Take Me Out to the Ballgame -- The Healthy Way!

It's that time of year when families are spending time at the ballpark. Children are playing and families are watching or the whole family is going to a baseball game. It's hard to try to have dinner on the table before going to the ballpark. Buying food at the ballpark can cost a lot of money and have lots of calories and fat. Why not pack some healthy foods to take with you? Try these simple and easy tips to have healthy foods for your child as you head to the park!

1. **Sandwich** -- a quick and easy way to pack "dinner" as you go. Try using low-sodium turkey or roast beef. Use mustard instead of mayonnaise and add veggies like tomatoes and lettuce to give added crunch. Peanut butter and jelly is an easy grab and go sandwich, too!

2. **Veggies** -- many veggies are great grab and go snacks that kids will love! Try having carrots, celery, snap peas, grape tomatoes, broccoli and cauliflower. Hummus is a great dip to take with you, too!

3. **Fruits** -- a nice "sweet" snack that kids can carry with them and eat as they go. Grapes, bananas, apples, pears, and oranges are easy to eat on the go!

4. **Snack foods** -- bring healthier versions of the foods at the park. Instead of buying the popcorn with butter, candies and chips take your own snack foods from home. Pretzels, air popped popcorn, unsalted peanuts, or whole grain cereals make great snack foods that are low in fat and calories.

5. **Water** -- a must have! Buying regular soda can cost a lot of money -- and provide empty calories. Have water on hand when sitting or playing outside. Water can be flavored with fruits for added flavor. Water is the best way to keep hydrated.

**Make sure to take a cooler and ice packs with you. This will help keep foods that need to stay cold from going bad in the hot sun.**

Source: http://eatsmartmd.blogspot.com/
GRILLING FOOD SAFELY WHEN CAMPING

Camping is a popular warm weather activity in the state of Maryland. It's a great way to enjoy the beauty of the region and one of the best reasons to light up the grill for lunch or dinner. However, this fun activity also poses a food safety challenge. High temperatures and humidity during the warmer months help harmful bacteria to grow that could result in making people sick. The best way to keep your family and friends safe from food poisoning when camping is to plan ahead and follow these four simple steps.

<table>
<thead>
<tr>
<th>Clean</th>
<th>Wash hands with warm water and soap for 20 seconds. Bring wet wipes to clean hands and surfaces. Bring clean utensils, disposable plates and trash bags. Bring dry, moist and soapy towels to wash down surfaces.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Separate</td>
<td>When carrying food away from home, prevent juices of raw meats from dripping on other foods. Package raw meats separately and store them in the bottom of the cooler; (or) Use two different coolers for raw meats and other foods. Use a different cutting board for produce and raw meats. Cut the meats with the lowest cooking temperature first. Use a different platter and utensils for raw and cooked meat.</td>
</tr>
<tr>
<td>Cook</td>
<td>Completely thaw meat and poultry before grilling. Never partially cook meat or poultry before grilling unless it goes immediately on the preheated grill to complete cooking. Always use a food thermometer to cook meat and poultry to safe temperatures.</td>
</tr>
<tr>
<td>Chill</td>
<td>When carrying food away from home, place it in a cooler with ice or freezer packs. Keep meat and poultry cold until ready to use. Keep food out of the Temperature Danger Zone (40°F – 140°F) by keeping cold food cold and hot food hot. Keep the cooler in a cool, shaded area and avoid opening the lid too often.</td>
</tr>
</tbody>
</table>

These four simple steps will help you to protect the health of your family and friends and ensure that your camping experience is fun and enjoyable. Just remember -- when in doubt, throw it out!

Source: http://eatsmartmd.blogspot.com/
HEALTHY SUMMER BEVERAGES

Summer is here! Now is the time to stock your refrigerator with beverages to quench the thirst of active family members. Choose wisely, though. The beverages we drink can have a big impact on our health so it is important to make healthy choices from the wide variety of choices at the grocery store.

Limit Sweetened Beverages

People are drinking more and more sweetened drinks such as soda, juice, Kool-Aid and sports drinks. These beverages contain a lot of calories and have little or no nutritional benefit. Sugary drinks increase our risk of obesity, diabetes, and heart disease. Sweet drinks also affect dental health, causing dental cavities and damaging tooth enamel. And because kids are drinking more sweetened beverages than milk, many are getting too little calcium for growing teeth and bones.

