

Health, Nutrition & Wellness

"Solutions In Your Community"

IN THIS ISSUE:

| Article | Pg |
|-----------------------------|----|
| Men's Health Month | 2 |
| Summer Herbs | 7 |
| Free, Local, Fun! | 9 |
| Ice Cream Month | 10 |
| Coping With Grief | 15 |
| Lung Cancer Awareness | 16 |
| Benefits of Breastfeeding | 17 |
| Food Safety Education Month | 22 |

Family & Consumer Sciences

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

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

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

Compiled by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



RECIPES

Each issue includes healthy recipes! Inside this issue:

Fusilli Pasta Salad with Artichokes

Strawberry Crème Pie

Lemon Grilled Shrimp

Blueberry Lemonade Slushie

Summer Corn Chowder

And many more!

Summer Super Foods To Try

1. Berries—They're tiny but mighty. Strawberries, blueberries, blackberries and raspberries are packed with fiber. Berries also have plenty of vitamin C and a ton of antioxidants. Those are substances that protect your cells from damage. They can also help fight heart disease and cancer, according to a study in Current Opinion in Food Science. They can also help manage blood sugar, lower cholesterol and improve digestion.² And they taste great, too.

Enjoy them: Naturally sweet, fresh summer berries are a delicious treat on their own. Or add them to yogurt, oatmeal or smoothies for breakfast.

2. Peppers—Peppers are among the most versatile summer vegetables. They range from sweet to hot and come in every color of the rainbow. Each type of pepper has a different set of phytonutrients depending on its color, says Spradling. Phytonutrients are plant chemi-

cals that help prevent disease. They may also help protect against heart disease and cancer.³ Spradling suggests trying a variety of peppers throughout the summer.

Enjoy them: Add bell peppers to a raw veggie tray alongside low-fat dip or toss them on the grill for fajitas. Hot peppers can add spice to salsas and sauces.

3. Leafy greens—Lettuces, which vary from pale white to deep green, are packed with nutrition. Heartier greens such as kale and collards pack a lot of vitamin K. This helps the body form scabs and heal from injury.⁴ Even watery iceberg lettuce has its place. It's filling, hydrating and refreshing.

Enjoy them: Like peppers, you can vary your greens throughout the summer. Try collard greens, Swiss chard, kale, spinach and all the varieties of lettuce. Some greens are better cooked and others raw. You can really experi-

Continued next page





June Themes

Men's Health Month

June is National Men's Health Month, a time to remind men of the health issues they face and what they can do to take charge of their health. Men are significantly less likely than women to see a doctor or report symptoms to a health care provider. Only 60 percent of men go to the doctor for a yearly, routine check up, and 40 percent won't go until something is seriously wrong. "Despite these statistics, 20 percent of men report seeing a doctor so their significant other or a loved one will stop nagging them," said [Helen Bernie, DO, MPH](#), Director of Male Sexual and Reproductive Medicine and assistant professor of urology. Bernie also leads the state of Indiana's only [male sexual and reproductive medicine fellowship](#). "It's important to encourage the men in your life to see a doctor. You can make an impact!"

Here are some other important facts about men's health to know: The overall mortality rate is 41 percent higher for men than women, and it's higher for men for 8 out of 10 leading causes of death—including heart disease, cancer, stroke and diabetes. 31 percent of men suffer depression in their lifetime and 9 percent of men have daily feelings of depression or anxiety. But only 1/4 talk to a mental health professional, and only 1/3 take medication. Pay attention to signs of depression and don't be afraid to seek help. You must know your numbers and get regular check ups for heart, and prostate.

Source :<https://menshealthmonth.org/>



Migraine and Headache Awareness Month



Over 42 million in the U.S. have the quality of their lives impacted both personally and professionally by headaches and migraines. One in four U.S. households include someone living with migraine disease. Nine out of ten people with migraine reported they could not "function normally" during days in which a migraine strikes. There are many treatments available.

For more information visit:
<https://www.mayoclinic.org/diseases-conditions/migraine-headache/diagnosis-treatment/drc-20360207>

TYPES OF HEADACHE



SINUS



TENSION AND STRESS



MIGRAINE



CLUSTER HEADACHE



TMJ DISORDER



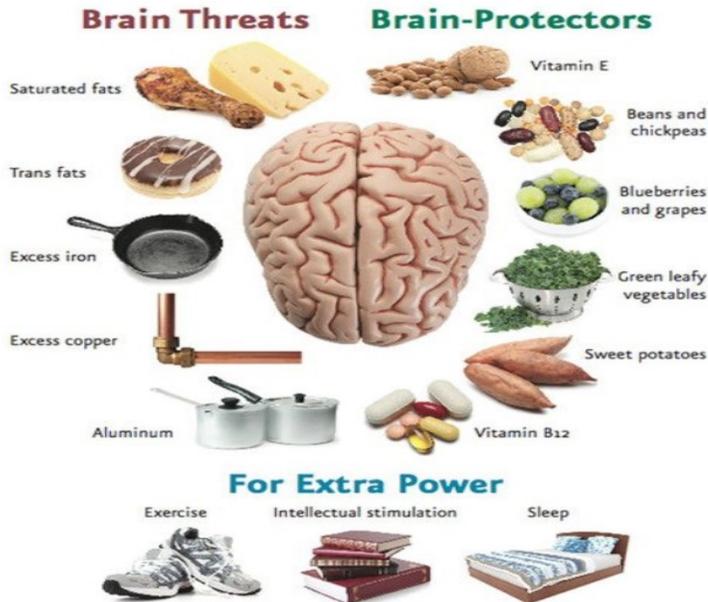
ALLERGY HEADACHE

June Themes

World Brain Tumor Month

World Brain Tumor Awareness Day- Brain tumors are the second most common form of childhood cancer and Brain Tumor Awareness Month is an opportunity to help spread vital information about brain tumors as

well as to help raise the funds necessary to treat this life-threatening conditions. Brain Tumor Awareness Month is recognized in May of each year worldwide. In addition, National



Wear Gray Day, which falls on May 27, is another opportunity to show your support for those impacted by brain tumors and raise awareness by wearing gray clothing.

Source: <https://>

www.stjude.org/get-involved/holidays/brain-tumor-awareness-month.html

National Safety Month

Preventable injuries are the third leading cause of death in the US. Since its establishment by the National Safety Council in June 1996, organizations and individuals across the country have come together to join NSC in observance of National Safety Month, a dedication each June to bring extra attention to the safety issues faced from the workplace to anyplace.

Most unintentional injury-related deaths occur off the job, when least expected – during a vacation, while doing chores at home or while driving. Learn more about teen driving; safety in the home, while traveling and in school; and how to prevent older adult falls.

