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Family and Consumer
Sciences Department
University of Florida -
Sarasota County Extension



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Journal Keeping

Learning to journal is an inexpensive and very effective way of coping. It is a unique coping skill in that it can be done individually; it can be looked at by others (friends, family, professionals) at a later date and is always a "safe place" to reveal one's true self. Like any new skill, it requires practice on a daily basis to be effective.

What is a journal?

- An account or record of what one thinks, feels, notices or experiences.

What are some of the benefits of "journaling?"

- Time to reflect.
- Increased awareness and insight.
- Historical perspective.
- A place to let go.

How to Journal?

- Try to use a theme like anger, serenity, a poem, a quote or saying.
- Pretend you are writing to a best friend.
- Think that one day your family might read this to get a better understanding of you.

When to Journal?

- Morning, to start the day with a fresh start.
- Afternoon, a mid-day break to collect thoughts.
- Evening, to review a day's event.

Portable Generator Hazards

Portable generators are useful when temporary or remote electric power is needed, but they also can be hazardous. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, and fire. Every year, people die in incidents related to portable generator use. Most of the incidents associated with portable generators reported to CPSC involve CO poisoning from generators used indoors or in partially-enclosed spaces.

Carbon Monoxide Hazards

NEVER use a generator in enclosed or partially-enclosed spaces. Generators can produce high levels of CO very quickly. When you use a portable generator, remember that you cannot smell or see CO. Even if you cannot smell exhaust fumes, you may still be exposed to CO.

If you start to feel sick, dizzy, or weak while using a generator, get to fresh air **RIGHT AWAY. DO NOT DELAY**. The CO from generators can rapidly lead to full incapacitation and death.

If you experience serious symptoms, get medical attention immediately. Inform medical staff that CO poisoning is suspected. If you experienced symptoms while indoors, have someone call the fire department to determine when it is safe to re-enter the building.

Follow these safety tips to protect against CO poisoning:

- **NEVER** use a generator indoors, including in homes, garages, basements, crawl spaces, and other enclosed or partially-enclosed areas, even with ventilation. Opening doors and windows or using fans will not prevent CO build-up in the home.
- Follow the instructions that come with your generator. Locate the unit outdoors and away from doors, windows, and vents that could allow CO to come indoors.
- Install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's installation instructions. The CO alarms should be certified to the requirements of the latest safety standards for CO alarms (UL 2034, IAS 6-96, or CSA 6.19.01).
- Test your CO alarms frequently and replace dead batteries.

Electrical Hazards

Follow these tips to protect against shock and electrocution:

- Keep the generator dry and do not use in rain or wet conditions. To protect from moisture, operate it on a dry surface under an open, canopy-like structure. Dry your hands if wet before touching the generator.
- Plug appliances directly into the generator. Or, use a heavy duty, outdoor-rated extension cord that is rated (in watts or amps) at least equal to the sum of the connected appliance loads. Check that the entire cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin.

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- **NEVER** try to power the house wiring by plugging the generator into a wall outlet, a practice known as “backfeeding.” This is an extremely dangerous practice that presents an electrocution risk to utility workers and neighbors served by the same utility transformer. It also bypasses some of the built-in household circuit protection devices.
- If you must connect the generator to the house wiring to power appliances, have a qualified electrician install the appropriate equipment in accordance with local electrical codes. Or, check with your utility company to see if it can install an appropriate power transfer switch.
- For power outages, permanently installed stationary generators are better suited for providing backup power to the home. Even a properly connected portable generator can become overloaded. This may result in overheating or stressing the generator components, possibly leading to a generator failure.

Fire Hazards

Follow these tips to prevent fires:

- Never store fuel for your generator in the home. Gasoline, propane, kerosene, and other flammable liquids should be stored outside of living areas in properly-labeled, non-glass safety containers. Do not store them near a fuel-burning appliance, such as a natural gas water heater in a garage. If the fuel is spilled or the container is not sealed properly, invisible vapors from the fuel can travel along the ground and can be ignited by the appliance’s pilot light or by arcs from electric switches in the appliance.
- Before refueling the generator, turn it off and let it cool down. Gasoline spilled on hot engine parts could ignite.

Source: Consumer Product Safety Commission, Washington, D.C.

Stretching Your Dollars: Controlling Your Grocery Bill

The first step in managing your dollars is to know how much money you have to spend. The next step is to develop a spending plan and establish a maximum amount to be spent in each category. How much do you have to spend for groceries for one month? Divide your money into four parts. Now you know how much is available to spend each week.