You can have an impact on the health of your family members by choosing healthy beverages and limiting sweetened beverages.

Many people think if the name of a beverage has the word "fruit" in it, it must be healthy. But fruit juice drinks, fruit juice beverages, and fruit juice cocktails are really only a lot of sugar water with a small amount of fruit juice. Many of these fruit drinks have more sugar in them than a can of soda. Even 100 percent juice has a lot of sugar.

When choosing beverages for you and your family, read the labels on containers carefully to see how much sugar the products contain. Take a look at the comparisons below:

<table>
<thead>
<tr>
<th>Drink</th>
<th>Serving Size</th>
<th>Amount of Sugar</th>
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<tbody>
<tr>
<td>Soda</td>
<td>8-ounce cup</td>
<td>26 grams</td>
</tr>
<tr>
<td>Fruit punch or fruit drink</td>
<td>8-ounce cup</td>
<td>30 grams</td>
</tr>
<tr>
<td>Fruit juice cocktail</td>
<td>8-ounce cup</td>
<td>34 grams</td>
</tr>
<tr>
<td>100% juice (no sugar added)</td>
<td>8-ounce cup</td>
<td>26 grams</td>
</tr>
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</table>

What are the most healthy beverages?

Water should be the beverage you and your family members drink most of the time. Water quenches your thirst and rehydrates your body. And when it comes from the water faucet at home, it costs almost nothing.

Milk is an excellent choice, too. It is a key source of Calcium and Vitamin D for both children and adults. Low-fat milk and non-fat milk are the best choices because they have fewer calories and fat.

How much do children need?

If we want children to be healthy, this is what they should be drinking each day:

- **Milk** -- 2 (8-ounce) cups (Serve low-fat milk to children over 2 years old)
- **100% juice** -- 1 (6-ounce or 3/4 cup) cup
- **Water** -- as much as the child wants

Source: http://eatsmartmd.blogspot.com/
LET'S TALK FAMILY CONVERSATION STARTERS

Strong families are based on good communication. Each month we will provide some good conversation starters for you to use with your children or the children in your care. These starters can help to begin a discussion and are much more effective than asking “how was your day?” The idea is to increase communication while getting to know each other better and sharing family values at the same time.

Some ideas for July/August

- Name three things you like about summer.
- What is your favorite food on the grill?
- What does Independence Day mean to you?
- Neighbors are special, what is something special about your neighbor?
- Name a vegetable that grows underground.
- What is your most memorable birthday?

Source: The Ohio State University Extension

ZUCCHINI AND SUMMER SQUASH PLATTER

What You Need:

- 1 lb zucchini
- 1 lb yellow squash
- 2 Leeks
- 4 tbsp lemon juice
- 4 tbsp olive oil
- ½ cup grated parmesan cheese
- ½ tsp Pepper, optional

Directions:

Wash zucchini and yellow squash. Cut into very thin slices.

Place slices overlapping slightly on a plate

Wash leeks and cut into small pieces, stem only.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
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<tr>
<td>Servings Per Container</td>
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<tr>
<td>Amount Per Serving</td>
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<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Calories</td>
<td>130</td>
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<tr>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
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</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calcium 10% • Iron 6%

Vitamin A 15% • Vitamin C 50%

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4
Sprinkle leeks 🌾 over the zucchini 🍆 and squash 🍁.
Stir 🍋 together lemon juice 🍋 and olive oil 🥑.
Drizzle over the vegetables.
Sprinkle the parmesan cheese 🧀 over the vegetables.
Chill 🍉 for 2 hours or serve immediately.

