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RECIPES

Each issue includes healthy recipes!
Inside this issue:

- Avocado Salad
- Cornish Hens
- Lavender Green Iced Tea
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- Lemon Chicken Salad
- Broccoli Bites
- Raspberry Cheesecake
- Peanut Butter & Chocolate Smoothie

Family & Consumer Sciences

Family and Consumer Sciences Newsletter Empowering Maryland Families for Health, Wellness, and Financial Success Spring 2026 Edition From the Editor

Spring brings new opportunities to refresh healthy habits and support family well-being. The Family and Consumer Sciences (FCS) team at the University of Maryland Extension provides research-based education to help Maryland residents make informed decisions about nutrition, health, and financial stability.

This Spring edition features practical guidance on seasonal nutrition, food safety, mental wellness, and smart money management to help families build sustainable, healthy lifestyles.

Through partnerships with schools, community organizations, and local agencies, Extension educators continue expanding programs that strengthen families and communities throughout Maryland.

About University of Maryland Extension

The University of Maryland Extension partners with county governments, the University of Maryland College of Agriculture and Natural Resources, and the United States Department of Agriculture to deliver research-based education that im-

proves the lives of Maryland residents.

Programs provide practical tools and resources in nutrition, food safety, financial education, health promotion, and community resilience.

Meet Your Local FCS Team Harford, Carroll, Frederick & Northern Cluster

Jennifer Dixon Cravens, MS
Faculty Extension Educator – Family & Consumer Sciences & Nutrition
Harford County

Carrie Sorenson

Family & Consumer Sciences Educator
Carroll County / Northern Cluster

Together with community partners and guest educators, our team provides workshops, classes, and educational programs that promote healthier families and communities.

Programs & Community Impact

FCS programs help individuals and families:

- Prepare healthy meals
- Practice safe food handling
- Increase physical activity
- Build financial literacy
- Navigate preventive healthcare
- Create safe and healthy home environments

Community Highlights

- 25+ Healthy Eating and Cooking Workshops reaching 150+ families
- Education supporting chronic disease prevention

and healthy lifestyles

- Partnerships with schools, nonprofits, and community agencies

- Outreach across Harford, Carroll, and Frederick Counties

Who We Serve

FCS programs serve **500+ participants annually**, including families, caregivers, youth, and adults seeking practical education in nutrition, wellness, food safety, and financial capability across Northern Maryland.

Featured Topics in This Issue

Health & Wellness

Stress management, mental wellness, and seasonal health tips.

Nutrition & Food Safety

Healthy lunchbox ideas, safe food preparation, spring produce highlights, and recipes.

Financial Well-Being

Tools for budgeting, saving, and strengthening household financial stability.

Environmental Wellness

Practical tips for sustainable living, reducing household waste, and making environmentally friendly choices that support healthier homes and communities. **Enjoy!**





March Health Themes

Building Health Through Prevention

Chronic diseases such as Hypertension, Type 2 Diabetes, heart disease, and obesity are among the leading causes of illness and death in the United States. Many of these conditions are strongly influenced by lifestyle factors, including nutrition, physical activity, and health management behaviors. Community-based programs offered through Family and Consumer Sciences (FCS) play a vital role in helping individuals and families develop the knowledge and skills needed to improve their health and prevent disease.

The Role of Nutrition and Health Education-

Nutrition education helps individuals understand how food choices influence health, energy, and disease prevention. FCS programs often provide practical instruction on topics such as meal planning, reading nutrition labels, food budgeting, healthy cooking, and understanding portion sizes. These educational programs build **health literacy**, enabling participants to make informed decisions about diet, physical activity, and disease management. Health literacy is especially important for individuals living with chronic diseases. When people understand their health conditions and the role of nutrition, they are better equipped to manage symptoms, follow medical guidance, and adopt healthier lifestyle habits.

Physical Wellness and Active Living

Regular physical activity is another key component of chronic disease prevention and management. FCS wellness programs frequently encourage accessible and enjoyable forms of movement such as:

- Walking for cardiovascular health
- Yoga for flexibility, balance, and stress reduction

Gardening for light physical activity and mental well-being

These activities help improve circulation, maintain healthy weight, reduce stress, and support overall physical and emotional wellness.

Behavior Change for Long-Term Health

FCS programming emphasizes behavior change strategies that help individuals adopt sustainable habits. These strategies may include goal setting, self-monitoring, mindfulness practices, and community support. By learning practical skills and receiving encouragement through educational workshops, individuals are more likely to maintain healthy behaviors over time.

The Importance of Monitoring Chronic Conditions

Monitoring chronic diseases is critical for preventing serious health complications. When conditions like Hypertension or Type 2 Diabetes are not properly managed, they can lead to severe outcomes such as heart disease, stroke, kidney damage, vision problems, and nerve damage. Regular health screenings, medication adherence, healthy nutrition, and consistent physical activity are essential for controlling these conditions and maintaining quality of life.

Prevention and Community Wellness

Preventive education programs offered through FCS help communities reduce health risks and improve overall well-being. By combining nutrition education, physical wellness activities, and health literacy training, these programs empower individuals to take an active role in managing their health and preventing chronic disease.

Investing in health education today supports healthier families, stronger communities, and improved quality of life for future generations. Source: FCS Educator , Jennifer Dixon Cravens. , FCS Spring Newsletter, 2026.

References:

Centers for Disease Control and Prevention. (2024). *Chronic disease prevention and health promotion*. <https://www.cdc.gov>
U.S. Department of Agriculture. (2023). *Nutrition education*

National Nutrition Awareness Month

The Need of Community Health

Community nutrition and wellness are strongly influenced by healthy lifestyle choices. When individuals adopt balanced eating habits, regular physical activity, and stress-management practices, it improves overall health and reduces the risk of chronic diseases. Healthy lifestyles also strengthen communities by promoting energy, productivity, and long-term well-being.

Community health and wellness focus on improving the physical, mental, and social well-being of people within a community, county, or city. Promoting health at the community level helps prevent disease, reduces health disparities, and enhances quality of life for all residents. Programs that emphasize **nutrition, physical activity, education, and preventive care** play a key role in building healthier communities. Community nutrition programs, such as local food pantries, school meal initiatives, and wellness workshops, provide access to healthy foods and resources that support overall health.

Benefits of Community Health and Nutrition Programs:

- 1. Improved overall health:** Access to nutritious foods and wellness education reduces rates of chronic diseases such as obesity, diabetes, and heart disease.
- 2. Enhanced quality of life:** Healthy communities experience greater social engagement, productivity, and life satisfaction.
- 3. Reduced healthcare costs:** Prevention-focused programs can lower medical expenses for families and local healthcare systems.
- 4. Support for vulnerable populations:** Community programs ensure that children, seniors, and low-income residents have access to nutritious food and health resources.
- 5. Stronger community engagement:** Wellness initiatives bring people together, foster social connections, and encourage collective action toward a healthier environment.

By investing in community health and nutrition programs, counties and cities can create a foundation for long-term wellness, resilience, and equitable access to resources for all residents. Source: . Source: FCS Educator , Jennifer Dixon Cravens. , FCS Spring Newsletter, 2026.



Community
Health



Reference: Centers for Disease Control and Prevention. (2023). *Healthy communities program*. The CDC explains how community environments, nutrition access, and healthy life-

**Physical
Wellness
Community
Engagement**



**FCS Educator
Goes Red for
National Wear
Red Day**

Program Participant enjoy hearth Health Food Demonstrations and nutrition education presentation. (Pictured to the Right)

February was National Heart Health Community Heart Health Events

Spotlight on Heart Health Nutrition Education-

In recognition of American Heart Month, the University of Maryland Extension Family and Consumer Sciences program partnered with the Harford County Department of Social Services to provide a heart health nutrition education session for community participants.

The program focused on practical strategies for improving cardiovascular health through nutrition and lifestyle choices. Participants learned how to identify heart-healthy foods, reduce sodium intake, increase fiber consumption, and incorporate more fruits, vegetables, whole grains, and lean proteins into their daily meals.

The session also included guidance on reading nutrition labels, preparing balanced meals, and adopting small lifestyle changes that support long-term heart health. Educational resources and nutrition handouts were provided to help participants apply these strategies at home. Community partnerships such as this help expand access to reliable nutrition education while supporting individuals and families in making healthier food choices that promote heart health and overall wellness.

Impact: FCS Education taught 2 Heart Healthy presentations at Harford County Department of Social Services



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Chair Yoga & Heart Health

Chair Yoga & Heart Health

— Workplace & Community Wellness —



Heart Health Month - Supporting Your Heart at Work and in the Community

Chair Yoga Exercises for Heart Health

Chair yoga is a gentle, low-impact form of physical activity that can be done while seated or using a chair for support. It is especially beneficial for older adults, beginners, and individuals with limited mobility or chronic conditions. Chair yoga supports heart health by improving circulation, lowering stress, supporting healthy blood pressure, and encouraging safe and consistent movement—key factors in preventing heart disease and high blood pressure.

Impact: 15 program participants participated in Chair Yoga Exercises.

- **Seated Marching**

- Lift knees up and down 1–2 minutes



- **Seated Arm Raises with Breath**

- Inhale, lift arms overhead; exhale, lower slowly
- 3–10 repetitions
- Opens chest, reduces stress, supports heart rhythm



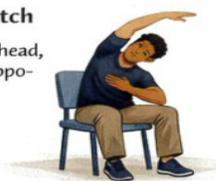
- **Seated Forward Bend**

- Hinge forward gently from hips, relax shoulders
- Hold for 3–5 breaths

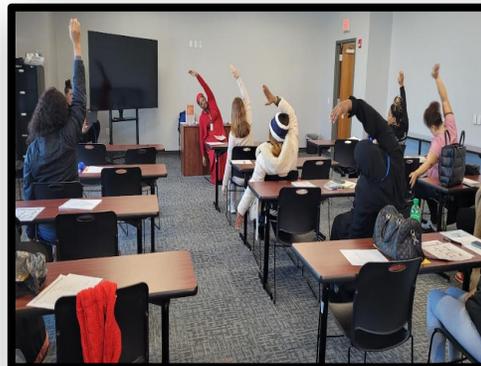


- **Seated Side Stretch**

- Reach one arm overhead, lean gently to the opposite side
- 3 times each side



Program Coordinator, Mrs. Wanda Williams Susquehanna Workforce Network



Program Participant practicing Chair Yoga exercises for Heart Health Month

March
Seasonal
Foods



**FARMERS
MARKETS**

Eat Seasonal—2026 Farmers Market

Spring Favorites

Spring is the perfect time to visit our local farmers market can be a fun and healthy family outing. Letting children select produce, meet working food providers and try new fruits and vegetables can help them feel involved in meal planning and inspire healthier eating habits.