Know What You Must Purchase With Your Grocery Money

Your supermarket bill will include various food and non-food items. Non-food purchases include things such as cleaning and laundry products (soaps, detergent), paper products (napkins, toilet tissue), grooming supplies (toothpaste, shampoo), and household supplies (light bulbs, waxes, polishes).

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Know Your Needs

Before going supermarket shopping, check to see what you have on hand available for use. Then, make a list of items you will need for the week. (There is a difference -- what you want and what you need. You may want steak, but our need is meat – and there are meats that cost less than steak.)

Making a Shopping List

To organize your shopping, make a list. A shopping list helps make sure that you get the things you need and helps you avoid overlooking a product that would require an extra trip to the store.

- Keep the list handy in the kitchen so you can write down the items needed as supplies run low.
- Include basic staples, as they need to be replaced.
- List weekly-advertised specials that fit into your menu. Include staples that are on special if you have storage space and you can use them before the quality deteriorates.

Look for Bargains

Check newspaper ads for special prices. Stores often sell some merchandise at reduced prices to attract customers who will usually buy other merchandise. Note the price and store on your shopping list. Before going shopping, plan a menu for a week so you will know which foods to shop for.

Use Coupons and “Cents-off” when Advantageous

Discount coupons are issued by the manufacturer and also by the store. A manufacturer’s coupon can be used at most stores that sell the product while a store coupon is only accepted at a specified store. Most coupons are offered on name brand products. Coupons can save you money if you normally buy that specific product at its regular price. But if there is a store brand (or another brand) selling for less, the coupon may not save you money.

Know When and Where to Shop

Try to shop when the stores are not crowded. Shop alone if possible (children and mates often add to the grocery bill). Take advantage of farmer markets and roadside stands to buy less expensive, locally grown produce. Compare prices at competing supermarkets. Choose the one that has the best prices for items you buy.

Do Comparison Shopping

Compare the cost of food products in different forms (for example, canned, fresh, frozen). Also compare competing brands including store brands. Many of the store brands are from the same processors as the national brands but usually sell for a lower price.

Compare the per unit cost of competing products. The unit price is marked on the supermarket shelves beneath the products.

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Consider the Packaging

Packaging is important in keeping foods and other products fresh and protecting them from contamination during the handling. However, it is important to select products that are not over-packaged. Think about how the product is to be used, when and under what conditions. For example, individually-wrapped slices of cheese are great for children who will “build” their own sandwiches on a picnic table. It is excess packaging of cheese if the cheese is for general home use. Many products are now sold in concentrated form, requiring smaller containers. Others sell refills in more environmentally-friendly packages. Remember, “just a few packages” discarded by many different people has resulted in overflowing land fills. Every discarded package counts.

Read the Label

The label is sometimes called the window to the product. Federal regulations require certain information to be on the label. For example: common name of the product, contents, amount of product, and name and address of manufacturer, processor or distributors.

The food products are labeled with the net weight including solid and liquid content (for example, peas and juice), and list ingredients that make up the product (listed in decreasing amounts by weight). The nutrition information tells the shopper how many servings are in the container, how many calories it contains, the amount of sugar, fat, vitamins, minerals, and other relevant information needed to make nutritious choices.

Use Open Dating Information

Dairy products and some other products are required to carry an open, shelf removal date. Some other products (for example, cereals) voluntarily use a shelf-removal date to ensure quality. When shopping, think about the length of time you will store the item before using it. If the purchase will not be used immediately, look for a date that is as distant as possible. Shelf removal dates are quality assurance dates. They are not a “**do not use after**” date. Products are usually still usable for some time following their shelf-removal date.

Buy and Prepare Foods in Usable Quantities

Do not waste food. For those living alone, divide food into serving sizes after preparing. Freeze and label the individual servings. When this is done for several foods, it is easy to select a varied menu and the mean preparation time is also reduced.

Source: University of Florida, Institute of Food and Agricultural Sciences, Gainesville, FL

B Vitamins

What is folate?

Folate is one of the B vitamins. It is involved in the formation of DNA and amino acids. DNA is the genetic material found in all cells of your body. Amino acids are the building blocks of protein.

Folate is an important nutrient for everyone. It's especially important for pregnant and nursing women, growing children and elders. Many older people do not get enough folate. This can cause several health problems. Getting enough folate is easier now that some foods are fortified with the vitamin.