Source: nsc.org



World Sickle Cell Day

World Sickle Cell Day raises awareness about this blood disorder that affects millions of people worldwide. Shine the Light is a national awareness campaign to celebrate World Sickle Cell Day. We invite you to join with friends, family, neighbors and others in your community, as people around the nation and across the globe host and hold local

gatherings to shine the light on sickle cell disease. Together, we must and will find a universal cure for sickle cell disease!

Source: <https://www.sicklecelldisease.org/get-involved/events/awareness-month-and-world-sickle-day/>.



June Recipes

Guacamole Turkey Burger



Ingredients:

1 medium zucchini
 1 (16 oz) pkg Nature's Promise® Free from Ground Turkey Breast
 1 tbsp chili powder
 4 whole wheat hamburger buns
 ¼ cup prepared guacamole

Steps:

On a box grater, coarsely grate the zucchini into a large bowl. Mix in the turkey and chili powder. Season with salt and pepper. Form into 4 (½-inch-thick) patties. Heat a greased 12-inch nonstick skillet on medium. Add burger patties and cook 4 min., until browned on bottoms. Turn over

and cover skillet with lid. Cook another 4 min., until cooked through. Toast the burger buns. Serve burgers on buns, topped with guacamole.

Comments

Pile on veggies like sliced tomatoes, red onion, sprouts, or sliced cucumbers.

Nutritional information per serving:

CALORIES 430kcal; FAT 22.0g; SATURATED FAT 6.0g; CARBS 31.0g; SODIUM 457mg 7.0g sugar; 6.0g fiber; 31.0g protein; 77mg cholesterol

Source: savoryonline.com

Summer Corn Chowder



Ingredients:

1 tbsp unsalted butter
 2 tbsp extra virgin olive oil
 1 medium yellow onion, chopped
 8 ears fresh corn, shucked
 2 cloves garlic, minced
 1 jalapeno pepper, seeded and minced (optional)
 ¼ cup all-purpose flour
 5 cups low-sodium vegetable broth
 3 large yellow potatoes (1 ½ lbs.), peeled and cut into ½-inch pieces
 ½ cup fat-free half and half

For Garnish:

Cilantro leaves
 Sliced green onions

Steps:

In a large pot over medium, melt together the butter and olive oil. Add the onion and cook 6–8 min., until softened. Season with salt and pepper. Meanwhile, carefully cut the kernels off the corn ears, leaving about ¼ inch of kernels. Into a small bowl, scrape cobs with back of the knife to get corn “milk.”

To pot, add the garlic and jalapeño, if using, and cook 30 sec., until fragrant. Add the flour and stir to coat evenly. Cook 1–2 min. While whisking, add the broth. Add the potatoes, corn kernels, and corn “milk.” Season with salt and pepper. Bring to a boil, then reduce to a simmer. Cook 18–20 min., until potatoes are tender.

Transfer half of soup to blender. Purée until smooth. Return mixture to pot and stir in the half & half. Heat 1–2 min., until warmed through and thickened slightly. To serve, top with the cilantro leaves and sliced green onions.

Nutritional information per serving:

Nutrition information CALORIES 477kcal 24% FAT 13.0g 20% SATURATED FAT 3.0g 15% CARBS 88.0g 29% SODIUM 276mg 12% 18.0g sugar 9.0g fiber 13.0g protein 8mg cholesterol.

Source: savoryonline.com

June Recipes

Fusilli Pasta Salad with Artichokes

Ingredients:

½ (16 oz) box fusilli pasta
 ½ cup red wine vinaigrette
 1 (6 oz) jar marinated artichokes
 1 pint grape tomatoes
 1 (4 oz) log goat cheese
 3 cups arugula

Steps:

Cook the pasta according to package directions. Drain and add to a large bowl, along with vinaigrette. Toss until well coated. Let cool completely.

Meanwhile, drain and rinse the artichokes, then finely chop. Halve the grape tomatoes

and crumble the goat cheese. To pasta, add grape tomatoes and artichokes. Toss to combine. Season with salt and pepper. Divide the arugula among 4 plastic containers. Top with pasta mixture, then goat cheese and black pepper. Cover and refrigerate up to 2 days.

Nutrition information CALORIES 422kcal
 21% FAT 14.7g 23% SATURATED FAT 6.6g
 33% CARBS 56.8g 19% SODIUM 382mg 16%
 8.2g sugar 5.3g fiber 15.7g protein 22mg
 cholesterol

Source: savoryonline.com



Blueberry Pie Milkshake

Ingredients:

1 ½ cups Vanilla Wafers
 1 lemon
 1 (6 oz) container blueberries
 1 cup low-fat milk
 3 tbsp light brown sugar
 4 cups vanilla ice cream

Steps

Coarsely crush the Vanilla Wafers and zest the lemon. Squeeze 1 tbsp juice from lemon.

To a blender, add the blueberries, milk,

lemon zest, brown sugar, lemon juice, and crushed wafers. Blend until wafers break down. Add the ice cream and blend until smooth.

To serve, divide among 4 glasses.

Nutritional information per serving:
 CALORIES 542kcal; FAT 22.2g; SATURATED
 FAT 11.1g; CARBS 78.2g; SODIUM 271mg;
 56.8g sugar, 2.9g fiber, 9.2g protein, 65mg
 cholesterol

Source: savoryonline.com



Physical Wellness



Eat The Rainbow:

The more colorful the produce, the more likely it is to have vitamins and minerals that fight disease.



Super Summer Foods to Try

Continued from front page

ment with a lot of recipes,” she says.

4. Figs—These mildly sweet and floral gems are a special treat in late summer. Figs are a good source of calcium, potassium and magnesium. These minerals work together to maintain bone density. They contain prebiotics that promote good gut health. Prebiotics help feed the healthy bacteria that live in your body.

Enjoy them: Try adding figs to a summertime party tray. They’re as pretty as they are delicious.

5. Watermelon—Nothing says summer quite like a fresh watermelon wedge. As the name suggests, this juicy melon is more than 90% water, making it a great hydrating food choice on a hot summer day. That also makes it low in calories and surprisingly filling. In fact, a recent study found that watermelon was more filling than low-fat cookies with the same number of calories. Participants who ate 2 cups’ worth of watermelon each day felt less hungry and lost weight.

Enjoy it: Eat it on its own or as part of a fruit salad. You can also blend it into a refreshing drink with a splash of lime juice. Just toss it in the blender until it’s smooth.

6. Cucumbers—Related to melons, cucumbers are also made mostly of water. This means they’re low in calories but high in micronutrients.