Produce from local farmers has spent more time on the vine, on the tree or in the ground, so you get better taste and more nutrients. When it comes to fresh fruit and vegetables, the shorter the time and distance from farm to sale, the higher the levels of vitamins and minerals. Always eat seasonal produce when possible Support local farmers !

Spring Spotlight: What's in Season?

Spring is a great time to enjoy fresh, seasonal fruits and vegetables that support overall health. Seasonal produce is often more affordable, flavorful, and nutrient-dense.

Spring favorites include:

- Asparagus
- Spinach
- Strawberries
- Radishes
- Peas
- Spring onions

Local Farmers Markets



BEL AIR

Mary Risteau Courthouse off Thomas St.
Saturdays, 8 am—12 noon
April 6 - November 21

HAVRE DE GRACE

Hutchins Park, St. John Street. & Congress Ave.
Saturdays, 8:30 am - 12 noon
May 4 - December 21

March Harford County News

Ag Literacy Week

March is
AG Literacy
Week

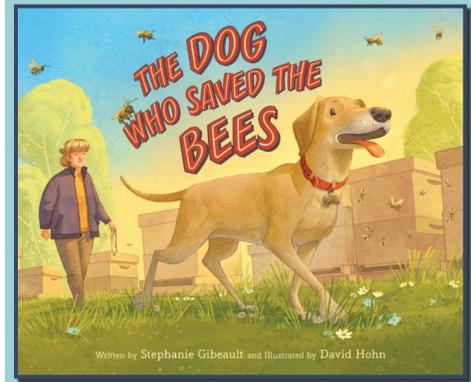
March is recognized as Agricultural Literacy Month, a nationwide effort to help students understand the importance of agriculture and where their food comes from. As part of this initiative, the University of Maryland Extension partnered with a local kindergarten classroom in Harford County to promote agricultural awareness among young learners.

During the classroom visit, Extension Educator **Jennifer Dixon Cravens** read an agriculture-themed children’s book and led several interactive activities focused on pollinators and the farm-to-table food system. Students were divided into two groups and participated in a fun sorting activity where they identified whether picture cards were related to **bee pollinators** or not.

Students also received bookmarks where they shared what they like about bees and were given bee stickers provided by Master Gardener volunteer Ronnie. To connect agriculture with healthy foods, students completed a **Farm-to-Table activity** by drawing their favorite foods and learning how those foods come from farms.

The visit took place in the kindergarten classroom of **Mrs. Emily Brown**, marking the second year that the Extension FCS program has partnered with the class for Agricultural Literacy Month.

The activities sparked excitement and curiosity among the students while helping them understand the important role bees and agriculture play in producing the foods we eat.



Ronnie Grevey,
Harford Master
Gardner, read to
several classes .



The very active and fun kindergarteners



Mrs. Emily Brown, pictured below , kindergarten teach Mrs. Emily Brown pictured below

Healthy Spring Recipes

Did you know
that Asparagus—
Provides fiber for
digestive health.

March Healthy Recipes

Sautéed Asparagus

Ingredients : (Serves 4)

1 lb. fresh Asparagus, trimmed

1 tablespoon Olive Oil

2 cloves Garlic, minced

1 tablespoon fresh Lemon Juice

¼ teaspoon Black Pepper

¼ teaspoon Sea Salt (optional)

1 tablespoon grated Parmesan Cheese (optional garnish)

1 teaspoon Lemon Zest (optional)

Directions: Heat 1 tbsp olive oil in skillet.

Add 2 cups trimmed asparagus; sauté 5–6 min.

Season with black pepper and fresh lemon juice.

Nutrition Information: Calories: 70 kcal. Protein: 3 g. Fat: 5 g. Carbohydrates: 5 g. Fiber: 3 g.



Roasted Duck

Ingredients (serves 4)

1 whole duck (about 4–5 lbs.)

1 tsp salt

1/2 tsp black pepper

1 orange, halved

3 cloves garlic, smashed

1 tsp dried thyme (optional)

1 **Directions**

1. **Preheat oven:** 375°F (190°C).

2. **Prepare duck:** Remove giblets, pat duck dry with towels.

3. **Season:** Rub salt, pepper, and thyme all over the duck and inside the cavity.

4. **Stuff cavity:** Place orange halves and garlic inside.

5. **Roast:** Place duck on a rack in a roasting pan, breast side up. Roast 1 hour.

6. **Crisp skin:** Increase oven to 425°F (220°C) for last 15–20 minutes to crisp skin.

7. **Rest:** Let rest 10 minutes before carving.

Nutrition Information: (per 1/4 duck, without sauce)

Calories: ~400 kcal, Protein: 28 g, Total Fat: 30 g, Carbs: 0–1 g, Fiber 0g.



paper

March Healthy Recipes

Loaded Baked Potato

Ingredients:

4 russet potatoes, scrubbed and dried
 Extra-virgin olive oil (for brushing)
 Kosher salt, to taste
 4 oz. bacon, cut into small pieces
 1 cup shredded cheddar cheese
 ½ cup sour cream
 2 scallions (green onions), thinly sliced



Directions:

1. Preheat the oven to 400°F (200°C). Brush potatoes lightly with olive oil and sprinkle with kosher salt. Bake for 45–50 minutes, or until tender.
2. Allow potatoes to cool slightly, then cut each one in half lengthwise. Scoop out most of the potato flesh, leaving a thin layer inside the skins.
3. Brush the inside of the skins with olive oil and return them to the oven for 8–10 minutes until lightly crisp.
4. While the skins crisp, cook the bacon in a skillet over medium heat until browned and crispy. Drain excess grease.
5. Remove potato skins from the oven and fill with shredded cheddar cheese and bacon. Return to the oven for about 5 minutes, or until the cheese melts.
6. Top with sour cream and sliced scallions before serving.

Nutrition Information: Calories, 15 grams of protein, 36 grams of carbohydrates, and 24 grams of fat, along with about 3 grams of fiber and 620 milligrams of sodium.

Reference: Adapted from Delish.com, 2026.

Simple Beets

Ingredients:

2 roasted beets, sliced
 1 tbsp olive oil
 1 tsp balsamic vinegar
 Fresh thyme

Directions:

Toss ingredients and serve chilled.

Nutrition Information: (per serving, 1 cup): Calories 80 kcal, Total Fat, Carbohydrates, Protein 2g, Sugar 3g of natural sugar. Reference: <https://joyfoodsunshine.com/roasted-beets/>



Nutrition Fact::

Did you Know?

Beets are rich in dietary nitrates, which the body converts to nitric oxide, a compound that can help improve blood flow, lower blood pressure, and support heart health.



Healthy
Spring
Recipes

March Healthy Recipes

Spinach & Strawberry Spring Salad

Ingredients:

- 5 oz. fresh spinach
- 1 cup thinly sliced strawberries
- 1/3 cup thinly sliced red onion
- 1/2 cup toasted pecans
- 2 oz. feta cheese, crumbled
- Sea salt to taste
- Freshly ground black pepper to taste
- Light vinaigrette dressing of choice (optional)



Directions:

- In a large bowl, combine the fresh spinach, sliced strawberries, and red onion.
- Drizzle lightly with vinaigrette (if using) and toss gently to coat.
- Top with toasted pecans and crumbled feta cheese.
- Season with sea salt and freshly ground black pepper to taste.
- Serve immediately.

Nutrition Information: Calories 280, Protein 7g, Total Fat 22g, Saturated Fat 5g, Carbo-

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Sheet Pan Omelet



National Nutrition Month Recipes

Sheet Pan Omelet



Reference: Allrecipes.com

Ingredients:

- 8 large eggs
- 3/4 tsp. salt
- 1/2 tsp. garlic powder
- 1 cup various shredded cheeses (mozzarella, Cheddar, Monterey jack)
- 2 cups frozen vegetables (chopped broccoli, chopped spinach, and/or peppers) thawed and patted very dry
- 3 links Italian-style sausage, diced turkey

Directions:

- Preheat oven to 350°F. Line a 9x13-inch sheet pan with parchment. Coat parchment and sides of pan with the cooking spray.
- In a large bowl, whisk the eggs, pepper, garlic powder, and 3/4 cup of cheese until well combined.
- Season with pepper, place sheet pan on oven rack and carefully pour eggs into pan.
- Sprinkle top with vegetables, turkey sausage, and then add the remaining cheese. Bake for 22 minutes, and until eggs are set in center.

Nutrition Information: Calories 361, Carbohydrates 34g, Fat 13g, Saturated Fat 3g, Sodium 359, Protein 18g, Sugar 2g, Fiber 9g, Cholesterol 195mg

March Healthy Recipes

Jennifer's 4-Bean Soup

Jennifer's 3-Bean Soup is a **flavorful and nutritious meal** that combines **cannellini, pinto, and black beans** with a colorful mix of **bell peppers, diced tomatoes, and onions**. It's seasoned with **black pepper, garlic powder, cumin, curry, basil, and ginger**, creating a warm, aromatic, and satisfying soup perfect for any season.

This soup is **packed with plant-based protein, fiber, and essential nutrients**, making it a heart-healthy, filling, and immune-supporting meal. The combination of beans and vegetables supports digestion, helps regulate blood sugar, and promotes sustained energy. Adding herbs and spices like cumin, curry, and ginger not only enhances flavor but also provides anti-inflammatory and antioxidant benefits.

Benefits of Eating Beans:

- High in **fiber**, which supports digestive health and helps maintain healthy cholesterol levels.
- Excellent source of **plant-based protein**, promoting muscle health and satiety.
- Rich in **vitamins and minerals** such as folate, iron, magnesium, and potassium.
- May help with **blood sugar management** and support heart health.

Jennifer's 3-Bean Soup is a **simple, nourishing, and hearty dish** that highlights the power of whole foods while keeping meal prep easy and flavorful.

