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Family and Consumer
Sciences Department
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Physical Activity vs. Exercise: What's the Difference?

You've probably heard that regular physical activity is an important part of a healthy lifestyle. But what exactly is physical activity? Is it the same as exercise? And how do you know if you're getting enough?

Physical activity is movement that increases your heart rate and burns calories – from heavy gardening to taking the stairs to dancing with friends.

Exercise is a structured and repetitive form of physical activity that can improve your cardiovascular fitness. It includes activities such as swimming laps, taking a brisk walk, stretching or strength training.

For the best health benefits, it is important to combine physical activity and exercise. Aim for achieving at least 30 minutes of moderate or vigorous physical activity – including structured exercise – most days of the week. Doing so can lower your risk of chronic health conditions such as heart disease, stroke, high blood pressure, obesity, diabetes, depression and some cancers.

Physical activity is most beneficial when it's intense enough to increase your heart rate. Focus on vigorous and moderate-intensity activities, such as washing your car, mowing your lawn with a push mower or biking with your kids. And remember, any activity is good activity.

Source: Mayo Clinic

Facts about Calcium

Why do we need calcium?

Calcium is the major mineral found in our bones and teeth. Along with phosphorus and other nutrients, calcium builds the hard structure that makes bones and teeth strong. We also need calcium for proper muscle and nerve functions, blood clotting, and other body processes. These functions are so critical that calcium is taken from the bones to maintain blood calcium if dietary calcium is inadequate.

What happens if we don't get enough calcium?

We need calcium all through our lives to support our bones and teeth, and other body functions. We build most of the structure of our bones before we reach 30 years of age. If we don't get enough calcium to make bones strong when we're young, we will be at risk for osteoporosis as we get older.

Osteoporosis is a condition in which bones are porous and weak. People with osteoporosis have a high risk of bone fractures. Hip fractures often result in loss of independence, so keeping bones strong is an important health goal.

How do I know if I am at risk for osteoporosis?

You may be at a higher risk for osteoporosis if you:

- are White or Asian,
- are small boned and thin,
- have a family history of osteoporosis,
- are a post-menopausal woman and don't take estrogen,
- take certain medications; ask a pharmacist for more information.

How much calcium do we need:

The following table lists recommended daily intakes of calcium:

Life Stage	Calcium (mg/day)
Teens, ages 14-18	1300
Adults, ages 19-50	1000
Adults, ages 51+	1200
Pregnancy	
Ages 14-18	1300
Ages 19-50	1000
Breastfeeding	
Ages 14-18	1300
Ages 19-50	1000
mg = milligrams	

How can we get enough calcium?

For many Americans, dairy foods are the main sources of dietary calcium. People who are lactose intolerant have trouble digesting lactose – the sugar in milk. They can choose the many lactose-free milks and yogurts found in most grocery stores. Also, most people with lactose intolerance are able to drink small amounts of milk and eat cheese with no ill effects.

People who do not eat dairy foods have a hard time getting the calcium they need. Other food sources of calcium are calcium-fortified soy milk, orange juice and grains. Deep green leafy vegetables like kale, collards and broccoli, and some types of tofu are also sources of calcium.

Here are some foods and the amount of calcium they contain:

Food	Calcium (mg/serving)
Tofu, raw, firm ½ cup*	860
Yogurt, low-fat, fruit, 1 cup	370
Milk, low-fat (1%), 1 cup	300
Fortified soy milk, 1 cup	200-300
Fortified orange juice, ¾ cup	200
Cheddar cheese, 1 ounce	200
Collards, cooked, ½ cup	110
Kale, cooked, ½ cup	50
Broccoli, cooked, ½ cup	50
mg = milligrams	
*Check label for tofu made with calcium	

What about supplements?

Women at risk for osteoporosis may need calcium supplements as part of their preventive care. If you are concerned about your bone health, speak to your doctor about your need for calcium. It is better to take calcium supplements throughout the day than all at one. If you use a supplement, do not get more than 2,500 mg of calcium per day from food and supplements together.

