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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 Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon

Cravens, provides research based programs 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:**

- *Sweet & Spicy Watermelon Salad*
- *Stone Fruit Summer Salsa*
- *Blueberry Lavender Lemonade*
- *Marinated Pepper Steak*
- *Marinated Baked Salmon*

### Buy Local & Support Your Community

- Take the whole family and let everyone pick out a new fruit or vegetable to try!
- Support your local farmers and economy.
- Enjoy freshly picked produce at its peak in flavor and nutrition.



**ABERDEEN**

Festival Park, 60 N. Parke St.  
 Thursdays, 4:00 - 7:00 p.m.  
 May 2 - October 24



**BEL AIR**

Mary Risteau Courthouse off of Thomas St.  
 Saturdays, 7:00 - 11:00 a.m.  
 April 13 - December 21



**HAVRE DE GRACE**

Hutchins Park at the foot of Congress Ave.  
 Saturdays, 9:00 a.m. - Noon  
 May 4 - November 16

### WHAT'S IN Season?

**July**

Beans  
 Blackberries  
 Cherries  
 Melons  
 Kale  
 Okra  
 Peas  
 Potatoes  
 Squash

**Corn**

Pears  
 Peaches  
 Peppers  
 Tomatoes

**September**

August  
 Beets  
 Cabbage  
 Cucumber

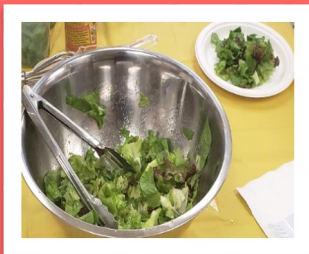
Apples  
 Brussel -  
 Sprouts  
 Corn  
 Radishes  
 Sweet Potatoes  
 Turnips



**Spotlight On  
Master  
Gardeners (MGs)  
&  
FCS Educator**



**Days of Taste in  
Harford County at  
Churchville Element-  
ary School**



**TasteWise Kids—Days of Taste in Harford County**



*Pictured above (L-R) FCS Educator Jennifer Dixon Cravens, Volunteer, MG Maureen Carey, Chef Michael, MGs Ennise Bloom, John Walter, Steve O'Brien. (Churchville Elementary School)*

University of Maryland Extension Harford County Master Gardeners along with other community volunteer participate with Days of Taste to support the Program.

TasteWise Kids operates with a single goal in mind: to offer children fun ways to learn about food and inspire a lifetime of positive, healthy eating habits. We empower children of all ages to think about food in new ways, to explore their own sense of taste and to realize that flavorful, nutritious food and good health go together – naturally. As part of this work, students also benefit from seeing first-hand where food comes from and learning about the importance of agriculture and respecting their environment. We work with local chefs, farmers, and other food professionals to teach our

students about where their food comes from, help them to explore their own sense of taste, and to discover the value of fresh food from multiple perspectives:

- Health and nutrition
- Agriculture and environmental stewardship
- Career Awareness/Development
- Culinary and preparing food to individual taste preference
- Social aspects of eating with friends and family

In the 2018-2019 school year, 4,000 children were served in Baltimore City, Baltimore County, Howard County, and Harford County. *More info: [Tastewisekids.org](http://Tastewisekids.org)*



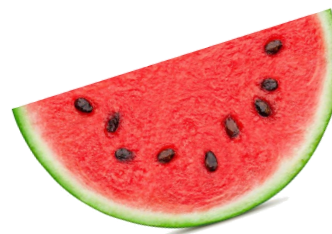
## Summer Recipes

### Sweet and Spicy Watermelon Salad



4 cups watermelon cubed  
 1 jalapeno pepper, seeded and sliced thin  
 4-5 basil leaves, sliced thin  
 4-5 mint leaves, sliced thin  
 1 tbsp. lime juice  
 1 tsp. lime zest  
 3 tbsp. extra virgin olive oil  
 1 tbsp. red wine vinegar  
 1 tsp. local honey  
 2 dashes cayenne pepper  
 Couple of pinches of sea salt  
**Instructions**  
 Put the cubed watermelon into a sieve or

colander and let the liquid drain for 15 minutes into a large bowl (don't throw that liquid away... drink it!). Thinly slice the jalapeno pepper. Put the watermelon, pepper, basil, and mint into a salad bowl. Whisk the lime, zest, oil, vinegar, honey, cayenne pepper and salt. Drizzle the dressing over the watermelon.  
**Enjoy!**  
*Reference: healthline.com*  
*Nutrition facts per serving: Calories 100 Rich in Vitamins A, C, B6, B5, Lycopene, Zinc and Magnesium.*