Ingredients:

1 cup yellow onions, chopped
 1 cup diced tomatoes
 1 cup diced red bell pepper
 1 cup diced green bell pepper
 1 cup cooked or canned cannellini beans
 1 cup cooked or canned pinto beans
 1 cup cooked or canned black beans 1 cup cooked or canned fava beans
 1 tsp. garlic powder
 1 tsp. onion powder
 1/4 tsp black pepper (to taste)
 Pinch of cumin Cayenne pepper, optional, to taste
 4 cups vegetable broth or water

Directions: In a large pot, combine all beans (cooked or canned, drained and rinsed) with the onions, tomatoes, and bell peppers. Add vegetable broth (or water) and all spices. Stir to combine. Bring to a gentle boil, then reduce heat and simmer for 30 minutes, stirring occasionally.

Taste and adjust seasoning as desired. Serve warm.

Nutrition Information: Calories 250, Protein 12g, Total Fat 1.5g, Saturated Fat 0g, Carbohydrates 45g, Fiber 12g, Sugars 6g, Cholesterol 0mg, Sodium 240mg (if using canned beans, rinsed) Vitamin A, Vitamin C . Reference: FCS Educator , Jennifer Dixon Cravens, 2026.



Nutrition Tip :
 Beans are versatile, affordable, and sustainable, making them a great addition to a healthy diet.



March Health Themes

Frozen Food Month!

March is Frozen Food Month -Did you know that frozen fruits and vegetables can be just as nutritious—and sometimes even **more nutritious**—than **fresh produce**? Many fruits and vegetables are **flash-frozen shortly after harvest at peak ripeness**, which helps preserve important nutrients such as vitamin C, fiber, antioxidants, and minerals. When fresh produce is transported long distances or stored for several days, it can lose some of its nutrients over time. Freezing helps slow this natural nutrient loss.

Research comparing fresh and frozen produce has shown that **frozen fruits and vegetables often retain similar or higher levels of certain vitamins**, including vitamin C and riboflavin, as well as minerals and fiber.

Frozen foods are also convenient, affordable, available year-round, and help reduce food waste because they last longer in the freezer.

3 of the Best Frozen Foods to Keep in Your Freezer

1. Frozen Berries (Blueberries, Strawberries, Mixed Berries)

Frozen berries are packed with antioxidants, vitamin C, and fiber. They are great for smoothies, oatmeal, yogurt, and healthy desserts. Because berries spoil quickly when fresh, freezing helps preserve their nutrients and extend shelf life.

2. Frozen Leafy Greens (Spinach, Kale)

Frozen spinach and kale are excellent sources of iron, folate, fiber, and plant compounds. They can easily be added to soups, stews, smoothies, pasta dishes, and stir-fries.

3. Frozen Vegetables (Broccoli, Peas, Mixed Vegetables)

Frozen vegetables are convenient and nutritious. They provide fiber, vitamins A and C, and essential minerals. They are quick to cook and make it easy to add vegetables to meals.

Frozen Food Safety Tips for Families: Share these **copy-and-paste messages** to educate families about frozen food safety:

Tip 1: Planning to use frozen veggies for dinner tonight? Follow the package instructions to ensure you cook and thaw them safely!

Tip 2: Keep your freezer at **0°F (-18°C)** or below to maintain food quality and safety.

Tip 3: Never thaw frozen foods at room temperature. Instead, thaw in the refrigerator, microwave, or during cooking. **Tip 4:**

Avoid refreezing foods that have fully thawed unless they have been cooked first.

Studies summarized in food science reviews comparing nutrient retention in frozen and fresh produce.



References -Barrett, D. M. (2017). Nutritional comparison of fresh and frozen fruits and vegetables. *Journal of Agricultural and Food Chemistry*. University of California Davis & Frozen Food Foundation. Research on nutrient retention in frozen fruits and vegetables.

March Health Themes

Autoimmune Awareness Month

Autoimmune Awareness Month helps bring attention to a group of diseases in which the body's immune system mistakenly attacks its own healthy cells, tissues, and organs. Normally, the immune system protects the body from harmful bacteria and viruses. However, in autoimmune diseases, this protective system becomes overactive or misdirected, causing inflammation and damage to the body's own tissues.

There are **more than 80 recognized autoimmune diseases**, including conditions such as Lupus, Rheumatoid Arthritis, and Multiple Sclerosis. These conditions can affect many parts of the body, including the joints, skin, brain, nerves, muscles, digestive system, and endocrine glands. Symptoms vary widely but may include chronic fatigue, joint pain, inflammation, digestive problems, skin changes, and neurological challenges.

Autoimmune diseases affect millions of people worldwide, and many individuals live with these conditions for a lifetime. Because symptoms can sometimes appear gradually or mimic other illnesses, diagnosis may take time. Increasing awareness is important because it helps people recognize early warning signs, seek medical guidance sooner, and better understand how autoimmune conditions impact daily life.

Raising awareness also supports efforts to improve **research, treatment options, and patient support services**. Education empowers individuals, families, and communities to learn about prevention strategies, symptom management, and healthy lifestyle practices that may help support overall wellness. In addition, community resources, support groups, and healthcare programs can provide valuable guidance and emotional support for those living with autoimmune diseases.

By highlighting **Autoimmune Awareness Month**, communities can promote understanding, reduce stigma, and encourage compassion for individuals managing these complex health conditions while also supporting continued research for better treatments and improved quality of life.

Reference:

National Institute of Arthritis and Musculoskeletal and Skin Diseases. (2023). *Autoimmune diseases*. U.S. Department of Health and Human Services, National Institutes of Health. <https://www.niams.nih.gov/health-topics/autoimmune-diseases>.



Physical Wellness



Reference : (Academy of Nutrition and Dietetics, <https://www.eatright.org/national-nutrition-month, 2026>, United States Department of Agriculture, 2026)

March Health Themes

Nutrition Education

National Nutrition Month® 2026

March is recognized as **National Nutrition Month®**, an annual campaign led by the Academy of Nutrition and Dietetics that encourages individuals and families to make informed food choices and develop healthy eating habits.

Nutrition plays a vital role in supporting overall health, strengthening the immune system, and reducing the risk of chronic diseases such as heart disease, diabetes, and obesity.

The updated **2025–2030 Dietary Guidelines for Americans**, developed by the United States Department of Agriculture and the U.S. Department of Health and Human Services, emphasize choosing nutrient-dense foods and building balanced eating patterns that support lifelong health.

Key Nutrition Guidelines for 2025–2030

The newest guidelines highlight several important strategies for healthy eating:

- **Eat a variety of fruits and vegetables daily** to provide vitamins, minerals, and fiber.
- **Prioritize high-quality protein foods**, including beans, lentils, seafood, poultry, eggs, nuts, and seeds.
- **Choose whole grains** more often than refined grains.
- **Include healthy fats**, such as olive oil, nuts, seeds, and avocados.
- **Limit highly processed foods and added sugars.**
- **Reduce sodium intake to less than 2,300 mg per day.**

The guidelines also encourage drinking water or unsweetened beverages and paying attention to portion sizes based on individual health needs.

Small Steps for Better Nutrition

Healthy eating habits can begin with simple daily choices:

- Add more fruits and vegetables to meals and snacks
- Cook more meals at home using whole ingredients
- Replace sugary drinks with water
- Choose fresh or minimally processed foods whenever possible

National Nutrition Awareness Month

Eating Healthy on a Budget

5 Smart Tips to Follow

Eating healthy does not have to be expensive. With thoughtful planning and smart shopping strategies, individuals and families can enjoy nutritious meals while staying within their budget. Healthy eating supports overall wellness, helps maintain energy levels, and reduces the risk of chronic diseases (U.S. Department of Agriculture, 2024).

1. Plan Your Meals in Advance

Planning meals for the week helps reduce food waste and unnecessary spending. Checking what foods you already have at home and creating a grocery list before shopping can prevent impulse purchases and help stretch your food dollars.

2. Buy Fruits and Vegetables in Season

Seasonal produce is usually more affordable and fresher. Local markets and grocery store sales often feature seasonal fruits and vegetables at lower prices.

3. Choose Whole Foods

Staple foods such as beans, lentils, rice, oats, and potatoes are affordable, nutritious, and versatile. Cooking meals at home using whole ingredients can cost significantly less than purchasing prepared or highly processed foods.

4. Use Frozen and Canned Foods

Frozen fruits and vegetables are just as nutritious as fresh options and often cost less. They also last longer, which helps reduce food waste. Choose low-sodium canned vegetables and fruits packed in water or natural juice when possible.

5. Cook in Larger Portions

Preparing larger meals and using leftovers for lunches or future dinners can save both time and money. Soups, casseroles, and grain-based dishes are great options for batch cooking.

Healthy eating on a budget is achievable with a little planning and creativity. By making informed food choices and focusing on nutrient-dense foods, families can maintain a healthy lifestyle without overspending.

References:

Academy of Nutrition and Dietetics. (2023). *20 ways to eat healthy for less*.
<https://www.eatright.org>.



Stay Nourished on Any Budget

Fuel your journey—without breaking the bank!

April Event

Save the March 25th, Maryland Day

Maryland Day at the University of Maryland- Maryland Day at University of Maryland, College Park is the university's premier annual spring open house and community festival. Held each year on the last Saturday of April from **10:00 a.m. to 4:00 p.m.**, this **free, campus-wide event** welcomes thousands of visitors for a day of learning, exploration, and fun.

As the university's **largest community outreach event**, Maryland Day features **more than 400 activities** across campus. Guests can explore interactive exhibits, live demonstrations, arts and cultural performances, sports activities, and hands-on educational experiences designed for all ages.

The celebration is organized into **five "Learning Neighborhoods,"** where attendees can discover innovative research, connect with faculty and students, and engage in activities that highlight the university's commitment to discovery, creativity, and community engagement.

Maryland Day invites families, alumni, prospective students, and community members to experience the vibrant spirit of the University of Maryland while exploring new ideas in a welcoming and interactive environment.

Who should attend Maryland Day? Whether you're a current student or prospective student, faculty or staff member, graduate, fan, or member of the surrounding community, Maryland Day has something for everyone.

Where Should I park? All on-campus garages and some parking lots will be open, even those usually restricted to UMD permit holders. It is recommended that visitors park at the Xfinity Center, Terrapin Trail Garage or Stadium Drive Garage. There is no fee to park on campus on Maryland Day. (See website for accessibility, buses etc.) .

