

Health, Nutrition & Wellness

"Solutions In Your Community"

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Family & Consumer Sciences

Welcome to the Winter 2022 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

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, research 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 Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety

Complied by: Faculty Extension

FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



RECIPES

Each issue includes healthy recipes! Inside this issue:

- Winter Root Soup
- Holiday Omelet
- Vegetable Lasagna
- Black Eye Pea Stew
- Salmon Croquette
- Fennel Salad
- Champagne Fooler
- Strawberry Cake

And many more!

Foods to Beat the "Winter Blues"

If winter has zapped your energy and you've found yourself lacking motivation, you may have a case of the "winter blues," or Seasonal Affective Disorder (SAD). Luckily, there are plenty of ways you can dig yourself out of a mid-winter funk and keep your mood consistent throughout the year. Best of all, there's no medication required. Here are some of our favorite foods to beat the winter blues!

Nuts and Seeds contain omega-3 fatty acids, which are key players in beating the winter blues. Walnuts, flax seeds, chia seeds, and hemp seeds are all good sources of omega-3s.

Bananas contain carbohydrates, natural sugars, and potassium that work together to help fuel your brain. They are also high in magnesium – a mineral that has been proven to improve sleep and reduce anxiety, which are two symptoms of seasonal depression.

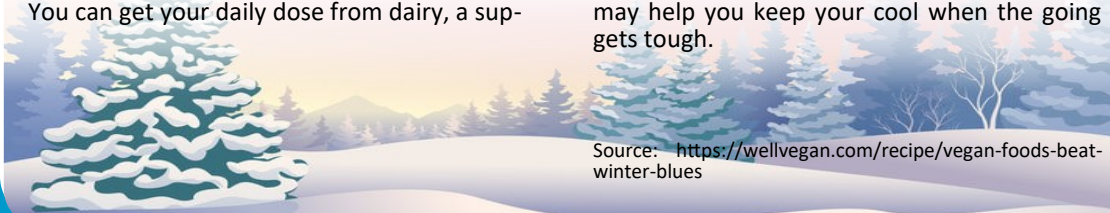
Vitamin D has been linked to increases in immunity and lowered depressive symptoms. You can get your daily dose from dairy, a sup-

plement (25 micrograms per day) or from plant-based foods fortified with vitamin D, like soy, almond, hemp, and rice milk.

Avocados boast vitamin B, which helps promote white blood cell production to help fight infections. Don't dig guacamole? You can also get B vitamins from Brazil nuts, which have a bonus of immunity and mood-boosting selenium or a supplement.

Leafy greens contain vitamin C, which is high in antioxidants, can increase your energy level and decrease anxiety. What's not to love? You can get your daily dose from spinach, parsley, broccoli, and cauliflower. These veggies are typically easy to find at your favorite produce market or grocery store year round.

Blueberries, strawberries, and raspberries can help prevent the release of cortisol, which, in stressful situations, heads towards the part of your brain that provides emotional responses. In other words, a berry-loaded smoothie may help you keep your cool when the going gets tough.



Source: <https://wellvegan.com/recipe/vegan-foods-beat-winter-blues>



December Themes

Seasonal Affective Disorder (SAD) Awareness Month

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel “down” when the days get shorter in the fall and winter (also called “winter blues”) and begin to feel better in the spring, with longer daylight hours. In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities.

If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from **seasonal affective disorder (SAD)**, a type of depression. In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer; this is known as winter-pattern SAD or winter depression. Some people may experience depressive episodes during the spring and summer months; this is called summer-pattern SAD or summer depression and is less common.

How is SAD treated?

Treatments are available that can help many people with SAD. They fall into four main categories that may be used alone or in combination:

- Light therapy
- Vitamin D
- Psychotherapy
- Antidepressant medication

Talk to your health care provider about which treatment, or combination of treatments is best for you.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255) or text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org).

Source: <https://www.nimh.nih.gov/>

Root Vegetables & Exotic Fruits Month

Root Vegetables and Exotic Fruits Month is an excellent opportunity to perk up your eating habits. Exchange your normal fruits and veggies with something a little different!

Root vegetables are great because they provide complex carbs and starch, they're high in fiber, they can help you lose weight, they contain tons of vitamins and minerals, and even contain anti-cancer antioxidants.

Root Vegetables to try:

1. Celery root
2. Parsnip
3. Radish
4. Sweet Potato
5. Turnip



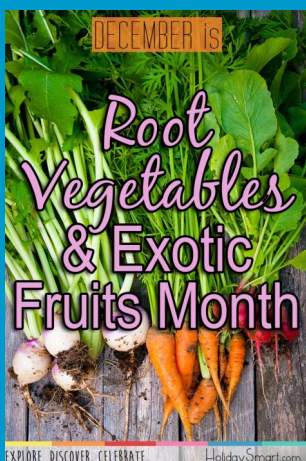
Exotic fruits are delicious and a fun addition to meals, especially because they are a bit harder to come by in the United States. These fruits contain large amounts of antioxidants, vitamins A, C, iron, and phosphorus.

Exotic Fruits to try:

1. Acai
2. Star Fruit
3. Jackfruit
4. Dragon Fruit
5. Guava



Source: [nationaldaycalendar.com](https://www.nationaldaycalendar.com)



Winter Wellness

Take a Holiday from Alcohol

Many American adults report drinking alcohol more since the pandemic began in March 2020, according to a survey on alcohol use in the time of COVID-19. If you're among them, you might want to start the new year on a healthy note by joining the millions who abstain from alcohol during Dry January. Your heart, liver, memory, and more could be the better for it.

While drinking a moderate amount of alcohol is associated with health benefits for some people in observational studies, heavier drinking and long-term drinking can increase physical and mental problems, especially among older adults. Heart and liver damage, a higher cancer risk, a weakened immune system, memory issues, and mood disorders are common issues.

Yet, cutting out alcohol for even a month can make a noticeable difference in your health. **Regular drinkers who abstained from alcohol for 30 days slept better, had more energy, and lost weight, according to a study in BMJ Open. They also lowered their blood pressure and cholesterol levels and reduced cancer-related proteins in their blood.**

Tips for a successful Dry January

A month may seem like a long time, but most people can be successful. Still, you may need assistance to stay dry in January.

Here are some tips:

1. Find a substitute non-alcoholic drink. For social situations, or when you crave a cocktail after a long day, reach for alcohol-free beverages like sparkling water, soda, or virgin beverages (non-alcoholic versions of alcoholic drinks.) Non-alcoholic beer or wine also is an option, but some brands still contain up to 0.5% alcohol by volume, so check the label. "Sugar is often added to these beverages to improve the taste, so try to choose ones that are low in sugar," says Dawn Sugarman, a research psychologist at Harvard-affiliated McLean Hospital in the division of alcohol, drugs, and addiction.

2. Avoid temptations. Keep alcohol out of your house. When you are invited to someone's home, bring your non-alcoholic drinks with you.

3. Create a support group. Let friends and family know about your intentions and encourage them to keep you accountable. Better yet, enlist someone to do the challenge with you.

4. Use the Try Dry app. This free app helps you track your drinking, set personal goals, and offers motivational information like calories and money saved from not drinking. It's aimed at cutting back on or cutting out alcohol, depending on your choices.