### Stone Fruit Summer Salsa



2 lbs. stone fruit (peaches, plums, cherries, nectarines, mangos, etc.)  
 2 scallions, minced  
 1/4 cup cilantro, chopped  
 1 tsp. ginger, peeled and minced  
 1 garlic clove, peeled and minced  
 Juice of 1 lime  
 1 tsp. raw local honey (optional)  
 1/4 tsp. sea salt

the scallions and cilantro and toss. Combine ginger, garlic, lime, honey, and sea salt. Pour into the bowl and toss all ingredients. Enjoy this salsa on salad, or pair with your favorite chips.

*Reference: myfooddiary.com*  
*Nutrition facts per serving: Calories 30 High in Fiber, Potassium, Vitamins A & C*

Choose a variety of your favorite stone fruit. Remove the drupe (pit), and discard. Dice the fruit and place into a mixing bowl. For the recipe above I used peaches, plums and cherries. Add





## Summer Recipes



### Black Bean & Mango Salad

- 1 cup dried black beans, soaked overnight
- 2 inches kelp
- 3 cups water
- 1 & ½ tsp. sea salt
- 1 red onion, peeled and diced
- 1 mango, diced
- 1 jalapeno pepper, seeded and minced
- 1 garlic clove, peeled and minced
- ½ cup cilantro, chopped
- ⅓ cup extra virgin olive oil
- Juice of 1 lime
- 2 tbsp. white wine vinegar
- ⅓ tsp. freshly ground black pepper

#### Instructions

Soak beans overnight or 8-10 hours. Once soaked, discard the bean soaking water. (Optional : canned beans rinsed)

Bring beans, kelp and 3 cups fresh water to a boil.

Skim off foam that rises to the top and discard.

Reduce heat to simmer, cover and cook 40 minutes.

Add 1 tsp. sea salt and continue cooking 5 minutes.

Remove beans from heat and discard cooking water.

In a mixing bowl, combine onion, mango, jalapeno pepper, garlic and cilantro.

Whisk olive oil, lime, vinegar, ½ tsp. sea salt and freshly ground black pepper.

Toss the beans and dressing into the mixing bowl and combine.

*Nutrition information per serving: 218 Calories, Rich in Vitamin A, E, 9 grams of dietary fiber, 7 grams of protein*  
Reference: [www.heart.org](http://www.heart.org)

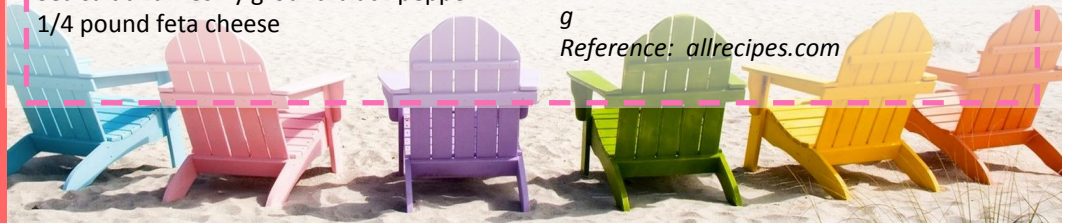


### Chickpea, Feta & Sundried Tomato Salad

- 1 cup dried organic chickpeas
- 4 cups water
- 2 inches kelp
- 1 tsp. real salt
- 5-6 sundried tomatoes
- 1 small red onion, peeled and diced
- ¼ cup parsley, minced
- ⅓ cup olive oil
- 2 tbsp. organic white wine vinegar
- 1 tbsp. lemon juice
- 1 tbsp. fresh oregano (or 2-3 tsp. dried)
- Sea salt and freshly ground black pepper
- ¼ pound feta cheese

Soak chickpeas overnight or 8-10 hours. Discard soaking water. Put chickpeas, kelp and 4 cups fresh water into a pot. Bring to a boil, then reduce heat and cover to simmer for one hour and 15 minutes. Add salt and continue cooking 30-45 minutes. Add more water if needed. Drain chickpeas and let cool. Dice sundried tomatoes and combine in a large mixing bowl with chickpeas, red onion and parsley. Whisk olive oil, vinegar, lemon juice, oregano and season with salt and pepper. Toss chickpea salad with dressing. Crumble feta cheese and toss into the salad.