Enjoy them: They can add crunch to everything from sandwiches and salads to dips. Add them to water for a refreshing and flavorful twist. Cucumbers are also great for your skin, thanks to their high levels of vitamin K and other nutrients, according to research published in *The Journal of Aging Research & Clinical Practice*. They can even soothe a sunburn. Just place slices of chilled cucumber on sunburned skin for instant relief.

7. Zucchini—There is always an abundance of zucchini in late summer. Plus, its high in many vitamins and minerals, including vitamin C.

Enjoy it: A favorite way to use this veggie is to make zucchini bread. When mixed with whole-grain flours and nutrient-dense add-ins such as walnuts, this quick bread provides loads of fiber and nutrients. It’s great for an easy breakfast on the go. Or it’s the perfect sweet ending to an outdoor summer meal. Make a double batch and freeze one loaf for later.

8. Green beans—are a wonderful source of plant-based fiber and protein.

Enjoy them: They’re usually eaten cooked, but green beans are also great raw. Dip tender ones into Greek yogurt for a healthy snack.

9. Tomatoes—are filled with an antioxidant called lycopene. It may help manage metabolic syndrome and prevent certain cancers, particularly prostate cancer. Cooking tomatoes increases the amount of lycopene they contain. But they’re good raw, too. They contain nearly 20% of the recommended daily amount of vitamin C per tomato.

Enjoy them: Peak summer tomatoes can’t be beat for flavor. Add juicy slices to salads and sandwiches. Or try a Caprese salad: Layer slices of tomato along with fresh mozzarella, then top it with fresh basil and a drizzle of balsamic vinegar and olive oil. Grilling pizza? Use them to make your own sauce.

10. Peaches—Possibly the ultimate summer treat, peaches are so delicious that they can be a dessert on their own. Peaches are packed with immune-boosting antioxidants and fiber that promote good gut health and help stabilize blood sugars.

Enjoy them: They’re tasty right off the tree, but if you want to jazz things up, try tossing them on the grill and serving them with creamy yogurt and crunchy pecans. Or, if peach cobbler or pie is what you’re craving, try making a baked crumble. Top it with a mix of oats, nuts and seeds, instead of making a traditional pie crust. Source: <https://www.optum.com/en/health-articles.html/healthy-living/top-10-superfoods-eat-summer>.

The 10 Best Summer Herbs And How To Use Them

Growing your own herbs is a simple way to add flavor to your kitchen. Or get them at your local farmer's market!

1. **Basil**—It's no surprise this herb is a summertime staple—with a warm and spicy flavor, basil is an ideal pairing for sweet or mild recipes. Italians celebrated the herb alongside fresh mozzarella and tomatoes to create a refreshing Caprese salads or summery pizza toppings. Basil is also the basis for your homemade pesto. Add to a food processor with pine nuts, garlic, and olive oil to create pesto, a zesty spread, and set it out alongside some fresh bread when entertaining guests. As for sweet things, basil and strawberries are a match made in heaven. Combine the two to make flavored water.

2. **Bay**—a staple in Mediterranean and French kitchens, and can add a luxurious depth to summer soups, stews, or crab and shrimp boils. The leaves best thrive in warm climates, such as a sunny windowsill.

3. **Chives**—Despite their versatility, Chives rarely get the attention they deserve. Their mild onion flavor makes them a great option for sandwich spreads, sauces, and cheese-based dishes. They also add that "something special" to a mashed potato recipe, and can help heighten the flavor of creamy dips and egg salads.

4. **Cilantro**—The heat-loving cousin of cilantro, cilantro rarely gets the glory. This spicy, flavor-packed herb is deal for the summer months when cilantro starts to bolt. It is rich in vitamins A, B-complex, and C, as well as the calcium, carotene, iron, and riboflavin.

5. **Dill**—A unique herb that loves the summer sun, dill has a similar pungent and aromatic flavor to that of caraway. The bright flavor pairs well with fatty-dishes, such as a butter sauce for a fish or in a cream-based dip. Dill can also be used for medicinal purposes, including a stomach-soothing tea. Mash two teaspoons per cup of boiling water and steep for ten minutes, and enjoy when you're feeling tummy troubles.

6. **Mint**—comes in many varieties, but when it comes to your kitchen staple, spearmint is a top-notch option. The diverse herb can be used in everything from tabbouleh to fruit salads. You can also boil spearmint with sugar to create a refreshing simple syrup, ideal for sweetening your iced teas or mojitos. If you have trouble getting your eight cups of H₂O, pluck off a few leaves of your spearmint plant and add to cold water. Keep in the fridge for a cool and refreshing pick-me-up when you're feeling that summertime dehydration.

7. **Oregano**—bursting with antioxidants, vitamin K, manganese, iron, and calcium, so it doesn't hurt to find ways to slide more oregano into your diet.

8. **Rosemary**—The resonant and aromatic flavor of rosemary makes it a delightful pairing to your summertime cuisine. Add flavor to pork, chicken, or veggies by laying rosemary branches across a charcoal grill, allowing the scent to soak into your food. Make your own rosemary oil by gently simmering a sprig or two in a good olive oil for about five minutes. Drizzle the oil atop stovetop popcorn and shake the pot to combine.

9. **Tarragon**—These anise-flavored leaves age quickly, making them an ideal choice to keep fresh and around the house. Its strong flavor makes it an ideal pairing for mellow and comforting dishes, such as potato salads or butter sauces. Try the herb in any chicken dish you can imagine—chicken pot pie, chicken salad, chicken soup, and even duck and turkey dishes. If meat isn't your thing, tarragon also works beautifully with egg dishes and seafood.

10. **Thyme**—comforting and subtle, with a lingering flavor that adds depth to your favorite summertime recipes. Its versatility makes it ideal for a variety of savory dishes, and it works well paired with other French and Mediterranean herbs. Try with your favorite grilled, roasted, or sautéed veggies, such as summer squash, carrots, or zucchini. [Source:https://www.cominghomemag.com/featured-articles/summer-herbs.](https://www.cominghomemag.com/featured-articles/summer-herbs)



Financial Wellness



Sun, Sand, and Savings

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The days are getting longer, the temperatures are getting warmer, the kids are heading out on summer break, and summer is here! Whether you love summer or look forward to cooler temperatures returning, you likely have some favorite summer activities. Maybe it's the taste of fresh summer fruit. Maybe it's picnics with friends and family. Maybe it's breaking out the sunscreen and heading out to enjoy the great outdoors.

Regardless of how you plan to enjoy your summer, I hope you'll consider including saving money in your summer activities. While it might not be as fun as a day at the beach, building our savings is an important way to improve our financial wellness. Here are a few tips for saving money while still getting to enjoy everything summer has to offer!

