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# The Home Extension Line

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*Family and Consumer  
Sciences Department  
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## Florida Breakfast Partnership

Florida's Governor and Cabinet adopted a resolution recognizing the creation of the Florida Breakfast partnership, an organization dedicated to educating consumers about the importance of eating a healthy breakfast every day. The partnership is an alliance of the Florida Department of Citrus, Florida Department of Agriculture and Consumer Services, Dairy Council of Florida, Florida Poultry Federation and the Florida Pork Improvement Group.

Research suggests that eating breakfast on a regular basis provides nutritional benefits and may help with weight control and cognitive performance. The Florida Breakfast Partnership will conduct marketing outreach efforts to consumers, educators and health professionals to increase awareness of nutritious Florida products that can be part of a healthy breakfast.

The web site [www.FloridaBreakfast.com](http://www.FloridaBreakfast.com) provides educational resources for parents and teachers, health and nutrition research updates, recipes, educational games for children and links to partners' web sites.

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# The FDIC Issued Tips to Help Consumers Manage Their Money

The Federal Deposit Insurance Corporation issued tips recently to help consumers spend less, save more, protect against fraud and borrow wisely at any time, especially during a difficult economy. The advice was published as a special edition of the FDIC Consumer News entitled, "Managing Your Money in Good Times and Bad." Topics include:

## **Spending Less**

Good ways to Get Started Cutting Back

## **Saving More**

7 Tips on Putting Your Dollars to Work ... for You!  
Make the Most of Your FDIC Guarantee

## **Protecting Against Fraud**

When the Economy Cools Down, Financial Scams Heat Up

## **Borrowing Wisely**

You Can Get a Good Loan: Ways to Make It Happen  
Your Credit Score: It Pays to Aim High  
When Payments Are a Problem  
President Announces Aid for Millions of Distressed Mortgage Borrowers  
When a Debt Collector Calls  
Take Charge of Your Credit Cards

## **How to Learn More**

Sources of Help and Information on Managing Your Money

The new publication can be read or printed at [www.fdic.gov/consumers/consumer/news/cnwin0809](http://www.fdic.gov/consumers/consumer/news/cnwin0809). To order up to two free paper copies, consumers can use the online form on the same Web page or call the Federal Citizen Information Center toll-free at 1-888-878-3256.

**Source: [www.fdic.gov](http://www.fdic.gov)**

## March 15-21 is National Poison Prevention Week

March 15-21 is National Poison Prevention Week. It's the perfect time to review the way cleaning products are handled in your home. Nancy Bock, Vice President of Education at The Soap and Detergent Association, offers these guidelines:

- **Close cleaning product caps securely.** Even child-resistant packaging doesn't work if the container isn't properly closed.
- **Lock products up.** Store them in a location that's away from children, pets and food. Install child-resistant locks on cabinets and doors.
- **Keep cleaning products in their original containers.** If an accident occurs, the label provides information concerning the product's contents and advice on what immediate first-aid to perform.
- **Carefully dispose of empty cleaning containers.** Replace the caps and then discard in a sealed recycling bin or garbage container that's safe from curious children and pets.

If there's a poison-related emergency, contact the U.S. Poison Control Center's nationwide toll-free number: 1.800.222.1222. Post this number, which operates 24 hours a day, seven days a week, next to every phone in the house and add it as a contact into all your cell phones. If someone is unconscious, not breathing, or having a seizure, call 9-1-1.

Source: [www.cleaning101.com](http://www.cleaning101.com), The Soap and Detergent Association

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## A Taxing Time of Year

April 15<sup>th</sup> is tax day, a time of great stress for many of us. Stressful situations can lead to unhealthy eating. Easy meal planning can make any day, even tax day, a stress-free day:

- Make a double or triple batch when you have time to cook.
- Buy prepared foods like pre-cut stir-fry vegetables, grated cheese, skinless chicken strips or pre-washed salad greens or spinach.
- Stock up on quick-to-fix foods like pasta, rice, frozen and canned vegetables, canned fruits and lean deli meats and cheeses.
- Cook on weekends to save food prep time during the week.
- Freeze leftovers in individual meal containers for quick thawing.

Source: [www.eatright.org](http://www.eatright.org), American Dietetic Association

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## Make Body, Mind Health a Top Priority

Good nutrition is vital to keep us healthy—that's not breaking news. Yet even though we know what we should eat, often we fail to do so.

For example, we know that for more than 50 years, heart disease has been the Number 1 cause of death for Americans. And, strokes have been the Number 3 cause of death. So, it's obvious that taking care of our heart should be a high priority.