It is recommended that we take calcium supplements that contain vitamin D, which is needed to absorb calcium. Do not take more than the recommended dosage unless your doctor tells you to do so.

Where can I get more information?

The Family and Consumer Sciences (FCS) agent at your local Extension office may have written information and nutrition classes for you to attend. Reliable nutrition information may also be found on the Internet at the following sites:

<http://www.4woman.gov>

<http://www.nutrition.gov>

<http://www.nof.org>

Source: University of Florida/IFAS, Gainesville, FL

Reducing Waste on Your Summer Vacation

Planning and Packing

Before you leave home, adjust the air conditioning and water heater thermostats to conserve energy.

Rather than buying small, travel-sized toiletries, fill reusable containers with shampoo, soap, and other necessities.

Reuse plastic or paper shopping bags to pack items for your trip and recycle them afterwards. Plastic shopping bags are perfect for keeping dirty shoes and wet bathing suits separate from other items in your suitcase, while paper bags are great for packing snacks for the car.

Book flights with airlines that offer electronic tickets to reduce paper waste.

On the Road

When you leave your hotel room, switch off the air conditioning, lights, and TV to reduce energy use.

While on your trip, remember to take only the amount of products that you need from restaurants or lodgings. Take only napkins, condiment packets, free brochures, maps, or coupons that you will actually use.

Take along plastic bags to collect your used beverage containers for recycling at rest stops.

When traveling by car or RV, make sure the vehicle is well-maintained – this improves fuel economy which prevents pollution and saves you money!

If you change your own motor oil, recycle it at a “quick lube” shop, gas station, or auto store that accepts used motor oil for recycling.

Fun for Kids

To pass the time on long drives or rainy vacation days, bring scrap paper for drawing and games.

Start an art project with “found” objects – collages and sculptures made from discarded items are a growing trend!

Shop at stores that specialize in used sports equipment – you’ll save money and promote reuse.

When you’re stuck inside on a rainy day, clean out your closet and collect the old clothes and toys for donation to a charity or your next garage sale.

Spend your free time volunteering at a local park or helping out with environmental clean-ups.

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Build a backyard fort or tree house from recycled materials, such as wood scraps, cardboard, and other found items.

Get ready for school next year by making locker decorations out of old CDs. Decorate them with paint, stickers, rhinestones, or photos; stick magnetic tape on the back; and they're ready to spruce up your locker!

Enjoying the Outdoors

Summer is a popular time for barbeques and other outdoor festivities. At your next party, set the picnic table with reusable dinnerware or ask people to bring their own reusable plates and containers. And remember to recycle all bottles and cans after the party!

Hot summer days require gallons of thirst quenchers. Be sure to recycle the used beverage containers. Consider putting a filter on your water tap and refilling bottles with the filtered water. Instead of buying many small drink bottles, buy drinks or drink mixes in bulk and fill reusable bottles.

When making reservations at campgrounds, ask about their recycling facilities.

At the beach, use old buckets and other items in your house to build sand castles instead of buying new products at the store.

When visiting beaches and parks, be sure to take out everything you bring in, so that you leave places uncluttered and undisturbed.

Source: EPA, Washington, DC

Water Works!

Did you know that over half of your body is made up of water?

You may not realize it, but your body uses water to do almost everything – like eating, breathing and moving your arms and legs – even your blood is based on water! It's important to drink plenty of water every day to replace all the water you use.

- Offer water whenever your child is thirsty.
- Keep water cold in the fridge or drink water with ice.
- Try sugar-free flavored or sparkling waters.
- Add a slice of lemon or even mix in a little of your favorite 100% juice.
- Carry a water bottle for when you're on the go.
- Have a special water bottle for each child.
- Don't worry about finding bottled water – water from the tap is fine if you like it!

