Winter is here in Maryland. To keep your family healthy through the winter, let's clean and sanitize the way to spring. What are the differences between clean, sanitize, and disinfect?

**Clean** -- is the process of removing food and other types of soil from a surface, such as a dish or cutting board, using hot soapy water.

**Sanitize** -- is a process that decreases the number of germs on a correctly cleaned surface.

**Disinfectants** -- substances put on non-living objects, such as a kitchen counter to kill germs that are living on the object's surface.

**How often should I clean and sanitize?**
That will depend on your household. Do you have older adults age 65 years or older? Do you have children under the age of 5 years? Is there someone in the home that is pregnant? Does anyone in the home have diabetes, cancer, or other disease that might cause them to be at risk for infection easily? Do you have indoor or outdoor pets? If you answered yes to any of these questions, you may want to sanitize your house daily.

What makes a disinfectant good to use? A good disinfectant works best when:

1. The surface you are going to put a disinfectant on is clean.
2. It is at the right temperature.
3. The disinfectant is allowed to sit on the surface for a certain amount of time.

**Recipe: Homemade disinfectant**

1. Add 1 teaspoon of chlorine bleach to 1 quart of water.
2. Mix at room temperature.
4. Let sit for 1 minutes.
5. Clean off surface with a paper towel or let surface air dry.

Want to know more about making other disinfectants or green disinfectants? Go here:
xtension.umd.edu/sites/default/files/_docs/locations/baltimore-county/foodsafety-factsheet-sanitizing.pdf

Source: http://eatsmartmd.blogspot.com/2016/01/clean-versus-sanitize.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+EatSmartBeFitMaryland+%28Eat+Smart+Be+Fit+Maryland!%29
A HEALTHY NEW YEAR STARTS NOW

A new year means new beginnings and fresh starts. Be ready for the
new year with a plan for making healthier choices for you and your
family. Join our 2016 Healthy Challenge today!

The 2016 Healthy Challenge is all about moving towards a healthy
lifestyle. Everyone has different goals for making healthier choices.
Choose goals that are realistic and that you can carry out all year long.
Let’s look at some simple goals to include in your 2016 Healthy
Challenge.

Eat the rainbow.
Eating a variety of fruits and vegetables provides many health benefits. Fruits and vegetables protect
against certain diseases and cancer, and are high in fiber. Eating colorful fruits and vegetables ensures
that you are getting the vitamins and minerals your body needs. Find ways to add a rainbow of colors
into your meals.

• Buy in season fruits and veggies. Fruits and veggies taste best when they are in season.
• Have a color challenge. See how many different colors of fruits & veggies that you can include in
  your meals.
• Fruits and veggies are among the healthiest foods we eat. Choose canned, frozen, fresh, and
dried fruits and veggies when planning your meals.
• Have a "try a new food" day. Encourage kids to try new foods. Each week let your child try a
  new food. If they don’t like it, it’s okay - offer it again at a later time. Make an "I Tried It" chart and
  see what new fruits and veggies that your family liked the most.
• Plan ahead for meals. Planning meals for the week can help ensure that you have healthy meals
  for your family. When you plan out your meals, you can also plan to use leftovers another night.

Be active.
Being active is another way to move towards a healthy lifestyle. Regular physical activity helps to keep
the extra weight off, gives you energy, and makes you feel better. Plan to be active this year with some of
these ideas:

• Include the entire family. Enjoy spending time being active with your family. Set aside time 3-4
times a week to be active by walking around the neighborhood, playing ball, or enjoy inside
activities like scavenger hunts, dance parties, or set up an obstacle course.
• Find an activity to do together. Many families enjoy doing activities together like taking a hike
or playing a sport. Look for an activity that all members of the family would enjoy doing and make
time to do this activity.
• Have fun! Being active also means having fun. Many activities that you can do are also a lot of fun
for kids. Look for ways to make physical activity fun for the whole family.