Still, knowing all of this, we typically consume a diet high in cholesterol, fats, and salt. We also skimp on the fiber and consume little seafood, which is recommended for its Omega-3 fatty acids.

Other factors that contribute to heart disease and stroke include tobacco and alcohol use, inactivity, and excess body weight.

To add to our health woes today, 2006 research indicated that Alzheimer's Disease has risk factors similar to those of cardiovascular disease. In this research, as reported in Lancet, the best predictors of loss of mental function are high blood pressure, obesity, high cholesterol, and inactivity—the same predictors we see in cardiovascular disease.

Make the health of your body and mind a priority for 2009:

- Eat a diet high in fiber and nutrients. Focus on fruits, vegetables, whole grains, legumes, low-fat dairy, and fish. Limit the amount of saturated fat, trans fat, cholesterol, sodium, and refined carbohydrates.
- Get some physical activity every day. Go to [www.MyPyramid.gov](http://www.MyPyramid.gov) to find recommendations.
- Strive for a healthy body weight.
- Eliminate tobacco.
- If you drink alcohol, do so in moderation.

**Source: University of Illinois, Shirley Camp, Extension Educator, Nutrition and Wellness**

# It's a Noisy Planet: How Parents Can Protect Their Kids' Hearing

We live in an increasingly noisy world. Not only does the overall noise level seem to be going up, but we are surrounded by a growing number of tools, toys, and other gadgets that make noise – and lots of it. Just compare the noise made by a rake to that made by a leaf blower! While you may already be aware of the rising din, you may not know that too much noise can permanently damage your hearing and your child's hearing.

Even a small loss of hearing can affect a child's quality of life. The ability to hear well helps children succeed in school, in sports and other activities, and in their personal relationships. As adults, the quality of their hearing health may affect their job opportunities and workplace safety.

The lifetime consequences of noise-induced hearing loss (NIHL) can be so significant that the U.S. Department of Health and Human Services has made the reduction of NIHL a national objective. "Health People 2010," the nation's blueprint for better health, has a goal of reducing NIHL in kids and teens under age 17 as well as in adults.

To help us prevent NIHL in children, the National Institute on Deafness and Other Communication Disorders (NIDCD), one of the National Institutes of Health, has launched *It's a Noisy Planet. Protect Their Hearing*. This national public education campaign is designed to increase awareness among parents of children ages 8 to 12 about the causes and prevention of NIHL. Children at this age are developing their own listening, working, and leisure time habits. Consequently, this age provides an excellent opportunity for parents to encourage them to also adopt healthy hearing habits.

"The good news is that there are simple steps that everyone can take to protect their hearing from potentially damaging sounds," says James F. Battey, Jr., M.D., Ph.D., director of NIDCD. "Our goal through this campaign is to increase awareness among parents and children so that it will become second nature to use protective hearing techniques when they're exposed to loud noise, just like it's become second nature to wear sunscreen when they're at the beach or to snap on a helmet when they go biking."

According to the Noisy Planet campaign, noises that are too loud and last too long can be harmful to hearing. To protect your hearing, you and your child can:

- Block the noise (wear earplugs or earmuffs).
- Avoid the noise (walk away).
- Turn down the sound.

The Noisy Planet web site provides parents with information about NIHL and tips on how to teach their children about hearing protection. The site also features articles, games, posters and other materials developed just for kids to make learning about hearing protection fun as well as educational. For more information, visit <http://www.noisyplanet.nidcd.nih.gov/> or call 1.800.241.1044.

**Source: National Institute on Deafness and Other Communication Disorders**

## March 16 to 20 is “Fix a Leak” Week

March 16 to 20, 2009, marks the U.S. Environmental Protection Agency’s **WaterSense** program’s first “Fix a Leak” week. This will become the week when Americans should remember to check their household fixtures and irrigation systems for leaks.

Did you know that the amount of water leaked from U.S. homes is thought to be more than 1 trillion gallons per year? To give you a perspective, that’s about the amount of water used annually by Los Angeles, Chicago, and Miami combined!

It might amaze you to know that a showerhead dripping 10 times per minute wastes enough water in a year to run the dishwasher 60 times. Likewise, a leaky faucet or showerhead that drips one time per second can waste more than 3,000 gallons per year.

Here are some of the easiest things you can do to check and repair some common leaks.