Note: Stop by **FCS Booth** to receive nutrition, health and financial wellness, and food safety information



Upcoming
 Campus
 News

UNIVERSITY OF
 MARYLAND
 EXTENSION

COLLEGE OF
 AGRICULTURE &
 NATURAL RESOURCES



Environmental Wellness



DIY All-Purpose Natural Cleaner

Great for countertops, sinks, and surfaces.

Ingredients: 1 cup white vinegar, 1 cup water, Juice of 1 lemon, 10–15 drops lemon, lavender, or tea tree essential oil (optional)

Directions:

1. Mix ingredients in a spray bottle. 2. Shake well before each use. 3. Spray the surface and wipe with a reusable cloth .

April Event

Earth Day , Green Cleaning Tips

Earth Day Special: Green Cleaning for a Healthier Home and Planet—Each year on **Earth Day (April 22)**, people around the world reflect on ways to care for our planet. One powerful but simple step we can take is switching to **green cleaning practices** in our homes.

Many conventional cleaning products contain chemicals that can affect **indoor air quality, human health, and the environment**. By using natural ingredients and eco-friendly alternatives, we can create safer homes while protecting the Earth.

What Is Green Cleaning? **Green cleaning** refers to using cleaning methods and products that are **environmentally friendly, non-toxic, and biodegradable**. These products avoid harsh chemicals that can pollute air and water while still keeping homes clean and healthy.

Green cleaning focuses on:

- Natural or plant-based ingredients
- Reducing toxins and chemical exposure
- Protecting indoor air quality
- Using reusable materials and minimal packaging
- Supporting environmental sustainability



Why Green Cleaning Is Important—Traditional household cleaners may contain chemicals such as ammonia, chlorine bleach, and synthetic fragrances. When used frequently, these chemicals can contribute to:

- Respiratory irritation and asthma symptoms
- Skin and eye irritation
- Indoor air pollution
- Water contamination when washed down drains
- Increased toxic exposure for children and pets

According to the **U.S. Environmental Protection Agency**, indoor air can sometimes be **2–5 times more polluted than outdoor air**, often due to chemical cleaners and household products.

Switching to greener alternatives helps reduce these risks while promoting a healthier living environment.

Simple DIY Green Cleaning Solutions—You can make effective, low-cost cleaning products using items already in your kitchen. (See All Purpose recipe to left border)

Benefits: **Natural antibacterial properties, cuts grease, removes odors.**

References: U.S. Environmental Protection Agency. (2023). *Indoor Air Quality and Household Products*. American Lung Association. (2022). *Household Cleaning Supplies and Indoor Air Quality*.

April Event

Save the Date Harford AG –Stravaganza, Saturday April 25th, 2026 , Bring the family out for a day of community activities and the celebration of Harford County Agriculture Earth Day !

HARFORD COUNTY
AG-STRAVAGANZA

Celebrating Harford County Agriculture, Earth Day, and America 250

3519 CONOWINGO RD., STREET
SATURDAY, APRIL 25, 2026 | 10 AM - 3 PM

Rain or Shine!

KIDS ACTIVITIES
 4-H MARKET-PLACE
 RAIN BARREL RAFFLE
 COMPOST BIN RAFFLE
 FREE MULCH AND COMPOST
BRING YOUR OWN CONTAINER
 MEET MACK, "THE DOG WHO SAVED THE BEES!"

JOESTING-GORSUCH HOUSE
A Colonial Family Experience

THE GROVE BARN
Earth Day Exhibitors

AGRICULTURAL CENTER
Open House

COLONIAL ACTIVITIES AND EXHIBITS
 LIVE MUSIC
 FOOD TRUCKS
 ICE CREAM
 12 PM PATRIOTIC OBSERVANCE & TREE PLANTING
 FRIENDLY FARM ANIMALS!

HARFORD COUNTY
 Bob Cassilly, County Executive

UNIVERSITY OF MARYLAND EXTENSION
 MASTER GARDENER

250
 AMERICA
 HARFORD COUNTY, MD

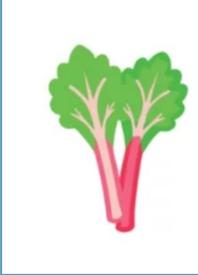
Maryland ENVIRONMENTAL SERVICE

80
 Harford County Public Library
 HCLonline.org

Upcoming County News



Healthy Spring Recipes



April Healthy Recipes

Spring Mix & Rhubarb Salad

Ingredients:

4 cups spring mix greens
 ½ cup thinly sliced rhubarb
 1/2 cup of chopped carrots
 1/c of radishes (optional)
 ½ cup chopped walnuts
 2 tbsp olive oil
 1 tsp honey
 Fresh thyme



Directions:

Toss spring mix, rhubarb, and walnuts in a bowl.
 Whisk olive oil, honey, and thyme; drizzle over salad.
 Mix gently and serve.

Nutrition Information: Calories 90 kcal, Total fat 9g, Carbohydrates, s 12g, Protein 3g, Fiber 2g. Reference: Adapted from Allrecipes.com

Cabbage & Carrot Soup



Ingredients: (Serves 4–5)

2 cups chopped Cabbage
 2 cup sliced Carrots
 1 cup of green, orange and red peppers
 1/2 cup of red onion.
 1 tbsp Olive Oil
 4 cups Low-Sodium Vegetable Broth
 1 tsp Thyme
 Black Pepper, to taste



Directions:

1. Heat olive oil in a large pot over medium heat.
 2. Add sliced carrots and sauté for 3–4 minutes until slightly tender.
 3. Add chopped cabbage, vegetable broth, and thyme. Bring to a boil, then reduce heat and simmer about 20 minutes until vegetables are tender.
- Season with black pepper to taste. Serve warm.

Nutrition Information (per 1 cup)

Calories 80, Total Fat 4g, Carbohydrates 12 g, Protein 2 g, Sugar 2g, Sodium 140mg, Fiber 3g.

Source: FCS Educator , Jennifer Dixon Cravens, 2026.



April Healthy Recipes

Herb Roasted Chicken

A simple, flavorful, and heart-healthy roasted chicken recipe seasoned with fresh herbs and olive oil. Perfect for a wholesome family meal.

Ingredients (Serves 4)

- 1 whole chicken (3–4 lbs.), skin-on or skinless
- 2 tbsp Olive Oil
- 2 tsp Fresh Rosemary, chopped
- 2 tsp Fresh Thyme, chopped
- 4 cloves Garlic, minced
- 1 tsp Black Pepper
- 1 tsp Paprika (optional)
- ½ tsp Sea Salt
- 1 lemon, sliced (optional, for roasting)



Directions:

1. Preheat oven to 375°F (190°C).
 2. Pat chicken dry and rub with olive oil, garlic, herbs, salt, pepper, and paprika.
 3. Optionally, place lemon slices inside the chicken cavity for added flavor.
 4. Roast chicken in a baking dish for **1–1.5 hours**, or until internal temperature reaches **165°F (74°C)** in the thickest part of the breast.
- Let rest **10 minutes** before carving. Serve warm.

Nutrition Information: (per 4 oz. cooked chicken, skin-on)

Calories 220, Protein 27 g, Total Fat 12g, Saturated Fat 3g, Carbohydrate 0 g, Sodium 250mg.
Note: Nutrition varies depending on skin-on or skinless preparation.

Roasted Spring Vegetables

Ingredients :

- 1 cup of tomatoes
- 1 cup Zucchini, sliced
- 1 cup Bell Peppers, chopped
- 2 tbsp Olive Oil
- 1 tsp Garlic Powder
- ½ tsp Black Pepper
- ½ tsp Sea Salt
- 1 tsp Fresh Thyme or rosemary (optional)



Directions:

1. Preheat oven to 400°F (200°C).
2. In a large bowl, toss all vegetables with olive oil, garlic powder, black pepper, salt, and herbs.
3. Spread vegetables in a single layer on a baking sheet.
4. Roast for **20–25 minutes**, stirring halfway through, until tender and slightly caramelized. Serve warm as a side dish or add to salads and grain bowls.

Nutrition Information: Calories 90 , Protein 2g, Total Fat 5 g, Saturated Fat 0.7g, Carbohydrate 10g, Fiber 3g, Sodium 150 mg.

Nutrition may vary depending on vegetables used and portion sizes.



HAPPY EASTER



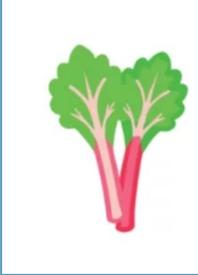
Reference:

Harvard T.H. Chan School of Public Health. (2023). *Healthy cooking: Roasting chicken and other meats.* <https://www.hsph.harvard.edu/nutritionsource/healthy-cooking/>

Reference:

Harvard T.H. Chan School of Public Health. (2023). *Vegetables and fruits: Healthy recipes for home cooking.* <https://www.hsph.harvard.edu/nutritionsource/healthy-recipes/>

Healthy Spring Recipes



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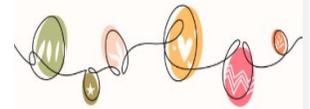
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HAPPY EASTER



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Harvard T.H. Chan School of Public Health. (2023). *Vegetables and fruits: Healthy recipes for home cooking.* <https://www.hsph.harvard.edu/nutritionsource/healthy-recipes/>

Happy Spring

What is an Herb Garden



What is an Herb Garden?

A herb garden is a small space, either in the yard, patio, or even indoors, dedicated to growing herbs for cooking, teas, or natural remedies. Herbs like basil, parsley, cilantro, thyme, rosemary, and mint are easy to grow and add fresh flavors to meals. A spring herb garden is an excellent way to bring greenery into your home, enjoy fresh ingredients, and develop sustainable gardening habits.

Benefits of Growing Your Own Herbs

- ◆ **Fresh, flavorful ingredients:** Harvest herbs as needed for cooking, saving trips to the store.
- ◆ **Cost-effective:** Growing herbs at home reduces grocery expenses over time.
- ◆ **Nutritional benefits:** Fresh herbs provide vitamins, antioxidants, and phytonutrients.
- ◆ **Sustainable practice:** Minimizes packaging waste and supports eco-friendly gardening.
- ◆ **Educational and therapeutic:** Gardening promotes mindfulness, relaxation, and hands-on learning for adults and children.

