

Health, Nutrition & Wellness

"Solutions In Your Community"

IN THIS ISSUE:

Article	Pg
Winter Weather Wellness	3
Community Partnerships	5
Healthy Holidays	6
Physical Activity in Winter	8
Seasonal Affective Disorder (SAD)	10
FCS Year In Review	16
Healthy Weight Awareness	18

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:

Soul Smothered Chicken

Chocolate Cake

Shredded Brussel Sprouts

Mediterranean Sheet Pan Dinner

Oh-So-Good Chicken Vegetable Soup

And Many More!

5 Foods to Focus on for the Winter Blues

During the Winter months it is important to practice self care and eat foods and practice activities that help address seasonal affective disorder. So, make sure to take a nice stroll daily, add vitamin D3 rich foods to your diet, reach out for support if needed and eat this mood enhancing foods.



in vitamins and minerals, like Iron, magnesium, and copper.

- Fish- Rich in Omega 3 fatty acids, great for brain, and lunch health
- Soups & Stews – Helps to reduce dehydration and inflammation, great way to increase vegetable consumption. Aids immune and digestive system.

Foods to Eat :

- Fruit and berries– Aid in energy, balance blood sugar, and improves immunity
- Leafy greens— High in antioxidants, improve your immunity, rich in Vitamin C, E, K
- Dark chocolate- Great mood enhancer, rich

Sources:

<https://www.healthline.com/nutrition/blue-fruits>
<https://blog.mybalancemeals.com/health/healthy-eating/healthy-blue-foods/>

Extension
News

Please join us!



Help Shape Our Future

Join the University of MD Extension for a Town Hall Conversation

The University of Maryland Extension is undertaking a process to develop its next strategic plan. (You can learn more about this work, [here.](#)) As part of this effort, we are excited to invite you to an upcoming town hall meeting. This meeting is a chance for you to tell us about your community. We look forward to hearing from you as you explain your needs, describe important opportunities, ask questions, and provide valuable input as we create a plan for the future.

Come to any of the Town Hall sessions and participate in this important conversation.

Nearest Harford County Location:
Baltimore County Agricultural Center
1114 Shawan Rd.
Cockeysville, MD 21030

January 21, 2025 | 12 noon—2 pm
[\(Other Locations and Dates Available\)](#)

Community
News !

Maryland Commission on Public Health CoPH: Communications and Public Engagement Survey

What you need to know about Survey:

This survey seeks information from individuals who live and/or work in Maryland to learn about selected sources that are relied on for health information, excluding personal health care providers to better serve you. The survey supports an assessment of public health capabilities around communication and public engagement and is part of the efforts of the Maryland Commission on Public Health to conduct a comprehensive assessment of the public

health capabilities of Maryland's state and local health departments. Findings from this survey will be used to make recommendations to improve health communication and public engagement efforts of the Maryland Department of Health and the state's county and city departments of health.

Click Link to complete survey:

[CoPH public survey](#)

For more information about Maryland' Commission on Public Health visit <https://smchd.org/coph/>.



Pictured above Maryland Commission on Public Health Workgroup Members.

Community News : (DSCI) MD Corps & Service Year Option



Explore your possibilities. Discover your power.

If you are looking for a way to serve your community, consider joining Maryland's new Maryland Corps/Service Year Option. Maryland Corps/Service Year Option offers a year of professional growth and career exploration where you can earn a living wage, gain new skills, and identify where your talents and purpose intersect, all while serving your community with your fellow Marylanders.

What is Maryland Corps/Service Year Option?

Maryland Corps/Service Year Option is an opportunity for those to find a meaningful way to serve in various sectors across the state. Service roles will provide you with job training, an on-site mentor, and resources to be successful (personal money management training, career exploration, etc.) all while earning at least \$15 an hour in your role. Upon successful completion of the program, members earn \$6,000 toward tuition costs or as a cash stipend.

Benefits Explained:

- Earn at least \$15 an hour
- Receive professional development, on the job training, mentoring and time to explore potential career paths for your future.
- Career coaching and job seeking assistance throughout the Service Year, and upon completion of your year of service.
- Members also receive \$6,000 that can be paid out as a taxable cash stipend or deposited into a Maryland 529 account toward your future tuition costs.

Benefits



Earn at least \$15 an hour



Receive Career Coaching



Grow as a Professional



Earn Money for School or Future Plans



Apply now serve.maryland.gov

Community News Continues!



Meet Paul , Secretary of Dept. Service & Civic Innovation(DSCI) who was a speaker at both PKT Symposium and FCS In-service Retreat Event @ UMD.

Extension Highlighted @2024 PKT Symposium

The College of Agriculture and Natural Resources and Extension was highlighted in a panel discussion led by Secretary D. Paul Monteiro, *Secretary of Service & Civic Innovation, Office of Secretary, Department of Service & Civic Innovation (DSCI)* , and Panelist Paul Goeringer, *Senior Faculty Specialist and Extension Specialist, College of Agriculture and Natural Resources* , *Isaias Yeman Tesfalidet* , *Director, Digital Literacy/ Tech Extension*, and *Dr. Jinhee Kim, Associate Dean, College of Agriculture and Natural Resources; Associate Director of University of Maryland Extension.*



FCS Educator , PTK Planning Chair , Jennifer Dixon Cravens & Presenter, Secretary Paul of DSCI PTK Symposium.

Other amazing speaker and panelist: Leadership, Advancement, and Professionalism in the Academy: Led by Dr. Nina P. Harris, Associate Dean for Academic and Student Affairs, Sylvette, Antonia La Touche-Howard, Associate Clinical Professor • SPHL-School of Public Health , and Brandi Nicole Slaughter , Associate Clinical Professor of School of Public Policy , pictured above top right, Shevaun Lewis, Assistant Research Professor • ARHU-Dean-MD Language Center , attending the Interactive diamond back Terrapins sessions.

Holiday
Wellness &
Community
Engagements



Images of Holiday
Grazing Board,
pictured taken by
Educator .

Healthy Cooking For Holiday Tips

Community Connections Segment:
Cooking Conversation with TV Host- Vincent Hill –Fox 45



TV Host Vincent Hill of Fox 45 New pictured above with The University of Maryland Extension FCS/Nutrition Faculty Educator Jennifer Dixon Cravens took time to ve a conversation centered on healthy options and to share healthy cooking tips for Holiday seasons, which will air again on Fox 45 on December 29th, 2024 @12pm. Starts @10:00, Click Link to watch Interview @ <https://www.dropbox.com/scl/fi/oa5eav1uubx9p9ek9uk4a/December-2024-EP1.m4v?rlkey=sr8dnvg9619bsam2pdm5gc87s&st=dk1hznjy&dl=0>.



Winter Tip!

STRETCH

before shoveling
snow.





