chocolate chips and cinnamon for a healthy dessert.

- ⇒ Hummus can be paired with almost anything. Spread onto a sandwich or wrap. Use as a dip with your favorite vegetables.
- ⇒ Fresh salsa with tomatoes, jalapenos, cilantro and onions is a fun way to incorporate veggies into your diet. Pair with a small serving of whole grain tortilla chips or serve with grilled chicken or fish to spice up dinner.

Remember to always use the Nutrition Facts Label to choose beverages and foods. The label contains information about total sugars, fats and calories. Reading the label can help you make better choices.

*For your safety always maintain a temperature of 40 degrees or below to keep your food safe.

Canning For Safety's Sake

There is a silent killer among the canning community. It travels in the most comfortable places, odorless and tasteless. We all have heard of what lurks and one simple mistake can make it show up. That sneaky little microorganism I speak of is called BOTULISM. During the summer canning season let's make sure we take all necessary steps to avoid this killer. Botulism can be destroyed in low-acid foods when they are processed at the correct time and pressure. Water canners will not preserve low acid foods safely. To prevent the risk of botulism, low acid foods and tomato foods not canned following USDA recommendations should be processed in a pressure canner.

The method of canning food has changed greatly since introduced over 180 years ago. Simple steps like following manufacturers recommendations for use of pressure canners and water bath canners are recommended. Use recipes that are tested and approved through USDA to assure safe processing. Visit the Extension Office for the latest information on food preservation, canning classes, recipe ideas and canning resources. As always have fun canning and sharing with family and friends!

Food Safety

Keep Your Home

Your home is your castle. It keeps your family and possessions safe from the elements. Your home is also one of your major investments. Natural hazards such as tornadoes, hurricanes, tropical storms, high winds and even floods can threaten your most important investment. Some common myths as to why families don't prepare include:

- ⇒ Surviving a previous storm
- ⇒ Assuming it won't be that bad
- ⇒ It can't happen to you
- ⇒ The government will come to the rescue
- ⇒ You don't live near the coast, so you are safe

The truth of the matter is that we cannot assume anything about how a storm will be. Surviving a previous storm just means you were lucky. Hurricane Katrina is a grave

Home and Energy

reminder as to how unpredictable weather can be, so let's take steps now to prepare for what could be.

Steps you can do to prepare include:

- ⇒ Gather all emergency supplies. Most of these items are already in your home. Keep emergency supplies stocked.
- ⇒ Create an evacuation plan for natural events such as hurricanes, tornadoes, floods and wildfires.
- ⇒ Know your property and take appropriate action.
- ⇒ Strengthen your home. Consider many options to protect windows, garage and doors.
- ⇒ Utilize the State of Florida's Hazard Mitigation Grant Program.
- ⇒ Don't gamble with your home stay covered with insurance.

If you have concerns about whether you are natural hazard prepared pick up a free Natural Hazard handbook at the Extension Office for the latest information on how to prepare.

Creating Family Moments

Family Moment

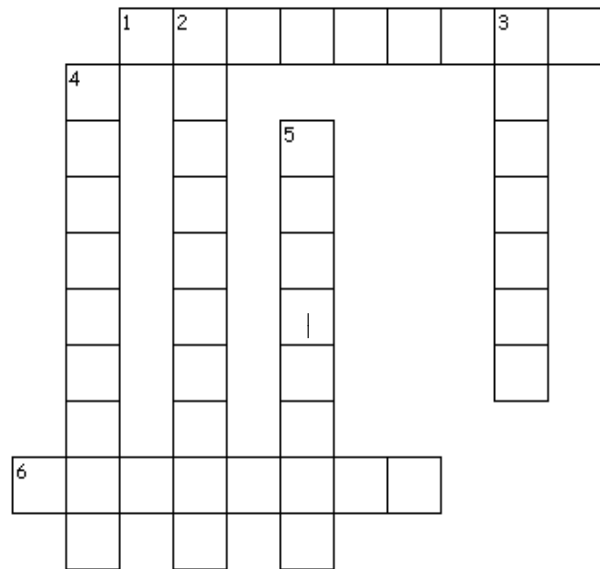
It's summer and school is out. Being a mother of two school aged girls I look forward to summer break. I like to think that we as parents have to embrace those moments we have to spend with our children because they grow so fast. One of the best ways to create strong family moments is to get everyone involved in planning activities. Allow your kids to plan a trip to somewhere as simple as to the beach or park. Let them plan and help prepare lunch for that day. Treasure hunt while walking or riding bikes on a trail and let your children search treasures. Don't be afraid to let your inner child come out and play with your children. Creating meaningful moments like these can be accomplished by simply playing with your children.

No matter the ages. Incorporating a concept of fun, play and humor can also create an opportunity to communicate with your child, when playing look them in the eyes when talking, let your child share their hopes and dreams, listen to them express their feelings. This shows them that as a parent you are an active part of their lives. An advantage that is gained as a parent when this happens is that problems may occur less, as a parent you will have a clearer understanding of how kids function and determine what types of questions to ask. Being able to create an atmosphere where you can talk to your children before small problems get out of hand is important.

Just remember that there are different tools in which we as parents use to be effective. Keep in mind that being playful helps us as parents also experience the daily joys of connecting with our children as well as help our children build resiliency to bounce back when they face struggles in their lives.

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Across

1. Most of these are already in your home
6. Odorless and tasteless

Down

2. Creating _____ moments can be accomplished by playing with your kids
3. Your home is your_____
4. Remember to use _____ when making food choices
5. _____-_____foods should be processed in a pressure canner

Culinary Corner

Grilled Pesto Chicken

Ingredients

- ½ cup fresh basil leaves, chopped
- 1 clove garlic
- 1/4 cup grated Parmesan cheese
- kosher salt and fresh pepper to taste
- 1 ½ tbsp olive oil
- 1 lb skinless chicken breast, cut into 1-inch cubes
- 12 cherry tomatoes
- 8 skewers

Directions

In a food processor pulse basil, garlic, parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing. Combine the raw chicken with pesto and marinate a few hours in a bowl. Soak wooden skewers in water at least 30 minutes. Beginning and ending with chicken, thread chicken and tomatoes onto 4 pairs of parallel skewers to make 4 kebabs total. Cook on grill or pan until chicken is cooked through, about 2 to 3 minutes. Serve with salad or favorite veggies