Source: http://eatsmartmd.blogspot.com/search?updated-min=2015-01-01T00:00:00-05:00&updated-max=2016-01-01T00:00:05:00&max-results=50
RECIPE SPOTLIGHT: GARDEN VEGETABLE SOUP

As it begins to get colder, soup is the perfect weeknight dinner choice for busy families. Preparing soup is quick and easy and there are often leftovers for lunch or dinner the next day. This Garden Vegetable Soup is sure to be a favorite that your family will want you to make over and over again!

This recipe uses both fresh and canned vegetables, but you can also use frozen veggies. You can add other family favorite veggies to this soup, too.

Garden Vegetable Soup
Serves 6

Ingredients:
Non-stick cooking spray
2 carrots, washed and sliced
1 small onion, chopped
1 clove garlic, minced or 1/4 teaspoon garlic powder
3 cups broth (beef, chicken, or vegetable)
1 cup green cabbage, chopped
1 (14 ounce) can green beans
1 (14 ounce) can diced tomatoes
1/2 teaspoon Italian seasoning
1 zucchini, washed and chopped

Directions:
1. In a large sauce pan sprayed with non-stick cooking spray, cook the carrot, onion, and garlic over low heat for about 5 minutes.
2. Add broth, chopped cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 6 to 8 minutes. Serve hot.
5. Refrigerate leftovers.

Source: http://eatsmartmd.blogspot.com/2015/12/recipe-spotlight-garden-vegetable-soup.html

WHAT CAN EXTENSION DO FOR YOU IN 2016?

It is that time of year when many people decide they are going to make a resolution to become a better person. Here at UME-Carroll/Baltimore County, we want to make sure you recognize all the FREE resources you have at your fingertips to achieve your 2016 goals, no matter how big or small they may be. Family & Consumer Sciences (FCS) educators have a storied history in Extension education. Your Newsletter contributors are here to answer your questions about food safety and nutrition.

2016 Events:
• Canning- Workshops from April-November on preserving your own pickles, jams & jellies, fruits, and vegetables; check out our calendar: https://extension.umd.edu/foodpreservation
• **Food for profit** - Learn how to start selling your own jams & jellies, pastries, etc. UME Ag Marketing Specialist, Ginger S. Myers, will be working with your local FCS educators for workshops near you.

• **Good Agricultural Practices (GAPs)** - Food safety education focused on fresh fruits and vegetables is an important topic. GAP workshops are a collaborative effort between the Maryland Department of Agriculture, University of Maryland, College Park, and the University of Maryland Extension. Check your Carroll County calendar to sign up.

• **Everyday cooking questions** - Not sure how to tell when your chicken is ready to eat? What about that food safety topic you heard on the news? If you want to know more about cooking temperatures, storing leftovers, etc. contact us!

### Ways to Reach Us:

**Carroll County**  
Office: 700 Agriculture Center  
Westminster, MD 21157  
Phone: 410-386-2760  
Email: tserio@umd.edu  
Twitter: UMECarroll

**Baltimore County**  
Office: 1114 Shawan Rd  
Cockeysville, MD 21030  
Phone: 410-887-8090  
Email: shenley@umd.edu  
Twitter: FoodSmartUME

Website: [http://extension.umd.edu/foodsafety](http://extension.umd.edu/foodsafety)  
Ask an Expert: [https://extension.umd.edu/ask](https://extension.umd.edu/ask)

Source: Shauna Henley, Family & Consumer Sciences Educator, Baltimore County Extension Office

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### SAY YES TO 4-H!

**A Positive Youth Program**

In today’s world it can seem overwhelming as a parent to find the right direction for your child to go in. There’s sports, boy and girl scouts, multiple afterschool programs and then there is this other youth organization called 4-H. 4-H is the largest youth program in the United States. The 4-H Youth Development Program provides an endless road of opportunities for ALL kids between the ages of 5-18 years old. You might be thinking that’s for “farm kids”, but that is far from the truth. Yes, of course there is the animal side to the 4-H program in which any member can be involved in, you don’t have to live on a farm, but 4-H is leading the way in youth science adventures from experiments to robotics. Members who participate in science programming are two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time. But, what if your child is interested in healthy living, 4-H has programs meeting those needs too and youth participating in these programs are two times more likely to make healthier choices in their lives. 4-H members are also four times more likely to make contributions to their communities and are two times more likely to be civically active (Tufts University, 2003).