Source: Adapted from Children's Health Fund

Disaster Supply Kit

Every home should have a Disaster Survival Kit. Ensure a minimum three day (preferably one week) supply for each person. If you have chosen to evacuate to a shelter here are some items you will want to have ready in your shelter kit:

- Two-week supply of critical prescription medication
- Personal hygiene supplies
- Baby needs; diapers, formula, etc.
- Battery operated television or radio and flashlight
- Extra batteries
- Blankets, pillows, sleeping bags or lawn chairs (bedding is not provided)
- Sanitary supplies, wet wipes
- Nonperishable foods for snacks
- First aid kit
- Extra clothing
 - Wet and cold weather clothing
 - Rain gear and sturdy shoes
- Extra pair of eyeglasses
- Travelers checks/cash
- Keys
- Vehicle fuel tanks filled
- Wheelchair or walker if needed
- Cards, books, small games
- Road maps
- Pet foods and medications (Proof of current pet immunizations is required for pet-friendly shelters), leash, muzzle, medications, food and water
- Special diet foods
- Important documents such as birth certificates, insurance policies, insurance cards, social security card, important family and business contact numbers, health records, mortgages, deeds, titles, financial documents kept in a protected place.

Source: Sarasota County Government, Sarasota, FL

Helping Children Be Good Eaters

We want our children to be “good eaters.” But what is a good eater? Children who are good eaters are able to take care of their food needs in a positive and matter-of-fact way. They are able to enjoy many foods, try others, and politely turn down still others. They are able to rely for the most part on their internal cues for regulating the amounts they eat.

But children who are good eaters behave differently from adults. Children have their own ways of behaving with eating.

Children challenge themselves to eat.

Children are naturally skeptical about new food and cautious about eating it. New can be a food they haven't seen before, a familiar food prepared in a different way, or someone they don't know doing the cooking. But life is full of new situations. Children challenge themselves to meet them. The same holds true for eating. Children will work to master new foods and new eating skills, the same as they work to master other skills.

Children learn to like new foods by having them served repeatedly, by seeing their friend eat them, and by tasting them many times and by having someone they trust eat the same food with them.

Children need moral support to do a good job with eating.

Children eat better when there are supportive adults in the eating situation, being friendly, being companionable, but not being managing about the child's eating. Children eat better when the environment is pleasant, comfortable and safe for them, and when their provider or someone else they trust sits down with them to eat. Children eat better when parents are interested in the provider's food service and take advantage of opportunities to show their support.

Children need to feel in control of their eating.

Children eat better when they can pick and choose from foods that are available and decide whether – and how much – they are going to eat. They need the freedom to turn down food they don't want – or the reassurance that they can choose not to eat something they have taken. They benefit from knowing they can taste a food and decide not to finish it. When children know they have an “out” with food, they can do more and dare more than if they get the feeling they “have” to eat.

Children are erratic about their eating.

At home as well as at their provider's, they may eat a lot one day and a little the next, accept a food enthusiastically one day and turn it down the next. They also know how much they need to eat. Their internal sense of hunger, appetite and fullness is stronger than adults', and they eat the right amount to grow properly. They are more likely than adults to stop when they are full rather than when the food is gone.

Children waste food.

Household food consumption surveys show that plate waste goes up when there are children in the family. Adults tend to clean their plates and eat the expensive foods (like meat, vegetables, fruits and sweets). Children do not. And they often don't finish their milk. A certain amount of waste is inevitable.

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Children won't eat food that is unappealing to them.

Food rejection has as much to do with the child as with the foods. Adults eat food because they like it, but they also eat food that doesn't taste the best to them because the food is good for them or because they paid for it or to keep from getting hungry later. Children don't. They eat because the food tastes good. And they eat what hits them right at the time.

While attractive and well-prepared food that is generally familiar is important in allowing children to eat better, it doesn't do the whole job. Children have bigger appetites some days than others. They grow faster sometimes than others. Some generally favorite foods don't taste good to them some days.

Children need limits.

Children do not benefit from being allowed to say "YUK!" at meal time. They benefit from learning to be respectful of other people's feelings – whether those are grownups' feelings about the food they have prepared or their friends' feelings about what they like.

Children benefit from learning to turn down food politely (a simple "no thank you" will do), to be matter-of-fact about choosing not to eat something, and to be subtle about getting something back out of their mouths when they don't feel like swallowing. If children are rude about food, look for ways grownups are putting pressure on their eating. Children may be fighting back.