- Read your water meter before and after a two-hour period when no water is being used. If the meter changes at all, you probably have a leak. That means you need to start looking at your toilets, your showerheads and faucets and your outdoor spigots.
- Toilets sometimes leak due to old or worn out toilet flappers (also called “valve seals”). Flappers are cheap inexpensive rubber covers that can build up minerals or decay over time. Replacing them is easy. Just be sure to bring the old flapper to the hardware store with you to buy a new flapper that fits your toilet model. You can identify a leaky toilet by the constant running sound it makes or by placing a drop of food coloring in the toilet tank. If any color shows up in the bowl before you flush, you have a leak. (Be sure to flush right after the experiment to avoid staining the tank.)
- Most leaky showerheads can be fixed by making sure there is a tight connection between the showerhead and the pipe stem and by using pipe tape to secure it. You can find pipe tape (also called Teflon tape) at most hardware stores. It’s easy to apply, and can help tame unruly leaks. You might also check to see if you should replace the washer or “o” ring inside the showerhead while making this repair.

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

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## Don't Take a Vacation from Your Healthy Habits This Summer!

1. Choose water workouts and make a splash as you get fit and strong.
2. Add color and variety to your meal by including seasonal fruits and vegetables, fresh from your local farmers market.
3. Visit museums, the zoo, or an aquarium and walk for hours without realizing it.
4. When the temperature sizzles, get moving to a fun fitness video at home.
5. Start a small garden in your yard or in a community garden to combine healthy eating and physical activity.
6. Plan a weekend hike through a park, a family softball game, or an evening walk around the neighborhood.
7. Boost the flavor and nutrition of your meals with garden-fresh herbs.
8. Drink plenty of water before, during, and after exercise, especially when the temperature soars.
9. Buy only as many fresh fruits and vegetables as you will use, so they won't spoil.
10. Beat the heat with an early morning activity. Go for a walk or bike while watching the sun come up.

Source: [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)

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## Being Healthy is a Big Deal!

1. Eat breakfast every day. Breakfast give you energy. It can help you at school and at play.
2. Eat healthy foods. Try fresh fruits like apples and oranges. Eat vegetables like broccoli and carrots.
3. Try not to eat too much fast food, like pizza and french fries.
4. Drink healthy drinks like water or milk. Try milk that is low in fat or fat-free. Try not to drink sugary drinks like soda.
5. Help your family shop for food. Ask if you can help fix a meal! Remind your family that it is important for everyone to east healthy foods.
6. Get active! Turn off your TV. Take a break from video games.
7. Play outside with your family, friends, or your pet. Kick a soccer ball around or jump rope. Just get moving!

Source: [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)

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# FDA Partners with WebMD to Better Serve Consumers

The Food and Drug Administration (FDA) and WebMD are partnering to expand access to timely and reliable information for consumers. FDA Consumer Health Information will be featured on WebMD's site and in *WebMD The Magazine*.

"We are enthusiastic about this collaboration with WebMD because it will enable us to reach more consumers with accurate, science based information that can help them improve their health," says Commissioner of Food and Drugs, Andrew C. von Eschenbach, M.D.

According to Wayne Gattinella, president and chief executive officer of WebMD, "This important partnership is consistent with WebMD's longstanding mission of providing Americans access to credible and relevant health information."

## A Multi-Media Approach

The partnership includes the following components:

- A new online resource on WebMD.com ([www.webmd.com/fda](http://www.webmd.com/fda)): this cross-linked joint resource features FDA consumer updates – timely and easy-to-read articles that are also posted on FDA's main consumer Web page ([www.fda.gov/consumer/](http://www.fda.gov/consumer/)).
- FDA contributions to *WebMD The Magazine*: FDA consumer updates will be featured at least three times a year in WebMD's bimonthly magazine, which reaches nearly 9 million consumers. The magazine is distributed to physician office waiting rooms across the country.

## Broader Reach

With more than 49 million unique visitors each month, WebMD provides timely health news and information. This partnership reflects FDA's interest in sharing product safety information with a wider audience in the most effective and convenient way.

Consumers have increased their use of all types of information sources to find health information, with the Internet leading the way as the fastest growing source, according to a national study released in August 2008 from the Center for Studying Health System Change. Researchers found that 32 percent of American consumers – 70 million adults – conducted online health searches in 2007, compared with 16 percent in 2001.

The study also found that consumers who actively researched health concerns reported positive impacts. More than half of those surveyed said the information changed their overall approach to maintaining their health. Four in five said the information helped them better understand how to treat an illness or condition.

**Source: FDA Consumer Health Information / U.S. Food and Drug Administration**

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# Eating Right Tips for Older Adults

Eating right and staying fit are important no matter what your age. Help yourself to feel your best by making healthy food choices and being physically active every day.

Eating right doesn't have to be complicated. Start with the following recommendations from the Dietary Guidelines for Americans.