Sound intriguing, yet? 4-H is focused on developing the young minds of the future and provides endless opportunities in developing youth’s leadership skills, responsibility and workforce readiness. Members today have achieved greatness through the Maryland 4-H program as many have received partial or full
scholarships to universities throughout the country, just by being a part of this youth organization. 4-H’ers make friendships that last a lifetime and have an abundance of opportunities. It might seem like it’s a lot of work being a 4-H member, but there are a lot of fun activities that take place too from crafts, baking, photography, gardening, and small engines to a variety of camping opportunities and of course the fair. There are opportunities to take part in international 4-H exchange programs, too.

The 4-H program not only works with the great youth of our future, but the program provides opportunities for adults to become trained and utilize their talents for working with youth. 4-H’ers have the opportunity to gain invaluable experiences in an endless environment.

Ready to sign up? Give your local Extension Office a call to learn more about the 4-H opportunities in your county or visit extension.umd.edu to learn more about Maryland 4-H.

Source: Becky Ridgeway, 4-H Youth & Development Educator, Carroll County Extension Office
Banana Nut Oatmeal

Yield: 4 servings

Ingredients:
- 2/3 cup low-fat milk
- 1 pinch salt
- 2 3/4 cups water
- 2 cups oats, old fashioned or quick cooking
- bananas—very ripe, mashed
- 2 Tablespoons maple syrup
- 2 Tablespoons walnuts, chopped (optional)

Instructions:
1. In a small saucepan combine low-fat milk, salt, water and oats.
2. Cook on medium heat for 5-10 minutes, stirring until thick and creamy.
3. Remove the pan from heat and stir in mashed banana and maple syrup.
4. Divide among 4 bowls, top with walnuts if desired, and serve.

Cost
Per recipe: $2.10
Per serving: $0.54

Source
United States Department of Agriculture

This material was funded by USDA’s Supplemental Nutrition Assistance Program in cooperation with the Maryland Department of Human Resources and the University of Maryland. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at www.marylandsail.org.

Vegetable Lentil Soup

Yield: 6 servings

Ingredients:
- 1 cup dried lentils
- 5 cups water
- 2 Tablespoons vegetable oil
- 1/4 onion, finely chopped
- 1 cup canned tomato sauce
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried Italian seasoning
- 1 celery stalk, chopped
- 1 carrot, sliced
- 2 Tablespoons vinegar

Instructions:
1. Place lentils in a large pot, and add water.
2. Bring to a boil and add all ingredients except vinegar.
3. Reduce heat and cover.
4. Cook on low heat for 1 hour.
5. Stir in vinegar.

Cost
Per recipe: $2.04
Per serving: $0.34

Source
University of Nebraska Cooperative Extension Recipe Collection

Warm Up Your Winter

Prepare healthy, low-cost family meals and get moving with daily physical activity!

Start the day off right with breakfast. Oatmeal, fruit, and low-fat milk or yogurt will fill you up and give you lasting energy.

Use leftover vegetables and whole grains like rice, pasta, and barley to make hearty, money-saving soups.

Make time each day to be active! Adults need 30 minutes of physical activity each day, and children need 60 minutes each day.

Try some of these healthy recipes to warm up your winter!