Conversations on Healthy Holiday Meals

wtop^{103.5 FM} | WTOP.COM
news

John Domen | jdomen@wtop.com, November 26, 2024, 10:50 PM

View:

<https://wtop.com/thanksgiving-news/2024/11/how-you-can-make-your-thanksgiving-meal-just-a-little-bit-healthier/>.

Read ! Interview article entitled:

How you can make your Thanksgiving meal a little bit healthier?

Thanksgiving is the day diets go to die. And while you have every right to eat as much as you want — that’s what the day is all about for many people — that doesn’t mean you can’t make some subtle changes to add new flavors, and a few health benefits, to your side dishes.

Jennifer Dixon Cravens, an off-campus faculty member with the University of Maryland Extension, teaches nutrition through the agriculture program. Her advice is to make a conscious effort to be healthier with some of what you do, and that means balancing all the carbohydrates you’ll be eating with fruits and vegetables, as well as healthy proteins.

“Cook with ‘healthy’ in mind, and that way you don’t feel like you’re giving up taste,” Cravens said. “You’re still having your comfort food, but it’s healthier for you.”

She explained it’s not that hard to do. “You can use nuts and vegetables for your stuffing to add more heartiness to it, because nuts are very high in protein,” Cravens said. “You could add mushrooms. You can add more onions, bell peppers, nuts, just to kind of make it a little bit heartier and less fat. You can also use vegetable broth instead of using chicken broth.” She also suggested putting out a charcuterie board or fruit tray to graze on while waiting for the main dishes to cook. “It’s a way to get people to eat more fruit, more vegetables than they normally would eat,” she said. “Raw vegetables, fresh fruit, dried fruit, healthy cheeses and different things

like that.” It’s actually a way to help with portion control by the time you sit down for the bird and all the other side dishes. And even after that, she said it’s a good idea to start with a soup or salad first. “That way, you eat less and you’re getting a healthier choice first, before you start with the meal,” Cravens said. “You will feel fuller. You would eat less.” She also suggested ditching the marshmallows many people use to make sweet potato casserole. Instead, she said to try putting pecans or walnuts on top.

“You can use nuts on top, and you have a nice, nutty, warm, comfort feeling, as opposed to the marshmallows that are processed,” Dixon Cravens said. “The whole thing is to cut down the calories,” she said. “Research shows that people consume 3,000 to 5,000 calories during a holiday meal.” That’s far more than what people normally consume in a day, and with all the holiday festivities happening between now and January, it’s an easy time to pack on some pounds. “An excellent way to start out the new year,” she said, is “by ending the previous year eating healthy.” Similarly, she said dried onions might be a healthier way to top your string bean casserole instead of fried onions. And if you’re making mac and cheese, Dixon Cravens said you could consider swapping milk out for a nondairy Greek yogurt or sour cream. A low-fat or nondairy cheese can also make the dish a touch healthier. Instead of using sugar in certain recipes, add more cinnamon, nutmeg or cloves.

“They still have a sweetness, but it’s not as sweet,” she said. Instead of salt, add more herbs and spices, such as basil or oregano. Garlic powder, turmeric and cumin are good alternatives as well. “An excellent way to start out the new year,” she said, is “by ending the previous year eating healthy.”

Article Written by Interviewer John Domen, WTOP News pictured top right corner.

Extension News!



Interviewer John Domen, WTOP News !



Physical Wellness



Physical Activity in Winter Months

Seasonal Physical and Mental Benefits

As outlined in the Physical Activity Guidelines, adults should aim for at least 150 minutes of moderate-intensity aerobic activity and at least 2 days of muscle-strengthening activity each week. Regular physical activity during the week and throughout one's lifetime can help lower the risk of chronic conditions, such as Type 2 diabetes, while also improving cognition and stress levels. Regular physical activity also provides many benefits that are especially helpful this time of year such as:

Reduced risk of cardiovascular disease: Heart attacks and other cardiovascular events are more likely during the winter-time than in other seasons. Regular physical activity can reduce stress and blood pressure, reducing risk of cardiovascular events.

Improved sleep and immune function:

Physical activity can improve sleep quality and boost immune function, which is especially important during wintertime when many viruses are more likely to spread.

Reduced depressive symptoms: Physical activity is known to improve mood for those with and without depression, including those with Seasonal Affective Disorder.

Strengthened social connections: Less daylight and more frequent weather restrictions may feel isolating, but physical activity provides an outlet to spend time with friends and family.

Outdoor Activity Options

If snow or prolonged periods of below-freezing temperatures are part of the local weather, encourage people in your community to embrace the elements! Promote outdoor activities such as skiing, snowboarding, snowshoeing, and ice skating. On snowy days, shoveling snow, sledding, and playing in the snow are easy ways for families to get outside and get moving. Even if your winters lean toward milder conditions, walks and hikes in the colder

months offer a chance to enjoy the seasonal scenery and experience your region anew.

Tips for Staying Active Outdoors in the Cold

Help your community feel confident being active outdoors by sharing these tips: Encourage appropriate attire and layers. Pants, jacket, gloves, and headwear are all important for staying protected from the cold and wind. Highlight the benefits of multiple layers of clothes, which trap more heat than a single thick layer but can be shed as the body warms up.

Promote proper hydration. In cold conditions thirst is often a poor indicator of hydration status. Encourage people you serve to drink water before heading out and take water with them for longer activities.

Remind community members to pace themselves. Some activities, like shoveling snow, can be more strenuous than they seem. Encourage individuals to start at a comfortable intensity and gradually increase over time. Introduce the talk test as a way to assess their intensity level.

Raise awareness about ice. Remind people that ice can be difficult to spot, especially under fresh snow. Consider suggesting shoes with rubber soles and grooved treads to help prevent falls.

Emphasize visibility. With fewer daylight hours, some may choose to be active when it's dark outside. Encourage those you serve to carry a flashlight and wear reflective attire to enhance their safety.

Source:

<https://odphp.health.gov/news/202411/seasonal-strategies-empowering-your-community-stay-active-even-colder-months#:~:text=Regular%20physical%20activity%20can%20reduce,are%20more%20likely%20to%20spread.>

Our Harford County Extension Agent Dishes Up Some Yummy Options

UME's Family and Consumer Sciences nutrition educator Jennifer Dixon Cravens shares some healthy alternatives for holiday dishes that don't sacrifice taste or comfort.

The holidays are a time for good food shared with family and friends. They can also be a time of overindulgence, stress and stress eating. That's why it's especially important to make healthy ingredient choices around the holidays. So, we thought we'd bring you a few tips from one of our Extension agents who spends this time of year out in the community giving presentations and demonstrations on how to make healthy, nutritious holiday meals that taste great. Jennifer Dixon Cravens is a Faculty Extension Family and Consumer Sciences Nutrition Educator in Harford County.