When you don't get enough folate, your body can't make the DNA and amino acids it needs. Eating high-folate foods may reduce the chances of you developing: • Anemia (reduced number of red blood cells) • Heart disease • Stroke • Cancer • Memory problems.

How much folate do I need?

The recommended intake for people 19 years and older is 400 micrograms a day. Pregnant women need an extra 200 micrograms and nursing moms need an extra 100 micrograms a day.

Why do we need vitamin B₁₂?

Vitamin B₁₂ works with the B vitamin folate to make DNA, our body's genetic material. B₁₂ is needed to protect nerve cells from damage. It also helps to decrease our risk of heart disease by keeping blood levels of the amino acid homocysteine low. Vitamin B₁₂ also helps in the functioning of the nervous system and in metabolizing protein and fat in the body. Everyone needs vitamin B₁₂. Older adults and strict vegetarians (vegans) need to be sure to get enough B₁₂ by using fortified foods or supplements.

What happens if we don't get enough vitamin B₁₂?

Vitamin B₁₂ deficiency causes pernicious anemia. This affects blood and nerves. With pernicious anemia, the body can't make normal red blood cells to carry oxygen in the blood. Lack of oxygen makes people weak and tired. Nerve damage can lead to paralysis and death.




































































Why do we need Vitamin B₆?

Vitamin B₆, a water-soluble vitamin, helps use protein to build body tissue and aids in the metabolism of fat. The need for vitamin B₆ is directly related to protein intake. As the intake of protein increases, the need for vitamin B₆ increases.

What About Fortified Foods?

Most ready-to-eat and instant-prepared cereals are fortified with vitamins B₆. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA (required daily allowance) for vitamin B₆. Since cereals vary, check the label on the package.

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Best sources of B vitamins			
KEY	 0-9% of Daily Value	 10-19% of Daily Value	
	 20-29% of Daily Value	 30% or more of Daily Value	
FOOD	FOLATE	B12	B6
MEAT AND SEAFOOD (3 oz)			
Atlantic salmon			
Beef top round			
Chicken breast, no skin			
Chicken liver			
Ground beef, extra lean			
FRUITS AND VEGETABLES [1]			
Avocado (1)			
Banana (1)			
Broccoli (1/2 cup)			
Orange juice, fresh (1 cup)			
Potato, baked with skin			
Spinach (1/2 cup)			
DAIRY			
Milk, skim (1 cup)			
Yogurt, nonfat plain (1 cup)			
LEGUMES (1/2 cup) [1]			
Black-eyed peas			
Garbanzo beans			
Lentils			
Pinto beans			
GRAINS, NUTS, AND SEEDS [2]			
Peanuts (1/4 cup)			
Rice, white (1/2 cup cooked)			
Spaghetti (1/2 cup cooked)			
MISCELLANEOUS			
Nutritional yeast (1 tbsp)			
[1] All vegetables and legumes cooked			
[2] Values include folic-acid fortification			

Sources: University of Florida and US Department of Agriculture

Avoid Harmful Germs at the Holidays!

Chase germs away during the holiday rush.

As the holiday shopping frenzy escalates, the germs that cause colds and flu want to get in on the action, too. They're lurking in the crowd, just looking for opportunities to catch you off guard, warns The Soap and Detergent Association. What's one of the best ways to stay healthy for the holidays? Wash your hands frequently.

Opportunity #1: Rest Stop

Washing your hands after using the restroom is essential for good hygiene.

Opportunity #2: Snack Shop

Busy shoppers need frequent refueling. But germs from hands that have touched merchandise, door handles, credit cards and more can find their way into your favorite snack. Make clean hands your first order of business.

Opportunity #3: Dinner-on-the-run

With so much to do, dinner may be no more than a quick pizza before heading out to the mall. No matter how pressed you are for time, wash your hands before you eat and again before you rush out the door.

Opportunity #4: After Coughing and Sneezing

One of the most common ways people catch colds is by rubbing their nose or eyes after touching someone or something contaminated with the cold virus. Don't be an enabler who spreads germs to others. Cough into your shoulder, not your hands, and always wash your hands after coughing or sneezing.

When soap and water aren't available, or when public restrooms are inadequately stocked, antibacterial or alcohol-based wipes and hand gel formulas are effective for killing germs. Stash them in your purse, your shopping tote or the glove compartment of your car so there's no excuse to be caught dirty-handed.

Source: Soap and Detergent Association

Passwords Are Like Underwear

- Change yours often.
- Don't share them with friends.
- The longer, the better.
- Be mysterious.
- Don't leave yours lying around.

