

UNIVERSITY OF
MARYLAND
EXTENSION



Health & Wellness

“Solutions In Your Community”

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Family & Consumer Sciences

Welcome to the most recent edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, re-

search and community outreach. Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Educator, Jennifer Dixon Cravens, provides research based pro-

grams on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



RECIPES

Each issue includes **easy, tasty, healthy** recipes!

This issue features:

- Strawberry & Spinach Salad
- Broiled Apricots
- Avocado Salad
- Collard Potato Hash
- Baked Spicy Fish
- Spring Tonic (Lemon Cucumber Water)



You're Invited! May 5th Open House 3525 Conowingo Rd., Street, MD





Jennifer Dixon Cravens
FCS Educator



Spring Detox

What Is Detox Water?

Detox is the acronym for *detoxification*. Detox water is prepared by infusing fresh vegetables or fruits in water and leaving it overnight or for about 5 – 8 hours. It is one of the best alternatives to artificial beverages, as it is free from food colors, chemicals, and other preservatives.

What Does Detox Water Do?

The main objective of detox water is to keep the internal system clean and healthy.

- Helps eliminate harmful toxins from the body.
- Boosts the energy levels.
- Aids in weight loss.
- Builds a strong immune system.
- Keeps the skin moist and glowing.
- Promotes clear and better thinking.



LEMON & CUCUMBER WATER

2 Lemons, sliced

1/2 Cucumber, sliced

12 Cups Water

10-12 Mint Leaves, crushed

Pour water in a jug. Add cucumber, lemon and mint. Refrigerate overnight. Drink a glass in the morning and throughout the day.

www.livealittlelonger.com

A clean doormat is a good doormat. Doormats help reduce tracking-in contaminants. Findings from an EPA study indicated that when a doormat was used and shoes were not worn, lead dust and other chemicals in the home were reduced by about 60%.

Leaving contaminants and shoes at the door has time, economic, and health benefits. Adding a doormat reduces the time and effort needed to clean your home. You will save money by reducing wear and tear on your carpets and floors. The health ben-

efits come from reducing your exposure to pesticides, lead dust, and asthma and allergy triggers.

Key features of a good doormat: • Stores soil and water below shoe level • Has a non-slip backing • Made with a reinforced surface to avoid wearing out quickly.



www.fcs.uga.edu

Spring Declutter

Do you ever feel that a second opinion on what to dump would seriously help your decluttering efforts? Well, we've got words of wisdom from the Clutter Police to guide your toss-it-out efforts!

Clothes and Shoes you haven't touched in 2 years

Opinion is divided whether the threshold here should be 1 year or 18 months. But the fact is that some winters aren't as cold as others, or certain springs as wet, so a true cycle to test whether or not you're done with an item is 2 years. After that time, your excuses have run out; you have to admit that, acts of nature and fashion aside, it's time to throw away the item in question. Now find a good consignment shop to make some money on that past fashion, or donate what you can't sell.



Paper, Paper (and more paper!)



If there's a single type of item gumming up our homes and lives, it is paper. Why not get rid of old magazines that you've been swearing you'll cut articles from for years, and shred financial records and receipts past their required "keep date"? Go through you kids' artwork and select just a few favorites that you can't part with – then get rid of the rest to make room for their next great creations.

Books you will never read

This one can be tricky for those of us who hate, on principle, to part with a book we were once sure would be great. Start by purging novels that you haven't looked at in years. Be brave! And keep in mind that many book stores carry used inventory and will take books for store credit, if not cash.



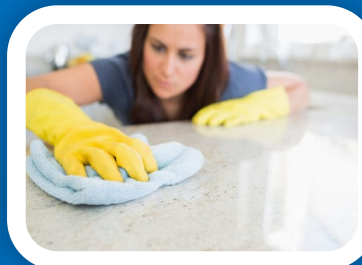
Old vitamins, medicine and makeup

We all have shelf and drawer clutter that we just stop seeing after a while. Go through old items you store away like medicine bottles and makeup, checking for expiration dates. For makeup, two years is a reasonable throw-away date for most items. (Mascara has the shortest lifespan, at three months.)

Project paraphernalia

Whether you've been an aspiring leader or have a dozen "fix-it" items in your closet, it may be time to say goodbye to good intentions that just aren't going to bear creative fruit. If you have a craft that you've neglected for several years or just never picked up, pass on the supplies to someone in your family who will really use them, or donate it all to a senior facility for people who will appreciate the gift.