Jennifer, what are some common misconceptions you hear from people about adapting comfort foods for healthier eating?

One of the main misconceptions is that healthy means bland—that healthy food will not taste good, or it will taste drastically different from an original less healthy option. Another misconception is that cooking healthy food will require more effort and time. But actually, some adaptations may be easier to incorporate. Sweet potato casserole made with maple syrup, cinnamon, nutmeg and almond milk and topped with a pecan and walnut crumble instead of the traditional marshmallow topping is healthier and tastes really great. And you can make a very flavorful, healthier stuffing by using whole grain bread, plenty of fresh herbs, and adding mushrooms and veggies for extra texture. It's rich in fiber and brings a delightful twist to a classic dish. These alternatives not only cut down on calories and unhealthy ingredients but also offer delightful flavors that can become a new holiday favorite.

Do you have three or four tips for people making dishes to bring to a holiday meal, or hosts who want to provide healthy versions of holiday comfort foods?

You can reduce salt and sugar by loading up on flavor with herbs and spices in your dishes, and you can reduce unhealthy fats like heavy cream by substituting low-fat or fat-free, plain Greek yogurt. It adds a creamy texture in soups and baked goods. It's also rich in calcium and protein and can

be used as a natural probiotic. For pasta and rice dishes, go with whole grains like quinoa, brown rice, or whole-wheat pasta. You will find that these options are rich in fiber and higher in vitamins, minerals, and other nutrients. For meat dishes, consider using plant-based alternatives like lentils, mushrooms, or jackfruit as a substitute for meat. These ingredients add a hearty texture to dishes like shepherd's pie or stuffing and are rich in protein and nutrients.

In baked goods, if a recipe calls for butter, margarine, shortening or oil, you can replace half the amount called for with applesauce or prune puree. Replace dairy with nut milk and plant-based cheese. Use almond, soy, or oat milk instead of cow's milk in mashed potatoes and creamy soups. You can also try plant-based cheese alternatives for casseroles and sauces. These swaps are often lower in saturated fat and can be suitable for lactose-intolerant guests.

Are there any surprising ingredients that can add that "comfort food" feel to dishes but are healthier?

Yes, indeed! In addition to Greek yogurt mentioned already, you can use nutritional yeast as a cheese alternative. It's surprisingly savory and rich in protein and vitamin B. Cauliflower is a star veggie that is very versatile and can be transformed into creamy sauces, mashed "potatoes," or even used as a crust for pizza, or turned into a vegan form of hot wings. It is also rich in vitamin C.

Where can people learn more about healthy substitutes and get specific recipes for the holidays?

You can find a pdf file of my Healthy Cooking for the Holidays presentation along with recipes [here](#). I also teach community nutrition and food safety classes and host online classes. You can go to the [Harford County Extension website](#) for more information on classes, programs, and newsletters. Harford County Extension website.

Interview and Article written by Kimbra Cutlip, Assistant Director of Communications, College of Agriculture and Natural Resources, kcutilip@umd.edu | [301-405-2434](tel:301-405-2434)



December Themes



December is Seasonal Affective Disorder (SAD) Awareness Month. Each year, millions of Americans are affected by this condition, which brings on significant mood changes in response to the changing of seasons. Typically SAD occurs during late fall and winter months, when there is less sunlight and colder weather. The symptoms usually lift during the spring and summer months. SAD is a type of de-

pression, so the symptoms look similar to depression symptoms. If these describe you or a loved one this time of year, you are not alone. Talk to a mental health specialist or health care provider and find out what therapies or treatments may be available to you.

Source: https://namiguilford.org/sad_month/.

Navigating Mental Health During the Holidays and Winter Season



The holiday season and winter months can be a challenging time for people. While this period often brings joy and celebration, it is also the coldest and darkest time of the year, and it can lead to feelings of stress, loneliness, and depression. Here are some tips to help you maintain your mental health during this time.

Acknowledge Your Feelings. It's okay to feel a mix of emotions during the holidays. ...
Stay Connected.

- Maintain a Routine. ...
- Set Realistic Expectations. ...
- Seek Professional Help. ...
- Practice Self-Care & Self Love
- Be Mindful of Substance Use. ...
- Embrace the Season.

Source
<https://east.iu.edu/blogs/library/2024/12/16/navigating-mental-health-during-the-holidays-and-winter-season/>.

Tips to Beat the Winter Blues

Sleepless nights? Improvements to your daily habits can help adjust your circadian rhythm and your mood.



Try Bright Light Therapy



Limit Artificial Light Before Sleep



Engage in Physical Activity Outdoors



Build a Sleep-Friendly Environment



10 Tips for staying happy and healthy during the holidays

The holidays are in full swing! Tis' the season for family gatherings, festive food, and holiday parties. While this time of year is fun, prioritizing your health during the holidays can feel like a juggling act. Schedules are packed, to-do lists are long, and temptations are everywhere. But it is possible to enjoy the holidays without letting it take a toll on your health. All it takes is a little know-how and planning. **Here are 10 tips to help you make this a healthy and happy holiday season.**

1 – Move your body—The hustle and bustle of the holidays make it tough to fit in exercise. Between shopping, travel, holiday events, and family get-togethers, time is scarce. Sticking to your usual exercise routine isn't always doable this time of year. And that's okay! If you can't head to the gym, try a workout app, take a walk, or fit in a short YouTube routine when you can. Moving your body improves your immunity, boosts your mood, and helps you burn off holiday stress. So remember: some exercise is better than none! Look for opportunities to get your family moving together. Have a dance party in the kitchen, go for a bike ride after a meal, or play a game of tag football. You'll get your heart rate up and create cherished memories.

2 – Everything in moderation—Following rigid rules this time of year can make you feel deprived. It's okay to indulge in your favorite holiday foods. Just don't go overboard. Do it mindfully – and in moderation. One easy way to do this is to follow the 80/20 or 90/10 rule. That means eating healthy 80% to 90% of the time and giving yourself some wiggle room for 20 to 10% of your diet. Crowd out indulgent holiday



foods with nutritious options you enjoy. Taking this approach will help you stay on track with your health without feeling left out.

3 – Practice mindful eating—It takes your brain about 20 minutes to tell you're full. Slowing down and eating mindfully gives your body time to get the signal. So how do you eat mindfully? When you eat that forkful of mashed potatoes or slice of apple pie, savor it. Engage your five senses and notice the subtle nuances of flavors. Chew your food well and appreciate each bite. This will enhance your eating experience and prevent overeating. Aim to eat until you're 80% full to give your body time to catch up with your stomach. If you feel hungry later, you can always go back for seconds.

4 – Fill up on veggies—Vegetables are nutrient-dense and low in calories. But they're also high in fiber, which fills you up to prevent overeating. Try to fill half your plate with veggies at holiday meals – and eat them first. This takes the edge off your appetite, so you don't overdo it on more indulgent foods later. And when you're at holiday parties, visit the veggie tray before you head for desserts.