Spring is the Ideal Season for Planting Herbs

- ◆ **Start outdoor herb gardens: March to May** is generally the best time, after the last frost. Soil begins to warm, providing optimal conditions for germination and growth.
- ◆ **Start indoors: February to March** is ideal to give herbs a head start before transplanting outside. Herbs like basil, parsley, and cilantro can be grown from seed indoors.

Herbs and Their Planting Months (Approximate Chart)

Herb	Indoors Start	Outdoors Plant
Basil	Feb–Mar	Apr–May
Parsley	Feb–Mar	Apr–May



Reference:

University of Maryland Extension. (2023). *Herb gardening in Maryland*. University of Maryland Extension. <https://extension.umd.edu/resource/herb-gardening> .

Happy Spring

Starting an Herb Garden

Step-by-Step Guide to Starting Your Spring Herb Garden

1. Choose Your Location:

- ◆ Select a sunny spot with at least 4–6 hours of sunlight per day.
- ◆ Can be outdoors in garden beds or pots, or indoors on a sunny windowsill.

2. Pick Your Herbs:

- ◆ Start with easy-to-grow herbs like basil, parsley, thyme, rosemary, mint, oregano, or chives.
- ◆ Consider your cooking preferences and local climate.

3. Prepare the Soil or Containers:

- ◆ Use well-draining soil rich in organic matter.
- ◆ If planting in pots, ensure containers have drainage holes to prevent water-logging.

4. Planting:

- ◆ Seeds: Follow packet instructions for depth and spacing.
- ◆ Starter plants: Dig a hole slightly larger than the root ball, place the plant, and fill with soil.
- ◆ Water gently after planting.

5. Care & Maintenance:

- ◆ Water regularly, keeping soil moist but not soggy.
- ◆ Fertilize lightly with compost or a balanced organic fertilizer every 3–4 weeks.
- ◆ Pinch or prune leaves to encourage bushier growth and prevent flowering.

6. Harvesting:

- ◆ Harvest leaves when plants are mature, usually starting a few weeks after planting.
- ◆ For best flavor, pick herbs in the morning before the sun is too hot.
- ◆ Regular harvesting promotes new growth.

7. Enjoy Your Herbs:

- ◆ Use fresh in salads, sauces, soups, teas, or as garnishes.
- ◆ Dry or freeze excess herbs for later use.

Tips for Success

- ◆ Group herbs with similar water and sunlight needs together.
- ◆ Rotate herbs each season to prevent soil depletion.
- ◆ Watch for pests naturally and avoid chemical sprays.

References

University of California Agriculture & Natural Resources. (2023). *Herb gardening for beginners*. https://ucanr.edu/sites/UrbanAg/Herb_Gardening

National Gardening Association. (2023). *Growing herbs: Tips for success*. <https://garden.org/learn/articles/view/2015/>

Mayo Clinic. (2024). *Herbs and spices: Health benefits*. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/herbs-and-spices>.



Mental Wellness



April Health Themes Alcohol Awareness Month

Alcohol Awareness Month is observed each April to increase public understanding of the risks associated with alcohol misuse and dependence. Alcohol use can have far-reaching effects on **physical health**, including liver disease, heart problems, and weakened immune function. It can also impact **mental health**, contributing to anxiety, depression, and impaired cognitive functioning. Beyond the individual, alcohol misuse can affect **relationships**, family dynamics, and workplace productivity, as well as pose serious risks to **community safety**, including accidents, injuries, and violence.

Educational campaigns during this month focus on promoting **responsible decision-making**, providing information on **prevention strategies**, and highlighting resources for **recovery and support**. Recognizing Alcohol Awareness Month encourages communities to foster **safe, informed, and supportive environments** for individuals and families affected by alcohol misuse. By increasing awareness, we can help reduce stigma, support recovery journeys, and prevent alcohol-related harm.

Reference (APA format)

National Institute on Alcohol Abuse and Alcoholism. (2023). *Alcohol awareness month*. National Institutes of Health. <https://www.niaaa.nih.gov/alcohol-awareness-month>.

National Minority Health Month (NMHM)

National Minority Health Month (NMHM), observed every April, is dedicated to raising awareness about health disparities and promoting equity in healthcare for racial and ethnic minority populations in the United States. The observance highlights how social determinants such as access to quality healthcare, socioeconomic status, education, and environmental factors can impact health outcomes among minority communities.

NMHM emphasizes the importance of preventive care, early detection, and health education to reduce the prevalence of chronic diseases such as diabetes, heart disease, hypertension, and certain cancers, which disproportionately affect minority populations. It also encourages communities, healthcare providers, and policymakers to work together to improve access to culturally competent care, increase health literacy, and develop programs that support healthy behaviors.

By acknowledging National Minority Health Month, communities can foster inclusive health initiatives, provide resources to underserved populations, and support programs that address systemic inequities in healthcare. Celebrating NMHM is a vital step toward building healthier, more equitable communities for all.

Reference :

U.S. Department of Health and Human Services, Office of Minority Health. (2023). *National Minority Health Month*. <https://www.minorityhealth.hhs.gov/nmhm>.

April Health Themes

Stress Awareness Month

Stress Awareness Month, observed every April, brings attention to the significant impact that chronic stress can have on both physical and mental health. While short-term stress can motivate action and help the body respond to challenges, prolonged or unmanaged stress can lead to serious health consequences. Chronic stress has been linked to heart disease, high blood pressure, weakened immune function, anxiety, depression, digestive issues, and sleep disturbances (American Psychological Association, 2023).

Stress also affects cognitive function, including memory, concentration, and decision-making, and can influence behaviors such as overeating, smoking, or alcohol use. Recognizing Stress Awareness Month encourages individuals and communities to adopt healthy coping strategies, including mindfulness, meditation, exercise, deep breathing, social support, and time management. Employers, schools, and healthcare organizations can also play a key role in reducing stressors and promoting mental wellness through supportive policies, programs, and education.

By participating in Stress Awareness Month, we can raise awareness, reduce stigma around mental health challenges, and empower individuals to take proactive steps toward resilience and overall well-being.

Reference : American Psychological Association. (2023). *Stress in America: Understanding the impact of stress.* <https://www.apa.org/news/press/releases/stress/>.

Every Kid Healthy Week

Every Kid Healthy Week celebrates the efforts of schools, families, and communities to promote children's health through **nutrition, physical activity, and supportive learning environments**. The observance highlights the importance of healthy school meals, access to fresh fruits and vegetables, and daily opportunities for movement to help children thrive both physically and academically. In addition to physical health, Every Kid Healthy Week emphasizes **social-emotional well-being**. Providing children with safe, nurturing environments and access to wellness resources helps improve concentration, behavior, and overall learning outcomes. Schools and communities are encouraged to implement programs that combine **healthy eating, activity, and mental wellness** to support lifelong habits.

By participating in Every Kid Healthy Week, communities raise awareness about the connection between **healthy behaviors and academic success**. The observance also encourages collaboration among educators, families, and local organizations to create environments where children can grow, learn, and develop strong foundations for long-term wellness.



HEALTH, NUTRITION & WELLNESS



Reference : Action for Healthy Kids. (2023). *Every Kid Healthy Week.* <https://www.actionforhealthykids.org/every-kid-healthy-week/>



**Financial
Wellness
Corner with
Carrie**



Carrie Sorenson,
Financial Educator

**FINANCIAL
LITERACY MONTH**

APRIL 1-30

* How to manage your money
* How to invest your money in a good way
* You have to know the benefits of donation



Financial Literacy

Spring Into Financial Wellbeing Awareness

Spring into Financial Wellbeing-The days are getting longer, the birds are chirping, and spring has sprung! As the year rolls along and we head from spring to summer, keep in mind these suggestions for staying financially well all season long!

1. Take Care of Your Tax Filing- Don't wait until the April 15th deadline, file as soon as possible! It takes time to gather documents and make appointments with professionals, so you'll want to get a jump on putting your return together. You can start by gathering information and documents and putting them in a safe place. You'll likely need social security numbers, direct deposit information, income information from your employer (like a W2), and other information about health insurance coverage and income from investments or other sources. Gathering this information before you start will save you valuable time when you go to complete your filing.

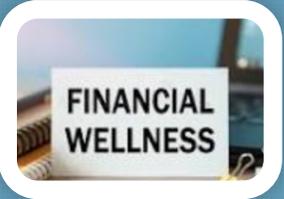
Remember that, depending on your income, you might be eligible to tax preparation assistance through the Volunteer Income Tax Assistance program, or VITA Program. Marylanders can call 211 to find their local VITA sites or find out about other tax filing assistance programs. Income guidelines can vary between organizations, so you'll want to check and see if you qualify for the programs in your area. Spots fill quickly, so schedule your appointment as soon as possible! If you don't qualify for assistance through one of these programs, you can also look into free or low-cost tax software programs that can connect you with a professional if you have questions.

2. Plug Spring Spending Leaks- As the weather warms, many of us start heading out to do more activities with friends and family. Unfortunately, this increase in activity can also lead to an increase in spending. This isn't necessarily a bad thing, but we want to make sure we're planning for our spending by having an accurate budget. Tracking our spending and comparing it to planned budget categories can help us identify "spending leaks", or places where small spending amounts are adding up and costing us more than we had planned.

One example of a potential spending leak is money spent on gambling. Advertisements for gambling, especially sports gambling, can be all over our screens at this time of year. During the March Madness Tournament, many people

April Health Themes

Spring into Financial Wellbeing cont.



If you plan to bet, set a limit for how much you can spend. If you find you are having trouble staying within the limits you set for yourself, reach out for help. You can call or text 1-800-GAMBLER (1-800-426-2537) for support. Remember, you can enjoy the games without needing to bet!

3. Look for Savings on Spring and Summer Fun-

Be on the look out for ways to have fun without breaking the bank! Many of us start to take vacations or make plans for family gatherings in the spring and summer. But the cost of gas, airfare, hotels, vacation rentals, and other items can really add up. Consider traveling during the off season, taking a road trip, or even a staycation to keep costs down.



Remember that local recreation departments and libraries often offer opportunities for free or low-cost fun activities. Local state and national parks can also be fun ways to get away and enjoy time with family and friends without breaking the bank. Remember also that even if an event works for your budget, it might not always work as well for others in your life. Even your close friends and family may not want to mention any financial challenges they are experiencing. Planning budget friendly fun can help make sure that everyone gets to participate! Wishing you a wonderful spring and summer!