Feeding demands a division of responsibility.

Parents and child care providers can only provide a variety of attractive, wholesome food in pleasant surroundings – and work together to encourage positive approaches to feeding. After that, it is up to the children to eat. They have their own kinky ways of going about it. Taken on a day-to-day basis, it can look like they aren't accepting foods at all well. But over the long term, children will eat, and they will learn to like a variety of food. Putting pressure on children to increase food acceptance or decrease food waste will backfire. Children eat less well, not better, when they are forced, bribed or cajoled to eat.

Source: Ellyn Satter. Excerpted from *Child of Mine; Feeding with Love and Good Sense*, www.ellynsatter.com

Healthy Drinks for Your Kids

The best drinks for children are water, non-fat, or low-fat milk and limited 100% fruit juices. What can you do to help your children develop healthy beverage habits?

- Don't buy sweetened drinks. Your family will be less tempted to drink what's not at home.
- Encourage children to choose water, milk, or 100% juice when eating out.
- Limit your own consumption of sugar-added drinks and choose healthy ones instead.

Source: Adapted from *Childhood Obesity Prevention*

New Credit Rules on the Horizon

Congress has heard the outcry from consumers about questionable credit card practices and new regulations will take effect in 2010. Many of the approved changes will begin in July 2010, with others taking effect sooner. All of these changes have potential impact on consumers' use of credit and overall financial management. Some of these, while seeming minor, will help consumers make better progress on debt reduction. New regulations are also being proposed that Congress will consider in upcoming months that aim to further protect consumers.

The following changes will all take effect in July 2010:

- **Universal defaults have been eliminated.** Universal Default allowed credit card companies to raise your interest rates if you had a missing or late payment on another unrelated debt. Essentially, universal default allowed lenders of Card B to raise your rate if you had missed or been late on a payment to Card A. Thus you were penalized by other lenders for the mistake made with one. In other words, if you are late on a car payment, a credit card company will no longer be able to increase the interest on your account if it is unrelated to financing your car.
- **Rising Interest Rates on Existing Balances.** Companies can no longer raise interest rates on existing credit card balances. While your interest rate may be changed for various reasons such as your risk profile or credit score changes, the new interest rate will only be applied to future purchases. However, if your payment is over 30 days late this new interest charge can be applied retroactively.
- **Applying Payments.** Any payment you make to a credit card company will be applied to the higher-rate balances first to reduce penalties and fees. This will save you money since it prevents the credit card company from applying your payment to the lower interest rate first. This would result in higher charges over time for the consumer. In the past, the practice was to apply payments to balances linked to lower rates such as balance transfers before applying to purchases.
- **No more double-cycle billing.** Previously, lenders could base your finance charge on the average of your two most recent billing cycles. This resulted in higher charges for those individuals who made substantial payments during the most recent billing cycle. For example, if you paid off your balance at the beginning of the current cycle, you should have no finance charge under the new regulations. Prior to this, you still would have had a charge if your credit card company used double-cycle billing.
- **Simpler statements.** Any changes to your account will be in bold or listed separately on your credit card statement. The statement will also state the time of day your payment is due. This will help consumers identify changes in their statement or policy.

Source: Mary Sue Kennington, Orange County Extension Office, University of Florida/IFAS

Snack Attacks – Be Prepared

A snack attack is likely to hit as soon as children get home from school. Plan ahead and have ready-to-eat foods that fit into a healthy eating plan. This means you should plan snacks that help children get the recommended daily amounts from each of the main food groups:

- Grains
- Vegetables
- Fruits
- Milk
- Meat and Beans Group

Here are some snack ideas from the Fruit Group.

Most children do not eat enough fruit. MyPyramid recommends whole fruit instead of fruit juice for most of your fruit choices. Whole or cut up fruit provides fiber in addition to the vitamins and minerals found in fruit juice.