5 – Try a healthy alternative—One simple way to health up your holidays is to try healthier versions of your favorite foods. Thanks to the internet, you can find healthy holiday swaps for just about any food! Often, they're just as tasty – or even better – than the traditional recipes. **Here's a list of healthy holiday recipes to try:** Cauliflower mashed potatoes, Vegan mushroom gravy, Healthy cranberry sauce, Sweet potato casserole with pecans, Healthy

green bean casserole, Paleo pumpkin pie, Air fryer latkes, Almond flour sugar cookies, Vegan egg nog, for example.

6 – Eat before you go—Ever skipped a meal to “save up” for festivities later in the day? If you have, you know this usually backfires. Skipping meals throws off your blood sugar, leaving you ravenous and more likely to overeat. So if you head to a holiday gathering, don't go on an empty tank. Eat a nutritious snack or small meal beforehand to keep your blood sugar steady. That way, you'll be less likely to get “hangry” and cave into cravings. Protein and healthy fats sustain you longer than carbs, so be sure to include them. Snack on an apple with almond butter or have a protein smoothie before you head out the door. Keep healthy snacks on hand for holiday shopping and errands too!

7 – Bring a healthy dish—Headed to a holiday party and worried there won't be any healthy options? Then bring one! Check with the host and offer to bring a healthy dish to share. That way you know there will be at least one nutritious choice there. Most hosts will gladly welcome an extra salad, side dish, or healthy dessert.

8 – Support your immune system—The holiday season overlaps with the cold and flu season. To keep germs at bay, wash your hands often with soap and water. And avoid sharing utensils or sipping on the same glass at holiday gatherings. What you put on your plate also has a huge impact on your immunity. Eat plenty of colorful fruits and veggies to flood your body with nutrients. This will help bolster your immunity, so you're less likely to get sick. Include anti-inflammatory foods in your diet like salmon, olive oil, berries, broccoli, and avocados. And

add immune-boosting spices to your foods like garlic, ginger, and turmeric.

9 – Take time for self-care—While the holidays can be joyful, they can also be stressful. Making time for self-care can help you manage the holiday madness with more ease. Try to set aside some time every day just for YOU – even if it's just 5-10 minutes! Do something that helps you relax, unwind, or just plain makes you happy. Whether that's going for a walk, sipping a cup of tea, taking a bath, or doing a meditation, give yourself time to recharge.

10 – Get plenty of sleep—Between parties, travel, and family visits, sleep is often pushed to the back burner this time of year. But sticking to a regular sleep schedule is one of the best ways to keep your health on track over the holidays. Lack of sleep weakens your immune system, disrupts your metabolism, and increases the stress hormone cortisol. To avoid this, aim for at least 7-8 hours of shut-eye every night. This will help to keep your body and mind strong as we head into the new year.

Prevention truly is the best medicine. Eating healthy, staying active, and prioritizing sleep will help you stay strong as we enter the new year. But the holidays come just once a year. So if you overindulge or miss some workouts – give yourself grace.

References: <https://drcindyjakubiec.com/10-ways-to-stay-healthy-during-the-holidays/>.

Financial Wellness



Carrie Sorenson, Financial Wellness Educator | cjrsoren@umd.edu | 410-386-2760

It's no secret that scams are becoming more and more common. It seems like every day people get phone calls, emails, text messages, and other communications from people who are trying to steal your money and information. The holiday season is no exception and, unfortunately, might even create more opportunities for these scammers. This time of year, many people are looking for deals on gifts for friends and family or making donations to support others in the community. Both situations give scammers an opening and it is important to do our best to keep ourselves safe. Here are a few tips you can use to keep your money and information safe this holiday season:

1. Be careful of copycat websites. If you click on an ad on social media or even search for a specific item online, you might accidentally end up on copy cat website. Basically, scammers create a copy of an existing website and use a website address that is as close to the original site as possible. Often, they use extremely low prices to try and entice people to click on an advertisement or link. If you are shopping online, be very wary of deals that seem too good to be true and pay close attention to the website address. If you aren't sure that you are on the correct website, consider going somewhere else you trust to make your purchase.

2. If you're able, make online purchases using a credit card. If there is an issue with the product you order, if you think you may have been the victim of a scam, or if your information is stolen, it can often be easier to correct through a credit card. You can request a new card if your information is compromised. You can also contact your credit card company to dispute a charge if you order a product and never receive it.

3. Gift cards are only for gifts! If you are contacted by someone and they ask for donations, payments, or other charges to be paid via gift card, that is a huge red flag. The same is true for wiring money, mailing cash, or

sending cryptocurrency. These are all methods of payment that are extremely difficult to track or reverse, which makes them favorite payment methods for scammers. If you are buying a gift card, it should be going to someone you know personally as a gift. If someone requests gift cards as a donation, a safer option would be to make your donation via check or credit card payment so that they can purchase the gift cards themselves.

With scams on the rise, it is important to do our best to watch out for warning signs and keep ourselves safe. But scammers try new and improved tactics all the time, and they're good at what they do. If you become the victim of a scam, remember that it can happen to anyone and that these are professionals who are working hard to commit these crimes. Even our best efforts at protection sometimes fail. Make sure to report what happened and get the support you need. You can report what happened to the Federal Trade Commission (FTC) by going to <https://reportfraud.ftc.gov/> or by calling the FTC's Consumer Response Center at 877-382-4357. You can also go to the Better Business Bureau's website and get help through their Scam Survival Toolkit. You can find that information at <https://scamsurvivaltoolkit.bbbmarketplacetrust.org/>.

Finally, if you are over the age of 60, you can get support through the Justice Department's National Elder Fraud Hotline by calling 833-372-8311. The hotline will connect you with a case manager who will help you through the reporting process and with accessing additional resources. If you would like to learn more about current scams and how to avoid them, contact Carrie Sorenson to sign up for an Avoiding Scams class at cjrsoren@umd.edu or call the Carroll County Office at 410-386-2760.





If you or someone you know is age 60 or older and has been a victim of fraud, help is standing by at the National Elder Fraud Hotline.

1-833-FRAUD-11

1-833-372-8311

www.justice.gov/stopelderfraud

10:00 a.m.–6:00 p.m. eastern time, Monday–Friday
English/Español/Other languages available



Providing Help, Restoring Hope

Financial scams and abuses that target older people are happening more and more. This hotline is a free resource created by the U.S. Department of Justice Office for Victims of Crime to help people report elder fraud.

Reporting is the first step.

Reporting can help authorities identify those who commit fraud and can also prevent others from becoming victims. Our experts will help victims navigate this process.

No fear, total understanding.