**TEN WAYS TO KEEP SAFE DURING SUMMER MONTHS**

1. **Bug Off!** When outside, protect yourself from mosquitoes by using an insect repellant that contains DEET, picaridin, or oil of lemon eucalyptus.
2. **Tip and Toss!** Mosquitoes breed in standing water. Stop the next generation of mosquitoes before they start by tipping over and changing out water from bird feeders and fountains. Toss out any open container from your yard that you can do without.
3. **Flame On!** If you're planning on grilling out this summer be sure to cook the food at a high enough temperature to kill the bacteria that cause food-borne illness. Experts recommend that roast, pork and fish be cooked to at least 145 degrees Fahrenheit, ground beef at least 155 degrees Fahrenheit, and poultry to 165 degrees Fahrenheit. Use a clean meat thermometer to measure the internal temperature of all foods.
4. **Wash Up!** When cooking outside, fight the spread of bacteria by washing your hands, cutting boards, dishes and utensils with hot, soapy water before preparing a meal.
5. **Grill It and Chill It!** Remember to refrigerate all left-over food promptly after grilling out. Refrigerators should be set no higher than 41 degrees Fahrenheit, freezer units at zero degrees Fahrenheit.
6. **Use Sunscreen!** Be sure to use plenty of sunscreen, and apply it at least 30 minutes before going outside. The sunscreen you use should be rated SPF-15 or higher and offer both UVA and UBA protection.
7. **Look Out!** The summer sun can damage your eyes. Be sure to wear only sunglasses that offer 100 percent UVA protection. The wrap-around kind protects both your eyes and the sensitive skin around them.
8. **Drink Up!** When you're working or playing hard in hot weather be sure to drink two to four glasses of cool, non-alcoholic fluids each hour.
9. **Slow Down!** Avoid strenuous activity during the day when the temperature is at its hottest.
10. **Go In!** Seek shade during the midday when UV rays are the strongest. Try to avoid direct sun exposure between 10 a.m. and 4 p.m.

Reprinted from [http://msdh.ms.gov/msdhsite/_static/43,2616,98,261.html](http://msdh.ms.gov/msdhsite/_static/43,2616,98,261.html)
Eating healthy doesn't have to cost more money or take more time! Never fear, substitutions are here! You can trade less healthy ingredients for healthy ones. This will help reduce calories, fat, salt, sugar, while increasing vitamins, minerals and fiber. These changes are easy and your favorite foods will still taste great.

One strategy to start with can be swapping a food for its low fat version. Dairy foods make a great example. Most types of cheese, milk and yogurt come in a low fat version. Some products come fat free, and could work well depending on your dish. Often, these cost the same and taste just as good as the full fat version.

When baking, substitutions can get a little tricky. Baking is a science. We must be careful when making changes to a recipe so that the food still bakes right. Here are some swaps that will keep your baked goods looking and tasting great, while adding some nutrients, too!

1. Instead of using white flour, try using a black bean puree in a 1 to 1 ratio. If your recipe calls for a cup of flour, try using a cup of black bean puree. It sounds strange, but when used in brownies and cakes, it adds fiber, protein and has fewer calories than flour. The taste of the beans is subtle so it doesn't change the flavor of your food. If you don't have a way to puree the beans, whole wheat flour is another great replacement.

2. Replace butter with mashed avocado in a 1 to 1 ratio. Butter is used as a fat when baking and is filled with saturated fat and calories. Avocados have healthy fats as well as protein and fiber. It may tint your dish green, but you can hide that with darker colors, or feature it for a festive occasion such as St. Patrick's Day! When avocados are not in season, replace half of your butter with unsweetened applesauce to reduce calories and fat while adding some fiber.

3. Swap mayonnaise for Greek or traditional yogurt in a 1 to 1 ratio. Yogurt can come in low/non-fat varieties to cut down on fat and calories, while adding plenty of protein. Purchase in large tubs, rather than individual containers to save money. Yogurt can be used in many dishes including chicken salad, spinach artichoke dip, and tuna salad. Experiment with this replacement, you may be surprised at how often you can cut out the mayo.

All of the substitutions listed above are about the same price of the original ingredients. This way, eating healthy has never been easier, or more affordable. Making a few of these changes in your cooking on a regular basis can go a long way for the health of you and your family!

Source: http://eatsmartmd.blogspot.com/
FEEDING CHILDREN

Children need to eat the same basic foods as adults, though the serving size is different. They also may need to eat more servings of dairy. Healthy foods contain nutrients that are the building blocks that all of the body’s cells need. The six essential nutrients are:

- **Protein**- to build and repair muscles and cells- choose low fat meats, chicken and fish; don’t forget dried beans, peas, nuts, seeds and eggs.
- **Carbohydrates**- to give the body energy make at least half your grains whole grains.
- **Fats**- to protect the body organs and also provide energy. Choose healthy fats, mono and poly unsaturated omega fatty threes and sixes. Avoid saturated and trans fats.
- **Vitamins**- to keep skin and hair healthy. Make half your plate fruits and veggies, eat a rainbow for all the added vitamins and minerals, as well as fiber.
- **Minerals**- to help support processes that keep the body active.
- **Water**- to bring good nutrition to the body cells and remove any waste.