These are just a few areas that will benefit from your courageous clutter management efforts.



Healthy Spring Recipes



Strawberry & Spinach Salad

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 oz. fresh spinach - rinsed, dried and torn into bite-size pieces

- 1 qrt. strawberries - cleaned and sliced
- 1/4 cup almonds, chopped or slivered

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

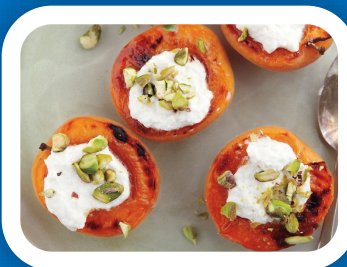
Nutrition Facts: 491 calories; 35.2 g fat; 42.9 g carbohydrates; 6 g protein; 0 mg cholesterol; 63 mg sodium



One cannot think well, love well, sleep well,
if one has not dined well.

-Virginia Woolf

www.brainyquote.com



Broiled Apricots

- 4 apricots, halved and pitted
- 1 T. sugar
- 8 t. ricotta cheese
- 2 T. chopped pistachios and/or mint, basil

Pre-heat broiler. Place sugar in small saucer. Dip cut side of apricots in sugar to coat and transfer to small broiler proof baking dish. Broil, rotating once, until apricots are caramelized and juicy, 3-4 minutes. Remove from oven; let cool slightly, top with nuts and/or herbs and serve immediately.

Nutrition Facts: 250 calories, 1 g fat, 200 mg Potassium, 6 g Fiber, 45 carbs, high in calcium and iron. www.myfitnesspal.com

Healthy Spring Recipes

Avocado Salad

Chop and dice 4 large tomatoes, peel, pit, and dice 4 avocados, and finely chop 1 red onion. In a large serving bowl, toss together the tomatoes, avocados and red onion. Dust lightly with black pepper, a pinch of sea salt, and pour 1 ounce of balsamic salad dressing over. Cover and chill for at least one hour before serving to blend flavors.

Nutrition Facts: Calories 350, High in Vitamin C, B6, Folate, Manganese, Potassium, 3.8 g protein; 0 mg cholesterol; 482 mg sodium, and 4.6 g of Dietary Fiber.

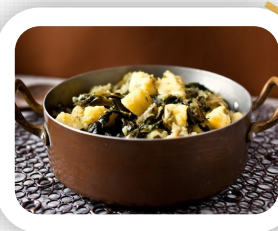
www. Allrecipes.com



Collard & Potato Hash

Stir in stewed **tomatoes**, 1 whole jalapeno pepper, 2 lbs. of steamed **collard greens**, 1 cup of cooked red potatoes, bay leaves, cumin, and thyme; cover, reduce heat to medium low, and cook, stirring occasionally, until **collards** are tender, about 20 minutes. Mash the potatoes, then remove the bay leaves, thyme sprigs, and jalapeno and discard; season with kosher salt and pepper.

Nutrition Facts: Calories 213, 11 grams of fat, 27 grams, 8 grams of dietary fiber, 5 grams of protein. High in B vitamins, Iron, magnesium, omega 3, and potassium.



Baked Spicy Fish

4 Fish fillets, fresh or frozen 1 pound
Paprika 1/4 teaspoon
Garlic powder 1/4 teaspoon
Onion powder 1/4 teaspoon
Pepper 1/8 teaspoon
Ground oregano 1/8 teaspoon
Ground thyme 1/8 teaspoon
Lemon juice 1 tablespoon
Margarine, melted 1-1/2 tablespoons

Thaw frozen fish according to package directions. Preheat oven to 350° F. Place fish in ungreased 13- by 9- by 2-inch baking pan.

Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.

Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Nutrition Facts: Calories 140 Total fat 5 grams Saturated fat 1 gram Cholesterol 51 milligrams Sodium 123 milligrams



Benefits of Omega 3:

Reduce Inflammation

Improve Eye Health

Improve Brain function

Reduce Blood Pressure

Spotlight On... Seniors



Older Americans Month 2018



ENGAGE AT EVERY AGE: MAY 2018

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Today, across the country, older Americans – a rapidly growing population – are taking part

in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to make enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

For more info, visit: www.oam.acl.gov

Too Much Sugar Isn't So Sweet for Your Health

Many people consume more sugar than they realize. It's important to be aware of how much sugar you consume because our bodies don't need sugar to function properly. Added sugars contribute zero nutrients but many added calories that can lead to extra pounds or even obesity, thereby reducing heart health. If you think of your daily calorie needs as a budget, you want to "spend" most of your calories on "essentials" to meet your nutrient needs. Use only left over, discretionary calories for "extras" that provide little or no nutritional benefit, such as sugar.