1. Consider a stay-cation

The costs of hotels, airfare, and other travel expenses have gone up significantly in recent years. It may be more difficult that in had been in years past to afford a family vacation. Staying at home and taking small trips to nearby attractions can be a great way to have fun while cutting down on costs. Your family might enjoy packing up a picnic and exploring Maryland's wonderful state parks. You could also check your local area and see if there are any museums or activity centers to explore.

2. Plan your spending ahead of time

Making decisions about when to spend money and how much to spend can be made easier by deciding how much you have available to spend and doing your best to stick to that limit. You and your family can sit down and discuss your household budget. This can help everyone in the family understand what

money is going toward important things (like food, utilities, and rent or mortgage) and what money is available to spend on things the family wants to do. Once you have an idea of your budget for summer activities, you can think about what things the family most wants to do and what things might have to wait for another time. Kids can sometimes think of money as an endless resource, so helping them understand the limits and including them in the decision making can help prevent arguments later on.

3. Search for discounts

If you do decide to splurge on a fun summer activity, like heading to a local theme park or taking a trip, make sure to check for any deals you can access. If you are a member of AARP, a professional association, or have some other membership, there are sometimes deals on travel, hotels, and tickets for different attractions. You can try searching online or calling a member services department (if you have a membership somewhere) and checking to see what discounts they offer. You might also consider looking into discount packages from the theme park or hotel. You might be able to get a lower cost ticket by getting late entry, going on a specific day of the week, or staying at a certain hotel. Credit cards sometimes offer discounts on travel or entertainment through their rewards programs as well.

These tips are just a few of the many ways to save money on summer fun! Get creative and see what others you and your family can come up with. If you're interested in learning more financial tips, check out online Money Monday classes with Carrie Sorenson. To register go to <https://bit.ly/49Mtv2> or email Carrie at cjrsoren@umd.edu.



FREE



LOCAL

Harford Streams Summer Adventure!

Visit a stream, take a selfie, earn a T-shirt and dog bandana, and qualify for drawings to win top prizes!

Harford Streams Summer Adventure seeks to raise awareness for protecting our precious natural resources by encouraging residents to visit scenic waterways throughout the county. People of all ages and their furry friends are welcome to join in the program. The Adventure runs through Labor Day.

Prizes and Drawings

Visit 7 Different Locations – Receive a FREE T-shirt/ dog bandana by mail.

Visit 11 Different Locations – Be entered into a drawing for your choice of a live ani-

mal encounter and campfire with s'mores for 12 at Eden Mill Nature Center OR a family membership to Ladew Gardens!

Visit 15 Different Locations – Be entered into a drawing for your choice of a 3-night stay at serene camping with creek views OR a kayak trip for 12 at Anita C. Leight Estuary Center!

Visit 20 Locations Plus 5 of Your Own - earn a BONUS PRIZE - This will need to be picked up in person after Labor Day.

For more information, locations and how to participate visit:

<https://www.harfordcountymd.gov/1908/Summer-Adventure>.

Financial Wellness



Summer Movie Nights

The [Bel Air Downtown Alliance's Summer Movies Nights](#) are a great time and place to bring the whole family for a fun, free, family-friendly movie night at Shamrock Park, 39 N. Hickory Avenue, Bel Air.

- June 21: *Elemental*
- July 19: *The Little Mermaid (2023)*
- Aug 16: *Trolls Band Together*

Sunsets on the Boulevard

Enjoy [free live music](#) the last Friday of the month from June through September. Bring your family, friends, a blanket, or a chair, and enjoy great music as the sun goes down on the Boulevard at Box Hill. 3402 Merchant Boulevard, Abingdon.

- July 26—BELLcurve
- Aug 30—FiZZ
- Sept 27—The 1974



Kids' Story Time & Activity

Enjoy [story time](#) in the Havre de Grace Maritime Museum's Environmental Center, a walk on the nature trails and a kids' activity. FREE, but registration is recommended. Space per session is limited. Parents must accompany children during the event.

- July 11, July 18, July 25
- 2 sessions per day:
- 10:30 am - 11:30 am and 12 pm - 1 pm

Summer Reading Adventure

The Harford County Public Libraries exciting [Summer Reading Adventure](#) encourages children to continue learning throughout the summer. Earn rewards just for registering!

Prizes include a **FREE BOOK** for children through grade 8 and a **FREE HORIZON MOVIE TICKET** for kids entering grade 9 through 12 who complete their reading goal by Aug. 17.





July Themes

National Ice Cream Month

As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation's favorite frozen treat with friends and family. Ice cream has historically been a key feature of American communities.

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. National Ice Cream Day has been recognized by the President of the United States ever since.

According to an International Dairy Foods Association survey, most ice cream companies are family owned and have been in operation for more than 50 years!

Ice cream is a sweet and refreshing treat. However, it's high in sugar, calories, and possibly additives and artificial ingredients. Thus, you should read labels carefully if you want a more wholesome dessert.

When shopping for ice cream, check the nutrition and ingredient labels carefully. Choose products made mostly from real ingredients, such as cream, milk, cocoa, and vanilla beans.

Five Varieties of Ice-Cream and their base:

1. **Ice-cream** is made from cream, sugar and flavorings – other variations may include sweeteners, non-dairy milk products and skim milk.
2. **Soft serve ice-cream** is a result of incorporating air into the ice cream during the freezing process. Soft serve also usually contains less milk fat than regular ice-cream.
3. **Frozen yogurt, or “froyo”** is usually not made from 100 percent yogurt. It does always contain some sort of dairy product (milk solids and/or milk fat) and is lower in fat and calories because milk is used instead of cream.
4. **Gelato** is made from cream and sugar,

but contains less butterfat and less sugar than regular ice-cream.

5. **Sorbet** is non-dairy and is made from fruit puree or fruit juice, sugar and flavorings. Usually sorbet contains very little to no fat, but it is high in sugar.

Based on the core ingredients listed, you can decide for yourself which ice-cream option is the best for you.

If possible, avoid heavily processed ice creams by choosing those with a small number of easy-to-read ingredients.

If you're watching your weight, look for products with less added sugar and fewer than 200 calories per serving.

Ice cream can be part of a healthy, well-balanced diet if consumed occasionally and in moderation!

Try making a low-calorie, nutrient-dense ice cream using two simple ingredients:

- 2 ripe bananas, frozen, peeled, and chopped
- 4 tablespoons of whole milk, unsweetened almond milk, or coconut milk.

Pulse the items in a blender or food processor until you reach a creamy consistency.

Add more milk if needed. You can serve the mixture immediately or freeze it for later.

This dessert includes no added sugar, fewer calories, and more nutrients than regular ice cream.