*Nutritional information per serving: Calories 347, Total fat 7 g, Cholesterol 12 mg, Sodium 223 mg, Carbohydrate 54 g, Dietary fiber 6 g, Total sugars 10 g, Protein 17 g*  
Reference: [allrecipes.com](http://allrecipes.com)



## Summer Recipes

### Ginger Easy Stir Fry



- 1 tbsp. organic sesame or peanut oil
- 1 red onion, peeled and sliced into thin crescents
- 4-5 shitake mushrooms (discard stems), sliced thin
- 2 tbsp. chicken stock (or other stock)
- 1 cup broccoli florets
- 8 oz tofu, shrimp, chicken, beef or duck (marinated in 2 tbsp. shoyu or tamari with 1 garlic clove minced and 1 tsp. minced ginger)
- ½ red pepper, seeded and sliced thin
- ¼ cup cilantro
- 1/2 cup snow peas
- 2 cups brown rice (pre-cooked)

In a frying pan or wok, heat oil on medium/high. Add onion and mushrooms and saute 1-2 minutes. Add broccoli plus chicken stock and cook 1-2 minutes. Add marinated protein PLUS the marinade and snow peas and cook 2-3 minutes. Finish with cilantro. Toss rice into wok and combine with stir fry.

*Nutritional information per serving: 119 calories, 9g fat, 8g carbohydrates, 2g protein, 203 mg sodium, High Vit A & Potassium*  
Reference: [allrecipes.com](http://allrecipes.com)

### Summer Vegetable

#### Pasta



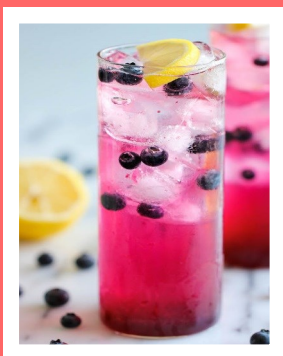
- 1 tbsp. olive oil
- 1 onion, peeled and diced
- 3-4 garlic cloves, peeled and minced
- 3 tomatoes, chopped
- 1 large yellow squash, cut into 1 inch pieces
- 1 large zucchini, cut into 1 inch pieces
- 1 tbsp. tomato paste
- 1/2 cup water
- 1 tsp. fresh oregano, minced
- 5-7 basil leaves, chopped
- 1/2 tsp. Sea Salt (or to taste)
- Whole grain pasta

Shaved Parmesan cheese

In a deep dish frying pan, sauté onion and garlic in olive oil for 2-3 minutes. Add tomatoes, zucchini and squash, cover and cook 3-5 minutes. Combine tomato paste and water and add to the pot. Add, oregano, basil and sea salt. Cover and cook on medium heat until squash is soft. Cook pasta al dente. Add cooked pasta into the sauce and toss. Garnish with shaved parmesan.

*Nutritional information per serving: 250 calories, fat 5g, protein 12g, carbohydrate 16g, fiber 9g, cholesterol 6 mg, iron 1 mg, sodium 280 mg, calcium 113 mg*  
Reference: [allrecipes.com](http://allrecipes.com)





## July Themes: Tips for a Healthy Independence Day

- 1. Consume alcohol in moderation.** Too much alcohol can lead to questionable decision-making, slowed reflexes and false confidence – traits that are dangerous in nearly any outdoor activity during the summer months.
- 2. Never assume** a campfire or bonfire is completely out. Fire-happy campers have been known to dump gasoline or other extremely flammable liquids on fires that look like they are out or smoldering and ended up with third-degree burns. People make trips to the emergency room every summer after stepping into fire pits they thought were cool.
- 3. Always wear a helmet** when biking, motorcycling, horseback riding or on an ATV. This is like wearing a seat belt in a car –

an absolute must. Riders of all kinds can sustain serious injuries in an accident, but survival chances grow exponentially when a helmet is worn.