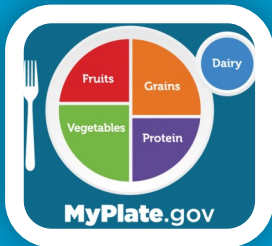
5. Don't give up. If you slip up, don't feel guilty. Just begin again the next day.

Source: [health.harvard.edu](https://www.health.harvard.edu)



Spotlight On Winter Wellness

Healthy Plate Tips



foodandhealth.com/munications®

Choose **MyPlate.gov**

MAKE HEALTHY HOLIDAY PLATES

Healthy Plate Tips For Holiday Survival

- * Fill appetizer plates with vegetables.
- * Keep healthy snacks with you when you are on the go.
- * Fill dessert plates with fruits.
- * Make a healthy plate for lunch and dinner.
- * Eat a healthy snack plate with fruits and vegetables before going to parties.



Vegetables	Fruits	Grains	Protein	Dairy
<p>Fill half your plate with fruits and veggies in holiday colors.</p>	<p>Fruits add color, spirit and flavor to desserts.</p>	<p>Make stuffings with whole grain bread and brown rice.</p>	<p>Turkey breast is always the leanest holiday choice.</p> <p>Keep the gravy low in fat.</p>	<p>Yogurt makes a great party dip.</p> <p>Blend skim milk with bananas to make a healthy, smoothie-like banana nog.</p>



Spotlight On Winter Wellness

Winter Produce

Eat In Season This Winter



- asparagus
- beet
- brussel sprouts
- broccoli
- cabbage
- carrot
- celery
- clementines
- endive
- garlic
- kale
- onions
- peas
- pomegranate
- potato
- squash
- sweet potato
- winter pears

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Spotlight On Winter Wellness

Winter Hydration



Dehydration is linked to poor memory and bad moods.



Remembering to drink enough water is easy during the summer, when higher temperatures and outdoor activities drive the point home. But staying adequately hydrated is just as important during the winter. Even minor dehydration – the level at which people begin feel thirsty – is linked to difficulty concentrating, poor memory and bad moods. And studies have shown people who chronically consume a low amount of water seem to be at higher risk of developing chronic kidney disease, kidney stones and urinary tract infections. **Here are eight warm water drinks that are perfect for the winter months!**

1. **HOT WATER WITH LEMON**—Adding a twist of lemon to a mug of hot water is a classic and easy way to add flavor without adding calories. It's simple, refreshing and will warm you up on a cold winter day.

2. **GREEN TEA**—Green tea has enough caffeine to give you a boost, but not enough to give you the jitters. And, like all teas, it's almost entirely water, so it'll bump up your daily cup count.

3. **FRESH MINT TEA**—The refreshing flavor and aroma of mint is perfect when you want a stimulating drink to help you stay focused on work. It's easy to make yourself and completely caffeine-free. Steep 8-10 fresh mint leaves (peppermint, spearmint or other variety) in 1 cup boiling water for 3-5 minutes

4. **GINGER TEA** - Although traditionally made as a home remedy for nausea, ginger tea is a warming, spicy drink that can be enjoyed anytime. It's especially tasty as an after-dinner drink or served with spiced desserts like carrot cake or apple pie. Peel and slice 2 tbsp (about 2 inches) of fresh ginger root. Boil ginger in 4 cups of water for 10 minutes or longer for stronger flavored tea. Strain, then store and refrigerate any extra tea. Add lime juice and/or honey to taste.

5. **CHAI TEA LATTE**—chai tea latte is a great, low-calorie substitute for your usual morning mocha or flavored latte. It will still give you a kick of caffeine, but with less sugar and a little more spice. Steep 2 bags of your favorite chai tea (or plain black tea) in a pot with 1 cup of boiling water for 5 minutes. If you use plain black tea, add 1 tsp ground cinnamon, ½ tsp ground ginger and ¼ tsp allspice. Remove tea bags. Optionally stir in sugar to taste. Add 1 cup milk (any kind) and stir over heat until hot but not boiling. Strain through a fine sieve into a mug.

6. **MEDICINE BALL TEA**—Medicine Ball tea is the perfect pick-me-up drink. Whether you have a case of the sniffles or are just having a sour day, this warm, citrus-mint tea will soothe your soul. Steep 1 bag of your favorite mint tea and 1 bag of your favorite herbal tea (we recommend flavors like peach, strawberry or lemon) in 2 cups of boiling water for 3-5 mins. Add 1 tbsp of lemon juice or more to taste. Add 2 tbsp of honey or more to taste.

7. **LONDON FOG**—This creamy, full-bodied tea latte will make you want to curl up with a good book on a rainy day. Steep 2 bags of Earl Grey tea and ½ tsp of dried lavender in a pot with 1 cup of boiling water for 3 minutes. Remove tea bags. Stir in ½ cup milk (any kind) and stir over heat until hot but not boiling. Strain into a mug and optionally add sugar to taste.

8. **DREAMY HONEY MILK TEA**—This sweet, sleepy-time drink will help you unwind in the evenings after a long day. Steep 2 bags of chamomile tea in a pot with 1 cup boiling water for 10 minutes. Remove tea bags. Stir in ½ cup milk (any kind) and stir over heat until hot but not boiling. Stir in 1 tbsp honey or more to taste. Pour into a mug and top with whipped cream and/or ground cinnamon as desired.

Sources: heart.org and primowater.com

Spotlight On Winter Wellness

Winter Weather Advisory Tips

know the facts &
stay safe this

Winter

APPALACHIAN REGIONAL
HEALTHCARE SYSTEM
apprhs.org

To keep yourself and others safe, continue practicing COVID-19 precautions by

**wearing a mask,
social
distancing
& washing
your
hands.**



cold exposure



Know the signs of **hypothermia** & **frostbite**.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Symptoms in adults include shivering, exhaustion, confusion, slurred speech, and drowsiness. Seek immediate medical attention if a person's temperature is below 95° F.¹

Frostbite is an injury to the body that is caused by freezing. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Symptoms in adults include reduced blood flow to hands and feet, numbness, tingling or stinging, aching, and bluish skin. If you notice signs of frostbite, seek medical attention.²

Approximately 21,800 residential fires are caused by space heaters a year, and 300 people die in these fires. An estimated 6,000 persons receive hospital emergency room care for burn injuries associated with contacting hot surfaces of space heaters, mostly in nonfire situations.⁴

Don't use a space heater within 3 feet of anything that may catch on fire and never cover your space heater.⁴

**Space Heater
Safety
Tips**



Slippery conditions lead to falls & car accidents



Many injuries related to cold weather happen from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt, another chemical de-icing compound or sand.³

Each year, there are approximately 1.2 million vehicle crashes due to adverse weather or on slick pavement.⁵ **If you must travel**, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late. Check and restock the winter emergency supplies in your car before you leave. Always carry extra warm clothing and blankets with you.³

Overexertion while

shoveling snow

Shoveling snow is strenuous exercise. People who have a medical conditions such as high blood pressure or heart disease should talk to their healthcare provider before shoveling snow.