Sources: usda.gov; healthline.com; www.canr.msu.edu/news/whats_the_healthiest_ice-cream

July Themes

Healthy Vision Month

Healthy Vision Month 2024: Reframe Your Future

Vision loss can have a major impact on every part of life. Having a visual impairment can create challenges in performing everyday tasks, and the stigma around losing vision can be isolating — causing feelings of fear, anxiety, or grief. But you're not alone. The United States is facing an [epidemic of loneliness and isolation](#)

[\(PDF\)](#), with half of adults saying they feel lonely. That's why Healthy Vision Month 2024 is focused on helping people with a visual impairment know how to access vision rehabilitation services, mental health support, and social connection.

Get involved in Healthy Vision Month 2024 and reframe your future by helping yourself and others with a visual impairment live their best lives with vision loss. Source: <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/healthy-vision-resources/healthy-vision-month/healthy-vision-month-social-media-library>.

A well-balanced diet that includes a variety of fruits and vegetables can help keep your eyes healthy. Some nutrients and vitamins that can improve eye health include:

Vitamin E:

Found in nuts, sweet potatoes, and vegetable oils, vitamin E can help protect eye cells from free radicals

Omega-3 fatty acids

Found in cold-water fish like salmon, tuna, and sardines, omega-3s are important for visual development and retinal function, and may help reduce the risk of eye disease later in life

Lutein and zeaxanthin:

These antioxidants are found in leafy green vegetables like kale and spinach, as well as other brightly colored foods like broccoli and asparagus, and may help protect the macula, the part of the eye that provides central vision

Beta-carotene:

Found in carrots and sweet potatoes, beta-carotene is an antioxidant that may help reduce the risk of cataracts and other age-related eye conditions, and may also help the retina function properly and improve night vision.

Other foods that may be good for eye health include: eggs, whole grains, avocado, berries, and tomatoes

Source: <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/healthy-vision-resources/healthy-vision-month/healthy-vision-month-social-media-library>



July Recipes

Red, White & Blue Swirled Cheesecake Bars



Ingredients:

Cooking spray

2 cups graham cracker crumbs (about 1 ½ sleeves crushed)

1 ¼ cups sugar, divided

½ cup (1 stick) salted butter, melted

4 (8 oz) pkg reduced-fat cream cheese, softened

½ cup sour cream

2 tsp vanilla extract

1 tsp salt

4 large eggs

Red food coloring

Blue food coloring

Steps:

Preheat oven to 325°F and line a 9x13-inch baking dish with foil. Lightly spray foil with the cooking spray. In a large bowl, combine the graham cracker crumbs, ¼ cup sugar, and the melted butter. Stir until crumbs are moist. Press crumbs into bottom of baking dish.

To the bowl of a stand mixer, add the cream cheese. Beat on medium speed 2 min., until smooth. Add the sour cream, remaining 1 cup sugar, vanilla extract, and

salt. Beat 2 min., until combined. Add the eggs one at a time, beating well after each addition.

Transfer ¼ cup filling each to 2 separate bowls (½ cup filling total). Add the red food coloring to one bowl and the blue food coloring to the other bowl. Stir each bowl until color is well blended.

Gently pour remaining white filling over graham cracker base and spread evenly. Spoon alternating dollops of blue and red filling down length of cheesecake. Using a skewer or butter knife, swirl colors into white filling, taking care not to dig into the graham cracker base.

Bake 35–45 min., until center barely jiggles. Turn off oven and crack open oven door. Let sit in open oven 1 hour. Remove from oven and refrigerate overnight. When chilled, cut into squares.

Nutrition information per serving:

CALORIES 249kcal 12% FAT 15.0g 23% SATURATED FAT 9.0g 45% CARBS 24.0g 8% SODIUM 413mg 17% 18.0g sugar 0.0g fiber 7.0g protein 86mg cholesterol.

Source: savoryonline.com



July Recipes

Blueberry Lemonade Slushy

Ingredients:

¾ cup lemonade drink mix
2 cups water
2 cups frozen blueberries
3 cups ice cubes

Steps:

Combine drink mix, 2 cups water, frozen blueberries, and ice cubes in a blender.

Blend until slushy. Divide among 6 glasses.

Nutrition information CALORIES 102kcal 5%
FAT 0.3g <1% SATURATED FAT 0.0g <1%
CARBS 24.8g 8% SODIUM 3mg <1% 22.9g
sugar 1.4g fiber 0.6g protein 0mg cholesterol.

Source: savoryonline.com



Grilled Salmon with Mango Salsa

Ingredients:

1 tbsp olive oil
1 tbsp curry powder
4 (about 1 ¼ lbs.) skin-on salmon fillets
1 (12 oz) pkg frozen cauliflower rice
½ ripe mango
1 lime
½ cup refrigerated Pico de Gallo

Steps:

Set grill to medium. In a small bowl, whisk together the oil, curry powder, salt, and pepper. Rub the curry mixture on the top and sides of salmon. Grill the fillets, skin side down and covered, 6–8 min., until cooked through. Remove salmon with stiff

spatula, leaving skin behind if it sticks.

Meanwhile, heat the cauliflower rice according to package directions. Peel and finely dice the mango. Juice the lime into a medium bowl.

To bowl with lime juice, add the mango, Pico de Gallo, and salt. Toss until combined. Spoon the mango salsa over the salmon and serve with cauliflower rice.

Nutrition information CALORIES 375kcal
19% FAT 23.1g 36% SATURATED FAT 4.9g
25% CARBS 11.6g 4% SODIUM 441mg 18%
6.4g sugar 3.5g fiber 31.0g protein 78mg
cholesterol.



August Themes

Four Foods for Brain Health



Research shows that the best brain foods are the same ones that protect your heart and blood vessels, including the following:

Green, leafy vegetables. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

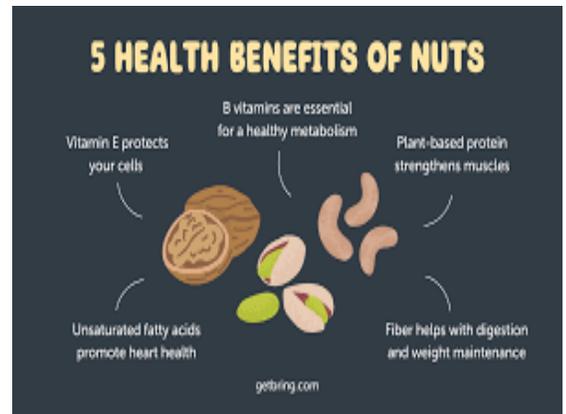
Fatty fish. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Try to eat fish at least twice a week, but choose varieties that are low in mercury, such as salmon, cod, canned light tuna, and pollock. If you're not a fan of fish, ask your doctor about taking an omega-3 supplement, or choose terrestrial omega-3 sources such as flaxseeds, avocados, and walnuts.