Carrie Sorenson: Carrie is available provide information about upcoming classes or answer questions. You can reach her at 410-386-2760 or cjrsoen@umd.edu.

3 Simple Tax Tips Remember

As the tax season approaches, staying organized and informed can help reduce stress and maximize potential savings. Here are **three simple tax tips to keep in mind for 2026**.

1. Keep Organized Records Year-Round-Maintaining organized financial records can make tax filing easier and help ensure you don't miss deductions or credits. Keep receipts, charitable donation records, medical expenses, and documents related to education or business expenses in one place. Using digital folders or apps can simplify record keeping and help you stay prepared if documentation is needed later.

2. Take Advantage of Available Tax Credits-Tax credits directly reduce the amount of tax you owe. Some common credits include the **Earned Income Tax Credit**, **Child Tax Credit**, and **American Opportunity Tax Credit** for education expenses. Reviewing eligibility for these credits can significantly lower your tax bill or increase your refund.

3. File Early and Use Trusted Resources- **Before April 15th** -Filing early helps reduce the risk of tax fraud and identity theft. It also gives you more time to resolve any issues that may arise with your return. When preparing your taxes, consider using reputable services such as ****Internal Revenue Service Free File programs** or consulting a qualified tax professional if your financial situation is complex.

Reference: Internal Revenue Service. (2025). *Publication 17: Your federal income tax for individuals*. U.S. Department of the Treasury. <https://www.irs.gov>



Environmental Wellness



**FOOD
SENSITIVITY**

May Health Themes Food & Seasonal Allergy Awareness

Food Allergy Awareness Month, observed every May, raises public understanding about **food allergies**—immune system reactions to certain foods that can range from mild symptoms to life-threatening anaphylaxis. Common allergens include **peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish**. Awareness helps families, schools, and communities recognize symptoms, prevent exposure, and respond effectively in emergencies.

The observance emphasizes the importance of **reading food labels, practicing safe food handling, and having emergency action plans** in place. It also highlights the need for **education and advocacy** to support individuals living with food allergies and to reduce stigma or misconceptions

Allergy & Seasonal Health Awareness-

Spring is a beautiful season, but for many, it also brings seasonal allergies caused by pollen, mold spores, and other airborne allergens. Allergies occur when the immune system overreacts to these harmless substances, leading to symptoms such as sneezing, runny nose, itchy eyes, congestion, and fatigue. While medications can help, **nutrition and lifestyle choices** play a key role in supporting immune

health and reducing the impact of allergy symptoms naturally.

Managing Spring Allergies Naturally;

- ◆ **Keep windows closed** during high pollen days and use air filters indoors.
- ◆
- ◆ **Shower and change clothes** after spending time outdoors to remove pollen.
- ◆ **Stay hydrated** to help thin mucus and reduce congestion.
- ◆ **Nasal rinses** with saline solutions can help clear allergens.
- ◆ **Exercise moderately** to strengthen overall immunity, but avoid outdoor activity during peak pollen times.

Nutrition & Immune Support for Allergy Season- Best Foods:

- ◆ **Fruits & vegetables:** Citrus fruits, berries, spinach, kale, and bell peppers for antioxidants and vitamin C
- ◆ **Omega-3 sources:** Salmon, flaxseed, chia seeds to reduce inflammation
- ◆ **Probiotic foods:** Yogurt, kefir, sauerkraut to support gut health and immune function
- ◆ **Garlic & ginger:** Natural anti-inflammatory and immune-boosting properties.

References: Food Allergy Research & Education. (2023). *Food Allergy Awareness Month*. <https://www.foodallergy.org/education-awareness/food-allergy-awareness-month>.



May Health Themes

Allergy & Seasonal Awareness cont.

Vitamins & Minerals:

- ◆ **Vitamin C:** Supports immune function and reduces histamine response
- ◆ **Vitamin D:** Helps regulate immune system balance
- ◆ **Zinc:** Supports immune system and reduces inflammatory responses
- ◆ **Quercetin:** Found in apples, onions, and berries; may act as a natural antihistamine

Do's and Don'ts During Allergy Season:

Do:

- ◆ Wash hands and face frequently
- ◆ Consume anti-inflammatory and immune-supporting foods
- ◆ Stay hydrated and get adequate sleep
- ◆ Use HEPA filters at home

Don't:

- ◆ Overexpose yourself to outdoor allergens during high pollen hours
- ◆ Smoke or be around irritants that worsen symptoms
- ◆ Rely solely on processed foods low in nutrients
- ◆ Skip preventive measures like washing bedding and clothing

Summary:

Seasonal allergies can be disruptive, but proactive nutrition and lifestyle strategies can reduce symptoms naturally. Eating a diet rich in **antioxidants, anti-inflammatory foods, and probiotics**, combined with smart home and outdoor practices, supports immune health and allows you to enjoy spring with fewer interruptions from allergy symptoms.

DAILY HABITS DURING ALLERGY SEASON



	HYDRATION & NASAL RINSE Drink plenty of water. Consider saline nasal rinses to clear allergens.
	TIMED OUTDOOR ACTIVITY Check pollen counts. Plan outdoor time for mornings or after rain when pollen is lower.
	REGULAR CLEANING Vacuum with HEPA filter. Dust surfaces and wash bedding frequently.
	INDOOR AIR QUALITY Keep windows closed. Use air purifiers and maintain humidity levels.

ADDITIONAL TIPS: CONSULT A HEALTHCARE PROFESSIONAL FOR PERSONALIZED ADVICE. STAY INFORMED ABOUT LOCAL ALLERGY ALERTS. REMOVE SHOES AND OUTER CLOTHING UPON ENTERING THE HOME.



References:

American Academy of Allergy, Asthma & Immunology. (2023). *Spring allergies*. <https://acaai.org/>

Children's Mental Health Week 2026



May Health Themes

Children's Mental Health Action Month

Children's Mental Health Action Month, observed every May, raises awareness about the importance of **emotional and mental wellbeing** in children and adolescents. Early identification of mental health concerns and timely support can help young people develop **resilience, coping skills, and healthy emotional regulation**.

The observance emphasizes the role of **families, schools, and communities** in creating safe, supportive environments where children feel seen, heard, and valued. Promoting mental health education, access to counseling, and social-emotional learning programs can prevent challenges from escalating and support **positive development and academic success**.

By participating in Children's Mental Health Action Month, communities can encourage open conversations about mental health, reduce stigma, and provide resources for children, teens, and their families. Prioritizing mental wellness early helps set the foundation for **lifelong emotional health and well-being**.

5 Steps Parents Can Take for Children's Mental Health

- 1. Listen and Validate** – Encourage open conversations. Let children express their feelings without judgment and acknowledge their emotions.
- 2. Maintain Routine** – Consistent daily schedules for meals, school, play, and sleep provide children with stability and a sense of security.
- 3. Encourage Healthy Coping Skills** – Teach mindfulness, deep breathing, journaling, creative play, or physical activity to manage stress and strong emotions.
- 4. Monitor and Support** – Watch for signs of anxiety, depression, or behavioral changes. Seek guidance from school counselors, pediatricians, or mental health professionals when needed. **Create a stress free zone.**
- 5. Promote Connection and Positive Relationships** – Encourage friendships, family bonding, and safe social interactions. Strong relationships support emotional resilience and wellbeing.

Reference: Mental Health America. (2023). *Children's Mental Health Action Month*. <https://www.mhanational.org/childrens-mental-health-action-month> .

May Health Themes

Arthritis Awareness Month



Arthritis Awareness Month, observed every May, highlights the impact of arthritis on millions of people and emphasizes the importance of **early detection, management, and education**. Arthritis is a group of conditions that cause **joint inflammation, pain, stiffness, and reduced mobility**, affecting daily activities and quality of life.

The observance encourages individuals to **learn about risk factors, practice joint-friendly exercises, maintain a healthy weight, and seek medical care** when symptoms arise. Awareness campaigns also promote understanding, reduce stigma, and provide resources for support, including physical therapy, medications, and lifestyle strategies to manage pain and improve function.

By participating in Arthritis Awareness Month, communities can empower individuals to **take proactive steps toward joint health**, support research for better treatments, and foster environments that accommodate those living with arthritis.

Reference : Arthritis Foundation. (2023). *Arthritis Awareness Month*. <https://www.arthritis.org/health-wellness/awareness/arthritis-awareness-month>.



Top 5 Foods for Mental Health Mental Health

1. **Fatty Fish (Salmon, Mackerel, Sardines)**-Rich in **omega-3 fatty acids**, which help reduce joint inflammation and stiffness.
2. **Leafy Greens (Spinach, Kale, Swiss Chard)**-Packed with **antioxidants and vitamin K**, supporting joint health and reducing inflammations.
3. **Berries (Blueberries, Strawberries, Raspberries)**-Contain **antioxidants like anthocyanin's** that help lower inflammatory markers in the body.
4. **Nuts and Seeds (Walnuts, Almonds, Flaxseeds, Chia Seeds)** =Provide **healthy fats and vitamin E**, which help protect joints from oxidative stress.
5. **Olive Oil**-A heart-healthy fat with **anti-inflammatory compounds** that can improve joint function when used instead of butter or margarine.

Tip: Pair these foods with a **balanced diet rich in fruits, vegetables, and whole grains** to help manage arthritis symptoms naturally.

Reference: Arthritis Foundation. (2023). *Best foods for arthritis*. <https://www.arthritis.org/health-wellness/healthy-living/nutrition/healthy-eating/best-foods-for-arthritis>.





May Healthy Recipes

Seafood Pasta

Ingredients:

8 oz. whole wheat or chickpea pasta (high fiber, protein-rich)
 1 lb. mixed seafood (shrimp, scallops, calamari, or a mix)
 2 tbsp extra-virgin olive oil
 3 cloves garlic, minced
 1 small onion, finely chopped
 1 cup cherry tomatoes, halved
 1/2 cup dry white wine (optional)
 1/2 tsp red pepper flakes (optional)
 Juice of 1 lemon
 2 tbsp fresh parsley, chopped
 Salt and black pepper, to taste

Directions:

1. Cook pasta according to package instructions until al dente. Drain and reserve 1/2 cup pasta water.
 2. Heat olive oil in a large skillet over medium heat. Add garlic and onion, sauté until fragrant (2–3 minutes).
 3. Add seafood and cook until opaque (shrimp 2–3 min per side, scallops 2–3 min per side).
 4. Add cherry tomatoes, red pepper flakes, and white wine. Simmer 3–4 minutes until tomatoes soften.
 5. Stir in cooked pasta, lemon juice, and parsley. If needed, add reserved pasta water to loosen sauce.
- Season with salt and pepper. Serve hot.