The hotline is staffed by professionals who know how to support victims of fraud. Callers can count on our case managers to be caring and understanding.

Personalized service at no cost.

Callers will reach a case manager who will help them through the reporting process at the federal, state, and local levels. Victims will also be connected with other resources on a case-by-case basis.

What to expect when calling 1-833-FRAUD-11 (1-833-372-8311).



We will respond quickly.
We will connect you to a live contact as soon as possible.



Victims will be assigned a case manager.



Callers will always be treated with understanding and respect.

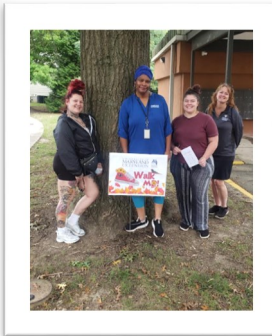
Community Partnerships

COMMUNITY NUTRITION

Spotlight on Community Efforts



Havre De Grace Housing Authority



FCS /Nutrition Educator hosted a Walk Maryland Event and Residents attending Nutrition Education Program

Village at Lakeview Community Center (VALNNCC) /STEAM & Afterschool Program

The FCS/Nutrition Educator teaches a yearly STEAM & Afterschool program to youth in Edgewood Maryland. The students learn nutrition, health wellness, environmental science, and other STEAM related topics. This year the focus was on eating healthy whole grains, character building and environmental education. Program Coordinator Mrs. Angela Peaker. For more information go <http://www.valncc.org/>.



Village At Lakeview Neighborhood Network Community Center



Spotlight on Community Efforts cont.

New Day Wellness & Recovery Program



Source: *Spotlight on New Community Partnership New Day a community resource that promote wellness and mental health service to substance abuse and mental health to community of Havre De Grace. Picture of Community Volunteers who participated in "No Butts in the Bay Community Clean up Day ! For more information :<https://www.newdaywellness.org/>.*



Pictured Above :

Wendy T. Kanelly, Tobacco Prevention Coordinator for Harford County Health Department and New Day program Coordinator

No Butts in the Bay Community Clean-Up



Nutrition, Health & Wellness Classes with New Day Program Participants the program participant had a food demo on healthy snacks, and accessed their wellness by completing A how well are you survey using the 8 dimension of wellness. Program participants also and receive seasonal nutrition and wellness education .

Social & Emotional Wellness



Senior
Wellness
Programs

Community
Nutrition



Spotlight on Community Programs

FCS Year In Review

Community & College Efforts- Dining with Diabetes & Dash Plus- Hypertension Programs taught at Senior Centers

FCS/Nutrition Educator is teaching a 5 class series of *Dining with Diabetes* which is an evidence-based, national Extension program for adults with type 2 diabetes or pre-diabetes and their families that teaches healthy meal planning and other self-management skills to help control this disease. Diet is an essential component of diabetes management along with physical activity, medication, and monitoring. Participants learn how to prepare healthy, well-balanced meals, incorporate physical activity into their lifestyle, counting carbs, portion control education, and learning how monitor their 'blood sugar and high blood pressure numbers'. Pic-



tured Seniors from Senior Centers. Seniors also received food demonstration on how to prepared healthy recipes mentioned in classes.



(Images taken by FCS/Nutrition Educator at Senior Centers)

Spotlight on Community Programs cont.

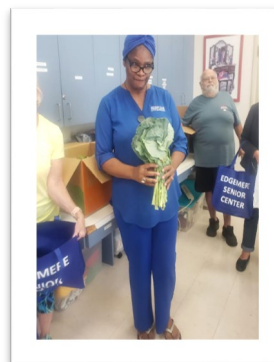
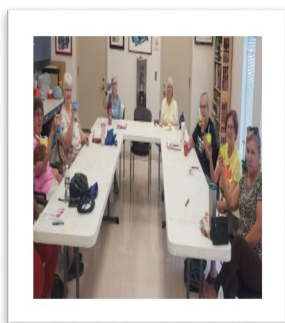
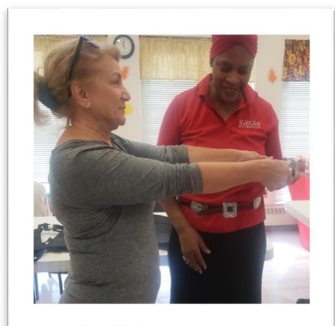
Dash Plus –Hypertension Program

UNIVERSITY OF
MARYLAND
EXTENSION

FCS/Nutrition Educator also teaching DASH at Senior Center. The Dietary Approaches to Stop Hypertension (DASH) eating plan has been suggested as an integral part of hypertension management. Along with a healthy diet, regular exercise and self measured blood pressure monitoring (SMBP) are also well-proven lifestyle modification strategies to improve heart health. The DASH-Plus is an integrated project that aims to build a sustainable, community-based hypertension management program by combining research methodologies, an extension system, and educational activities. To achieve this goal, we develop, implement and evaluate a theory-driven, community-based hypertension self-management program. The intervention consists of DASH-plus education (Dietary Ap-

proaches to Stop Hypertension diet with exercise and HTN self-care skills), produce delivery to increase accessibility, and self-measured blood pressure monitoring. Further, a culture of health will be promoted through a peer support model. Eventually, the program will be disseminated through the extension system.

By leveraging existing resources from the aging network, extension, produce delivery approach, and education system, the project demonstrates creative and feasible means to tackle uncontrolled blood pressure in older adults. FCS/Nutrition Educator performing BMI checks with Senior at Edgemere Senior Center, and distributing produce boxes to seniors attending DASH Plus program.



Food Safety

CAPTURE THE FLAVOR

Healthy Cooking with Herbs & Spices



FCS/Nutrition Educator Teaching new Program Capture the Flavor—Food Safety Class-Healthy Cooking with Herbs and Spices @ Woodlawn Senior Center

Fun December Recipes

Vegetable Wellington

Ingredients:

- 6 (6 to 8 ounce) sweet potatoes, or Russel potatoes peeled
- 1 tablespoon melted butter
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper
- 1 1/2 cups low-sodium vegetable broth
- 1/2 cup wild rice
- 4 cloves garlic, minced
- 1/4 cup butter
- 1 pound fresh mushrooms, finely chopped
- 1/2 cup chopped onion
- 1/2 cup dry sherry or vegetable broth
- 1/4 cup chopped fresh tarragon or parsley
- 3 ounces goat cheese, crumbled
- 1 (17.3 ounce) package frozen puff pastry (2 sheets), thawed
- 1 cup flour, for dusting
- 1 large egg, lightly beaten
- 1 tablespoon water
- 1 (12 ounce) jar mushroom gravy, warmed, for serving

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Drizzle sweet potatoes with 1 tablespoon melted butter and sprinkle with 1/4 teaspoon each salt and pepper. Wrap each potato in foil and put on a 10x15-inch rimmed baking sheet. Bake in the preheated oven until tender, about 1 hour.