Berries. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows. A study done by researchers at Harvard's Brigham and Women's Hospital found that women who consumed two or more serv-

ings of strawberries and blueberries each week delayed memory decline by up to two-and-a-half years.

Walnuts. Nuts are excellent sources of protein and healthy fats, and one type of nut in particular might also improve memory. A study from UCLA linked higher walnut consumption to improved cognitive test scores. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA). Diets rich in ALA and other omega-3 fatty acids have been linked to lower blood pressure and cleaner arteries. That's good for both the heart and brain.

Source: <https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower>

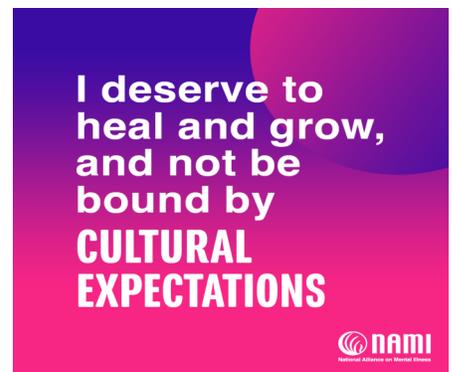


Minority Mental Health Awareness Month



July is **National Minority Mental Health Awareness Month**. Join us to help bring awareness to the unique challenges that racial and ethnic minorities in the U.S. face when it comes to mental illness. In 2020, fewer than one in every two African American adults got care for mental health. Mental health affects us all, and everyone deserves the inherent right to have access to mental health support, resources, and care. Still, not everyone has equal and equitable access to these crucial services because of stigma, shame, or fear of judgment. Through education, advocacy, and community support and empowerment, we can create a future where mental health is a priority for all. Together, we can heal communities. It starts with one conversation.

If you need help,
CALL or TEXT
988
to reach the
988 Suicide &
Crisis Lifeline.



Sources: https://news.nlm.gov/region_6/2023/07/national-minority-mental-health-awareness-month/.
<https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/>

August Themes

National Grief Awareness Day: August 30

Loss can be among the most challenging human experiences an individual can face. Coping with grief is seldom easy, whether you've lost a loved one or something you valued. National Grief Awareness Day, on August 30th of every year, is generally designed to raise awareness for the experience of grief, which can encompass a complex range of emotions. To recognize National Grief Awareness Day, you might take time for self-care, join a support group, and remember those you've lost. If you're struggling to cope with grief, consider working with a therapist online or in person to get professional support.

5 Steps For Coping With Grief

Scientists have been studying how we process grief and are learning more about healthy ways to cope with loss. Here are some steps you can take to deal with grief.

- **Give yourself time**

Be patient with yourself. Grief can be tiring, so allow yourself time to do normal activities and rest when you need to. Don't overschedule yourself. If you can, follow a regular schedule each day and build in time to take breaks.

- **Accept your feelings**

It's important to acknowledge and accept your emotions, even if they're painful. Avoiding painful feelings can make it harder to heal and understand your loss. You can cry, be angry, or sit quietly and reflect. Take a few deep breathers to calm your mind and slow your heart rate.

- **Express your emotions**

You can express your feelings by talking with caring friends and family, writing, painting, or doing something creative. You can also write a letter to the deceased loved one or journal about positive memories.

- **Take care of yourself**

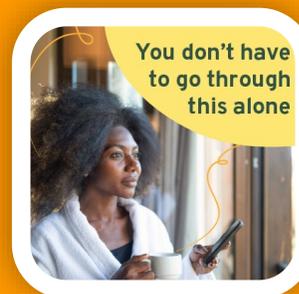
Grief can be chaotic and throw your life into disarray, so it's important to take care of your body. Eat healthy. Get enough sleep. If you can, stick to a regular schedule. Spend time outside and get some exercise—even if it's just stretching or walking. Be sure to let your healthcare provider know if you're

having trouble with everyday activities, like getting dressed, sleeping, or fixing meals.

- **Seek support**

Join a grief support group in person or online or seek professional support. It might help to talk with others who are also grieving. Check [here](#) or with local hospice, hospital, religious communities, or government agencies to find a support group or professional help.

Sources: <https://newsnetwork.mayoclinic.org/discussion/7-steps-for-managing-grief-and-loss/>.
<https://newsinhealth.nih.gov/2017/10/coping-grief>



It's OK to Be Sad

6 Reasons Why



It can help you connect with others



It can help you process emotions or events



It's a part of grieving



It can help with post-traumatic growth



It can teach you about your values



It can lead to positive change

<https://psychcentral.com/health/why-feeling-sad-is-actually-good>. Image.



August Themes

August 1: World Lung Cancer Day

Since its inception in 2012, World Lung Cancer Day has been observed every year on August 1 in order to raise awareness of lung cancer issues and magnify the need for more lung cancer research funding.

Take the Right Steps to Breathe Healthy.

Ways to Support and Give:

- Monthly Gift. Tribute Gift. Giving Stock.
- Share Your Story. Become an Advocate by sharing Alerts & Petitions.
- Promote the Cycle for Air Event for Youth & Young Adults In Action.
- Attend Events Near You. Get involved today by raising funds and awareness in your community.
- Share your voice and advocate for policies that will save lives.
- Take a Deep Breath—Breathing helps Clears and expels the lungs of carbon and other gases and stale air. It also

strengthens breathing muscles and increase lung capacity.

- Eat Superfoods that are good for the lungs.

Source: <https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>.

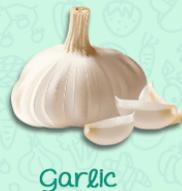
<https://www.webmd.com/balance/what-is-box-breathing>. Image :

<https://swafrica.org/breathing-techniques-for-stress-and-anxiety/>.



5 Superfoods

for Lungs



August Themes

August 1-7: World Breastfeeding Week

World Breastfeeding Week is celebrated every year across the world from **August 1 — August 7**. This global campaign aims to raise awareness about breastfeeding and its advantages with annual themes including healthcare systems, women and work, the International Code of Marketing of Breastmilk Substitutes, community support, ecology, economy, science, education and human rights. Over the years, digital conversations have become an important communication tool. It is easy to be a part of the breastfeeding conversation, or start your own, with your participants!