For more information about healthy food choices and physical activity visit:

www.eatsmart.umd.edu
facebook.com/EatSmartMD
www.choosemyplate.gov
Energy Bars

Yield: 24 energy bars

Ingredients:
- 1 cup honey
- 1 cup peanut butter or sunflower seed butter
- 3 1/2 cups oats, old fashioned or quick cooking
- 1/2 cup raisins
- 1/2 cup carrots, grated
- 1/2 cup shredded coconut

Instructions:
1. Preheat oven to 350 degrees.
2. Put the honey and peanut butter in a large saucepan. Cook on low heat until melted.
3. Remove the pan from the heat. Add oatmeal, raisins, carrots, and coconut to the saucepan and stir.
4. Let the mixture cool.
5. Put the mixture in a greased 13x9 baking pan and press firmly with the back of a mixing spoon.
7. Cut into 24 bars with a sharp knife.

Cost
Per recipe: $6.93
Per serving: $0.29

Source
Pennsylvania Nutrition Education Network Website Recipes

Physical Activity is for Everyone

Winter is a perfect time of year to get moving with family and friends!

Being active each day helps adults and children balance their calories in with their calories out. The New Year is a great time to make lifestyle changes which include healthy food choices, daily physical activity, and smaller portions at each meal.

Here are some easy ways to be more active:

- Visit your local community center for activities and team games.
- Bundle up and walk children to and from school.
- Turn off the television and turn on some music for dancing. Invite the whole family to join you!
- Invite some neighbors to make a snowman with you and then take a winter walk together.

Drink plenty of water each day, especially after physical activity. Add a squeeze of lemon or lime juice to your glass for a great cool-down beverage!

Healthy Snack Ideas

Healthy snacks provide energy to keep you moving throughout the day. Pack snacks in single servings to take to work and school.

Here are some healthy snack ideas:

- Slice apples and celery sticks for dipping in peanut butter or sunflower seed butter.
- Pack whole grain crackers and small cubes of low-fat cheese.
- Pop some popcorn and season it with chili powder and garlic powder for a healthy, whole grain snack.
- Cut-up fresh broccoli, cauliflower, carrots or peppers and dip in hummus or low-fat salad dressing.
- Mix whole grain cereal with raisins and nuts to make trail mix.
- Invite children to help you make and taste the energy bars recipe!
Poison Look-Alikes:
Tips to Prevent Accidental Poisoning at All Ages

We often think of poisoning as something that happens to small children, but it’s also easy for adults to mix up medications or mistake one product for another. Poison look-alikes are potentially harmful substances that can easily be mistaken for safe ones, usually because they look the same or have very similar packaging. Often, they are things that we use every day for cleaning, self-care, or first aid, but if they are used incorrectly or mistaken for something else, they can harm us.

Mix-ups happen often; it is easy to put eardrops into your eyes by mistake, or to grab the tube of first-aid cream instead of the toothpaste. Mistakes like these can cause problems ranging from temporary discomfort, severe illness, permanent injury, or even death.

Poison Look-Alikes:
Potentially harmful products or substances that can be easily mistaken for safe foods, drinks, or other products, usually because the product or the packaging looks similar to the safe product packaging.

There are so many different products on the market today and manufacturers don’t make it easy for us to be able to tell them apart. It’s interesting to discover how many look-alike products we can find around the house.

Consider these examples of potential look-alikes:

<table>
<thead>
<tr>
<th>Product</th>
<th>Potential Look-Alikes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gummy Candy</td>
<td>Laundry Detergent Pods</td>
</tr>
<tr>
<td></td>
<td>Gummy Vitamins</td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td>Cleanser (similar cans)</td>
</tr>
<tr>
<td>Chewing Gum</td>
<td>Nicotine Gum</td>
</tr>
<tr>
<td>Blue Sports Drink</td>
<td>Window Cleaner</td>
</tr>
<tr>
<td>Chocolate Bar</td>
<td>Chocolate Flavored Laxatives</td>
</tr>
<tr>
<td>Cinnamon Candies</td>
<td>Cold or Sinus Tablets</td>
</tr>
<tr>
<td>Water</td>
<td>Bleach (in an unmarked container)</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Household Cleaner</td>
</tr>
</tbody>
</table>

Do you have any of these around your house? What other poison look-alikes can you think of?