Let sweet potatoes cool completely, about 1 hour. (Baked sweet potatoes can be chilled up to 5 days. Let chilled potatoes stand at room temperature 30 minutes before assembling in Step 5.)

Meanwhile, add 1 1/2 cups broth, rice, garlic, and 1/4 teaspoon salt to a medium saucepan. Bring to a boil over medium high heat. Reduce heat to low. Simmer, covered, until rice is tender, 40 to 45 minutes; drain any excess water.

Meanwhile, melt 1/4 cup butter in a very large skillet over medium heat. Add mush-

rooms and onion. Cook, stirring occasionally, until liquid has evaporated, mushrooms are starting to brown, and onion is tender, 10 to 12 minutes. Add sherry; cook until evaporated, about 2 minutes. Stir in tarragon and remaining 1/2 teaspoon each salt and pepper. Stir in rice mixture and goat cheese until combined. Spread in an even layer on baking sheet and let cool completely. (If filling is hot, pastry will tear and not bake properly.)

Preheat the oven to 350 degrees F (175 degrees C). Cut each puff pastry sheet into quarters to make 8 pieces. Roll 6 pieces to 6 1/2 inch squares on a lightly floured surface. Evenly pile filling onto center of each square (about 1/3 cup per square). Top each with a sweet potato.

Line a clean baking sheet with foil. Beat together egg and water in a small bowl. Brush edges of topped pastry squares with egg wash. Bring up corners of pastry and gently stretch over potatoes; pinch edges to seal. Arrange bundles, seam sides down, on prepared baking sheet. Cut decorative shapes from remaining 2 pastry pieces. Arrange pastry shapes on bundles and brush with remaining egg wash to adhere.

Bake in the preheated oven until golden brown and heated through, 20 to 25 minutes. (An instant read thermometer inserted into centers is the easiest way to test doneness. Thermometer should register at least 165 degrees F (74 degrees C). Let stand 10 minutes. Serve with mushroom gravy.

Nutrition Information:

Calories 660, Total Fat 48g, Saturated Fat 14g, Cholesterol 68mg, Sodium 1055mg, Total Carbohydrate 114g, Dietary Fiber 12g, Total Sugars 19g, Total Sugars 19g, Protein 21g, Vitamin C 52mg, Calcium 155mg, Iron 7mg, Potassium 1681mg.

Source: Allrecipes.com



December Recipes

Crispy Smashed Potatoes

Ingredients:

1 1/2 pounds (1 1/2 - to 2-inch) red skinned potatoes (12 to 16 small potatoes)
 2 tablespoons olive oil, divided
 1/2 teaspoon salt, divided
 1/2 teaspoon ground black pepper, divided
 3 ounces Parmesan cheese, finely shredded (about 3/4 cup)
 2 tablespoons minced fresh Italian parsley

Directions:

Gather all ingredients.

Place potatoes in a large saucepan, and add enough water to cover by at least 1 inch. Bring to a boil. Reduce heat, cover, and simmer until potatoes are very tender, about 20 minutes; drain.

Meanwhile, preheat the oven to 450 degrees F (230 degrees C). Line a 15x10x1-inch baking pan with foil. Brush foil with 1 tablespoon olive oil.

Transfer potatoes to the prepared baking pan. Use a wide-bottomed glass to lightly press down on each potato to smash to about 1/2-inch thickness, while keeping each potato in one piece.

Brush smashed potatoes with remaining 1 tablespoon olive oil. Sprinkle with 1/4 tea-

spoon salt and 1/4 teaspoon pepper.

Roast in the preheated oven, uncovered, until bottoms are lightly browned and crisp, about 15 minutes.

Turn potatoes; sprinkle with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Return to the oven and roast until potatoes are lightly browned and crisp, 10 to 15 minutes more.

Preheat the broiler and set a rack 4 to 5 inches from the heat source. Sprinkle Parmesan cheese over potatoes.

Broil until cheese is golden brown and crispy, about 3 minutes. Garnish with parsley.

Nutrition information:

Calories 201, Total Fat 9g, Saturated Fat 3g, Cholesterol 12mg, Sodium 446mg, Total Carbohydrate 24g, Dietary Fiber 2g, Total Sugars 2g, Total Sugars 2g, Protein 7g, Vitamin C 16mg, Calcium 134mg, Iron 1mg

Source: Allrecipes.com



Happy
 Holidays



— AND A —
 JOYFUL NEW YEAR

December Recipes

Best Salmon Bake



Ingredients:

- 1 (1 pound) salmon fillet, halved
- 1 small tomato, chopped
- 5 green onions, chopped
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

Preheat the oven to 350 degrees F. Place salmon on a lightly oiled sheet pan or in a shallow baking dish, folding under thin outer edges of fillets for even cooking. Top salmon with chopped tomatoes and green onions; season with salt and pepper. Cook salmon in the preheated oven, uncovered, until fish flakes easily with a fork, about 20 minutes.

Nutrition Information:

Calories 386, Total Fat 22g, Saturated Fat 5g
Cholesterol 112mg, Sodium 407mg
Total Carbohydrate 5g, Dietary Fiber 2g
Total Sugars 2g, Total Sugars 2g
Protein 40g, Vitamin C 19mg
Calcium 59mg, Iron 1mg, Potassium 894mg

Source: Allrecipes.com

Chantal's New York Cheesecake



Ingredients:

- 12 graham crackers, crushed
- 1 tablespoons butter, melted
- 4 (8 ounce) packages cream cheese
- 1 cups white sugar
- ¾ cup milk or vegan whipping cream
- 2 large eggs
- 1 cup sour cream
- ¼ cup all-purpose flour
- 1 tablespoon vanilla extract

Directions:

Preheat the oven to 350 degrees F. Grease a 9-inch springform pan.

Mix graham cracker crumbs and melted butter together in a medium bowl until well combined.

Press onto the bottom of the prepared pan to make a packed crust.

Mix cream cheese and sugar together in a large bowl until smooth. Blend in milk, then mix in eggs, one at a time, until just combined.

Add sour cream, flour, and vanilla; mix until smooth. Pour filling onto prepared crust. Bake in the preheated oven for 1 hour. Turn the oven off; let cheesecake cool in the oven with the door closed for 5 to 6 hours to prevent cracking. Chill in the refrigerator until serving. Top with fruit if desired.