- 4. Be extra alert when operating a boat** or personal watercraft. Watch out for other boaters, water-skiers and swimmers. Every year, patients are brought to the emergency department after getting tangled up in a boat propeller. And always wear a life jacket.
- 5. Avoid fireworks.** Even sparklers can lead to blindness and serious burns. Other larger fireworks can leave users without fingers and even limbs. Hearing loss is common among fireworks users as well. Children must be closely supervised at all times around any kind of fireworks.

*Reference: mayoclinic.org*

### NATIONAL BLUEBERRY MONTH

In July 2003 the United States Department of Agriculture proclaimed that July is National Blueberry Month in the USA! Plump, juicy, and sweet, with vibrant colors ranging from deep purple-blue to blue-black and highlighted by a silvery sheen called a bloom, blueberries are one of nature’s great treasures.

Though miniature in size, they are also proof that, when it comes to nutrition, good things really do come in small packages. With 80 calories per cup, virtually no fat and low in sodium, blueberries offer many nutritional benefits.

*Reference: North American Blueberry Council*

### BLUEBERRY LAVENDER LEMONADE

- 2 cups water
- 1 package (16 ounces) blueberries
- 1/4 cup granulated sugar
- 1 tablespoon dried lavender flowers
- 1 cup lemon juice
- 2 tablespoons Splenda sweetener
- Cold water

In a 1-gallon pitcher, add 4 cups of ice and set aside. In a medium saucepan, bring 2

cups of water to a boil. Add the blueberries, sugar and lavender to the pan. Boil for about 5 minutes, until the blueberries have popped and all of the sugar has dissolved. Strain the blueberry mixture over the pitcher of ice; discard the remaining blueberry mixture. Add the lemon juice and Splenda to the pitcher. Fill to the top with cold water. Mix well.

Nutritional Information per serving: Calories 33, Fat 0 g, Cholesterol 0 mg, Sodium 7mg, Carbohydrate 8 g, Fiber 0 g, Total sugars 7 g, Protein 0 g. Rich in vitamin A, and E.

*Reference: mayoclinic.org*



## Healthy July Recipes

### Marinated Pepper Steak

- 12 oz. grass-fed skirt steak
  - 3 tbsp. shoyu or tamari (soy sauce)
  - 2 tbsp. brown rice vinegar or apple cider vinegar
  - 1 tbsp. ginger, minced
  - 2 garlic cloves, peeled and minced
  - 1 tsp. maple syrup
  - 2 tsp. organic toasted sesame oil
  - 1 tbsp. olive oil
  - 1 large Vidalia onion, peeled and sliced into crescents
  - 4 large bell peppers, seeded and sliced thin
  - 1 pinch of Sea salt
  - Parsley for garnish
- Combine tamari/shoyu, rice vinegar, ginger, cloves, maple syrup, and toasted sesame oil. Pour over skirt steak and marinate over-

night in the refrigerator or at least 3 hours. Remove from the refrigerator and slice into 1/4 inch thick slivers of steak. In a frying pan, add 1/2 tbsp. olive oil and sauté sliced steak about 1 minute on each side. Remove steak from the pan and set aside. Leave all the juices in the pan. Sauté the onion for 2-3 minutes in the same frying pan. Season with a couple of pinches of sea salt. Add the peppers, cover and sauté until soft and wilted or about 7-10 minutes. Put cooked skirt steak back into the frying pan and toss with the peppers and onions. Cook 2-3 minutes. Garnish with fresh parsley.

*Nutritional information per serving: Calories 347, Total fat 7 g, Cholesterol 12 mg, Sodium 223 mg, Carbohydrate 54 g, Dietary fiber 6 g, Total sugars 10 g, Protein 17 g*  
Reference: [allrecipes.com](http://allrecipes.com)



### Ginger-Scented Blueberry Crumble

- 5 pints fresh wild blueberries
- 2 tbsp. ginger juice (finely grate ginger and squeeze it to get juice)
- 1 tsp. cardamom powder
- 1 cup organic granulated sugar
- Juice of 1 lime
- 1 tsp. vanilla extract
- ½ tsp. sea salt
- 2 cups gluten-free rolled oats
- 1 tsp. cinnamon
- 8 tbsp. grass-fed butter

#### Instructions

Preheat oven to 375. Rinse blueberries and place into a 9x12 baking dish. Combine ginger, cardamom, ½ cup of sugar, lime, vanilla and ¼ tsp. sea salt. Pour mixture onto blueberries and toss to

coat evenly. Put the rolled oats into a blender or food processor and pulse until you achieve a flour-like consistency. Put oat flour into a large mixing bowl. Add cinnamon, remaining ½ cup of sugar and ¼ tsp. sea salt. Cut up the butter into small ½ inch chunks and combine with the flour until you get a crumbly texture. Place the crumbles on top of the blueberries. Bake uncovered for 45 minutes.