*Note: The brand-name products pictured are shown only as examples of how some products look alike; we are in no way endorsing, recommending or disapproving of these particular products.
Now That You Know, What Can You Do?

Anyone can fall victim to poison look-alikes. Here are some simple prevention tips:

Families with Young Children, or Schools and Child Care Centers:
- Store food separately from household cleaners, medicines, and beauty aids so these items won’t get mistaken for the wrong product. Being organized can save lives!
- Keep potential poisons out of children’s reach and sight. Look around your home and move potential poisons to safe and secure locations (locked, if possible).
- Apply Mr. Yuk stickers (or similar warnings) to potentially poisonous products.
- Teach children about poison look-alikes.
- Store products in their original containers, so that if someone is poisoned the product can be identified.

Teens and Young Adults:
- For reliable, anonymous answers to questions about medicines, mix-ups and more, call the Poison Control Center immediately before searching the Internet.
- Download the free Poison Center Help app to have instant access to the Poison Control Center on your Smartphone.
- Visit www.PoisonIsBad.com for more info, ringtones, wallpaper, and social media links.
- When babysitting, be aware. Ask where chemicals are stored and remember that poison look-alikes could be anywhere.

Tips for Everyone:
- Remember that Poison Control Centers are NOT JUST for emergencies! They are open 24 hours a day, 7 days a week as a resource for help and information.
- Put the Poison Control Center number in your mobile phone’s contact list: 1-800-222-1222.
- Share what you know with others! Give them the Poison Control Center number.
- Request free poison prevention materials such as magnets or Mr. Yuk stickers by calling the Poison Control Center. Ask for an educator so your call is routed properly!

Older Adults and/or People with Low Vision:
- Ask the pharmacy to provide large-print medicine labels and instructions.
- Use a “buddy system”- have a reliable relative or friend help fill your pillbox.
- Organize and store your chemicals, medicines and beauty aids in a way that will prevent common mix-ups, especially for products that look alike or have similar packaging.
- Take medications in a well-lit area. Use glasses or a magnifier to help read labels and instructions.

Did You Know... In an emergency that involves poisoning, it's best to call the Poison Help Line before calling 911!

Nancy Lewis and Crystal Terhune, University of Maryland Extension; Pamela R. Turner, Sharon S.M.S. Gibson, and Diane Bales, University of Georgia Cooperative Extension.

This publication, Poison Look-Alikes: Tips to Prevent Accidental Poisoning at All Ages (EBR-17), is part of a series of publications of the University of Maryland Extension and Family and Consumer Sciences/Healthy Homes, and was developed in partnership with The University of Georgia College of Family and Consumer Sciences Cooperative Extension. The information presented has met UME peer review standards, including internal and external technical review. For more information on related publications and programs, visit: http://extension.umd.edu/healthy-environments or http://www.gafamilies.org. Please visit http://extension.umd.edu to find out more about Extension programs in Maryland.

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After careful consideration, you have chosen a health insurance plan. Now you need to make smart use of that plan! Choosing a doctor should be one of your first steps toward using your insurance plan to obtain good health care. In general, most of us need a primary doctor; others may also need specialists.

Follow these four steps and ask the questions to help you choose your doctor.

**Step 1: What do I need to know to choose a doctor?**

Before you can select a local doctor, you need to know which doctors accept your health insurance plan.

*The doctor you choose could affect the quality of your health care as well as how much you will pay.*
Health insurance plans often have a network (see box, “Important Words to Know about Health Insurance”) of doctors who have an agreement with the health plan to charge a set lower fee for services. Seeing one of the participating doctors in a network is the best value. If you chose a doctor that is out of the network, you may pay more than if you select one that is in the insurance company’s network.

To make sure the health insurance plan works with the doctor, you need to answer three questions:

1. Does my health insurance plan have a network?
2. Does the doctor participate in my plan’s network?
3. Is the doctor accepting new patients?