Nutrition Information:

Calories 450, Total Fat 36g
Saturated Fat 21g, Cholesterol 159mg
Sodium 180mg, Total Carbohydrate 44g
Dietary Fiber 4g, Total Sugars 32g Total
Sugars 12g, Protein 10g, Calcium 114mg.
Iron 2mg, Potassium 191mg

Source: Allrecipes.com

December Recipes

Winter Solstice Soup

Ingredients:

2 tablespoons margarine
2 onions, chopped
2 carrots, shredded
2 potatoes, peeled and cubed
3 cups water
1 tablespoon dried parsley
½ teaspoon dried thyme
1 bay leaf
2 cups milk
pepper to taste

Directions:

Melt margarine in a large pot over medium heat and sauté onions until tender, 5 to 10 minutes. Add carrots and potatoes. Pour in water and season with parsley, salt, parsley, thyme, and bay leaf.

Reduce heat to low and simmer for 30 minutes, stirring occasionally. Remove bay leaf.

Purée the soup in a blender or food proces-

sor in small batches and return to the pot. Stir in milk, mixing well, and season with salt and pepper to taste.

Nutrition information:

Calories 229
Total Fat 8g
Saturated Fat 3g
Cholesterol 10mg
Sodium 345mg
Total Carbohydrate 33g
Dietary Fiber 5g
Total Sugars 11g Total Sugars 11g
Protein 7g
Vitamin C 28mg
Calcium 191mg
Iron 2mg
Potassium 845mg

Source: Allrecipes.com



Shredded Brussels Sprouts

Ingredients:

¼ cup butter
⅓ cup pine nuts
2 pounds Brussels sprouts, cored and shredded
3 green onions, minced
½ teaspoon seasoning salt
pepper to taste

Directions:

Place bacon in a large, deep skillet. Cook over medium-high heat until crisp. Drain, reserving 2 tablespoons of grease in the skillet, crumble and set aside.

Melt butter with reserved bacon grease in the same skillet over medium heat. Add pine nuts; cook and stir until browned. Add Brussels sprouts and green onions; season with seasoning salt and pepper. Cook over medium heat until sprouts are wilted and

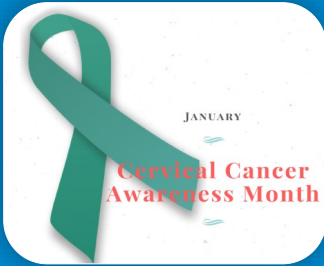
tender, 10 to 15 minutes. Stir in crumbled bacon just before serving.

Nutrition information:

Calories 217, Total Fat 16g
Saturated Fat 6g, Cholesterol 26mg
Sodium 344mg, Total Carbohydrate 12g
Dietary Fiber 5g, Total Sugars 3g Total Sugars 3g . Protein 10g, Vitamin C 98mg
Calcium 59mg, Iron 3mg, Potassium 581mg.

Source: Allrecipes.com





January Themes

Cervical Health Awareness Month:

A time to focus on cervical health and cervical cancer prevention. The National Cervical Cancer Coalition (NCCC) and the American Sexual Health Association (ASHA) offer resources to educate the public and health care providers.



HPV IS COMMON

Most sexually active individuals have HPV at some point. At any time there are approximately 79 million people in the U.S. with HPV.

DIFFERENT TYPES

Some types of HPV can cause genital warts while some other, different types are linked to cervical cell changes that, if not detected early, can increase a woman's risk for cervical cancer. HPV also causes some cancers of the penis, anus, vagina, vulva, and throat. HPV infections are usually harmless, though, and most are cleared naturally by the body in a year or two.

VACCINATION

HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12, but vaccination is available through age 26. The vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses are the vaccine are required. Young women and men can get the vaccine up to age 26, but for those 15 and older, a full three-dose series is needed.

TRANSMISSION

HPV is usually passed by genital-to-genital and genital-to-anal contact (even without penetration). The virus can also be transmitted by oral to genital contact, although this probably occurs less often. Studies show that male condoms can reduce HPV transmission to females, although condoms only protect the skin they cover.

TESTING

A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. A Pap/HPV co-test is recommended for women 30 and over. One HPV test has been approved for use as primary cervical cancer screening for women age 25 and older, followed by a Pap test for women with certain results.

TREATMENT

There's no treatment for the virus itself, but healthcare providers have plenty of options to treat diseases caused by HPV.

RELATIONSHIPS

It can take weeks, months, or even years after exposure to HPV before symptoms develop or the virus is detected. This is why it is usually impossible to determine when or from whom HPV may have been contracted. A recent diagnosis of HPV does not necessarily mean anyone has been unfaithful, even in a long-term relationship spanning years.

PREGNANCY

Pregnant women with HPV almost always have natural deliveries and healthy babies—it's very rare for a newborn to get HPV from the mother.

THE EMOTIONAL SIDE

It can be upsetting when HPV is first diagnosed, but remember that having HPV is normal! It doesn't mean that anyone did something wrong, just that like most others they were exposed to a common infection. There are 14 million new HPV infections in the U.S. each year alone!

FINDING SUPPORT

The American Sexual Health Association and the National Cervical Cancer Coalition have online support communities at Inspire.com that connect patients, partners, and caregivers. These are safe places where thousands of users find the information and support they need.



LEARN MORE AT
WWW.ASHASEXUALHEALTH.ORG
WWW.NCCC-ONLINE.ORG

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January Themes

Healthy Weight Awareness Month

Did you know over Forty-one percent of Americans are considered obese? And by 2030, an estimated 50% of Americans will be obese. From 2000 through 2020, obesity prevalence in the U.S. increased from 30% to 42%. During the same time, severe obesity nearly doubled, from 4.7% to 9%. Obesity-related conditions include heart disease, stroke, Type 2 diabetes and certain types of cancer. These are among the leading causes of preventable, premature death. The estimated annual medical cost of obesity in the U.S. was near-

ly \$173 billion in 2019. What is a healthy weight ?A healthy weight for adults is generally a body mass index (BMI) between 18.5 and 24.9. The online BMI calculator will help you measure your BMI. Download the BMI calculator app for iPhone and Android . The chart shows body mass index measurements that help determine if you are at a healthy weight.

Source: <https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-weight>.

Weight Category	Body Mass Index
Underweight	Below 18.5
Healthy weight	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 or above

Glaucoma Awareness Month

January is Glaucoma Awareness MONTH: Early and treatment is needed to prevent and protect vision decline. Glaucoma is a leading cause of vision loss and blindness in the United States. But half of people with glaucoma don't know they have it.

Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss. Who is at Risk? Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Asian American
- Are Hispanic/Latino
- Have a family history of glaucoma

This Glaucoma Awareness Month, join our National Eye Health Education Program (NEHEP) in encouraging everyone at higher risk for glaucoma to get a dilated eye exam. It's the best way to protect their vision! Source: nei.nih.gov/learn-about-eye-health/outreach-resources/glaucoma-resources/glaucoma-awareness-month#:~:text=This%20Glaucoma%20Awareness%20Month%2C%20join%20our%20National,the%20best%20way%20to%20protect%20their%20vision!