Source: Office of Policy and Education, University of Michigan, Ann Arbor, MI

Buying Green

Buying green is easy. There are many environmentally-friendly options that can be found in your local grocery store. Be a smart consumer and look for healthy, low-waste products. Use these tips to start shopping sustainably.

1. Know your eco-labels

Many products claim to be “green,” “safe” or “all-natural.” Yet, these labels have no legal meaning. Look for the following certified labels to find authentic eco-friendly products:

- ENERGYSTAR (appliances)
- Fair Trade (coffee, tea, chocolate)
- Greenseal (many products)
- Marine Stewardship Council (seafood)
- Smartwood or Forest Stewardship council (wood products)
- USDA Organic (foods)

2. Buy “Recycled”

Many common items can be found with “recycled content.” Just look for the label.

- **Paper products:** Copy paper, notebooks, napkins, toilet paper, paper towels, paper plates.
- **Toiletries:** recycled tooth brushes and razors at Recycline.com
- **Carpet:** Most manufacturers offer recycled content carpet.
- **Ink cartridges:** for your printer or copier.
- **Motor oil:** America’s Choice is 100% recycled.
- **Paint:** Sarasota County Recycled Paint – Household Chemical Collection Center, 8750 Bee Ridge Road, Sarasota, FL (941) 861-1531.

3. Buy local and support sustainable businesses

Do your shopping at locally-owned stores whenever possible. Supporting local business stimulates the regional economy and saves the energy involved in shipping goods long distance.

Find green businesses in Sarasota County:

- Sarasota Green Connection – www.sarasotagreenconnection.com (941) 366-2103
- Sustainable Sarasota – www.sustainablesarasota.com (941) 861-5000

Find green businesses anywhere in the U.S.:

- Co-op America’s Green Pages
- Fair Trade Federation Stores

4. Think carefully about what you need

Before you make a purchase, think carefully about whether or not you need this product. Keep these questions in mind:

- How often will I use this item?
- Do I have something similar at home that can serve the same purpose?
- Can I find a used version of this item for a lower price?
- Can I borrow one from a friend or neighbor?
- Am I prepared to maintain and/or repair this item when necessary?
- How long will I keep this item?
- How will I dispose of this item when it is no longer useful?

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5. Shop at Reuse Center

No matter what you need, chances are you can find a used version of the same or similar quality for a lower price. By purchasing used items, you not only save money but you save waste from the landfill. Check out local reuse, consignment and thrift stores, or look in the classifieds or online for used items.

6. Look for low-waste products

Choose products with minimal to no packaging. This reduces waste for you and is a great way to support eco-friendly marketing. When possible, buy in bulk. Bring your own bags and containers that you can reuse in the bulk food sections. Avoid Styrofoam packaging, which takes a long time to biodegrade. Choose low-waste products instead of individually-wrapped items.

7. Find eco-friendly alternatives for all your needs

From low-toxic cleaners to recyclable toothbrushes, eco-friendly products to fill all your household needs:

- Conscious Consumer Marketplace
- Earth Mart
- Eco-Mall
- Fair Trade Certified Products
- Forest Certified Products
- Green Earth Office Supply
- The Green Guide
- Real Goods

8. Eat sustainably

Choose fresh, seasonal foods that support sustainable agriculture and the local economy.

- ECO-tips; Sustainable Foods
- Foodroutes.org
- Local Harvest

9. Choose energy efficiency

Look for the ENERGYSTAR label to choose the most efficient products when purchasing your home appliances. Buy compact fluorescent bulbs, which last up to ten times as long as incandescent bulbs.

10. Look for a “green” car

If you're shopping for a new or used automobile, look for a model with the highest fuel efficiency that fits your needs. New hybrid-electric vehicles can get up to 57 miles per gallon.