Step 2: Where do I go for information about selecting my doctor?

There are two main sources for information about the specifics of your health insurance plan and the participating doctors:

1) Your insurance company; and
2) Your employer’s Human Resources department--if you get insurance through work.

You can find information from the insurance company in three places:

- Evidence of coverage (see box, “Important Words to Know about Health Insurance”);
- Insurance company website; and/or
- Insurance company information call line.

Important Words to Know about Health Insurance

Network- The facilities, providers (doctors) and suppliers that your health insurer or plan has contracted with to provide health care services.

Evidence of Coverage- The contract or legal agreement between you and the insurance company. This tells you how the plan works, your rights and what the insurance plan will and will not cover.

Step 3: What information should I obtain and what questions should I ask my insurance company?

You need answers to five questions to choose a doctor. You may be able to find answers to the following five questions online or by calling the insurance company:

- Is the doctor in my network?
- Where is the doctor’s office(s) located?
- Is the doctor affiliated (can treat people) with a local hospital?
- Does the doctor have a specialty?
- Is the doctor part of a practice or is it a sole provider office? (see box, “More Important Words to Know about Health Insurance”)

For more information on this and other topics visit the University of Maryland Extension website at www.extension.umd.edu
Step 4: How do I use this information?

With answers to the five questions in Step 3, you should check on the doctor’s reputation, how the doctor handles billing and if the doctor is accepting new patients. To do this, you can:

- **Ask others you trust about the doctors you are considering.** Inquire about the doctor’s reputation, the kind of relationship the doctor has with patients, and any other information you want to know.

- **Look up the doctor and hospital reputations online.** There are several resources that will let you know how well the doctor and hospital perform. These include: www.Hospitalcompare.com, www.ratemds.com and www.healthgrades.com.

- **Call the doctor’s office to ask how the office staff handles billing and if the doctor is accepting new patients.** When you call the office, you will want to ask: 1) Do you still participate in the insurance plan’s network?; 2) Do you bill the insurance company directly or will you need to pay and then send the bill to the insurance company to get back some or all of your payment?; and 3) Is the doctor or practice accepting new patients?

Once you have all of this information, you are ready to make your first appointment.

Remember:

- ✓ Provide your loved ones and the health insurance company with the name and contact information of the doctor you chose;
- ✓ Keep records of the services and bills received and payments made.

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**Virginia Brown (vbrown12@umd.edu)**

This publication, How do I Choose a Doctor? Ask the Right Questions (FS-1022), is a series of publications of the University of Maryland Extension and the Family and Consumer Sciences. The information presented has met UME peer review standards, including internal and external technical review. For more information on related publications and programs, visit: extension.umd.edu/topics/health. Please visit http://extension.umd.edu/ to find out more about Extension programs in Maryland.

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“Choosing the Right Doctor” Information Form

General Information:

Name of Doctor ___________________________________________
Age of Doctor ___________________________________________
Sex of Doctor __________________________________________
Years in Practice __________________________________________
Name of Practice __________________________________________

Information about the Doctor:

1. Is the doctor in my plan’s network? Yes No
2. Where is the doctor located?
   a. Miles from work ______________
   b. Miles from home ______________
3. Is the doctor affiliated with a hospital? Which one? ______________________________
4. Does the doctor have a specialty? ______________________________________________
5. What type of practice are they in? Multi-provider Sole Provider

Doctor’s Reputation and Grade

1. What do others say about the doctor?
   ____________________________________________________________
   ____________________________________________________________
2. What are the doctor’s and hospital’s grades and from which website did you obtain the
   information?
   a. Doctor _____________________
   b. Hospital _____________________

Information from the Doctor

1. Did they confirm they participate in the plan’s network? Yes No
2. How do they handle billing?
   a. You pay upfront and self-submit for reimbursement
   b. They bill the insurance company and you pay the difference
3. Are they accepting new patients? Yes No