

HEALTHY, WEALTHY, & WISE

The Family & Consumer Sciences Newsletter

Manatee County Extension Service | 1303 17th Street West · Palmetto, FL 34221 | (941) 722-4524

We're going green!

In an effort to save on postage and reduce paper use, you can receive this newsletter by e-mail. To sign up for our electronic mailing list, please send an e-mail to skennedy@ufl.edu. Receiving the newsletter via e-mail means you will no longer receive a hard copy in the mail.

Raisin Renovation

With such a wide array of fruit to choose from, raisins can sometimes get lost in the shuffle. However, these little morsels are a sweet and healthy snack and can be a great addition to many foods. Here are three ideas:

1. Add raisins to chicken salad for a touch of sweetness.
2. Combine raisins, a pinch of saffron, and a bit of cinnamon with cooked rice for a fragrant side dish.
3. Sprinkle a few raisins on peanut butter toast for a tasty treat.

Agent's Corner



Happy New Year! Have you made any resolutions? Goals? A 2010 "To Do" list? Whatever you call them, I hope you achieve them. Personally, I find it difficult to stick with them, especially when I set the bar too high: Lose 50 pounds or cut out caffeine or run a half-marathon. Instead, I make my goals more reasonable and less daunting. Instead of trying to lose 50 pounds, I try for 10. Instead of cutting out caffeine completely, I limit it to so many milligrams a day. Et cetera.

Good luck.

Samantha Kennedy
Samantha Kennedy, MS
Family & Consumer Sciences Agent

January-February 2010 Volume 5, Issue 1

Simply Florida: A Taste of Flavors from the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Samantha at (941) 722-4524 or by visiting <http://www.simplyflorida.org>.

In this Issue:

Raisin Renovation	1
Coffee's Many Perks	2
Don't Sweat It!	2
Recipe Spotlight: Granola	2
Follow Our Blog!	3
Low-Temperature Roasting	3
E is for Exceptionally Good for You	3
'No' Means 'Maybe A Little'	3
Sunglass Smarts	4

Coffee's Many Perks

Many of us simply can't start our day properly without a jolt of java. A touch of caffeine is all we need to get revved up. But while coffee may give us a welcome boost in the morning, it can do so much more than that. Here are a few of the lesser-known uses for America's favorite beverage:

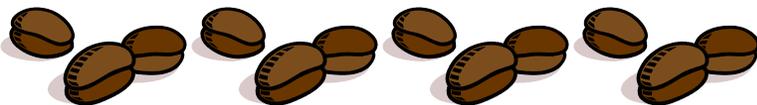
1. It's tough on odor. Instead of reaching for the baking soda to sweeten those smelly places, try coffee grounds. Coffee can absorb stinky smells while at the same time give off their own pleasant scent. Simply place a small bowl of grounds in the back of the fridge or freezer, or hang a cheesecloth pouch filled with grounds in the cabinet where you store your garbage. Change them out every few months to keep them fresh.

2. It beats stress. Too much caffeine is generally associated with the jitters, but studies have shown that simply inhaling the scent of roasted coffee can actually help you de-stress. The scent helps trigger a relaxation response in the brain, helping you relax.

3. It helps give skin a healthy glow. Coffee is a natural exfoliant. By mixing 1 cup cooled used coffee grounds, 1/2 cup sugar, and 1/2 tablespoon jojoba oil, you can create a soothing skin-smoother. Simply rub over your skin in a circular motion, rinse, and pat dry.

4. It boosts plant growth. Nutrients in coffee grounds help some plants grow. Just sprinkle some on the soil and *voila!*, you have a chemical-free fertilizer.

Adapted from *Health*, Jan/Feb 2010.



"An economist is an expert who will know tomorrow why the things he predicted yesterday didn't happen today."

Laurence J. Peter

Don't Sweat It!

There are many different kinds of antiperspirants on the market, from regular to clinical strength, which can cost upwards of \$8. To get the most out of your antiperspirant, apply it at night before you go to bed.

During the nighttime hours, we tend to sweat less, and more of the antiperspirant's active ingredient is pulled into the sweat ducts, thereby more effectively blocking the pores and preventing more sweat from accumulating during the day. The effect can last up to 24 hours, even after morning bathing. And don't worry, blocking perspiration by clogging the pores isn't unhealthy.

Recipe Spotlight: Granola

Ingredients

3 c. rolled oats
1/2 c. raisins
1/2 c. sweetened dried cranberries
1/2 c. sliced almonds
1/2 c. chopped pecans
1/2 c. nonfat dry milk powder
1/2 c. wheat germ
1/3 c. sunflower seeds
1/4 c. sesame seeds
1/4 c. sugar, or equivalent amount of artificial sweetener
1/4 c. unsweetened coconut
1 tsp. salt
1/2 c. canola oil
1/4 c. honey

Directions

Combine the oats, raisins, cranberries, almonds, pecans, dry milk powder, wheat germ, sunflower seeds, sesame seeds, sugar, coconut, cinnamon, and salt in a bowl and mix well. Add the canola oil and honey and stir until coated.

Spread the oats mixture on a large baking sheet sprayed with nonstick cooking spray. Bake in a preheated 250°F oven for 30 minutes, stirring every 10 minutes. Let stand until cool and store in an airtight container. *Yield: 14 servings.*

***More delicious recipes like this one can be found in the *Simply Florida: A Taste of Flavors from the Sunshine State* cookbook. Call (941) 722-4524 for more information.*

FOLLOW OUR BLOG !