*Nutritional information per serving: Calories 224.7, Total Fat 15.3 g, Cholesterol 15.5 mg, Sodium 7.3 mg, Total Carbohydrate 21.1 g, Dietary Fiber 4.5 g, Sugars 14.0 g, Protein 4.3 g, Rich in Vitamin C & Potassium*  
Reference: [sparkpeople.com](http://sparkpeople.com)





## August Themes:

### World & National Breastfeeding Week and Awareness Month

August 1-7 is World Breastfeeding Week and National Breastfeeding Month begins on Thursday, August 1st, 2019. It has been observed during the month of August since 2011 . The health benefits cannot be denied. According to the World Health Organization, universal breastfeeding could save about 820,000 infant lives each year.

**Benefits of Breast Milk:** Breast milk con-

tains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of having allergies and asthma. Breastfeeding has been linked to higher IQ scores in later childhood in some studies. *Reference:* <https://www.webmd.com/parenting/baby/nursing-basics#1> .

### World Lung Cancer Day

August 1 is World Lung Cancer Day. This day helps raise awareness about lung cancer and its global impact, creating an educational movement of understanding lung cancer risks as well as early treatment around the world. Lung cancer is the leading cause of cancer death for both men and women in the US. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

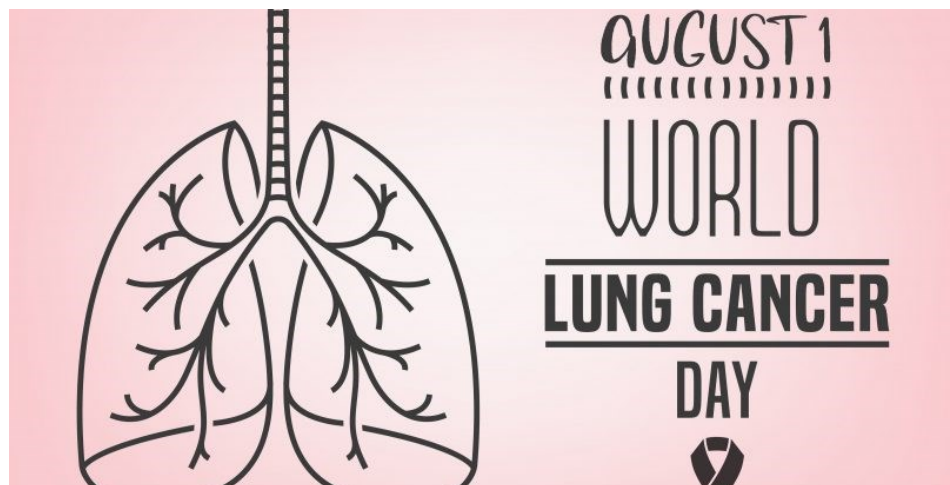
**Protection & Prevention:**

- Stop smoking: Cigarette smoking is the number one lung cancer risk factor. Don't start smoking; quit smoking if you smoke;

and avoid secondhand smoke.

- Be mindful of air pollution: Breathing in dangerous chemicals can cause lung cancer. The more chemicals you breathe in, the higher your lung cancer risk.
- Exercise: Daily aerobic and breathing exercises are ways you can “work out” your lungs to their full capacity.
- Get checked regularly: Seek medical help on a regular basis to address any medical concerns or questions you might have. If you think you are at risk for lung cancer, talk to your doctor about being screened.