There are four calories in one gram, so if a product has 15 grams of sugar per serving, that's 60 calories just from the sugar alone, not counting the other ingredients. The American Heart Association (AHA) recommends limiting the amount of added sugars you consume to no more than half of your daily discretionary calories allowance. For most American women, that's no more than 100 calories per day, or about 6 teaspoons of sugar. For men, it's 150 calories per day, or about 9 teaspoons. The AHA recommendations focus on all added sugars, without singling out any particular types such as high-fructose corn syrup.

Reference: American Heart Association www.heart.org

Daily Added Sugar Limit

MEN

WOMEN



No more than:

9 teaspoons
36 grams
150 calories

6 teaspoons
25 grams
100 calories



Minority Health Month

April is National Minority Health Month, a time to learn more about the health status of racial and ethnic minority populations in the U.S. The theme for 2018 is **Partnering for Health Equity** which highlights partnerships at the federal, state, local, tribal and territorial levels that help reduce disparities in health and health care. This year, the Office of



Minority Health at the U.S. Department of Health and Human Services will celebrate impactful public and private sector collaborations that advance health equity and help improve the health of the nation. The old saying goes, “two heads are better than one.” The idea behind this proverb is that it’s helpful to work with others when tackling a problem or working to reach a goal. In public health, individuals and organizations have long used this approach when it comes to addressing health equity. During National Minority Health Month 2018 in April, the U.S. Department of Health and

Human Services (HHS) at the Office of Minority Health (OMH) is drawing attention to impactful public and private sector collaborations that advance health equity and help improve the health of the nation. One of the reasons why teamwork can be more effective in addressing health disparities is because our health is influenced by many factors.

The places where people are born, grow, live, work, play, learn, and age all impact health. By collaborating across and within sectors such as health, education, justice, housing, transportation, nutrition, environmental health and employment, we can improve living conditions in communities and help individuals live longer and healthier lives. Stay up-to-date on National Minority Health Month resources and activities at the [website](#), through OMH email updates or follow HHS OMH on Twitter, Facebook and Instagram.

Source: www.hhs.gov

World Health Day

On April 7, World Health Day, the World Health Organization marked its 70th anniversary.

This year, World Health Day is dedicated to one of WHO’s founding principles:

“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”



World Health Day 2018

No one should choose between health and life necessities.

May: Mental Health Month



Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

Find more information at www.MentalHealth.gov and www.samhsa.gov

Mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally. Paying attention to both your physical health and your mental health can help you achieve overall wellness and set you on a path to recovery. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Taking good care of your body is part of a Before Stage Four approach to mental health. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy. Getting the appropriate amount of exercise benefits nearly all aspects of a person’s health. Not only does exercise help

control weight, it also improves mental health, and chances of living longer and healthier. Recent research is connecting your gut health with your mental health. So, when it comes to diet and nutrition, it’s all about finding the right balance of nutrients to benefit both the mind and body. Sleep plays a role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. Stress has a huge impact on our lives and can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.



Air Quality Awareness Week

Air Quality Where You Are
April 30 - May 4, 2018

Photo by Joseph Johnson









This year's theme is **Air Quality Where You Are.**

The goal is to promote events that increase air quality awareness and inspire people to take steps, no matter how large or small, to reduce their contribution to air pollution.

Top Vegetables in Maryland

Have you wondered how to get your children to eat more vegetables? Are you looking for a fun and healthy family activity? Consider community or container gardening and get the whole family involved! Visit hdgreenteam.org.

