Flu season is here and it lasts until May. The first line of defense against influenza is the flu vaccination. At home it is important to clean, sanitize, or disinfect items around the home to help reduce the spread of germs. However, knowing the difference between clean, sanitize, and disinfect makes a difference in how strong a clean you want.

**Clean**- Cleaning will remove germs, dirt, and anything else on surfaces or objects. Most people use soap and water to clean. However, cleaning will not kill all germs. If germs were hiding in dirt on a table, then cleaning the dirt off the table will help to lower the risk of those germs making your household sick.

**Sanitize**- Sanitizing will do more to lower germs on a surface to a safe level that is determined by public health rules. Most people use something more powerful than soap, such as a disinfecting chemical, such as unscented bleach. Sanitizing will better remove and kill some germs on a surface.

**Best Sanitizing Practices:**

To sanitize a surface it must be cleaned first, dirt can make sanitizers work less efficiently

- Stick to the recipe and contact time the sanitizer stays on the surface
- Use for dishes, utensils, cutting boards, tables, plastic child toys, bathroom counters, electronics…

**Disinfect**- Disinfecting will kill or damage germs on a surface, versus reducing germs with some die-off. Disinfectants are a stronger version of a sanitizer, often needing more of the chemical, such as unscented bleach and a longer contact time on a surface.

**Best Disinfecting Practices:**

- To disinfect a surface it must be cleaned first, dirt can make disinfectants work less efficiently
- Stick to the recipe and contact time the disinfectant stays on the surface
- Use for non-porous surfaces, toilets, sinks, door and cabinet handles, counter tops, changing tables, electronics…

**Safety**

Unscented bleach should be registered with the Environmental Protection Agency (EPA). Follow the directions for making a sanitizer or disinfectant. Mixing a chemical with another chemical, such as bleach
and ammonia cleaner can create fumes that make breathing difficult. Know whether a bleach is 6.0% or 8.25% sodium hypochlorite. The % percent difference will change the amount of bleach and water needed.

Summary

Check your steps when cleaning and sanitizing items around your household, to prevent the spread of flu and other germs this season.

References:
https://www.cdc.gov/flu/school/cleaning.htm
http://msue.anr.msu.edu/news/clean_sanitize_and_disinfect

Source: Shauna C. Henley, PhD, Extension Educator, Family & Consumer Sciences, Baltimore County
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If you have a disability that requires special assistance for your participation in a program, please contact the Carroll County Extension Office at 410-386-2760; fax 410-876-0132, two (2) weeks prior to the program.

The information given herein is supplied with the understanding that no discrimination is intended and no endorsement by University of Maryland Extension is implied.

Please visit us online at http://extension.umd.edu/carroll-county
Servings: 6
Serving Size: ½ cup

Ingredients:
1 whole green cabbage, cut into bite-size pieces and washed
1 medium onion, chopped
1 pound lean ground beef
Non-stick cooking spray
Garlic powder, salt and pepper
Optional: hot pepper flakes

Directions:
2. In a large skillet, cook the ground beef on medium heat until browned.
3. Drain the fat. Set beef aside.
5. Add cabbage to the onions and cook until cabbage starts to brown.
6. Stir the beef into the cabbage and onion mixture.
7. Season with garlic powder, salt and/or pepper. Add hot pepper flakes to cabbage if you like it spicy.
Drink lower fat milk!

9 tablespoons fat in one gallon
5 1/2 tablespoons fat in one gallon
2 3/4 tablespoons fat in one gallon
3/4 tablespoon fat in one gallon

My family used to drink whole milk, but now we’re drinking 2%. Soon we’ll be drinking non-fat milk and I know we’ll like it!

We all need to eat fewer foods with saturated fat. Changing to non-fat milk is an easy way to cut out that bad fat.

I just learned that all types of milk have the same amount of vitamin D and calcium. We need both every day!

I can help lower my cholesterol by switching from drinking whole milk to drinking non-fat milk.

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

Buy fresh fruits and vegetables in season. They cost less and taste great!

- Fall is a great time to buy apples and cabbage in Maryland.
- Purchase seasonal fruits and vegetables at the farmers’ market or in the grocery store.
- Look for fall produce in store ads.
- Eat a variety of fruits and vegetables each day.
- Many MD farmers’ markets accept EBT, FMNP, and WIC F & V Checks.
- Make half your plate fruits and vegetables.
- Look inside for fresh fall recipes!

Simple Fish Tacos

Yield: 6 servings
Serving size: 2 tacos

Ingredients:
- 1/2 cup sour cream, low-fat
- 1/4 cup mayonnaise, low-fat
- 1/2 cup fresh cilantro (chopped), or 1 teaspoon dried
- 1/2 package taco seasoning, low-sodium
- 1 pound tilapia or white fish fillets (cut into 1 inch pieces)
- 1 Tablespoon olive oil
- 2 Tablespoons lemon juice
- 6 corn tortillas
- 1 tomato, diced
- 1 small cabbage (shredded)
- 6 lime wedges (optional)

Instructions:
1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tablespoons taco seasoning to make taco sauce.
2. In a medium bowl, combine fish, oil, lemon juice, and remaining taco seasoning; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until fish flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, homemade taco sauce, and lime wedges (optional).

Cost: Per recipe: $9.58, Per serving: $1.60

Source:
Centers for Disease Control and Prevention, More Matters Recipes

Homemade Applesauce

Yield: 10 servings
Serving size: 1/2 cup

Ingredients:
- 7 apples
- 1/2 cup water
- 1/4 cup white or brown sugar
- 1 teaspoon cinnamon

Instructions:
1. Wash and cut apples in half. Remove apple core and cut apples in large chunks.
2. Cook apples, water, and sugar over medium heat for 15-20 minutes.
3. Add 1 teaspoon of cinnamon and stir before serving.