*Reference: The Society of Thoracic Surgeons*





## Healthy August Recipes

### Spinach Mushroom

#### Omelet

- 1 tbsp. olive oil
- 2 tbsp. butter
- 1 leek, sliced thin
- 3-4 cremini mushrooms, sliced thin
- 5-6 leaves of spinach, finely chopped
- 1 tomato, seeded and diced
- 3 black olives, pitted and sliced thin
- 2-3 organic eggs, beaten
- 1-2 ounce. grated raw cheddar cheese or feta cheese (optional)
- Sea salt
- Black pepper

Saute leek and mushroom in olive oil and butter for 3-4 minutes. Add the finely

chopped spinach. Cook on a medium/high heat until spinach wilts. Add diced tomato and black olives. Season with sea salt. Remove the vegetables from the pan and set aside on a plate. Add butter and olive oil and beaten eggs into the pan. Roll the eggs around the skillet and cook 3-5 minutes on low heat. Let the eggs partially set. Add cheese (optional) and cooked veggies back into the pan on top of the eggs. Gently fold one side of the omelet on top of the other. Season with a couple of dashes of sea salt and freshly ground black pepper.

*Nutritional information per serving: Calories 337, Total fat 7 g, Cholesterol 12 mg, Sodium 223 mg, Carbohydrate 5.4 g, Dietary fiber 6 g, Total sugars 10 g, Protein 17 g*  
Reference: [allrecipes.com](http://allrecipes.com)



### Yogurt Berry Parfait

- 2 cups plain yogurt
- Granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (hulled and sliced))
- 4 tps. Honey (optional)

Line up 4 glasses.  
Spoon 2-3 tablespoons of yogurt into each

glass. Spoon 2-3 tablespoons of granola on top of the yogurt.  
Spoon 2 tablespoons of fruit on top of the granola. Drizzle a little honey (optional). Repeat the process with two to three layers until you get to the top of the glass.

*Nutrition information:*  
Calories 279, Fat 12.3 g  
Total Carbohydrate 11.0 g, Dietary Fiber 0.7 g, Sugars 3.8 g, Protein 25.2 g  
Reference: [Allrecipes.com](http://Allrecipes.com)



### Any-Melon Agua Fresca

- 2 c. cold, seedless melon chunks, including watermelon, honeydew or cantaloupe
- 1/2 c. very cold water
- 1 1/2 t. fresh lime juice
- Pinch kosher salt
- 1 t. honey (optional)

Put all the ingredients in a blender. Put the lid on tightly. Turn the blender to medium and blend until the mixture is smooth. Serve right away, or cover and refrigerate up to 4 hours. If you refrigerate it, give the drink a quick stir before serving..

*Nutrition information per serving: 64 calories, 16 carbohydrates, 2g protein, Vit. A, C*  
Reference: *Seasoned Magazine, Summer19).*





HAPPY GRANDPARENTS DAY



Labor Day is the first Monday in September. This year it falls on September 2.

# September Themes

## National Grandparents Day

National Grandparents Day falls each year on the first Sunday after Labor Day. It's not a holiday invented to sell cards and flowers. It was initiated at the grassroots level by West Virginian Marian McQuade, with the behind-the-scenes support of her husband Joseph L. McQuade. They had 15 children, 43 grandchildren, 10 great-grandchildren, and one great-great grandchild.

There are three purposes for National Grandparents Day:

- To honor grandparents.
- To give grandparents an opportunity to show love for their children's children.
- To help children become aware of the strength, information and guidance older people can offer.

On a societal level, National Grandparents Day gives us a chance to publicly affirm the importance of grandparents, that they do play a vital role in families. It is also a day of giving – giving of self; sharing hopes, dreams, and values; and setting an example and advocating for future generations.

Congress passed the legislation proclaiming the first Sunday after Labor Day as National Grandparents' Day in the U.S. and, on August 3, 1978, then-President Jimmy Carter signed the proclamation.

The flower of the U.S. National Grandparents Day is the forget-me-not which blooms in the spring. As a result, seasonal flowers are given in appreciation to grandparents on this day.

## Labor Day

The Labor Day holiday celebrates and honors the greatest worker in the world – the American worker!

Celebrated on the first Monday in September, Labor Day is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.

It's also known as the unofficial "end of summer" when many children return to school.



## Healthy September Recipes

### Mixed Sautéed Greens with Garlic and Olive Oil

¼ cup water  
 1 bunch greens (kale, collards, bok choy, spinach), cleaned and chopped into bite-sized pieces  
 2-3 garlic cloves, peeled and minced  
 1 tbsp. olive oil  
 Sea salt

On a high heat, add water to a large frying pan.  
 Drop your greens into the bubbling water and sauté, covered, 2-3 minutes.  
 If using spinach or bok choy use less water (2 tablespoons).