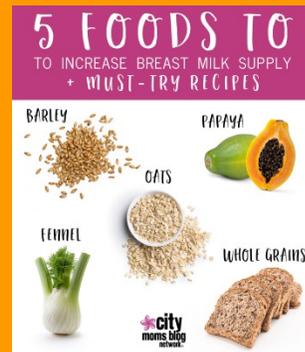
Share [breastfeeding-related messages, images, and hashtags](#) on your personal or organization's social media accounts. Find messages, developed by WIC State agencies as part of their [participation in a grant](#) to implement and evaluate the WIC

Breastfeeding Support campaign, by topic: **Mom** Motivation, Thriving Baby, WIC Resources, Breastfeeding Tips, Family and Friends and Breastfeeding Month. The collection will continue to grow as more messages are added on an ongoing basis. Let's Lets Get : #WI breastfeeding, #Mom Motivation, #WICspeaksBF, #WBW2022 and other hashtags trending. Talk about Breast feeding with grandparents, parents, and other women for additional support.

Sources :!https://wicworks.fns.usda.gov/resources/national-wic-breastfeeding-week.https://www.womenshealth.gov/its-only-natural/addressing-breastfeeding-myths/breastfeeding-myths-African-American-community.



What are some benefits of breastfeeding?



August Recipes

Lemon Grilled Shrimp



Ingredients:

- 1 (12 oz) bag Large Raw Shrimp, peeled and deveined, thawed
- 1 lemon
- 1 orange
- 3 tbsp olive oil
- 1 sprig rosemary
- 1 tbsp minced garlic

Steps:

Pat the shrimp dry with paper towels. Into a medium bowl, squeeze the juice from the lemon and orange. Whisk in the oil. Chop the rosemary and add to bowl, along with the garlic. Season with salt. Add the shrimp to the marinade, tossing to coat. Refrigerate 10 min.

Set grill to medium-high. Remove the shrimp from marinade and grill 5 min., until just cooked, turning once. Arrange on a platter and serve immediately.

Nutrition information CALORIES 170kcal 9% FAT 11.0g 17% SATURATED FAT 2.0g 10% CARBS 8.0g 3% SODIUM 480mg 20% 3.0g sugar 1.0g fiber 12.0g protein 105mg cholesterol

Source: <https://www.thebittersideofsweet.com/grilled-lemon-shrimp-skewers/>.

Sheet Pan Chicken Fajitas



Ingredients:

- 1 lb. boneless, skinless chicken breasts
- 4 tsp taco seasoning, divided
- 2 tbsp olive oil, divided
- 2 green bell peppers, seeded and thinly sliced
- 1 large red onion, thinly sliced
- 8 (6-inch) flour tortillas
- ½ cup salsa
- ½ cup light sour cream

Steps:

Preheat oven to 425°F. Cut the chicken into thin strips and add to a medium bowl, along with 3 tsp taco seasoning and 1 tbsp oil. Toss until well coated. Arrange on one side of a large rimmed baking sheet. Toss the peppers and onion with remaining 1 tbsp oil and 1 tsp taco seasoning. Season with salt and pepper. Scatter in even layer

next to chicken. Bake 18–20 min., until chicken is cooked through and vegetables are tender.

When ready to serve, wrap the tortillas in damp paper towels and microwave 1–2 min., until warm and pliable. Toss chicken and peppers together. Serve in tortillas with salsa and sour cream.

Source: <https://www.cookingclassy.com/sheet-pan-chicken-fajitas/>.

August Recipes

Grilled Eggplant

Ingredients:

1 eggplant
¼ cup olive oil

Steps:

Set a grill to medium-high heat. Cut the eggplant lengthwise into ¼-inch thick slices. Brush both sides of each slice with olive oil. Set slices on the grill. Cook for 8–10 min., flipping halfway or until eggplant is cooked through and grill marks form.

Tips:

Garnish with freshly chopped parsley.

Nutrition information

CALORIES 147kcal 7% FAT 13.7g 21% SATURATED FAT 1.9g 10% CARBS 6.5g 2% SODIUM 2mg <1% 3.9g sugar 3.3g fiber 1.1g protein 0mg cholesterol T

Source: [https://](https://www.thepioneerwoman.com/food-cooking/recipes/a43783956/grilled-eggplant-recipe/)

www.thepioneerwoman.com/food-cooking/recipes/a43783956/grilled-eggplant-recipe/.



Strawberry Crème Pie

Ingredients:

1(8 oz) pkg cream cheese, softened
½ cup sour cream
½ cup confectioners' sugar
1 cup heavy cream, cold
1 tsp vanilla extract
1 (6 oz) graham cracker pie crust
½ cup apricot preserves
1 lb. strawberries, hulled and sliced

Steps:

Using a hand or stand mixer, in a medium mixing bowl, beat the cream cheese, sour cream, and sugar until smooth and stiff.

In a separate large mixing bowl, beat the heavy cream and vanilla until medium peaks form.

Add the cream cheese mixture to the whipped cream, beating until just combined. Transfer to the crust and spread in even layer. Refrigerate at least 15 min.

Meanwhile, in a medium pot, heat the apricot preserves on medium-low until melted,

stirring occasionally. Remove from heat and stir in the strawberries until well coated. Cool mixture completely.

Spoon cooled strawberries on top of filling. Refrigerate 2 hours, until pie is completely chilled. Serve immediately or cover and refrigerate up to 2 days before serving.

Nutrition information CALORIES 382kcal 19% FAT 23.0g 35% SATURATED FAT 12.9g 64% CARBS 41.7g 14% SODIUM 218mg 9% 25.6g sugar 1.5g fiber 3.7g protein 49mg cholesterol .

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



August Recipes

Cucumber Tomato Cups



Ingredients:

2 cups peeled and chopped cucumber
 2 tbsp chopped fresh parsley
 2 tsp fresh dill weed
 ½ tsp crushed garlic
 ¼ tsp ground black pepper
 2 tsp lemon juice
 ¼ cup Greek yogurt
 2 cups chopped lettuce
 4 whole tomatoes (about 3-inch diameter)

Steps:

Combine cucumber, parsley, dill, garlic, pepper, lemon juice and yogurt. Chill at least one hour to blend flavors. Just before serving, fold in lettuce. Cut tops off tomatoes, scoop out and discard seeds. Fill tomatoes with cucumber and lettuce salad.

Serve immediately.

Nutrition information per serving:

CALORIES 66kcal; FAT 2.0g; SATURATED FAT 1.1g; CARBS 10.7g; SODIUM 29mg; 6.8g sugar, 3.1g fiber, 3.3g protein 3mg cholesterol

Source: savoryonline.com

Air Fryer Glazed Beets



Ingredients:

1 lb. beets
 1 tbsp olive oil
 2 tbsp fresh orange juice
 1 tbsp balsamic vinegar
 2 tsp honey
 Cooking spray

Steps

Preheat air fryer to 400°F. Trim the beets, if needed. Peel beets and cut into 1- to 2-inch wedges. In a medium bowl, toss beets with the oil, orange juice, vinegar, and honey. Season with salt and pepper. Coat air fryer basket with the cooking spray. Add beets to basket. Cook 16–18 min., until beets are tender and crispy in spots, flipping halfway through.

these tips also.

