Exercise Safely

If you are thinking of starting an exercise program keep these tips in mind to keep yourself safe and injury free.

♦ Get good advice. If you are using equipment at a gym talk to gym personnel to make sure you are using it correctly.

♦ Wear proper clothing. If exercising indoors or in high heat or humidity wear lightweight, breathable clothing. Wear several layers when exercising in the cold.

♦ Get equipped. Wear the proper safety equipment for your activity even if you do not like the way it looks.

♦ Don’t make the same mistake twice. If you get injured or experience discomfort, don’t just work through it blindly. Determine how it happened and correct the problem.

♦ Get plenty of rest. Exercising before an injury has healed completely can lead to another injury.

♦ Continually educate yourself. Keep up to date on new recommendations for exercising properly.

Mexican Spud Stufflers

4 medium potatoes baked in oven or microwave.
4 tablespoons light sour cream
1/4 cup salsa
2 tablespoons shredded, reduced fat cheddar cheese
1 tablespoon diced green chilies

1. After potatoes are baked, carefully cut them open on top.
2. Place 1 tablespoon sour cream on top of each potato.
3. Add the salsa, cheddar cheese and chilies.

Per serving:
Calories: 222
Carbohydrates: 43 grams
Dietary fiber: 5 grams
Protein: 9 grams
Total fat: 2 grams
Saturated fat: 1 gram
Cholesterol: 8 mg
Sodium: 341 mg

Source: Everyday Healthy Meals
**Kitchen Pet Peeves**

*What is your kitchen pet peeve?*
A recent survey done by NSF International reported that the most common pet peeves were not washing hands before preparing foods, double dipping when tasting foods and coughing or sneezing near food.

*Food safety begins in the home* where we learn behaviors by watching family prepare food. Here are some reminders to keep everyone healthy:

- **Wash your hands frequently** with warm soapy water for 20 seconds, especially before and after handling food. Teach children the importance of proper hand washing at an early age.
- **Clean kitchen utensils** (blenders, can openers) with soap and water after each use. Be sure to dry thoroughly before putting them away. Dark, moist environments are perfect for germs to grow.
- **Keep separate towels** for drying hands and drying dishes. By using the same towel, you risk spreading germs from the hand towel onto your clean dishes.
- **Don’t double dip** with either fingers or utensils. Double dipping can spread germs to an entire room full of guests. Never use your fingers to grab a sample.

*Lisa McCoy, MS, RDN, Extension Educator, FCS-Healthy Living*

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**Make a Winter Scarf**

*No Sewing Required!* Keep warm this winter with a fun and simple activity! Or make these simple scarves as gifts for relatives, friends, or teachers.

**What You Need:**
- *Fleece material (1/4 of a yard per scarf)*
- *Scissors*
- *Ruler*
- *Pencil*

**What You Do:**
1. Choose and purchase a ¼ of a yard of fleece material.
2. Lay the material on a flat surface and trim with scissors to make it even on all sides, if necessary, so it’s a straight rectangle.
3. Next, put the material around your neck to determine how long you want the scarf to be, depending on your height and desired length.
4. Cut the scarf to the desired length with scissors.
5. Lay the scarf flat again to begin making the tassels on the ends.
6. Measure and mark 4 inch slits, ¼ inch wide on one end of the scarf with a ruler and pencil. Then repeat on the opposite end.
7. Then cut the slits on the pencil marks on both ends to complete the scarf. There should be a total of 18 tassels on each end of the scarf.

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**Measurements**

We may not always have the right size measuring utensils we need so use this chart to find a correct substitution

Dash = 1/8 tsp. or less
3 teaspoons = 1 Tablespoon
2 Tablespoons = 1/8 cup
4 Tablespoons = 1/4 cup
8 Tablespoons = 1/2 cup
16 Tablespoons = 1 cup

8 fluid ounces = 1 cup
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound

Source: Champions for Change

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**Newsletter prepared by:**
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The Expanded Food and Nutrition Education Program (EFNEP) helps families. **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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