Remove the cover, and drizzle greens with olive oil.  
 Add garlic and a couple of pinches of sea salt.  
 Toss a couple of times in the pan.  
 Cook an additional 1-2 minutes or until all the water evaporates.

*Nutrition Information per serving: 71 calories, 3.7g fat, 18g carbohydrates, 5g dietary fiber, 6g protein, rich in Vitamin A, C, B & Calcium*  
*Reference: allrecipes.com*



### Marinated Baked Salmon

**Ingredients**  
 1 lb. wild salmon, cut into 4 equal sized pieces  
 2 garlic cloves, peeled and minced  
 2 tbsp. ginger, peeled and minced  
 2-3 tbsp. mirin rice wine (optional)  
 1½ tbsp. toasted sesame oil (or other oil)  
 ¼ cup wheat-free tamari or shoyu  
 ¼ cup water

**Instructions**  
 Combine garlic, ginger, mirin, tamari, sesame oil, and water, and pour into the on top of fish.  
 Marinate 30-35 minutes on the counter or inside the refrigerator for up to three hours.

Preheat oven to 375.  
 Lay a piece of parchment paper onto a baking tray.  
 Place fish onto the parchment paper and bake 10-15 minutes depending on the thickness of the fish.  
 Ten minutes per inch of thickness.

*Nutrition Information per serving : Calories 229, Fat 8.g, Total Carbohydrate 11.0 g, Dietary Fiber 1g, Sugars 3.8 g, Protein 25.2 g*  
*Rich in Omega 3 fatty acids, and B12..*  
*Reference allrecipes.com*





## Children's Wellness



### Make It a Safe, and Healthy Summer!

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer time fun.

#### Master water safety

Water-related activities are popular for getting physical activity and have many health benefits. Learn how to prevent recreational water illnesses and help protect yourself and your kids. Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning. Always supervise children when in or around water. Teach kids to swim. Formal swimming lessons can protect young children from drowning. Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.

#### Beat the heat and sun:

Never leave infants, children, or pets in a parked car, even if the windows are cracked open. Dress infants and children in loose, lightweight, light-colored clothing. Schedule outdoor activities carefully, for morning and evening hours and stay cool with cool showers or baths.

Just a few serious sunburns can increase you and your child's risk of skin cancer later in life. Clothing that covers your and your child's skin helps protect against UV rays. Use sunscreen with at least SPF 15 and UVA/UVB protection every time you and your child go outside.

#### Keep mosquitos and ticks from bugging you:

Protect yourself and your family from bites and diseases, which can be transmitted by



insects. Use an effective insect repellent while playing outdoors and check yourself and your children for ticks after spending time outdoors.

#### Prevent Injuries:

Each year in the United States, emergency departments treat more than 200,000 children ages

14 and younger for playground-related injuries. Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained. Supervise young children at all times around fall hazards, such as stairs and playground equipment. Make sure kids and teens wear the right protective equipment for their sport or recreation activity. Learn concussion signs and symptoms and what to do if a concussion occurs.

#### Stop violence:

Kids can use electronic media to embarrass, harass, or threaten their peers. Together with your child, develop rules about acceptable and safe behaviors for all electronic media. Make plans for what they should do if they become a victim of electronic aggression or know someone who is being victimized. The rules should focus on ways to maximize the benefits of technology and decrease its risks.

Protect your children from teen dating violence. Nearly one in 10 teens reports having been physically hurt on purpose by a boyfriend or girlfriend at least once over a year's time. Teaching healthy relationship skills and changing norms about violence can help prevent teen dating violence. Talk to teens now about the importance of developing healthy, respectful relationships.

Reference: [cdc.gov](http://cdc.gov)

## Senior's Wellness

### Stay hydrated



**If the temperature or humidity is going up, or an air pollution alert is in effect, you are at increased risk for a heat-related illness.**

Play it safe by checking the weather report before going outside.



## Heat-Related Health Dangers for Older Adults

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

Experts at the National Institute on Aging, part of the National Institutes of Health, say knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially

when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air conditioned places such as shopping malls, movie theaters, or libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially an older adult. If you suspect that someone is suffering from a heat-related illness:

- Call 911 if you suspect heat stroke.
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

*Reference: nih.gov*

## Physical Wellness

*A relationship that may often be overlooked is the one between what we eat and how we feel .*

*Lisa Brooks, PhD, RD*



## Good Food, Good Mood!

Research suggests that there may be significance to the maxim, “good food, good mood.” Eating the right foods such as the ones listed below may lead to improved feelings of well-being, happiness, and even joy.