VEGGIE	THE BENEFITS
<p>Tomatoes</p> 	<p>Tomatoes are the major dietary source of the antioxidant lycopene. They are also a great source of vitamin C, potassium, folate and vitamin K. Grows well in containers or garden. Start seeds indoors, transplant seedlings in early May. By July, first crop is coming in.</p>
<p>Peppers</p> 	<p>One of the easiest vegetables to grow and nutritional. First crop by mid-July. Peppers are low in calories and contains 0 grams of fat and a good supply vitamins and minerals.</p>
<p>Lettuce and/or Spinach</p> 	<p>Easy to plant, beginning in March with repetitive sowing throuout the season. Harvest in 35-45 days. Start every dinner with a salad — and switch it up! Have romaine lettuce one week, then spinach the next.</p>
<p>Green Beans</p> 	<p>Low in calories and fat and contain no cholesterol. The fiber content is very high, and it also provides some of your daily protein requirements. Planted after frost and provides a regular yield beginning in approximately 60 days.</p>
<p>Beets</p> 	<p>Beets are chock-full of essential nutrients like B vitamins, iron, manganese, copper, magnesium, and potassium. Bonus: the green leafy tops are among the healthiest part of the plant and delicious in a salad.</p>
<p>Herbs</p> 	<p>The flavor of fresh herbs can enhance any dish. Chives, rosemary, thyme, sage and winter savory are perennials, coming back every year. Basil, oregano, dill and marjoram will need to be replanted every year.</p>



Children's Health



Spring Clean Your Finances



Easy ways to add more activity to your family's busy schedule.

Set specific activity times. Determine time slots throughout the week when the whole family is available. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

Plan ahead and track your progress. Write your activity plans on a family calendar. Let the children help in planning the activities. Allow them to check it off after completing.

Include work around the house. Involve the kids in active chores like raking, weeding, or vacuuming.

Use what is available. Plan activities that require little or no equipment or facilities. Examples include walking, running, playing tag and dancing. Check with your local community recreation center for free or minimal charge activities.

Building new skills. Enroll the kids in classes they might enjoy such as gymnastics or tennis.

Help them practice. This will keep things fun and interesting!

Plan for all weather conditions. Choose some indoor activities such as mall walking, indoor swimming or active video games.

Turn off the TV. Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV and using the computer (except for schoolwork).

Start small. Begin by introducing one new activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game or go to an additional exercise class.

Include other families. Invite others to join your family activities. This is a great way to spend time with friends while being active.

Treat the family with fun activities. When it's time to celebrate as a family, do something active. Plan a trip to the zoo, park, or beach!

Source: www.ChooseMyPlate.gov

Spring is here, and it's the perfect time to get your finances in order.

1. Request a free credit report. You can request a free credit report every 12 months from each of the three major consumer reporting companies (Equifax, Experian and TransUnion). Once you have your credit report, you can check for and correct any errors.

2. Address your debt. First, review your bills and make sure you understand what you owe. Second, if any bills are past due, contact your lender to see if alternative payment options are available. Ignoring debt is not an option!

3. Review your spending. Take a close look at your purchases over the past couple months. If you're looking to cut back, try breaking down needs vs. wants. Simple personal guidelines, such as using cash for smaller purchases, make

it easier to stick to your goals over time.

4. Save automatically. If you have a bank account and direct deposit, you may be able to arrange to automatically deposit some of your paycheck to a savings account every time you're paid. Or ask your bank or credit union if you can set up automatic transfers to savings. You may also be able to use a prepaid card to set aside money for savings.

When you save for unexpected expenses, you can handle them when they happen without having to skip other bills or borrow money. **Start with \$500 as your goal.** This is enough to cover a lot of common emergencies, like car repairs, a plane ticket to care for a sick family member, or smaller medical costs.

Source: Consumer Financial Protection Bureau

Mark Your Calendar! Upcoming Classes



Class	Location	Dates/Time	Cost	Contact
Healthy Living—Green Cleaning	Village at Lakeview Community Center Edgewood, MD	1:00—4:00 pm May 11 May 22 Jun 1	FREE	Trace Miller 410-679-0473 or Jennifer Dixon Cravens 410-638-3255
Healthy Living—Green Cleaning	W.A.G.E Connection Beards Hill Plaza Aberdeen, MD 21001	11:00 am—3:00 pm April 23	FREE	Jennifer Dixon Cravens 410-638-3255
Grow It, Eat It, Preserve It (for Beginners & Advanced canners)	Harford County Extension Office 3525 Conowingo Rd. Street, MD 21154	11:00 am—2:00 pm May 17—Strawberry Jam Jun 13—Cherry Jam Jul 18—Pickles Aug 11—Peaches	A \$20 fee includes lecture/instruction, and all the equipment and produce to process your own	Dr. Shauna Henley 410-887-8090 To purchase tickets, CLICK HERE.

The University of Maryland Extension is an Equal Opportunity Employer and Equal Access Programs. If you need assistance to participate in any of our programs, please contact the Extension Office, 410-638-3255, 2-4 weeks before the program. The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, political affiliation or gender identity and expression.

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