Basic Nutrition (per serving): Calories 350, Protein 14g, Carbohydrates 24g, Total Fat 10g,



Nutrition Information :
 (per slice, 8 slices):
 Calories 180, Protein 5g, Carbohydrates 30g, Total Fat 5g, Fiber 3g.

Simple Focaccia

Ingredients:

2 cups whole wheat flour
 1 cup all-purpose flour
 1 packet (2 1/4 tsp) active dry yeast
 1 cup warm water
 2 tbsp olive oil + extra for brushing
 1 tsp salt
 1 tsp sugar
 Fresh rosemary, for topping
 Coarse sea salt

Directions:

1. In a bowl, combine warm water, yeast, and sugar. Let sit 5–10 min until foamy.
2. Mix flours and salt in a large bowl. Add yeast mixture and 2 tbsp olive oil. Knead 8–10 min until smooth.
3. Cover dough, let rise 1 hour in a warm place until doubled.
4. Preheat oven to 400°F (200°C). Press dough into an oiled baking pan.
5. Brush top with olive oil, sprinkle rosemary and coarse salt. Bake 20–25 min until golden. Cool slightly before slicing.



May Healthy Recipes

Swiss Chard

HEALTHY LIFESTYLE TIPS

Ingredients:

- 1 bunch Swiss chard, washed and chopped (stems removed or chopped separately)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon red pepper flakes (optional)
- Salt and black pepper, to taste
- Juice of 1/2 lemon (optional)



Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add the garlic (and red pepper flakes, if using) and sauté for 30 seconds until fragrant.
3. Add the chopped Swiss chard stems first (if separated) and cook for 2–3 minutes until slightly softened.
4. Add the leaves and cook for another 3–5 minutes, stirring occasionally, until wilted but still bright green.
5. Season with salt, pepper, and a squeeze of fresh lemon juice before serving.

Tip: Swiss chard cooks quickly, so avoid overcooking to retain its nutrients and vibrant color. You can also add a sprinkle of toasted nuts or a dash of Parmesan for extra flavor.

Nutrition Information: Calories: 40 Protein: 2 g Total Fat 3 g ,Carbohydrates: 5 g, Fiber 2g. High

Avocados & Tomato Salad

Ingredients: (serves 2)

- 1 large ripe avocado, diced
- 1 cup cherry tomatoes, halved (or 2 medium tomatoes, chopped)
- 1 small cucumber, diced (optional)
- 1 tbsp olive oil
- 1 tsp lemon or lime juice
- Salt & pepper to taste
- Fresh basil or cilantro for garnish (optional)



Directions:

1. In a medium bowl, combine washed and chopped , avocado, tomatoes,
2. and cucumber (if using).
3. Drizzle with olive oil and lemon juice.
4. Gently toss to coat, being careful not to mash the avocado.
5. Season with salt and pepper to taste.
6. Garnish with fresh basil or cilantro if desired.

Serve immediately.

Nutrition Information:
Calories 180, Total Fat
15 g, Saturated Fat 2
g, Carbohydrates 12 g,
Fiber 7 g, Sugars 4 g,
Protein 2 g, Sodium
100 mg.

Source: FCS Educator ,
JDC< 2026)



HEALTHY DIET

May Healthy Recipes

Cobb Salad

Ingredients :(serves 2-3)

- 4 cups mixed greens (romaine, spinach, arugula)
- 1 small avocado, diced
- 2 hard-boiled eggs, chopped
- 1 cup cherry tomatoes, halved
- ½ cup cooked chicken breast, diced (or roasted turkey)
- 2 slices cooked bacon, crumbled (optional, or use turkey bacon for lower fat)
- ¼ cup crumbled feta or blue cheese (optional)
- 1 small cucumber, sliced
- Dressing: 2 tbsp olive oil + 1 tbsp apple cider vinegar + salt & pepper to taste

Directions:

1. Wash and dry the greens. Place in a large salad bowl.
2. Arrange avocado, eggs, tomatoes, chicken, bacon, cucumber, and cheese on top of the greens.
3. Whisk olive oil, vinegar, salt, and pepper together in a small bowl.
4. Drizzle dressing over the salad just before serving. Toss lightly if desired. Serve immediately.

Nutrition Information: Calories 320, Protein 22g, Total Fat 22g, Saturated Fat 5g, Carbohydrates 12g, Fiber 6g, Sodium 300 mg, Sugars 1.5 g.

Reference: Adapted from Allrecipes.com

Artichoke & Spinach Dip

Ingredients:

- 1 cup chopped spinach
- ½ cup chopped artichoke hearts
- 2 tbsp Greek yogurt
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp of black pepper

Directions:

Mix all ingredients; serve warm.

Calories 60, Total Fat 4 g, Carbohydrates 4 g, Protein 3 g, Sugars 1 g, Fiber 2 g, Sodium 150 mg. Source: FCS Educator JDC, 2026.



May Healthy Recipes

Fish Tacos

Ingredients: (serves 4)

- 1 lb. (450 g) white fish fillets (cod, or mahi-mahi)
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- 1 tbsp olive oil
- 8 small corn tortillas (or whole wheat)
- 2 cups shredded cabbage
- ½ cup diced tomatoes
- ¼ cup chopped cilantro
- 1 lime, cut into wedges
- Optional: 2–3 tbsp Greek yogurt or light sour cream



Directions:

1. **Prep the fish:** Pat fish dry and season with chili powder, cumin, paprika, garlic powder, and salt.
2. **Cook the fish:** Heat olive oil in a skillet over medium heat. Cook fish 3–4 minutes per side until opaque and flaky.
3. **Warm the tortillas:** Heat tortillas in a dry pan or oven until soft.
4. **Assemble tacos:** Place a portion of cabbage on each tortilla, add fish, top with tomatoes, cilantro, and a dollop of Greek yogurt if desired.

Serve: Squeeze lime over tacos before serving.

Nutrition Information: Calories: 280 , Protein 22g, Total Fat 10g, Saturated Fat 1.5 g, Carbohydrates 28g, Fiber 5g. Sugars 1g, Sodium 321 mg,

References: Adapted from Allrecipes.com

Citrus Mint Mock Tail

Ingredients (serves 2)

- 1 cup sparkling water
- 1/2 cup of spring water
- ½ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice
- 1–2 tsp honey or maple syrup (optional)
- 4–6 fresh mint leaves
- Ice cubes
- Orange or lemon slices, for garnish

Directions:

1. Muddle the mint leaves gently in the bottom of a glass to release aroma.
2. Fill the glass with ice cubes.
3. Mix orange juice, lemon juice, and honey (if using) in a small pitcher.
4. Pour the juice mixture over the ice, then top with sparkling water



Nutrition Info,
Calories
40,protein 0g,
Carbohydrate,
10g, Sugar, 1.5g
Rich in Vitamin C,

Tip:

Sparkling Water
keeps it festival
without alcohol .

Source: FCS Edu-
cator JDC, 2026

Women
Wellness
Tips



May Health Themes

Women's Health Month

Women's Health Month

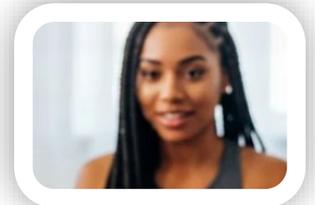
Introduction: Women's Health Month, observed in May, highlights the importance of **preventive care, healthy lifestyle choices, and nutrition** throughout a woman's life. This observance encourages women to stay informed about their health, get recommended screenings, and adopt habits that support overall well-being.

Nutritional Requirements by Life Stage:

- **Young Adults (18–39):** Calcium and vitamin D for bone health, iron for menstruation, folate for reproductive health.
- **Middle Age (40–59):** Calcium, vitamin D, magnesium, and fiber to support bones, heart, and digestion.
- **Older Adults (60+):** Adequate protein, calcium, vitamin D, vitamin B12, and hydration to maintain muscle, bones, and cognitive function.

Recommended Screenings & Preventive Care:

- Blood pressure, cholesterol, and diabetes checks
- Mammograms (age 40+) and clinical breast exams
- Cervical cancer screenings (Pap test and HPV testing)
- Bone density tests for osteoporosis prevention
- Vaccinations: flu, COVID-19, shingles, Tdap booster



Best Foods, Vitamins, and Minerals:

- **Foods:** Leafy greens, berries, legumes, whole grains, fish, low-fat dairy
- **Vitamins/Minerals:** Calcium, vitamin D, vitamin B12, folate, iron, magnesium

Benefits of Observing Women's Health Month:

- Encourages early detection of health issues
- Promotes balanced nutrition and active lifestyles
- Supports mental and physical well-being across life stages

Reference : Office on Women's Health. (2023). *Women's health month*. U.S. Department of Health & Human Services. <https://www.womenshealth.gov/womens-health-month>.

June Health Themes

Men's Health Month

Introduction:

Men's Health Month in June focuses on raising awareness about preventable health problems and promoting early detection and healthy living. Men are encouraged to prioritize physical activity, balanced nutrition, and regular screenings to prevent chronic diseases and maintain wellness throughout life.

Nutritional Requirements by Life Stage:

- ◆ **Young Adults (18–39):** Adequate protein, calcium, vitamin D, and fiber for growth, muscle development, and heart health.
- ◆ **Middle Age (40–59):** Emphasis on heart-healthy fats, fiber, potassium, and antioxidants to support cardiovascular health and prevent metabolic disorders.
- ◆ **Older Adults (60+):** Focus on protein, calcium, vitamin D, vitamin B12, potassium, and hydration to maintain muscle mass, bone density, and cognitive function.