The combination of cold temperatures and strenuous exercise can trigger a heart attack.¹



¹https://blogs.cdc.gov/publichealthmatters/2019/02/shovel_smart/
²<https://www.cdc.gov/niosh/topics/coldstress/coldrelatedillnesses.html>
³<https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>
⁴<https://www.cdc.gov/nceh/publications/books/housing/cha12.htm>
⁵https://ops.thwa.dot.gov/weather/q1_roadimpact.htm
⁶<https://www.cdc.gov/features/rhinovirus/index.html>
⁷<https://orthoinfo.aaos.org/en/staying-healthy/winter-sports-injury-prevention/>

Protect yourself & others from feeling under the weather

- Wash your hands often with soap and water
- Avoid touching your eyes, nose and mouth
- Stay away from people who are sick
- Stay at home if you are sick
- Avoid close contact with others
- Practice good cough and sneeze etiquette
- Disinfect frequently touched surfaces and objects⁶



Winter Sports Injury

According to the U.S. Consumer Product Safety Commission, almost 200,000 people were treated for injuries related to winter sports in 2018.

- 76,000 injuries from snow skiing
- 53,000 injuries from snowboarding
- 48,000 injuries from ice skating
- 22,000 injuries from sledding

Common winter sports injuries include sprains, strains, dislocations, and fractures. Most winter sports injuries can easily be prevented by wearing protective gear, maintaining good physical condition, staying alert, drinking plenty of water and resting when tired or in pain.⁷



If you are experiencing a true medical emergency, **CALL 911.**

Physical Wellness



Slow down when you eat; research reveals that eating in a hurry may contribute to weight gain and obesity.

Spotlight on Winter Wellness

Slow Down—and try mindful eating

When was the last time you enjoyed a quiet, peaceful meal without interruption? If you can't remember, you're hardly alone. These days, eating a leisurely meal is a rare luxury. Sadly, for many people, eating on the run has become the norm. They gobble down meals while they text their friends, catch up on their favorite TV shows, or check to see who's posting on Twitter and Facebook. Yet research reveals that the very act of eating in a hurry may contribute to weight gain and obesity.

Here's how: As you eat and drink, your stomach fills, activating stretch receptors in your stomach. These receptors send satiety messages to your brain via the vagus nerve, which connects the brain to the stomach. Then, as food enters your small intestine, appetite hormones are released, sending additional fullness messages to your brain. This process doesn't happen immediately, though. It can take 20 minutes—or longer—for your brain to realize it's time to put down your fork. Eating too quickly doesn't allow this intricate system sufficient time to work, making it easy to overeat without even realizing it.

There's another downside to distracted eating that has nothing to do with speed. Eating while you're busy doing other things robs you of the opportunity to fully enjoy your food, so you may not feel completely satisfied—and may keep on eating in an attempt to gain satisfaction.

Enter mindful eating

Mindful eating is the act of fully focusing on your food as you eat. It encourages you to pay closer attention to the tastes, smells, and textures of your food as well as your body's hunger and satiety cues. As basic as it sounds, this practice is surprisingly powerful. In one small study, 10 obese volunteers enrolled in weekly mindful eating classes

that focused on listening to their feelings of hunger and fullness. They also paid close attention to their cravings and emotions. Not only did the participants drop an average of 9 pounds by the end of the three-month program, but they also reported less hunger, stress, anxiety, depression, and binge eating.

In addition to savoring the flavors and aromas of your food, the following techniques can help you attain more mindful eating:

- Create a calm, beautiful space for eating. A cluttered table does not create the sense of inner tranquility you need in order to cultivate a peaceful mindset.
- At the beginning of your meal, set a timer for 20 minutes. Then pace yourself to make your meal last until the timer goes off.
- Let the answering machine take care of incoming phone calls.
- Put away all computers, phones, and reading materials, so you can concentrate on your food.
- Turn off the television, another source of distraction.
- Eat only at the kitchen or dining room table to minimize distractions.
- Think only about the bite of food you're actually eating at that moment. It's all too easy to think ahead to the next bite without focusing on the food that's actually in your mouth.
- Put your fork down between bites.
- Chew each mouthful 30 times.
- Before you help yourself to seconds or dessert, ask yourself if you're really hungry.

Source: <https://www.health.harvard.edu/>

Spotlight On Winter Wellness

Winter Safety Tips for Children

Layer up! Dress kids appropriately for the cold weather: You should typically add one extra layer to whatever an adult would wear to be comfortable. Kids should wear several layers of loose-fitting, light, tightly woven clothing under a heavy jacket to keep them warm when they are outside. Don't forget mittens or gloves, a hat, a scarf, and water-proof boots, especially if they are going to play in the snow.

Beware of clothing hazards. ...Thick winter coats or snowsuits can keep your baby warm but they can compromise your child's car seat safety. In order for car seats and boosters to function properly, the straps need to remain tight against the child's chest. Winter coats and snowsuits change the way a child fits into the car seat.

Test to Check Winter Coats for Car Seat Safety

This test can show you that a coat or snow-suit might compress too much in a crash and why it is safer to use thin layers and a blanket over the car seat instead.

It's not recommended that parents uninstall a convertible seat to make changes. When you're ready to try the test, bring your child out to the car. If you're still using a portable

infant seat, these can safely and easily be brought into the house for the test. Make sure your child is dressed in their winter coat or snowsuit. Put the child in the car seat and buckle the harnesses as you normally would before car travel, making sure they are tight enough to fit your child appropriately. Using chalk, mark the tail of the car seat strap where it comes out from the car seat. Take the child out of the car seat. Take the coat off your child. Put the child back in the car seat and buckle the harnesses again. Adjust the strap so that the chalk line is where it was when the coat was on.

If you can fit more than one finger under the harness at the child's collarbone, the coat is too thick and is not safe for use with the car seat.

Prevent nosebleeds. When caused by dry air, nosebleeds can be prevented by moisturizing your child's nose with saline spray or a nasal gel each day. Keep in mind kids can also get nosebleeds when they have colds, sinus infections, or allergies. Many parents use a cool-mist humidifier during the winter to help kids with nosebleeds and dry skin. But those higher humidity levels can also increase the levels of dust mites and mold in your home, which can trigger allergies in susceptible people.

Source: [verywellfamily.com](https://www.verywellfamily.com)

Youth Wellness



Winter Activities That Teach Teens Life Skills



Babysit



Volunteer to read to younger children at the library



Build a website



Volunteer at your community food pantry, soup kitchen or church



Practice budgeting skills



Take an online class



Visit a college



Job shadow a professional

December Recipes

One-Pan Roasted Turkey & Root Vegetables



Ingredients: Serves: 4
 Prep time: 10 minutes
 Cook time: 3 hours
 Total time: 3 hours 10 minutes
 Ingredients:
 12 lbs. turkey, cut into 8 pieces
 1 lemon
 4 medium sweet potatoes, halved lengthwise
 4 parsnips, peeled and halved lengthwise
 4 carrots, peeled and halved lengthwise
 Salt and pepper
 1 tbsp olive oil
 Thyme sprigs
 Rosemary sprigs
 Directions:
 Preheat the oven to 500° F. Season turkey with salt and pepper and rub with the juice

of one lemon. Place turkey in a roasting pan. In a large mixing bowl, toss vegetables with olive oil, salt, and pepper and transfer to the roasting pan and cover the bottom. Arrange thyme and rosemary over the vegetables and arrange turkey over the herbs and vegetables. Roast turkey for 20 minutes. Reduce heat to 350° F and roast for another hour or until a thermometer inserted into each turkey breast reads 150° F, and each leg, thigh, and wing reads 160° F. Discard herbs and transfer vegetables and turkey to serving plates.