How can you get fussy children to try new foods so they can receive the best nutrition? Here are a few strategies to encourage picky eaters:

1. Encourage food tasting- don’t force children to eat. Ask them to try new foods; sometimes it takes a child 10-12 tastes to decide they like a new food.
2. Involve children in the food preparation. If a child helps to prepare the food or to grow the food in a garden, they are more apt to want to try it.
3. Serve an unfamiliar food with a familiar one. If a child sees a new vegetable or grain with an old favorite they may be more apt to try it.
4. Involve children in choices. If they are allowed to choose the new food to try they may be more likely to try it. If they pick it out at the grocery store or from the pantry they will have a sense of ownership.
5. Be a role model. Children learn healthy food chooses by watching you. They will see your reaction to foods and your choice of foods which will guide them in their decisions.

It is sometimes hard to get your children to make healthy choices but persistence and creativity will prevail. Get creative with the way you present foods. Children respond well to colors, shapes, and textures. Most 2-3 year olds will try almost anything on a plate with their favorite TV, book, or movie character on it.

Source: http://eatsmartmd.blogspot.com/

REASONS TO SHOP AT A FARMERS' MARKET

**Why shop at a farmers' market?**

Shopping at a farmers' market is a great way to get fruits and vegetables grown close to home. These fruits and veggies taste great because farmers are able to pick them from the field and bring them to the market often in the same day! Shopping at a farmers' market also helps to support the local economy by buying produce directly from the local farmer. Here are some reasons to shop at a farmers' market:
Farmers' markets are fun
Farmers provide fruits and vegetables that are grown and picked during the peak of season in the region. You may find some fruits and vegetables that you have never seen before. This is a great way to try a new food in one of your favorite recipes. Also there may be events going on while you shop for delicious in-season foods.

Meeting the farmers
Farmers know a lot of information about how produce is grown. Talk to the farmer to learn more about the fruits and veggies that you are buying and how to prepare them. You might be able to learn a new recipe or cooking technique.

Children involvement
Children are more likely to eat foods that they have helped to pick out or helped prepare. Allow them to pick out a fruit or vegetable and then they can help prepare the item.

Variety
There is a wide variety of fruits and vegetables offered because each farmer may have different techniques of growing their produce.

Source: http://eatsmartmd.blogspot.com/

FOCUS ON FRUITS & VEGGIES: SUMMER SQUASH

Summer squash is harvested while the rind is still tender and edible. The name "summer squash" comes from their short storage life. The skin and rind of the summer squash is high in beta-carotene.

Selection and Storage:

- Squash is "in season" in July and August. Look for low prices and fresh squash at your local farmers' market and grocery store.
- Wash squash and serve a few days after purchase for best flavor.
- Select small to medium-size squash that are shiny with no soft spots or wrinkled skin.

Preparation Tips:

- Wash, slice and stir fry until just tender. Add tomatoes and Italian seasonings. Serve as a vegetable or add chicken or beef for a main dish.
- Shred squash and add to meatloaf, meatballs, burgers, muffins, and breads.
- Use squash slices in salad in place of cucumber.

Kid-friendly ideas:

- For a healthy snack, cut thin slices and serve with low-fat ranch dressing. Kids love the crunch when they bite.
- Kids like to watch squash grow in the garden. Even young children can pick them and help with simple preparation.

Source: http://www.eatsmart.umd.edu/cooking/fruitveg_summer_squash.cfm
Upcoming Classes

**Terry Serio**

**Maintaining a Healthy Weight**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>July 3</td>
<td>Westminster Senior Center</td>
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**Food Safety Is For Everyone**

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<td>Aug 28</td>
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**The Importance of Physical Activity**

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<td>Sept. 25</td>
<td>Mount Airy Senior Center</td>
<td>9:15-10:15 am</td>
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</tbody>
</table>

Terry Serio
Extension Educator
Food Stamp Nutrition Education Program
Family & Consumer Sciences

Virginia Brown, DrPH
Extension Educator
Family & Consumer Sciences

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Fax: 410-876-0132

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.
GREEN CLEANING RECIPE

All Purpose Cleaner

Ingredients:  
2 tablespoons borax

¼ cup vinegar

2 cups hot water

Using a clean empty spray bottle, pour in your borax. Next, mix in the water and vinegar. Put on the bottle cap and swirl around until the borax is mostly dissolved. Use to clean counter tops, tubs, table tops and other similar surfaces.