These beets are delicious warm, at room temperature, or straight out of the refrigerator.

Nutrition Information:

CALORIES 111kcal 6% FAT 5.0g 8% SATURATED FAT 1.0g 5% CARBS 16.0g 5% SODIUM 91mg 4% 12.0g sugar 3.0g fiber 2.0g protein 0mg cholesterol .

Source: [avoryonline.comhttps://recipecenter.giantfood.com/recipes/248036/air-fryer-glazed-beets](https://recipecenter.giantfood.com/recipes/248036/air-fryer-glazed-beets)

Tips: Beets are healthy and delicious try

August Recipes

Mojito Fruit Salad

Ingredients:

½ seedless watermelon (about 5 lbs.)
 2 cups chopped peaches, plums, mango, or any in-season fruit
 1 small honeydew or cantaloupe (about 4 lbs.), seeds removed
 1 pint blueberries, strawberries, or blackberries
 2 limes
 2 tbsp honey
 ¼ cup thinly sliced fresh mint leaves

Try it with:

Plums
 Mango
 Strawberries
 Blackberries

Steps: First start by

Using a 1-inch melon baller, scoop the flesh from the watermelon and arrange in an even layer in a 2½- to 3-qt trifle bowl. Top with a layer of the peaches. Using melon baller, scoop the flesh from the honeydew and add to bowl in an even layer. Top with a layer of the berries.

Zest the limes into a small bowl. Halve 1 lime and squeeze the juice into same bowl. Add the honey and mint and stir to combine. Pour dressing over fruit in bowl. Toss just before serving, if desired.

Nutritional information per serving:

Calories 86kcal; Carbs 22.0g; Fat 0.0g (<1%)
 Saturated Fat 0.0g (<1%) Sodium 11mg;
 Protein 1.0g; Sugar 17.0g; Fiber 3.0g, Cholesterol 0mg.

Source: savoryonline.com



Easy Summer Italian Ice

Ingredients:

5 cups fresh fruit, such as strawberries, pineapple, or mango
 2 tbsp honey
 1 tbsp lemon juice
 3 cups ice, divided

Steps:

In a food processor or blender, combine the fruit, honey, lemon juice, and 2 cups ice. Blend 1–2 min., until chunky. Add remaining ice and blend until smooth.

Pour mixture into a metal loaf pan. Freeze 30 min., until just starting to solidify. Remove dish from freezer and scrape with a fork until slushy. Freeze 2 hours, until firm. Scoop and serve.

Nutrition information CALORIES 62kcal 3%
 FAT 0.0g <1% SATURATED FAT 0.0g <1%
 CARBS 16.0g 5% SODIUM 4mg <1% 13.0g
 sugar 2.0g fiber 1.0g protein 0mg cholesterol



Source: savoryonline.com



Environmental & Occupational Wellness

Food safety involves everybody in the food chain.

Mike Johnson

"Food safety is non-negotiable."

- DOUG RAUCH -

September Themes

National Food Safety Education Month

September is National Food Safety Education Month (FSEM). It's a great time to focus on key illness prevention steps, For a safe plate, don't cross-contaminate. An estimated 1 in 6 Americans get food-borne illness (food poisoning) every year, but you can help protect yourself and others from getting sick. Always follow four simple steps to prevent food poisoning: [Clean, Separate, Cook, and Chill](#). Other tips ;such as avoiding cross-contamination in your kitchen. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, like salads or food that is already cooked. These germs include [Campylobacter](#), [Salmonella](#), [Clostridium perfringens](#), and [E. coli](#). They can make people sick and even lead to hospitalization and death in serious cases. The key to avoiding cross-contamination is to keep raw meat, poultry, seafood, and eggs separate from foods that won't be cooked before you eat them (ready-to-eat foods) when grocery shopping and preparing food in the kitchen.

STEPS TO AVOID CROSS-CONTAMINATION

- Separate raw meat, chicken and other poultry, seafood, and eggs from other food in shopping cart.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
- Do not wash raw chicken or turkey.

- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked (ready-to-eat foods).
- If you only have one cutting board, cut produce, bread and other ready-to-eat foods first then wash cutting board with soap and hot water before cutting raw meat, poultry or seafood on it.
- Wash hands for at least 20 seconds with soap and water after touching raw meat, poultry, seafood, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing raw meat, poultry, seafood, or eggs.
- If you marinate raw meat, poultry, or seafood and want to reuse that marinade on the food after it is cooked, bring marinade to a boil first.
- Keep cooked meat, poultry, seafood, and eggs on a separate plate from raw meat, poultry, seafood and eggs.

Help spread awareness, not germs. During Food Safety Education Month, follow along on social media to get and share tips about how to avoid cross-contamination. Look for hashtag #FSEM2022 on [@CDCgov Twitter](#), [@CDC NCEZID Twitter](#), [CDC .Facebook](#), [CDCgov Instagram](#), and [@Foodsafetygov Twitter](#). Source: Source: <https://www.cdc.gov/foodsafety/education-month.html>, FDA.com.



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GROW IT · EAT IT
PRESERVE IT

Food Preservation Classes



AUG 14 – STRAWBERRY JAM \$25



AUG 28 – PICKLED CUCUMBERS \$25



SEP 25 – DEHYDRATED FRUIT \$15

This food preservation class series provides a hands-on learning experience for beginners and advanced canners.

Each workshop begins with a class lecture then participants go into the kitchen to make their own preserved produce to take home.

Location: Harford County Extension Office
3525 Conowingo Rd. Street, MD 21154

Registration Required.

To register call 410-638-3255 or visit
<https://www.eventbrite.com/o/jennifer-dixon-cravensuniversitymarylandextension-17356163605>

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

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



Save The Dates! Upcoming Classes

| Date | Class Description | Time | Cost |
|--------|--|----------|---------|
| Jul 11 | Nutrition Plus Nutrition, Health and Wellness: Stress and Self-Care | 11:30 am | Free |
| Jul 25 | Nutrition Plus– Summer Health & Nutrition | 11:30 am | Free |
| Aug 14 | Canning—Strawberry Jam—in person | 11:30 am | \$25.00 |
| Aug 28 | Canning - Pickled Cucumbers—In person | 11:30 am | \$25.00 |
| Sep 11 | Food Safety: Capture the Flavor Cooking with Herbs & Spices | 11:30 am | Free |
| Sep 25 | Food Safety– Food Dehydration | 11:30 am | \$15.00 |



Register at
[Agnr.umd.edu/
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Contact the Faculty Extension FCS/Nutrition Educator for more information

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

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