**Feel Good by Boosting Serotonin Levels:** Serotonin is a mood-altering neurotransmitter in the brain. High serotonin levels are associated with diminished food cravings; a sense of calm; improved sleep quality; and, feelings of happiness. Foods that can boost serotonin levels include daily servings of quality carbohydrates such as **whole fruits, sweet potatoes, quinoa, whole grain pasta, oatmeal, brown or wild rice, lentils, and beans.** Also, for the serotonin to be produced in the brain, an amino acid called tryptophan will be needed. Foods rich in tryptophan are lean meats, poultry, fish, and peanuts.

**Improve Your Mood with Omega-3's:** Research suggests that a diet rich in omega-3 fatty acids is associated with positive moods, less irritability, and reduced symptoms of depression. Unfortunately, 90% of adults in the United States are not meeting the recommendations. The best sources of omega-3 fatty acids are from real foods (not supplements) such as **wild-caught salmon, herring, sardines, mackerel, chia seeds, flaxseeds, and walnuts.** Two to three times per week, aim to eat about a 3.5 ounce portion of fatty fish such as salmon to maximize the health benefits from omega-3 fatty acids. .

**De-stress with Leafy Greens:** Leafy green vegetables are rich in folate which has been shown to reduce symptoms of depression, fatigue, and insomnia. De-stress by enjoying daily servings of fresh dark leafy greens such as spinach (a powerhouse), asparagus, romaine lettuce, and broccoli.

**Be Calm and Carry On with Green Tea:** Looking for ways to reverse the afternoon slump? Relax and refresh with a delicious cup of green tea. Not only is green tea packed with powerful antioxidants, research suggests that green tea consumption may promote increased feelings of alertness and calmness.

**Experience the Joy of Chocolate:** Good news for chocolate lovers! Chocolate consumption has been shown to be a mood booster. A recent study showed that those who ate a moderate portion of chocolate reported reduced tiredness, elevated mood, and joy. For best results, develop a taste for the dark, heart healthy chocolate (70% cacao or higher) and limit portions of chocolate to no more than 2 oz. per day (approximately 2 squares of a chocolate bar).



**Disclaimer:** *This information is not intended to replace the advice of a physician or to serve as a guide to self-treatment. Always seek competent medical help for any health condition.*

*Reference: [www.aafcs.org](http://www.aafcs.org)*



# Food Safety

Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm. People also cook outside, away from refrigerators, thermometers, and sinks more often. Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

## Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while frozen so that they stay colder longer.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

## Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

**Outdoor Hand Cleaning:** If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.

**Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Reference: <https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#summer>

## Summer Wellness





## Mark Your Calendar! **Upcoming Classes**

Class	Location	Dates/Time	Cost	Contact
<b>Healthy Living STEM CAMP</b> (Nutrition & Wellness)	Village at Lakeview Community Center Edgewood, MD	1:00—3:00 pm July 23, July 29	N/A	Trace Miller 410-679-0473 or Jennifer Dixon Cravens 410-638-3255
<b>Healthy Living Nutrition &amp; Wellness</b>	Ag Center-University of Maryland Extension Office, Street Maryland	11:00 am—12:15pm Aug. 27, Sept. 18	FREE	Jennifer Dixon Cravens 410-638-3255
<b>Healthy Living Nutrition Education</b>	W.A.G.E Connection Beards Hill Plaza Aberdeen, MD 21001	10:00 am—12:00 pm July 22	FREE	Jennifer Dixon Cravens 410-638-3255
<b>Grow It, Eat It, Preserve It</b> (for Beginners & Advanced canners)	Harford County Extension Office 3525 Conowingo Rd. Street, MD 21154	11:00 am—1:00 pm July 15—Quick Pickles Aug 12—Peach Salsa	\$20, includes lecture/instruction, equipment and produce to process your own preserved jar.	Shauna Henley, visit <a href="http://gieipi19h.eventbrite.com">gieipi19h.eventbrite.com</a> or Jennifer Dixon Cravens call 410-638-3255

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