## A Healthy Eating Plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt and added sugars.

## Make Your Calories Count

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Most older adults need fewer calories than in younger years. Making smart food choices can help you stay healthy, manage your weight and be physically active.

## Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

## Know Your Fats

Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

## Physical Activity for Fitness and Health

Balancing physical activity and a healthful diet is our best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

## Special Nutrition Needs

Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

## Source: American Dietetic Association

# Star Sleeper

## **Sleep is a Basic Human Need**

Sleep is a natural part of everybody's life, but many people know very little about how important it is, and some even try to get by with little sleep. Sleep is something our bodies need to do; it is not an option. Even though the exact reasons for sleep remain a mystery, we do know that during sleep many of the body's major organ and regulatory systems continue to work actively. Some parts of the brain actually increase their activity dramatically, and the body produces more of certain hormones.

Sleep, like diet and exercise, is important for our minds and bodies to function normally. In fact, sleep appears to be required for survival. Rats deprived of sleep die within two to three weeks, a time frame similar to death due to starvation.

An internal biological clock regulates the timing for sleep. It programs each person to feel sleepy during the nighttime hours and to be active during the daylight hours. Light is the cue that synchronizes the biological clock to the 24-hour cycle of day and night.

## **Problem Sleepiness Has Serious Consequences**

Sleepiness due to chronic lack of adequate sleep is a big problem in the United States and affects many children as well as adults. Children and even adolescents need at least 9 hours of sleep each night to do their best. Most adults need approximately 8 hours of sleep each night.

When we get less sleep (even one hour less) than we need each night, we develop a "sleep debt." If the sleep debt becomes too great, it can lead to problem sleepiness – sleepiness that occurs when you should be awake and alert, that interferes with daily routine and activities, and reduces your ability to function. Even if you do not feel sleepy, the sleep debt can have a powerful negative effect on your daytime performance, thinking, and mood, and cause you to fall asleep at inappropriate and even dangerous times.

Problem sleepiness has serious consequences – it puts adolescents and adults at risk for drowsy driving or workplace accidents. In children, it increases the risk of accidents and injuries. In addition, lack of sleep can have a negative effect on children's performance in school, on the playground, in extracurricular activities, and in social relationships.

Inadequate sleep can cause decreases in:

- Performance
- Concentration
- Reaction Times
- Consolidation of Information Learning

Inadequate sleep can cause increases in:

- Memory Lapses
- Accidents and Injuries
- Behavior Problems
- Mood Problems

**Source: National Institutes of Health, National Heart Lung and Blood Institute**

# Florida Food Fare

by Mary King  
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 University of Florida / IFAS  
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## Jicama

Jicama (pronounced hecama) is also known as yam bean and Mexican turnip. It is not related to the true yam. The name jicama is also used in Spanish for any edible root. The plant is native to Central America and was probably introduced to Southeast Asia via the Philippines. It is a climbing legume with very long and large tuberous roots, which in five months of growth may reach 6 to 8 feet, and weigh 50 pounds or more. More often, roots are round and beet-shaped with a distinctive taproot. The vining tops, which reach 10 to 20 feet in length, have compound leaves with pointed edges, bear white flowers and green lima bean-shaped pods. These are borne in clusters of six inch-wide pods and may reach a length of 8 to 12 inches.

The starchy root tubers are usually round, 10-15 centimeters in diameter, with a light brown skin and a white flesh. The crisp white interior flesh, which may be eaten raw or cooked, tastes like a cross between a water chestnut and an apple. It is often used as a substitute for water chestnuts in Oriental cooking. As a vegetable, it is very important and popular in Mexico. It is sometimes served raw with a spread of olive oil, paprika, or other seasoning. The tough brown skin is easily peeled. A word of caution: Eat only the roots. The leaves, stems, ripe pods, and seeds may be toxic.

Nutritionally, jicama is a good source of dietary fiber and a fair source of potassium and vitamin C. A cup of jicama contains: 85 percent water, 46 calories, .86 grams protein, 5.8 grams fiber and 12.8 grams carbohydrates.

### Tropical Mango-Jicama Salsa

4 firm ripe mangoes, finely chopped	1/2 medium jicama, minced
1/2 large sweet onion, minced	1/4 cup chopped cilantro
8 finely minced red Serrano chilies, more or less to taste	Juice of 2 to 3 limes

Combine ingredients, and refrigerate 1 hour.  
 Makes twelve ¼ cup servings

Nutritional Information: Calories 74; Protein 1g; Carbohydrate 16g; Fat.3g; Sodium 4 mg.

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