Try these ideas:

- Fresh fruit available in the crisper in the refrigerator
 - Grapes, kiwi, plums, peaches, pears, strawberries, or tangerines
- Fresh fruit available in a bowl on the table or counter
 - Apples, bananas, nectarines, oranges, pears
- Fresh fruit already cut-up and available in the refrigerator
 - Cantaloupe, mangos, or pineapple
- Single servings of fruit created at home and refrigerated in individual containers
 - This could be a mixture of fresh, dried, canned and/or frozen fruit
- Single servings of fruit purchased in cans, cartons, or plastic containers
 - Applesauce, apple chunks, peaches, pineapple or mixed fruit
- Single servings of dried fruit, divided at home, or purchased in individual packages
 - Apples, apricots, peaches, raisins, or plums
- Chilled fruit salad as a special treat. Have it waiting in the refrigerator!
 - Remember: always keep cut fruit refrigerated.

These are just a few of the many ideas that you can consider. Think about your budget, schedule and nutritional needs of your children to plan a snack idea. Remember, ideas for healthy snacks also include food choices that help get the daily-recommended amounts from the other major food groups. The main idea is to have available those foods that help your children to get the best nutrition.

The key is to be prepared by having these healthy snacks available when a snack attack hits!

Source: Glenda L. Warren, Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL

Florida Food Fare

by Mary King

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Cantaloupe

Description: Actually, the correct term for cantaloupe in the United States is muskmelon. “Musk” comes from the Persian language, meaning perfume, probably due to the sweet fruity fragrance of the ripe muskmelon and “melon” from the Latin language “melopepo” meaning “apple shaped melon.” When perfectly ripe, these melons have a raised netting on a smooth grayish-beige skin. The pale orange flesh is extremely juicy and sweet. The center of the melon contains seeds that are removed just before serving.

Availability: Cantaloupes were originally cultivated on the Eastern Seaboard but the climate was not suited to this type of melon, which had originally thrived in the hot dry climate of Persia, and today most are grown in California, Arizona and Texas. Cantaloupe is not currently widely grown in Florida, with presently only about 1300 acres produced. It is available almost year round in the supermarket. Florida cantaloupe is available from April through June and from December through February. Peak season for California varieties is June through October.

Nutritional Value: Cantaloupe is low in calories, contains no fat or cholesterol and is an excellent source of vitamins A and C, as well as other valuable minerals. One serving, 1/8 of a wedge from a large melon, yields approximately 35 calories, 8.5 g carbohydrates, 315 mg potassium, 43 mg vitamin C and 3288 IU vitamin A.

Selection and Care: There are three major signs of full maturity. First the stem should be gone, leaving a smooth well rounded, shallow base. If all or part of the stem base remains, or if the stem scar is jagged or torn, the melon is probably not fully mature. Second, the netting or veining should be thick, coarse, corky and well raised. Third, the skin color between the netting should have changed from green to yellowish-buff, yellowish-gray or pale yellow. A cantaloupe might be mature but not ripe. A ripe cantaloupe will have a yellowish cast to the rind, have a delicate fruity aroma and yield slightly to light thumb pressure on the blossom end of the melon. Most cantaloupes are firm when displayed in the retail stores, but most have not reached their best eating stage. You can hold them for 2-4 days at room temperature to allow completion of ripening. Store ripe melons in refrigerator. Don't remove the seeds until the melon is ready to be used since the seeds keep the flesh from drying out.

Use and Preparation: Cantaloupe can be eaten right out of the rind, with the seeds removed, or it can be scooped out in little balls for a fancier dish. It makes a delicious addition to any breakfast, a low-fat, high-energy snack, a refreshing cold soup or an elegant dessert.

Recipe:

Cantaloupe Soup

1 large ripe cantaloupe	2 tablespoons lime juice
½ teaspoon cinnamon	Fresh mint sprigs
2 ¼ cups orange juice	

Remove seeds from melon and cube the pulp. Place pulp and cinnamon in a blender and puree. Combine orange and lime juices, then stir in puree. Chill. Serve in chilled bowls; garnish with mint sprigs. Serves 8.