Now you can find “Healthy, Wealthy, & Wise” online as a web log (blog). This resource contains the same timely and useful information as the bi-monthly newsletter, but is updated several times a week, giving you news you can use right at your fingertips. Subscribe to the blog to receive update notifications via e-mail or the RSS feed of your choice.

You can find the blog at <http://manateefcs.blogspot.com>. Please stop by, read the posts, and leave a comment.

E is for Exceptionally Good for You

Vitamin E. It’s an unassuming nutrient and one most people probably don’t think about. But it’s important to good health.

Why? Vitamin E is an antioxidant, protecting the body from the damage caused by free radicals—harmful substances created when cells normally use oxygen. Free radicals can promote cancer, artery damage, and heart disease. Antioxidants such as vitamin E seek out these substances and deactivate them so they can’t do any harm.

How much do you need? The recommended daily intake of vitamin E is 15 mg per day. This vitamin is fat-soluble, meaning that it’s dissolved in fats, so the best sources of vitamin E are high-fat foods. But that doesn’t necessarily mean the “bad for you” fatty foods. Healthier fats such as vegetable oils and those found in nuts and seeds are good sources of vitamin E. Fortified breakfast cereals and dark green vegetables also good sources of vitamin E.

Should you take a supplement? Most people get enough vitamin E from their diet, so taking supplements isn’t necessary. Studies are inconclusive, but high doses of vitamin E may be harmful, so be careful about taking too much.

Adapted from Cooking Light, November 2009.

"The saying 'Getting there is half the fun' became obsolete with the advent of commercial airlines."



Henry J. Tillman



Low-Temperature Roasting

Roasting foods at low temperatures (275°F or lower) is one of the best ways to create a tender and juicy dish. The closer the oven is set to 200°F, the better.

Keep in mind, however, that cooking foods at such low temperatures will significantly increase your cooking time, so plan your meal accordingly. For example, a 5-pound pork shoulder could take 8 hours or more to reach an internal temperature of 190°F and become fork-tender. Beef and lamb roasts, cooked to medium rare, may take twice as long to cook at a lower temperature than at the standard 400°F.

Is low-temperature roasting safe? As long as the meat reaches its minimum internal cooking temperature at its thickest point, it’s safe to eat.

Taken from Cooking Light, December 2009.

‘No’ Means ‘Maybe A Little’

When a product claims that it’s ‘fat free’ or contains ‘no trans fat’, it’s not telling the complete truth. The Food and Drug Administration allows manufacturers to put a ‘zero,’ ‘no,’ or ‘free’ claim on a product if it contains less than 0.5 g of fat *per serving*, since the number can be rounded down to zero on the product’s Nutrition Facts panel.

Since many packages contain several servings, those tiny increments can add up quickly if you’re not careful. To be sure you’re not getting too many trans fats, for instance, look for hydrogenated oils in the ingredients list. This is a better indicator of the presence of these fats.



February is National Children's Dental Health Month



Sunglass Smarts



Most people, including kids, should own a pair of sunglasses. Ultraviolet rays can increase the risk of cataracts and age-related macular degeneration. The most protective sunglasses

are large-framed, close-fitting, and wraparound. Always look for a hangtag or sticker that says "blocks 99 to 100 percent of UVA and UVB rays" or "absorbs up to 400nm of UV radiation."

Here's some "shady" lingo you should know:

ANSI. The American National Standards Institute, a nonprofit organization, oversees development of voluntary standards for sunglasses and other products.

Tint. It's mainly a matter of preference. For best color perception, wear lenses that are gray, amber, brown, or green. Darker lenses don't necessarily provide more UV protection.

Polarized. Because they block light waves that align in horizontal patterns when reflecting off flat surfaces, they're useful for fishing, skiing, and driving.

Mirror coating. It's derived from thin layers of various metals coating ordinary lenses and doesn't automatically convey UVA/UVB protection.

Blue blocking. Describes amber-colored lenses that protect eyes from blue visible light.

Impact resistant. The Food and Drug Administration (FDA) requires all sunglasses to survive an impact test without fracturing but not to be shatterproof.

Polycarbonate. A plastic that resists impact especially well.

Photochromic. These lenses lighten or darken in response to sunlight's intensity. Darkening takes about 30 seconds; lightening, about 5 minutes.

Adapted from Consumer Reports, July 2009.

Important Dates

February 1	Guild Birthday Lunch 1:00pm - 3:00pm
February 8, 22	Guild Meeting 1:00pm - 3:00pm
February 15	Presidents' Day Extension office CLOSED
March 1	Guild Birthday Lunch 1:00pm - 3:00pm
March 8, 15, 22, 29	Guild Meeting 1:00pm - 3:00pm

UF UNIVERSITY of
FLORIDA
IFAS Extension
Manatee County Extension

Solutions for Your Life.

Samantha E. Kennedy, M.S.
Family & Consumer Sciences
1303 17th Street West
Palmetto, FL 34221

Phone: 941-722-4524
Fax: 941-721-6608
Email: skennedy@ufl.edu

CHECK US OUT ON THE WEB!
[HTTP://MANATEE.IFAS.UFL.EDU](http://MANATEE.IFAS.UFL.EDU)



Weight Loss Tip:

Do scales get you down? Try this. If you're trying to lose weight, instead of obsessively stepping on the scale to see how many pounds you've lost, put on your tightest pair of jeans.

If they're more comfortable, then you're on the right track. When they fit perfectly, you've made it! (Or at least you've reached the first obstacle.)