Cost: Per recipe: $2.52, Per serving: $0.25

Source:
Michigan State University Cooperative Extension Service
Eating Right is Basic, Nutrition Education Program

For more information about fresh produce and healthy food choices visit:

www.eatsmart.umd.edu
facebook.com/EatSmartMD
www.choosemyplate.gov
Apples are Amazing!

- Pack apples in lunchboxes.
- Make homemade applesauce and enjoy on top of oatmeal or pancakes.
- Chop apples and add them to salads.
- Cook and puree apples for baby food.
- Apple slices with peanut butter make a healthy snack.
- Try different kinds of apples and choose your favorite!

How to Select:
Choose firm, shiny, smooth-skinned apples. Fruit should smell fresh, not musty.

How to Store:
Refrigerate apples in a plastic bag away from strong-smelling foods. Use within 3 weeks.

Nutrition Facts:
Apples are fat-free, sodium free, cholesterol free, and a good source of dietary fiber.

Crunchy Apple Coleslaw

Yield: 4 servings
Serving size: ½ cup

Ingredients:
- 1 cabbage (small, shredded)
- 1 carrot (medium, grated)
- ½ green pepper (chopped)
- 1 apple (chopped)
- ½ cup plain yogurt, low-fat
- 1 Tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- ¼ teaspoon dried dill
- salt and pepper

Instructions:
1. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
2. Put the yogurt, mayonnaise, lemon juice, and dill in a small bowl. Stir together to make a dressing.
3. Pour the dressing over the salad.
4. Add salt and pepper to taste.
5. Toss to mix.

Cost: Per recipe: $1.44, Per serving: $0.36

Source:
Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cabbage Adds Crunch!

- Shred cabbage to make coleslaw.
- Add chopped cabbage to homemade soups and stews.
- Top tacos with shredded cabbage.
- Cook cabbage with onions and apples for a tasty side dish.
- Add cabbage to a stir-fry with fresh or frozen vegetables and leftover meat or chicken.
- Use cabbage in place of lettuce on a sandwich.

How to Select:
Choose green or purple cabbage heads that are compact and firm. Cabbage leaves should be tightly closed.

How to Store:
Refrigerate cabbage for up to 7 days.

Nutrition Facts:
Cabbage is fat-free, very low in sodium, low-calorie, and high in vitamin C.
Fall is harvest season! Be sure to try fall harvest fruits and veggies, such as apples, pears, beans, greens, and sweet potatoes.

September is “Fruits and Veggies: More Matters Month.” Visit www.fruitsandveggiesmorematters.org to learn more simple tips for adding more fruits and veggies to your table.

Make healthy snacking easy: keep cut-up veggies, such as washed broccoli and carrots, in a clear container in the refrigerator and put fruit, such as apples and pears on the counter for easy access.

Growing Garlic Indoors

Garlic is an easy plant to grow indoors. It can provide tasty shoots year-round to use in salads, soups, potatoes, and any recipe you choose.

You will need:
• Whole garlic bulb from the grocery store
• Planting container
• Potting soil

(If you don’t have a planting container, you can recycle a coffee can, gallon milk jug, or other large food container, with holes poked in the bottom for drainage.)

To prepare for planting, break open the head of garlic and pull out the individual cloves. Fill the planting container with potting soil to about 2 inches from the top and plant the cloves with the pointy side facing up and space them apart, so they are not touching. Water regularly to keep them from drying out and place the container in a sunny window.

When the shoots are several inches long, you can snip them with scissors to use in your favorite recipes.

For more information on growing garlic indoors, visit our EatSmart Website for the September blog on growing garlic indoors: www.eatsmartmd.blogspot.com

Did you know that more than 90% of adults and children do not eat the recommended amount of fruits and veggies per day?
Pick Your Own

Have you ever picked your own apples straight from the tree or found the perfect pumpkin by going out into the farm field to pick it yourself? “Pick Your Own” farms are plentiful in Maryland and are a great experience for the whole family.

Find a “Pick Your Own” farm by visiting: http://www.pickyourown.org/MD.htm and search your area.

• Share the experience of picking your own fresh produce from the farm with your family.
• Choose a variety of different kinds of apples and look at the different colors, shapes, sizes, and have a taste test to determine everyone’s favorite apple.
• Look for recipes using fall harvest fruits and vegetables, such as pumpkin, apples, greens, beans, sweet potatoes, winter squash, and broccoli.

Visit http://eatsmart.umd.edu/recipe/recipesearch and search for new recipes to try.

Apple-Filled Squash

Serves: 4

Ingredients:
1 acorn squash, washed
1 apple, washed, cut in half, cored, and chopped
2 teaspoons margarine, melted
2 teaspoons brown sugar
1/4 teaspoon cinnamon
Dash of nutmeg, optional
Dash of ground cloves, optional
Cooking oil spray

Directions:
1. Heat oven to 350 degrees.
2. Spray a 1-quart baking dish with cooking oil spray.
3. Cut squash in half. Remove squash seeds from each half with a spoon.
4. Place squash (skin side up) in baking dish, cover with foil and put baking dish in oven for 30 minutes.
5. In a medium bowl, add apple, margarine, brown sugar, and spices.
6. Remove squash from oven. Flip squash over, and fill with apple mixture.
7. Re-cover squash with foil, and bake 30 minutes more.

Try serving this recipe with whole grains like brown rice or barley.