Nutrition information: Calories Kcals 315, total fat 13g, saturated fat 5 g, Carbohydrates 10g, Fiber 2g, cholesterol 105 g, Sodium 387 mg.

Source: Allrecipes.com

Avocado & Citrus Salad



Ingredients:
 1 fennel bulb, sliced into wedges and roasted
 1 fennel bulb, very thinly sliced
 5 radicchio leaves, torn
 2 satsumas or 1 small orange, segmented
 1 small pink grapefruit, segmented
 1 avocado, sliced
 2 tablespoons pine nuts
 ¼ cup shaved pecorino
 ¼ cup fresh mint leaves
 Sea salt and freshly ground black pepper
 Lemon Dressing
 ¼ cup extra-virgin olive oil
 2 tablespoons lemon juice
 1 garlic clove, grated
 ½ teaspoon Dijon mustard
 ¼ teaspoon sea salt

Directions:
 Prepare the roasted fennel. Make the dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, and Dijon mustard. In a medium bowl, toss the sliced fennel with a few drizzles of the dressing. Set aside

for 15 minutes so the fennel softens a bit. Assemble the salad on a platter by arranging half of the sliced fennel, all the roasted fennel, radicchio, and half of the citrus segments. Drizzle with a few spoonful's of the dressing and sprinkle with salt. Layer the remaining fennel and the remaining citrus onto the salad. Top with the avocado, pine nuts, pecorino, and mint. Drizzle with more dressing, sprinkle with salt and pepper, and serve.

Nutrition Information: Calories kcal, 325, fat 11g, saturated fat 5 g, carbs, 36g, sugars, 17g, fiber 11 g, protein, 15 gr, salt 1 g.

Sources; <https://www.loveandlemons.com/winter-salad-recipes/> .

December Recipes

Holiday Omelet

Ingredients:

2 eggs
 ¼ cup milk
 2 tbsp olive oil
 ½ cup red bell pepper, chopped
 ¼ cup leek, thinly sliced
 2 tbsp Swiss & gruyere cheese blend
 butter to grease pan
 pinch of pepper

Directions:

Heat olive oil over medium heat in a medium-sized skillet.
 Chop red bell pepper and leek, and add to skillet. Lower heat and sauté for 10 minutes. Beat eggs and milk in a small bowl for 15 seconds. Heat another medium-sized skillet over medium-high heat and grease with butter. Add beaten eggs to greased skillet and cook for 5-10 minutes. Check bottom with spatula to check for doneness. The omelet is ready to flip when the bottom is not burned, but firm, and the top is mostly

cooked (if not all cooked...it depends on how brown the bottom is getting, but generally the more cooked the top is the easier to flip!). Flip omelet over, either with a spatula or by removing skillet from heat and flipping by hand on skillet handle.

Toss vegetables onto omelet and sprinkle cheese and pepper over the top. After cheese is mostly melted, flip omelet in half to cover vegetables and reduce heat for 1 minute. Serve warm.

Nutrition Information:

Calories, 226kcal , Carbohydrates, g, Protein19g, Fat: 13g ,Saturated Fat: 6g , Polyunsaturated Fat: 2g , Monounsaturated Fat: 5g , Cholesterol 277mg , Sodium: 1736mg | Potassium: 295mg , Fiber: 1g , Sugar: 4g .

Source: www.mysanfranciscokitchen.com/christmas-omelet/ .



Cheesy Spinach Artichoke Dip

Ingredients:

vegetable oil, for the dish
 300g chopped frozen spinach, defrosted
 250g soft cheese
 150ml soured cream
 100g mayonnaise
 2 large garlic cloves, finely grated
 75g vegetarian hard cheese, grated
 100g grated mozzarella
 100g grated vegetarian cheddar
 2 x 280g jars artichokes, drained and roughly chopped
 tortilla chips and crudités of your choice

Directions:

Heat the oven to 180C/160C fan/ gas 4. Lightly oil a small baking dish. Tip the defrosted spinach into a sieve set over the sink and press down with the back of a large spoon to remove as much liquid as possible.

Set aside. Whisk the soft cheese, soured cream and mayonnaise together in a medium bowl until well-combined. Add the garlic, most of the cheeses, all the spinach and the artichokes. Season with black pepper and fold everything together to combine.

Spoon the mixture into the baking dish and sprinkle over the remaining cheese. Will keep, covered in the fridge, for up to a day. Bake for 25-30 mins until bubbling and golden. If you like an extra-crisp top, flash under a hot grill for the final few minutes of cooking time. Leave to stand for 5 mins., then serve with tortilla chips and crudités.

Nutrition Information:

Calories, kcal 318, fat 28g, saturates 12g, carbs 5g, sugars 3g, fiber 2g , protein 10g, salt 0.9g

Source: bbcgoodfood.com



December Recipes

Cauliflower Cheese Rolls



¼ cauliflower
 100ml milk
 1 tbsp plain flour
 80g plus 1 tbsp butter
 25g cheddar, grated
 25g parmesan (or vegetarian alternative),
 grated
 10 sheets filo pastry
 1 tsp za'atar
 ½ tsp sesame seeds

Directions:

Chop or blitz the cauliflower into rice-sized pieces. Cover loosely and microwave for 5 mins., or until tender, stirring halfway. Pour the milk into a saucepan with the plain flour and 1tbsp butter. Whisk together and slowly bring to the boil, mixing all the time, until smooth and thick. Mix in the cooked cauliflower, cheddar and parmesan, then season. Leave to cool in the pan. Once cold, transfer to a piping bag or food bag and chill.

Heat oven to 200C/180C fan/gas 6. Line a baking sheet

with baking parchment. Unfold the pastry sheets and slice into three pieces width ways, cutting through all the sheets at once. Take out three strips and keep the rest covered.

Melt the remaining butter, then use to lightly brush the pastry strips. Fold the strips in half lengthways, then brush again with the melted butter. Pipe or spread 1 tbsp of the cauliflower mixture onto the buttered pastry strips. Fold the short ends in, then loosely roll to form a cigar. Brush the end with a little butter to help seal in place. Place on the baking sheet, spacing them a little apart, then repeat with the remaining pastry strips. Brush the tops with butter, then sprinkle with the za'atar and sesame seeds. Bake for 15-18 mins until golden and crisp. Serve warm.

Nutrition information: calories 245, fat 12g, saturated fat 6g, carbs, 28g, sugars, 2g, fiber 2g, protein 6g, salt. 0.6 g



Broccoli Caesar Salad



Ingredients:

1 small garlic clove
 2 anchovies in oil
 4 tbsp olive oil, plus extra to serve
 1 tbsp mayonnaise
 ½ lemon, juiced
 10g finely grated parmesan, plus extra to serve
 1 tsp Dijon mustard
 300g long-stemmed broccoli
 2 shop-bought crostini, crushed

Directions:

Crush the garlic with the anchovies. Tip into a small bowl and mix with the oil, mayon-

naise, lemon juice, parmesan and Dijon mustard.

Cook the broccoli in a pan of boiling salted water for 3-4 mins until just tender. Drain. Arrange the broccoli over four plates, then drizzle with the dressing. Crush the crostini and scatter over the salad, then drizzle with a little more olive oil and sprinkle with extra grated parmesan.

Nutrition information: calories, 201, fat 17g, saturated 3g, carbs 3g, sugars, 2g, fiber 2g, protein 4g, salt 0.5g.