Recommended Screenings & Preventive Care:

- ◆ Blood pressure, cholesterol, and diabetes checks
- ◆ Prostate cancer screening (age 50+ or earlier if high-risk)
- ◆ Colorectal cancer screening (age 45+)
- ◆ Vaccinations: flu, COVID-19, shingles, tetanus booster
- ◆ Mental health and stress management check-ins

Best Foods, Vitamins, and Minerals:

- ◆ **Foods:** Lean meats, fish, nuts, whole grains, fruits, vegetables, low-fat dairy
- ◆ **Vitamins/Minerals:** Vitamin D, calcium, vitamin B12, potassium, omega-3 fatty acids, magnesium

Benefits of Observing Men's Health Month:

- ◆ Promotes preventive health practices and early detection
- ◆ Encourages nutrition and physical activity for lifelong wellness
- ◆ Raises awareness about mental and emotional well-being

Tips for Better Sleep:



Men's Wellness Tips

HAPPY
Father's
DAY



References : Adapted From National Institutes of Health. (2023). *Men's health and wellness*. U.S. Department of Health and Human Services. <https://www.nih.gov>

Food Safety & Nutrition



Spring Food Safety

The Benefit of Fermented Foods

Spring is the perfect time to ferment **young, tender vegetables** like radishes, turnips, asparagus, and ramps (wild garlic), which provide a tangy, nutrient-rich boost for **gut health**. Incorporating fermented foods such as **kimchi, kefir, and fermented greens** helps transition the diet toward lighter, seasonal produce while extending the harvest of short-season spring vegetables.

Fermentation is a natural process where microorganisms like **bacteria, yeast, or fungi** break down sugars and starches, producing beneficial compounds such as **probiotics, enzymes, and organic acids**. These foods support **digestion, immunity, and overall gut health**, and add flavor and variety to meals. Including fermented foods in your diet is a simple way to enhance wellness and enjoy seasonal produce year-round.

Popular Fermented Foods

- **Yogurt** – Rich in probiotics that support digestive health.
- **Kefir** – A fermented milk drink that provides a diverse range of beneficial bacteria.
- **Sauerkraut** – Fermented cabbage high in vitamins C and K, and beneficial microbes.
- **Kimchi** – Korean fermented vegetables that provide probiotics and antioxidants.
- **Miso** – Fermented soybean paste used in soups and sauces, offering digestive enzymes and protein.
- **Tempeh** – Fermented soy product high in protein and beneficial bacteria.
- **Pickles** – Naturally fermented cucumbers that support gut microbio-

ta.

- **Kombucha** – A fermented tea beverage rich in probiotics, organic acids, and antioxidants.

Health Benefits of Fermented Foods

- **Improved digestion:** Probiotics help balance gut bacteria and enhance nutrient absorption.
- **Enhanced immunity:** Healthy gut flora supports immune system function.
- **Better nutrient availability:** Fermentation can increase vitamins and minerals in foods.
- **Reduced inflammation:** Some fermented foods may help lower inflammation in the body.
- **Potential mental health benefits:** Emerging research suggests gut health may influence mood and cognitive function.

Incorporating a variety of fermented foods into your diet can boost overall wellness.

It also introduce exciting flavors to your meals.

Whether adding kimchi to rice bowls, enjoying yogurt with fruit, or sipping kombucha, fermented foods provide both taste and health benefits for the whole family.

Reference:

Marco, M. L., Heeney, D., Binda, S., Cifelli, C. J., Cotter, P. D., Foligne, B., ... Hutkins, R. (2017). *Health benefits of fermented foods: Microbiota and beyond*. *Current Opinion in Biotechnology*, 44, 94–102. <https://>



Upcoming Komucha Classes

Kombucha Spotlight

Kombucha and Its Benefits

Kombucha is a fizzy, slightly tangy fermented tea made with sweetened tea and a symbiotic culture of bacteria and yeast (SCOBY). This popular beverage is rich in **probiotics**, which support gut health and digestion, **antioxidants** that help reduce oxidative stress, and **organic acids** that may aid liver detoxification.

When enjoying kombucha, it's important to consume it in **moderation** due to its natural sugar and small alcohol content from fermentation. Homemade kombucha should be prepared carefully to prevent contamination. Regular consumption of kombucha as part of a balanced diet may help **boost immunity, improve digestion, support mental wellness, and contribute to overall health.**

Key Benefits of Kombucha (continued):

- **Supports Digestive Health:** Kombucha is rich in probiotics, which help balance gut bacteria, improve digestion, and may reduce issues like bloating and constipation.
- **Boosts Immunity:** A healthy gut microbiome strengthens the immune system, and kombucha's probiotics can support overall immune function.
- **Provides Antioxidants:** Kombucha, especially when made from green or black tea, contains antioxidants that help protect cells from oxidative stress and reduce inflammation.
- **Supports Liver Health:** The organic

acids produced during fermentation, such as glucuronic acid, may assist the liver in detoxification.

- **May Enhance Mental Health:** Emerging research suggests that gut health is linked to mood and cognitive function, so the probiotics in kombucha could support emotional wellbeing.
- **Potential Blood Sugar Support:** Some studies indicate that kombucha may help regulate blood sugar levels, particularly when consumed as part of a balanced diet.

Tips for Enjoying Kombucha:

- Consume in moderation (4–8 ounces per day is typical).
- Choose commercially prepared or safely homemade kombucha to reduce the risk of contamination.
- Be mindful of sugar content and small alcohol content resulting from fermentation.

Kombucha is a flavorful way to support gut health, boost immunity, and add beneficial probiotics to your diet. Pair it with a balanced diet and healthy lifestyle for optimal benefits.

Upcoming

Kombucha Class in Fall





June Healthy Recipes

Summer Fruit Salad

Ingredients:

1 cup sliced strawberries
 1 cup sliced kiwi
 1 cup chopped pineapple
 1/2 cup of blueberries
 1 tsp fresh lemon juice
 Fresh mint leaves



Directions: Wash , and cut fresh fruit, rinse with fresh lemon,

Combine all fruits in a bowl, drizzle with fresh lemon, chill and serve.

Directions:

Combine all fruit in a bowl.

Drizzle with lemon juice.

Garnish with mint leaves.

Nutrition information: (per serving, 1 cup): Calories 70 g, , 0g fat, Carbohydrates, 18g ,Protein 1g, Rich in Vitamin C and fiber, heart health friendly.

Reference : FCS Educator, JDC , 2026

Classic Healthy Coleslaw

Ingredients:

4 cups shredded green cabbage
 1 cup shredded purple cabbage (optional for color)
 1 cup shredded carrots
 1/4 cup thinly sliced red onion
 1/4 cup plain Greek yogurt (or vegan yogurt for dairy-free)
 2 tablespoons apple cider vinegar
 1 tablespoon Dijon mustard
 1 tablespoon honey or maple syrup
 Salt and pepper, to taste
 Optional: 1 tablespoon chopped fresh parsley or cilantro



Directions:

1. In a large bowl, combine the green cabbage, purple cabbage, carrots, and red onion.
2. In a small bowl, whisk together the yogurt, apple cider vinegar, Dijon mustard, honey, salt, and pepper until smooth.
3. Pour the dressing over the cabbage mixture and toss to coat evenly.
4. Let the coleslaw sit in the fridge for **at least 15–30 minutes** to allow flavors to meld. Garnish with fresh parsley or cilantro before serving.

Reference: Calories 80g, Protein 2g, Fat 2g, Fiber 3g, Sugar , Sugar 2g. Reference: Allrecipes.com.

June Healthy Recipes

Turkey Burger

Ingredients:

- 1 lb. ground turkey
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika (optional)
- 4 whole-grain burger buns
- Lettuce, tomato, and onion slices (optional toppings)



Directions:

1. In a large bowl, combine ground turkey, chopped onion, garlic, Worcestershire sauce, salt, pepper, and paprika. Mix gently until well combined.
2. Form the mixture into **4 equal patties**.
3. Heat olive oil in a skillet or grill pan over medium heat.
4. Cook patties for **5–6 minutes per side**, or until the internal temperature reaches **165°F (74°C)**.
5. Place the cooked turkey burger on a whole-grain bun and add desired toppings such as lettuce, tomato, and onion.

Serve warm and enjoy.

Nutrition information: Calories 320 , Protein 18g, Total Fat 12g, 3 grams of unsaturated fat, 18 Carbohydrates, Fiber 3g, Sodium 340mg.

Reference: U.S. Department of Agriculture. (2024). *FoodData Central: Turkey, ground, cooked*. U.S. Department of Agriculture, Agricultural Research Service. <https://fdc.nal.usda.gov>

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Healthy Lifestyle Graphic. *Photo courtesy of Adobe Stock*. 2026.

Utensils in heart. *Photo courtesy of Adobe Stock*. 2026.

Community Graphic. *Photo courtesy of Adobe Stock*. 2026.

National Wear Red Day Graphic. *Photo courtesy of Adobe Stock*. 2026.

Fruit Heart. *Photo courtesy of Adobe Stock*. 2026.

Strawberries. *Photo courtesy of Adobe Stock*. 2026.

Tomatoes. *Photo courtesy of Adobe Stock*. 2026.

Asparagus. *Photo courtesy of Adobe Stock*. 2026.

Chicken. *Photo courtesy of Adobe Stock*. 2026.

Hello Spring Graphic. *Photo courtesy of Adobe Stock*. 2026.

Frozen Food Graphic. *Photo courtesy of Adobe Stock*. 2026.

Food in Shield. *Photo courtesy of Adobe Stock*. 2026.

Earth Day Graphic. *Photo courtesy of Adobe Stock*. 2026.

Cleaning Products. *Photo courtesy of Adobe Stock*. 2026.

Rhubarb. *Photo courtesy of Adobe Stock*. 2026.

Vegetables. *Photo courtesy of Adobe Stock*. 2026.

Plants in Pots. *Photo courtesy of Adobe Stock*. 2026.

Save The Dates! Online Webinar Classes

Date	Class Description	Time	Cost
March 26th	Nutrition Plus: Eating for Self Care & Wellness	11:30 am	Free
April 9	Nutrition, Health & Wellness Plus – Nutrition & Chronic Disease	11:30 am	Free
April 23	Health Literacy– Green Cleaning & Healthy Homes	11:30 am	\$5.00
May 14	Nutrition Plus—Mediterrane Diet	11:30 am	Free
May 28	Nutrition & Arthritis & Inflammation	11:30 am	Free
June 11	Food Safety & Nutrition—Capture the Flavor	11:30 am	Free

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Register at

Agnr.umd.edu/events

or

www.jenniferdc.eventbrite.com

If you need a reasonable accomodation 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

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