

# 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](mailto:skennedy@ufl.edu). Receiving the newsletter via e-mail means you will no longer receive a hard copy in the mail.

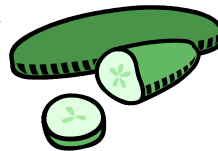
**July/August 2010**  
**Volume 5, Issue 3**

***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>.

## Cucumber Savvy

Cucumbers can add a light and delicious flavor to salads, sandwiches, and other summer treats. But do you know how to get the most out of those vibrant veggies? (Though technically, they're fruits.) Look for firm cukes with smooth, dark skin and no soft spots. If the skin is waxy (a food-grade wax that is added to retain freshness and make the fruit look pretty), you should peel it. Cutting the cucumber lengthwise and removing the seeds will cut down on any bitterness. For peak freshness, store cukes up to five days in the crisper drawer of your refrigerator inside an unsealed plastic produce bag.



## In this Issue:

Cucumber Savvy	1
Agent's Corner	1
Milk Matters	2
Is Your Kitchen A Germ Factory?	2
Are You D Deficient?	2
Recipe Spotlight: Cauliflower Salad	3
Up In Smoke	3
Staying Cool, Saving Money, Going Green	3
Upcoming Health Events	4

## Agent's Corner



We're in the middle of summer and you know what that means: It's HOT. To stay safe in the heat, remember these few simple tips: (1) Drink plenty of water. (2) Wear sunscreen (at least SPF 15). (3) Limit your sun exposure between the hours of 10 a.m. and 4 p.m. when the sun is at its most intense. (4) If you're having a picnic, keep food at the proper safe temperatures and don't leave it sitting out for more than an hour.

Stay safe!

*Samantha Kennedy*  
Samantha Kennedy, MS  
Family & Consumer Sciences Agent

## Milk Matters

Milk is a nutritious addition to any diet, providing significant percentages of the daily values of several important nutrients. One 8 ounce serving of milk (whole, reduced fat, lowfat, or fat-free) contains:

**30% of daily calcium**, which strengthens bones and teeth and helps regulate the heart.

**25% of daily vitamin D**, which helps your body absorb calcium.

**24% of daily riboflavin (a B vitamin)**, which helps your body convert food to much-needed energy.

**23% of daily phosphorus**, which helps strengthen bones.

**18% of daily vitamin B12**, which is needed to build red blood cells.

**16% of daily protein**, which is necessary for the building and maintenance of muscle tissue.

**11% of daily potassium**, which helps regulate blood pressure.

**10% of daily vitamin A**, which is needed to maintain healthy skin and vision.

So, the moral of the story is: DRINK MORE MILK. It really does do your body good.

Adapted from Cooking Light, May 2009.

## Are You D Deficient?

Vitamin D is an important nutrient. Why? Because it's vital for helping your body absorb much-needed calcium, that's why. And we all know how important calcium is to our bones and teeth. Unfortunately, many of us don't know if we're deficient in this vitamin. How can you find out? Ask your doctor to perform a "serum 25-hydroxyvitamin D" test, which is the gold standard when it comes to measuring blood levels of vitamin D.

The recommended intake is 400 to 800 IU (International Units) a day for adults under 50, 800 to 1000 IU for adults 50 or older. Some easy ways to get a little extra vitamin D are:

**Eat salmon and tuna a few times a week.**

**Eat vitamin D-fortified foods such as milk, orange juice, soy milk, and some cereals and yogurts.**

**Spend 5 to 10 minutes in the sun (without sunscreen).**

Taken from Health, June 2009.

"Reality is merely an illusion, albeit a very persistent one."

- Albert Einstein -

## Is Your Kitchen A Germ Factory?

For many, the kitchen is the busiest room in the house. But it can also be the germiest. (Yes, even more than the bathroom.) The top 8 places microorganisms love the most are:

**Countertop.** Using a disinfectant wipe or spray after preparing food will help curb bacterial growth.

**Faucet filter.** Soaking that filter in a bowl of white vinegar overnight once a week can help keep it germ-free.

**Cutting board.** Be sure to clean and sanitize it after every use. A quick and easy sanitizing solution is one teaspoon of bleach mixed with 16 ounces (2 cups) of water.

**Dish towel.** Instead of wiping your hands on a cloth towel after handling that raw chicken, use

paper towels and throw them away. (And wash your hands, too.)

**Knife block.** Make sure your knives are thoroughly clean and dry before putting them away. Wet knives can lead to mold growth deep inside the slots.

**Sponge.** Every few days, soak your sponge in a bowl of bleach water (1 tsp. bleach per bowl) or nuke it in the microwave in a bowl of water for 2-3 minutes.

**Leftovers.** Put those leftovers away *before* cleaning the kitchen; leaving them at room temperature for too long can lead to foodborne illness.

Adapted from Health, June 2009.



Bleach is a very inexpensive cleaning and sanitizing option. Just a little bit can help eliminate harmful germs.