December Recipes

Winter Root Veggie Soup

1 parsnip, peeled and chopped
 2 carrots, peeled and chopped
 300g turnip, swede or celeriac, chopped
 4 garlic cloves, skin left on
 1 tbsp rapeseed oil, plus ½ tsp
 1 tsp maple syrup
 ¼ small bunch of sage, leaves picked, 4 whole, the rest finely chopped
 750ml vegetable stock
 grating of nutmeg
 1½ tbsp fat-free yogurt

Directions:

Heat the oven to 200C/180C fan/gas 6. Toss the root vegetables and garlic with 1 tbsp oil and season. Tip onto a baking tray and roast for 30 mins until tender. Toss with the maple syrup and the chopped sage, then roast for another 10 mins until golden and glazed. Brush the whole sage leaves with ½

tsp oil and add to the baking tray in the last 3-4 mins to crisp up, then remove and set aside.

Scrape the vegetables into a pan, squeeze the garlic out of the skins, discarding the papery shells, and add with the stock, then blend with a stick blender until very smooth and creamy. Bring to a simmer and season with salt, pepper and nutmeg.

Divide between bowls. Serve with a swirl of yogurt and the crispy sage leaves.

Nutrition Information:

kcal221,low in-
 fat9g,saturates,1g,carbs26g,sugars18g,fibre
 10g,protein5g,salt0.2g

Reference: BBC goodfood.com



Mashed Potatoes

Ingredients:

2 pounds of Yukon gold potatoes washed, peeled, and cut into 2 inch chunks
 4 garlic closed washed peeled, and halved
 ½ cup of low fat sour cream
 ½ cup of low sodium vegetable broth
 1 tablespoon butter
 Salt and pepper to taste (optional)

Directions:

Bring a large pot of salted water to a boil. Place the diced potatoes and garlic inside the pot. Cook covered until the potatoes are tender, about 16-20 minutes.

Drain and the return the potatoes and garlic to the pan. Add the sour cream, vegetable broth and butter. Using a fork,

masher or electric beaters, mash the potatoes until smooth or until your desired consistency. Season with salt and pepper to taste.

Serve warm and top with fresh herbs, like thyme, rosemary, chives or parsley.

Calories: 184kcal, Carbohydrates: 25g,
 Protein 6g, Fat: 7g, Saturated
 Fat: 4g, Cholesterol: 20mg, Sodium: 81mg,
 Potassium: 828mg, Fiber: 4g, Vitamin
 A: 215IU, Vitamin
 C: 21.6mg, Calcium: 91mg, Iron: 6mg

Source: FCS Educator





**Environ-
mental
Wellness**

January Themes

Glaucoma Awareness Month

Glaucoma Awareness Month- January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

January is Glaucoma Awareness Month

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision. Anyone can get glaucoma, but those at higher risk include: Everyone over age 60. Things to do for the month. Help raise awareness, get regular eye screening, and eat healthy foods that support eye health.

National Radon Action Month

National Radon Action Month with the Environmental Protection Agency January is National Radon Action Month. The aim of National Radon Action Month is to increase the public's awareness of radon, promote radon testing and mitigation, and advance the use of radon-resistant new construction practices.

The U.S. Surgeon General and the Environmental Protection Agency (EPA) urges all Americans to protect their health by testing their homes for radon. Radon is a natural radioactive gas that you can't see, smell, or taste but could be present at a dangerous level in your home. As the second leading cause of lung cancer deaths in the U.S., and

the first leading cause among non-smokers, radon claims more than 20,000 lives annually. If a high radon level is detected in your home, it can be fixed through mitigation.

For more information about what you can do to protect your health and take action against radon during National Radon Action Month, please visit: www.epa.gov/radon

Read more at: <https://healthyhomes.ces.ncsu.edu/2019/01/january-is-national-radon-action-month/>.



January Themes

Healthy New Year Tips

As we start the new year it is important to make intentions and goals to eat healthy and exercise. When we make New Year's resolutions it gives us a sense of hope and motivation to do better in the new year. We must be well mentally, physically, emotionally, financially and spiritually for long term



wellness so make sure you use smart goals when setting goals. Goals that are specific, measurable, achievable, realistic and timely are well defined, clear and attainable for life purpose and nutrition and fitness goals in 2023.



7 HEALTH TIPS FOR THE NEW YEAR



Sleep eight hours every night

Most people need about 7 to 9 hours of sleep per night, and research shows that there is a relationship between lack of sleep and weight gain.

Eat breakfast

Research shows that skipping breakfast can contribute to weight problems.



Pay close attention to what you eat

Consider keeping a food diary and be sure to try to increase your fruit, vegetable and fiber intake.

Weigh yourself at least once a week

To lose weight, cut a few calories each day and aim to lose one pound per week.



Get a move on

Consult your doctor first, but start by walking about 10 minutes per day and gradually increasing to 30 minutes a day for five days a week. If you're in good shape, walk 30 minutes a day for more days in the week. Brisk walking contributes to healthy body weight and increases psychological well-being.

Seek support

Find a friend to exercise with, take a class or join a walking club.



Don't give up

Take it one day at a time and be patient. Maintaining a healthier lifestyle is a process, not an outcome.

Source: Dr. John Foreyt, professor of medicine and director of the Behavioral Medicine Research Center at Baylor College of Medicine



January Recipes

Pear Salad with Balsamic and Walnuts



Ingredients:
4 cups mixed salad greens
2 ripe pears, sliced
1 fennel bulb, sliced paper thin*
Lemon wedge
2 tablespoons dried cranberries
1 tablespoon chopped pecans
1 tablespoon chopped walnuts
1 tablespoon chopped hazelnuts, or more pecans or walnuts
1/3 cup shaved pecorino
Balsamic Vinaigrette, for drizzling
Sea salt and freshly ground black pepper

Assemble the salad with the mixed greens and top with the pears and fennel. Squeeze a little lemon over the pears and fennel and toss.

Top with the cranberries, pecans, walnuts, hazelnuts, and pecorino. Drizzle with balsamic vinaigrette. Season to taste with salt and pepper.

Nutrition info:

Source: Loveandlemons.com

Directions:

Kale & Black Eye Pea Soup

Ingredients:
15 oz. can of black eyed peas rinsed and drained
1 medium onion diced
1 clove garlic minced
1 green pepper diced
2 stalks celery diced
2 carrots diced
15 oz. can diced tomatoes
4 cups low-sodium vegetable broth
1 bay leaf
1 tsp thyme
1/4 tsp cayenne pepper
1/2 tsp paprika
3 cups chopped kale
salt to taste
parsley to garnish

Directions:

Dice onions, peppers, celery, and carrots, add 1/4 cup of vegetable stock. Sauté onions. Add together, Cook and simmer on low medium heat for 20 minutes, remove bay leaf. Stir in kale the last 10 minutes.

Nutrition Information: Calories 144kcal, carbohydrates 28g, protein 9g, fat 1g, sodium 123 g, potassium 656 mg, fiber 7g, sugar 36 mg, rich in calcium and iron.

Source: Keepingthepeas.com



January Recipes

Champagne Fooler

Dietitian's tip:

This non-alcoholic champagne substitute has all the sparkle and taste but half the calories of the real thing!

Ingredients:

2 cups unsweetened apple juice or apple cider
1 and 1/2 teaspoons fresh lemon juice
2 cups lemon-flavored sparkling water

Directions:

Chill champagne or wine glasses. Mix the apple juice, lemon juice and sparkling water in a pitcher. Serves 4.