- EPA Green Vehicle Guide
- US Dept. of Energy: Fuel Efficient Cars

Source: [www. Sustainablesarasota.com](http://www.Sustainablesarasota.com)

Tips for Helping Children Eat Their Fruits And Vegetables

- Be a good role model. Children are influenced by what their parents and caregivers do.
- Make fruits and vegetables available and limit junk food. We all tend to take the path of least resistance. If healthy snacks are available....they will eat them.
- Make children part of meal planning and preparation.
 - Fruits and vegetables are the perfect subject for teaching young children about colors, shapes, and aromas.
 - A trip to the supermarket is a wonderful opportunity to talk with children about how fruits and vegetables will help keep them healthy and strong.
 - Include children in food shopping and have them choose a fruit or vegetable from each of the color groups.
 - Having children participate in age-appropriate meal preparation ups the chances that they will eat the fruits and vegetables on the menu.
- Make it fun, particularly for young children. It only takes a few minutes, a few raisins and banana slices to turn an open-faced peanut butter sandwich into a piece of kid-pleasing art.
- Get out the blender; low fat yogurts and canned, frozen or fresh fruits provide an infinite number of combinations for a quick breakfast or snack.
- Freeze 100% juice boxes and add them to lunch packs. It will keep them cold and the juice will be ready to drink by lunch time.
- Keep it bite-sized. Young children may find a large piece of fruit or vegetable daunting. Choose smaller sizes of whole fruits and vegetables for them or cut the larger ones into manageable pieces.
- Don't make it a "big deal" and keep trying. Very young children often will need to try a new food many times before accepting a new taste. As they get older the Tom Sawyer approach can be helpful..."When you are more grown up you may want to try (fill in the fruit or vegetable)."
- Pair new fruits and vegetables with foods a child is already fond of: try celery filled with peanut butter and topped with raisins, add frozen mixed vegetables to canned soups, dip sliced fruit in melted chocolate, serve cut up vegetables with low fat ranch dressing, add baby spinach to sliced strawberries to a turkey sandwich, and make it the "veggie deluxe" on pizza night.
- Be adventurous; try a new fruit or vegetable once a week.

Source: Produce for Better Health Foundation

Florida Food Fare

By Jean Meadows

Breadfruit

Description: Native to Malayan Archipelago, breadfruit has been a traditional carbohydrate source for many tropical cultures. It gained official recognition when mutiny resulted on Captain Bligh's famed Bounty, in 1788, because the crew had to care for thousands of hand-planted breadfruit trees bound for the West Indies Islands. Today the breadfruit is eaten worldwide.

Fruits are rounded or ovoid 15 - 20 cm (6" - 8") long and 20 cm (8") in diameter. Generally the skin is thin and green, becoming pale green with red brown areas on maturity. It is patterned with irregular polygon shaped "bumps" which flatten and enlarge on maturity of the fruit. When mature, the interior of the fruit is white or pale and starchy. When completely green, the raw breadfruit is hard and starchy, like a raw potato; when slightly ripe, the raw pulp resembles both eggplant and partly baked bread. Cooked at this later stage, breadfruit acquired a texture that might be likened to that of an extremely starchy potato mixed with a plantain, but is much stickier than either. It has a slightly musky, fruity flavor, but at the same time it is very bland. Fully ripened, the flesh becomes rather sweet and tacky; it may be as soft and creamy as an avocado, or runny as ripe Camembert, or tender as rising yeast batter, with an aroma that matches.

Selection and Care: For potato-type recipes select breadfruit that is firm with a bright green peel. Sometimes green breadfruit will have a white milky sap, which is natural. For recipes calling for ripe breadfruit, select fruit that may be soft to the touch with brown speckled peel. The interior texture will be similar to a ripe avocado.

Nutritional Value: Raw green breadfruit provides 113 calories per 100 grams or 1/2 -cup portion and is rich in potassium. A 1/2 cup portion also contains: 1.5 g protein, 25.4 g carbohydrates, 3 g fat, 490 mg potassium, 2 mg sodium, and 30 mg vitamin C.

Use & Preparation: Breadfruit is used almost exclusively as a vegetable, generally when wholly or partly green. The green, hard fruit can be boiled and used much like white potatoes. Steam peeled chunks for 45-60 minutes or parboil in salted water until tender, approximately 30 minutes, then proceed with your favorite recipe.

Recipes:

Dilled Breadfruit & Yogurt Soup

1 lb. breadfruit, (approx. 3 cups)	1 cup nonfat half & half
1 cup chopped onion	1 cup plain yogurt
1 cup diced celery	Salt and pepper to taste
2-3 cloves minced garlic	2 tablespoons dried dill
4 cups chicken stock	1/4 cup chopped fresh parsley

Peel and chop breadfruit into 1" pieces, in covered saucepan. Simmer breadfruit, onion, celery and garlic in chicken stock until breadfruit is tender, approximately 45 minutes. Chill. Stir in cream. Process in blender until breadfruit pieces are the size of small peas. Add yogurt, salt and pepper to taste, dried dill. Garnish with fresh parsley. Yield: 2 quarts.