---

## Recipe Spotlight: Cauliflower Salad

For a cool and creamy treat this summer, try this tasty concoction.

### Ingredients

#### *Creamy Blue Cheese Dressing*

1 cup reduced-fat mayonnaise  
1 cup reduced-fat or fat-free sour cream  
4 oz. blue cheese, crumbled  
1 envelope ranch salad dressing mix  
2 tsp. caraway seeds

#### *Salad*

1 head cauliflower, chopped into small florets  
1 cup sliced radishes  
1 cup chopped green onions  
1 (4 oz.) can sliced water chestnuts, drained

### Directions

To prepare the dressing, mix the mayonnaise, sour cream, blue cheese, salad dressing mix and caraway seeds in a bowl. Chill, covered, for 1 to 10 hours.

To prepare the salad, toss the cauliflower, radishes, green onions, and water chestnuts in a bowl. Add the dressing and stir until coated. Chill for one hour or longer before serving.

*Yield: 6 servings*

## Blog Watch

“Healthy, Wealthy, & Wise” is now 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 or two.

---

## Up In Smoke

The smoke point of an oil is the temperature at which it burns. Not only can this lead to scorching food and causing nasty flavors, but it can also start a fire.

The best oils to use for high-temperature cooking (350° to 450°F) such as stir-frying are canola, corn, grapeseed, peanut, soybean, sunflower and regular olive oil.

The best oils to use for medium-temperature (275° to 345°F) such as sweating and sautéing are peanut, sesame, walnut, and extra virgin olive oil.

Taken from Cooking Light, August 2009.

---

## Staying Cool, Saving Money, Going Green

Do you find yourself cranking down that A/C during those hot summer months? And do you then find yourself stuck with a larger-than-average electricity bill? Well, here are five tips to help you cool down while saving money. They're environmentally friendly, too!

**Regulate your thermostat.** Turn your thermostat up a few degrees while you're away, but don't turn it off. Think about investing in a programmable thermostat.

**Draw the shades.** Closing the blinds on the sunny side of the house can help keep heat out. Also, use lighter-colored shades that reflect heat. In hotter climate, window films may be the way to go.

**Maintain your HVAC unit.** Check your filters monthly and replace them when they get dirty. This can lower your unit's energy consumption by 5 to 15 percent.

**Use fans.** Raise your thermostat a few degrees and use ceiling or room fans to move the air. Fans help you feel two to six degrees cooler by evaporating the moisture from your skin.

**Fix leaky ducts.** By sealing seams and air duct connections with metal-backed foil tape (*not* gray cloth duct tape), you can save 10 to 20 percent annually on your electricity bill.

Adapted from Cooking Light, August 2009.

**“To teach is to learn twice over.” - Joseph Joubert**



## Upcoming Health Events

### Take Charge of Your Diabetes Beginning October 5, 2010

This class is targeted to adults with Type 2 diabetes. Participants will receive the information and motivation they need to adopt positive lifestyle changes. Lessons include: What is Diabetes?; Keeping Track of Blood Glucose; Nutritional Management of Diabetes; Carbohydrate Counting; Exercise and Physical Activity; Cardiovascular Disease; Diabetes Medications; Standards of Medical Care; and Foot Care and Setting Goals. This is an 8-week class (once a week for 8 weeks) and class size is limited to 15 participants. Participants must be at least 21 years old and be diagnosed with Type 2 diabetes.

The cost of this class is **\$80.00 per participant**.

**This class will take place every Tuesday evening for 8 weeks from 6 - 8pm starting October 5. The deadline to register is September 30.**

### Keeping the Pressure Down Beginning October 7, 2010

This class is designed to help people at risk for high blood pressure and those who already have this condition make healthy lifestyle choices to lower their blood pressure and reduce their health risks. Lessons include: Evaluating Your Risk; Building Activity Into Your Life; DASHing Toward a Healthier Diet; DASH (Dietary Approaches to Stop Hypertension) Diet; Balancing Minerals; Decoding Food Labels; Enhancing Your Lifestyle; Reforming Our Recipes; and Eating Out Sensibly. This is a 4-week class (every Thursday evening for 4 weeks) and class size is limited to 15 participants.

**This class is FREE and will take place every Thursday evening for 4 weeks from 6 - 8pm starting October 7. The deadline to register is September 30.**

To register for any of these classes, please call Samantha at (941) 722-4524 ext. 242.



“You don’t stop laughing because you grow old. You grow old because you stop laughing.”

- Michael Pritchard -

## Important Dates

August 9, 16, 23, 30	Guild Meeting 1:00pm - 3:00pm
September 6	Labor Day Extension office CLOSED
September 13	Guild Birthday Lunch 1:00pm - 3:00pm
September 20, 27	Guild Meeting 1:00pm - 3:00pm
October 4	Guild Birthday Lunch 1:00pm - 3:00pm
October 11, 18, 25	Guild Meeting 1:00pm - 3:00pm



*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](mailto:skennedy@ufl.edu)

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