Nutrition Information.

Serving size: About 2/3 cup (5 ounces)
Calories 55, Sodium 4 mg, Total fat 0 g, Total carbohydrate 14 g, Saturated fat 0 g, Dietary fiber 0 g, Trans fat 0 g, Added sugars 0 g, Protein trace.

Source: mayoclinic.org



Slow Cooker Vegetable Lasagna

Ingredients:

1 tbsp rapeseed oil
2 onions, sliced
2 large garlic cloves, chopped
2 large courgettes, diced (400g)
1 red and 1 yellow pepper, deseeded and roughly sliced
400g can chopped tomatoes
2 tbsp tomato purée
2 tsp vegetable bouillon
15g fresh basil, chopped plus a few leaves
1 large aubergine, sliced across length or width for maximum surface area
6 whole-wheat lasagna sheets (105g)
125g vegetarian buffalo mozzarella, chopped

Directions:

Heat 1 tbsp rapeseed oil in a large non-stick pan and fry 2 sliced onions and 2 chopped large garlic cloves for 5 mins., stirring frequently until softened.

Tip in 2 diced large courgettes, 1 red and 1 yellow pepper, both roughly sliced, and 400g chopped tomatoes with 2 tbsp tomato purée, 2 tsp vegetable bouillon and 15g chopped basil.

Stir well, cover and cook for 5 mins. Don't be tempted to add more liquid as plenty of moisture will come from the vegetables once they start cooking.

Slice 1 large aubergine. Lay half the slices of aubergine in the base of the slow cooker and top with 3 sheets of lasagna.

Add a third of the ratatouille mixture, then the remaining aubergine slices, 3 more lasagna sheets, then the remaining ratatouille mixture.

Cover and cook on High for 2½ - 3 hours until the pasta and vegetables are tender. Turn off the machine.

Scatter 125g vegetarian buffalo mozzarella over the vegetables then cover and leave for 10 mins. to settle and melt the cheese.

Scatter with extra basil and serve with a handful of rocket.

Nutrition information: Calories, kcal, 325, fat 11g, saturated fat 5 g, carbs, 36g, sugars, 17g, fiber 11 g, protein, 15 gr, salt 1 g.
Source: bbcgoodfood.com



January Recipes

Winter Wassail Drink



Ingredients:

- 2 cups pasteurized apple cider
- 1 cups cranberry pineapple juice
- 1 cup of sparking water
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon of crushed cloves

Directions:

Mix all ingredients in a large crock pot and place on low heat until warm or put in pot on top of stove. Serve hot or cold , enjoy.

Nutrition information: 134 calories, 35 carbs, 17 sugar, 0.3 protein, high in vitamin C.

Source: FCS Educator



Roasted Brussels Sprouts and Potatoes



Ingredients:

Ingredient Checklist

- 1 pound Brussels sprouts, trimmed and halved
- 12 ounces baby Yukon Gold potatoes, quartered
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon chili powder
- 3/4 teaspoon garlic powder
- 1/2 teaspoon ground pepper
- 1/4 cup chopped fresh flat-leaf parsley

Directions:

Preheat oven to 450°F. Toss Brussels

sprouts, potatoes, oil, salt, chili powder, garlic powder and pepper together on a large rimmed baking sheet; spread in a single layer. Roast until the vegetables are tender and evenly browned, 20 to 25 minutes, stirring halfway through. Stir in parsley before serving.

Nutrition Information:

Serving Size: 1/2 cup Per Serving: 106 calories; fat 5g; sodium 318mg; carbohydrates 13g; dietary fiber 3g; protein 3g; sugars 2g; niacin equivalents 1mg; saturated fat 1g; vitamin a iu 687IU.

Source: eatingwell.com.

January Recipes

Strawberry Cake Recipe

Ingredients:

1 cups white sugar
 1 cup butter, softened
 1 (3 ounce) package strawberry flavored Jell-O® or agar for substitute
 3 large eggs (room temperature)
 2 ¾ cups sifted cake flour
 2 ½ teaspoons baking powder
 1 cup whole milk, room temperature
 ½ cup strawberry puree made from frozen sweetened strawberries or 1 cup of fresh strawberries .
 1 tablespoon vanilla extract

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round cake pans.

Beat sugar, butter, and dry strawberry gelatin together in a large bowl with an electric mixer until light and fluffy. Add eggs one at a time, beating well after each addition.

Combine flour and baking powder in a large bowl; stir into butter mixture alternately with milk. Blend in strawberry puree and vanilla. Divide batter evenly between the prepared pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 to 30 minutes. Cool cakes on a wire rack for 10 minutes; run a table knife around the edges to loosen. Invert carefully onto a serving plate or cooling rack to cool completely.

Frosting Directions:

Take 1 cup fresh strawberries, 1 cup butter, 3 ½ cups confectioners' sugar, sifted, divided, 1 teaspoon vanilla extract.

Directions:

Place strawberries in a blender; purée until smooth.

Transfer strawberry purée to a saucepan over medium heat; bring to a boil, stirring often, until reduced by at least half, about 20 minutes. Remove from heat and cool completely.

Beat butter with an electric mixer in a bowl until light and fluffy. Beat in 1 cup confectioners' sugar until combined. Beat 2 tablespoons cooled strawberry purée and vanilla extract into butter mixture until just blended.

Beat in 1 cup confectioners' sugar until combined, followed by 2 tablespoons strawberry purée. Repeat this step once more.

Beat remaining 1/2 cup confectioners' sugar into mixture until just blended.

Nutrition information: Calories 393 , 15g fat, 9 g saturated fat, 90 of cholesterol, 45 carb, 5 g protein , 1 fiber, 27 mg sugar, 233 mg sodium, 85 mg calcium, 89 mg of potassium.

Source: Allrecipes.com





African Heritage and Health Week – **February 7-13, 2023**. African Heritage and Health Week is celebrated in the first full week of February each year. This year it is observed from February 7 to 13. It's a great way to begin the traditional February observance of Black History Month.

Each year, Old ways begins Black History Month by helping communities celebrate the healthy

foods and cuisines of African heritage with African Heritage & Health Week. Celebrated February 1st-7th, African Heritage & Health Week commemorates the flavors and healthy cooking techniques that were core to the wellbeing of African ancestors from Africa, South America, the Caribbean, and the American South. February is the perfect time to honor and explore this healthy culinary foods.



National Cancer Prevention Month

While there is no certain way to prevent cancer, there are certain risk factors that increase the likelihood. You can TAKE ACTION to lower those risks through healthy lifestyle choices, getting recommended cancer screenings, and vaccinating against certain viruses.

Tips for Reducing your Risk

Maintain a Healthy Weight and Active Lifestyle.

- Eat a plant based diet and decrease your intake of higher calorie food.
- Limit processed meats and alcohol.
- Include at least 30 minutes of physical activity in your daily routine. Even better, strive for at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic physical activity.

Avoid smoking and tobacco products

- All forms of tobacco products have many chemicals that damage DNA and cause cancer. No forms are safe including cigarettes, e-cigarettes, cigars, chewing tobacco/snuff, hookahs/water pipes, and even secondhand smoke.

Sun protection

- Stay out of the sun between 10:00 a.m. and 4:00 p.m.
- Generously use sunscreen, and cover exposed areas with hats or loose clothing

Get Immunized

- Certain viruses can cause cancer. There are vaccines that have been proven to be effective to reduce your risk.
- The Human papillomavirus (HPV) vaccine can significantly decrease the risk of several cancers including cervical, throat, tongue, anal, and other genital cancers.
- The Hepatitis B vaccine decreases the risk for liver cancer.

Get Screened

- Regular screenings help detect cancers early and maximize your chance for successful treatment.

Know your family history

- 5-10% of all cancers are inherited. Understanding your family history can help guide your discussion with your physician.

Challenge yourself to do at least one of these TAKE ACTION steps each month;

add another the next month, and then another and so forth until you are doing them all!

Sources:

American Cancer Society, Centers for Disease Control and Prevention, Mayo Clinic, National Cancer Institute, National Comprehensive Cancer Network.



February Themes

Heart Healthy Month

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. **Learn about the steps you can take to live a heart-healthy lifestyle.**

The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which are changeable and others that are not. Risk factors are conditions or habits that make a person more likely to develop a disease. These risk factors may be different for each person. Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

Risk factors for heart disease

- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease
- Had preeclampsia during pregnancy
- Have unhealthy eating behaviors



National “Wear Red” Day for [women’s heart health](#) (Feb. 5) with the [American Heart Association](#).

The first Friday in February (February 3) is National Wear Red Day. On this day, which is considered American Heart Month, **everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.**

Women and heart disease

Women generally get heart disease about 10 years later than men do, but it’s still women’s #1 killer. After menopause, women are more likely to get heart disease, in part because estrogen hormone levels drop. Women who have gone through early menopause, either naturally or because they have had a hysterectomy, are twice as likely to develop heart disease as women of the same age who have not gone through menopause. Middle age is also a time when women tend to develop other risk factors for heart disease, such as high blood pressure.

Preeclampsia, which is high blood pressure during pregnancy, raises your risk of developing coronary heart disease later in life. Risk factors such as high blood pressure or cholesterol generally don’t have obvious signs or symptoms. A crucial step in determining your risk is to see your provider for a thorough checkup and risk assessment.

Source: <https://www.nhlbi.nih.gov/education/American-heart-month>.



Challenge yourself to incorporate a variety of these red foods into your diet for their impact on heart health.

Red onion. Onions are packed with nutritious phytochemicals, including allicin, one of the most impactful for heart health.

Also ..**Red grapefruit...Pomegranate...Beets...Kidney beans...Tomatoes...Red wine...Tart cherries...**

Reference: <https://www.thorne.com/take-5-daily/article/12-red-foods-for-better-heart-health>.



February Recipes

Fresh Tomato Relish



Ingredients:
 Fresh tomatoes relish salad
 1 cup tomatoes finely diced
 1/2 yellow onion finely diced
 1/2 jalapeño pepper finely diced,
 2 tbsp sugar
 2 tbsp red wine vinegar
 1/2 tsp celery seed
 1/2 tsp salt
 1/2 tsp pepper

Directions:
 Start by removing the stem of the tomato and finely dice. Do the same with the onion and place them in a large mixing bowl. Next slice the pepper in half and scrape out the ribs and seeds, finely dice.

Add the remaining ingredients - salt, pepper, celery seeds and sugar. Using a spoon, mix together all of the ingredients. Allow it to stand at room temperature for about an hour and it's ready to enjoy! Refrigerate leftovers. This keeps in the refrigerator up to two weeks.

Nutrition Information: Calories 14kcal ,Carbohydrates 3g, Sodium 119mg ,Potassium 45mg ,Sugar 2g ,Vitamin A 30IU, Vitamin C 2.2mg ,Calcium 9mg , Iron, 0.3mg.

Source: Bowlmeover.com



Salmon Croquettes



Ingredients:
 2 (6 oz.) cans salmon skinless and boneless
 2 large eggs
 2 tablespoons mayonnaise
 2 teaspoons Dijon mustard
 2 teaspoons minced fresh garlic
 1/2 teaspoon Diamond Crystal kosher salt
 1/4 teaspoon black pepper
 1/2 teaspoon dried thyme
 1/2 cup chopped parsley
 1/4 cup olive oil for frying

Directions:
 Preheat your oven to the "keep warm" setting.
 Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well with a fork into tiny pieces.

Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley.

Heat the olive oil over medium heat in a large 12-inch nonstick skillet, for about 3 minutes.

Using an ice cream scoop, transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten.

Cook until well-browned and crispy, about 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

Nutrition Information: Serving: 2patties , Calories: 226kcal, Carbohydrates, 1g, Protein, 14g | Fat, 17g ,Saturated Fat 3g ,Sodium, 317mg.

Source: Wellplated.com.

February Recipes

Oven Baked Sweet Potatoes

Ingredients:

2 large sweet potatoes, peeled, cut into 1x3-inch wedges
 3 tablespoons soybean oil (often labeled "vegetable oil")
 ½ teaspoon sea salt
 ½ teaspoon freshly ground black pepper
 ¼ teaspoon garlic powder
 ¼ teaspoon paprika

Directions:

Preheat the oven to 425 degrees F (220 degrees C). Position rack in upper third of the oven. Grease a baking sheet. Place sweet potatoes and soybean oil in a large bowl; toss lightly. Sprinkle with salt,

pepper, garlic powder, and paprika. Arrange potatoes in a single layer on the prepared baking sheet, being sure not to overcrowd.

Bake, turning occasionally, until tender and golden brown, 18 to 24 minutes. Cool 5 minutes before serving.

Nutrition Information:

Calories , 287 K cal.; total fat 10g; saturated fat 2g; sodium 345mg; total carbohydrate 46g; dietary fiber 7g; total sugars 10g; protein 4g; vitamin c 6mg; calcium 70mg; iron 4mg; potassium 775mg.

Source: Allrecipes.com



Jalapeno Cornbread

Ingredients:

1 tablespoon canola oil
 1 cup cornmeal
 1 cup all-purpose flour
 1 1/4 teaspoons baking soda
 1/2 teaspoon salt
 3/4 cup plain yogurt
 1/2 cup milk
 1 large egg
 5 tablespoons unsalted butter, melted
 1/2 to 1 cup finely chopped, drained pickled jalapeños or fresh jalapeños (depending on how spicy you want your cornbread to be)
 1/2 cup fresh or frozen corn kernels
 1/2 cup grated Monterey jack or cheddar cheese

Directions:

Preheat the skillet:

Put the canola oil in a 9 or 10 inch cast iron skillet and place the skillet in the oven. Heat oven to 400°F with the skillet inside.

Whisk together the dry ingredients:

In a large bowl, whisk together the cornmeal, flour, baking soda and salt.

Whisk together the yogurt, milk, egg:

In a separate bowl, whisk together the yogurt, milk, and egg.

Combine wet with dry and add the butter, chilies, corn, and cheese: Pour the wet ingredients into the bowl of dry ingredients and stir to combine. Stir in the melted butter, the chopped jalapeños, corn, and cheese. Pour batter into hot skillet: Once the oven has reached 400°F and the skillet is hot, carefully remove the empty skillet from the oven (double up the pot holders, the handle is hot!). Pour the cornbread batter into the skillet, and smooth the surface with a wooden spoon or spatula.

Bake: Return the skillet to the oven and bake for 20 to 25 minutes, until lightly browned on top and a skewer inserted into the center comes out clean. Let rest 10 minutes before cutting:

.Nutrition information: 259 calories, 13 g fat, 26 carbs, 8 grams of protein.

Source: https://www.simplyrecipes.com/recipes/jalapeno_cornbread/.





March Themes

Colorectal Cancer Awareness Month

Colorectal cancer is a leading cause of cancer death for men and women. Each year, almost 53,000 people die of it in the United States. But it doesn't have to be this way. Colorectal cancer screening saves lives.

Regular screening, beginning at age 45, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 45 to 75 years old, get screened for colorectal cancer regularly. If you're younger than 45 and think you may be at high risk of getting colorectal cancer, or if you're older than 75, talk to your doctor about screening.

Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly for colorectal cancer is so important.

Several screening tests can be used to find polyps or colorectal cancer, **including some that you can do at home**. Each test has

advantages and disadvantages. Talk to your doctor about the pros and cons of each test, and how often to be tested. You may have heard by now that the **new recommended age to start colorectal cancer screening has been lowered from age 50 to 45**.

We know colorectal cancer screening isn't anyone's idea of a fun afternoon, regardless of which test option you use. But all jokes aside, any inconvenience or discomfort that comes along with screening is worth it. Colorectal cancer screening truly is an opportunity to prevent cancer. It's one of the only cancer screening tests that can prevent cancer by finding precancerous polyps and removing them before they become cancer. Screening can also find cancer early when it may be easier to treat.

Source: cdc.gov/cancer



National Kidney Month

37 million people in the United States are estimated to have chronic kidney disease (CKD). As many as 9 in 10 people are not aware that they have CKD. If you have diabetes or high blood pressure you are at higher risk for developing kidney disease.

Chronic kidney disease, also called chronic kidney failure, involves a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. Advanced chronic kidney disease can cause dangerous levels of fluid, electrolytes and wastes to build up in your body. In the early stages of chronic kidney disease, you might have few signs or symptoms.

To reduce your risk of developing kidney disease:

Follow instructions on over-the-counter medications. When using nonprescription

pain relievers, such as aspirin, ibuprofen and acetaminophen, follow the instructions on the package. Taking too many pain relievers for a long time could lead to kidney damage.

Maintain a healthy weight. If you're at a healthy weight, maintain it by being physically active most days of the week. If you need to lose weight, talk with your doctor about strategies for healthy weight loss.

Don't smoke. Cigarette smoking can damage your kidneys and make existing kidney damage worse. If you're a smoker, talk to your doctor about strategies for quitting.

Manage your medical conditions with your doctor's help. If you have diseases or conditions that increase your risk of kidney disease, work with your doctor to control them. Ask your doctor about tests to look for signs of kidney damage.

Source: mayoclinic.org

March Themes

National Nutrition Month®

A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The theme for National Nutrition Month® 2023 is "Fuel for the Future."



eat right. Academy of Nutrition and Dietetics

Source: eatright.org/national-nutrition-month



Brain Injury Awareness Month

Brain injury is the leading cause of death and disability in the U.S. At least 2.8 million Americans sustain a traumatic brain injury each year.

- 47.9% are from falls
- 17.1% are from being struck by or against something
- 13.2% are from vehicle accidents
- 8.3% are from assaults
- 13.2% are from other/ unknown causes

Concussions are one of the most common, yet least understood, forms of traumatic brain injury.

Concussion is not just a sports injury—it can affect anyone at any time. Recognizing the signs and symptoms of concussion is crucial to protecting yourself and your family. Symptoms are fairly consistent across age groups, meaning children and adults typically experience the same “off” feelings. Irritability, bal-

ance issues, and blurred vision are common symptoms of concussion.

Concussion can leave a life-long impact, so it is important for parents to talk to their children about head safety. Parents should be their child’s advocate by teaching their child to speak up when they are injured, properly preparing their child for athletics and maintaining an open dialogue to encourage their child to come forward if they experience a head injury.

Repeated head injuries or repeated concussions can potentially be a risk factor for developing neurologic disease: It is critical to have a trained healthcare individual work with somebody who has had a concussion to determine the appropriate next steps in terms of treatment and return to play.

Sources: biausa.org and concussion.org



March Recipes



Spring is Here Fruit Salad

Ingredients:

- 1 pound fresh strawberries *sliced and halved (about 3 cups)*
- 1 pound diced fresh pineapple *about 3 cups*
- 1 pint fresh blueberries *about 2 cups*
- 5 kiwi fruit *peeled and cut into bite-sized pieces (about 2 cups)*
- 2 cups seedless red grapes
- 1 large banana* *peeled and cut into bite sized pieces (about 1 cup)*
- Chopped fresh mint *optional*

FOR THE DRESSING:

- The zest of 1/2 medium orange
- The juice of 1/2 the same medium orange *about 3 tablespoons*
- The zest of 1 small lime *or 1/2 small lemon*
- juice of the same 1 small lime *or 1/2 small lemon*
- 3 tablespoons honey
- 1 teaspoon pure vanilla extract
- 1 tablespoon poppy seeds

If you will not be serving the fruit salad right away, place all of the fruit except the banana in a large serving bowl: strawberries, pineapple, blueberries, kiwi, and grapes. In a small bowl or large measuring cup, whisk together the dressing: orange zest and juice, lemon zest and juice, honey, vanilla extract, and poppy seeds. Pour the dressing over the fruit and with a large spoon, toss gently to combine. Cover and refrigerate for at least 30 minutes to allow the juices to marry (1 hour is even better). Just before serving, stir in the banana. Sprinkle with fresh mint. Enjoy!

Nutrition Information: 126kcal carbohydrate, 31g protein, 2g fat, 1g saturated fat, 1g potassium, 347mg fiber, 4g Sugar, 23g Vitamin A: 111IU vitamin C: 83mg, Calcium, 41mg iron, mg.

Source: Wellplated.com



Fennel Salad

Ingredients:

- 1 fennel bulb, trimmed and very thinly sliced or shaved
- 2 table spoons of chopped fennel fronds
- 1 tablespoon of extra virgin olive oil
- 1 lemon, zested and juiced
- 1 pinch of kosher salt
- 1 pinch of cracked black pepper or red pepper flakes

Directions:

Combine fennel, fennel fronds, olive oil, 3 tablespoons lemon juice, and ½ teaspoon lemon zest in a medium bowl; season with salt and a good amount of cracked pepper. Let salad stand 15 minutes before serving

(to soften the fennel).

Nutrition information:

Calories 48 kcal, 4 g carbohydrate, 0.5 g protein, 145 mg sodium, 2 g fiber.

Source: Zestfulkitchen.com

Save The Dates! Upcoming Classes

Date	Class Description	Time	Cost
Jan 25	Health Literacy & Communication– How to Talk to Your Doctor	11:30 am	Free
Feb 8	Food Safety & Preservation : Fruit Dehydration Webinar and In-person	11:30 am	\$10.00
Feb 15	Health , Nutrition, and Wellness- Healthy Heart– How to reduce the risk from Hypertension and Heart Disease through Diet	11:30 am	Free
Mar 8	Health , Nutrition, Wellness Plus– Learn in-depth nutrition and disease prevention that lead to longevity and wellness	11:30 am	Free
Mar 22	Nutrition, Health & Wellness Plus – Nutrition & Stress	11:30 am	Free



Register at
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If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu

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