Simple January Recipes

Roasted Beets 'n Sweets



Ingredients:

- 6 medium beets, peeled and cut into chunks
- 2 ½ tablespoons olive oil, divided
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon sugar
- 3 medium sweet potatoes, cut into chunks
- 1 large sweet onion, chopped

Directions:

Preheat the oven to 400 degrees F. Toss beets with 1/2 tablespoon olive oil to coat in a bowl. Spread in a single layer on a baking sheet. Mix remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large

resalable plastic bag. Place sweet potatoes and onion in the bag. Seal the bag and shake to coat vegetables with the oil mixture. Bake beets in the preheated oven for 15 minutes. Mix sweet potato mixture with beets on the baking sheet. Continue baking, stirring after 20 minutes, until all vegetables are tender, about 45 minutes.

Nutrition Information:

Calories 195, Total Fat 6g, Saturated Fat 1g, Sodium 448mg, Total Carbohydrate 34g, Dietary Fiber 6g, Total Sugars 12g, Sugars 12g, Protein 4g, Vitamin C 9mg, Calcium 55mg, Iron 2mg, Potassium 695mg

Source: *Allrecipes.com*



Eat your Beets, Beets are highly nutritious and loaded with health-promoting properties.

They can support the health of your brain, heart, and digestive system, are a great addition to a balanced diet, boost athletic performance, help alleviate inflammation, and possibly slow the growth of cancer cells.

Best of all, beets are delicious and easy to include in your diet. For example, they're a great addition to salads, side dishes, smoothies, dips, and juices.

January Recipes

Mediterranean Chicken Sheet Pan Dinner

Ingredients:

¼ cup extra-virgin olive oil
 lemon, juiced
 2 tablespoons balsamic vinegar
 1 teaspoon dried tarragon
 1 teaspoon dried oregano
 1 teaspoon paprika
 ½ teaspoon black pepper
 4 chicken thighs with skin
 1 small red onion, sliced into petals
 8 mini bell peppers, halved lengthwise and seeded
 1 pound baby potatoes, halved
 1 lemon, sliced
 ¼ cup crumbled feta cheese
 ¼ cup fresh parsley, chopped
 6 pitted Kalamata olives

Directions

1. Preheat the oven to 425 degrees F (220 degrees C). Line a large rimmed baking sheet with aluminum foil.
2. Whisk olive oil, juice of 1 lemon, vinegar, tarragon, oregano, paprika, salt, and pepper together in a large bowl.
3. Add chicken thighs, onion, baby bell peppers, and potatoes. Stir until everything is evenly coated.

4. Transfer vegetable-chicken mixture to the prepared baking sheet and spread in an even layer. Scatter lemon slices over the vegetables, making sure to leave the chicken uncovered so that the skin will brown.
5. Bake in preheated oven for about 40 minutes. Remove from oven and top with feta, parsley, and olives.

Recipe Tip

If you're not a fan of olives, try substituting capers or chopped artichoke hearts.

Nutrition information:

Calories 533, Total Fat 32g
 Saturated Fat 8g, Cholesterol 85mg
 Sodium 360 mg
 Total Carbohydrate 41g
 Dietary Fiber 7g, Total Sugars 4g, Protein 23g, Vitamin C 72mg
 Calcium 166mg, Iron 3mg, Potassium 802mg.

Source: Allrecipes.com



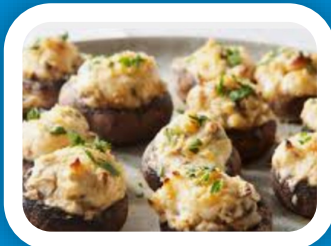
Healthy Eating with the Mediterranean Diet

Researchers have noted that people in Italy and Greece who followed a Mediterranean diet were exceptionally healthy and had a low risk of many chronic diseases. [Read more here.](#) Fact sheet by FCS/Nutrition Educator



Simple January Recipes

Mouth-Watering Stuffed Mushrooms



Ingredients:

12 whole fresh mushrooms
 1 tablespoon vegetable oil
 1 tablespoon minced garlic
 1 (8 ounce) package cream cheese, softened
 ¼ cup grated Parmesan cheese
 ¼ teaspoon ground black pepper
 ¼ teaspoon onion powder
 ¼ teaspoon ground cayenne pepper

Directions:

Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray.

Clean mushrooms with a damp paper towel; carefully break off stems. Chop stems extremely fine, discarding the tough end of stems.

Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems;

fry until any moisture has evaporated, taking care not to burn garlic. Set aside to cool.

Stir in cream cheese, Parmesan cheese, black pepper, onion powder, and cayenne. The mixture will be very thick. Use a teaspoon to fill each mushroom cap with a generous amount of stuffing. Arrange mushroom caps on the prepared cookie sheet.

Bake in the preheated oven until the mushrooms are piping hot, about 20 minutes. Serve and enjoy!

Nutrition Information:

Calories 90 g, Total fat 8g, Saturated Fat 4g, Cholesterol 21 mg, Carbohydrates, 2g, Dietary Fiber 2g, Total Sugar 1mg, Protein 2g, Rich in Vitamin Calcium, Iron and Potassium .

Source:

<https://www.healthyseasonalrecipes.com/healthy-stuffed-mushrooms-recipe/>.

Oh-So-Good Chicken Vegetable Soup

Ingredients:

4 cups water
 2 bone-in chicken thighs
 2 tablespoons olive oil
 2 carrots, chopped
 ½ onion, diced
 4 cloves garlic, chopped
 1 ½ teaspoons salt
 1 (32 ounce) carton vegetable broth
 1 head broccoli, trimmed and chopped
 ¼ head cauliflower, trimmed and chopped
 1 zucchini, trimmed and chopped (Optional)

Directions:

Place water and chicken thighs in a pot. Bring to a boil; reduce heat and simmer until chicken is tender, about 30 minutes. Occasionally skim off scum as it forms. Heat olive oil in a large pot over medium heat. Cook and stir carrots and onions until they begin to soften, 3 or 4 minutes. Stir in

garlic and salt; cook for 1 minute. Transfer chicken and cooking water to large pot. Add chicken broth. Bring mixture to a boil; reduce heat to low. Cover, leaving lid slightly ajar, and simmer at least 1 hour or up to 4 hours. Remove from heat.

Transfer chicken to a work surface. Remove skin, bones, and cartilage. Shred chicken meat using 2 forks. Return chicken to pot. Add broccoli, cauliflower, and zucchini. Bring back to a simmer over medium-high heat. Reduce heat so soup gently simmers. Cook until vegetables are tender, 20 to 30 minutes.

Nutrition Information: *Calories 356, Total Fat 12g Saturated Fat 3g Cholesterol 51mg Sodium 350mg Carbohydrate 8g Dietary Fiber 2g Total Sugars 3g Total Sugars 3g Protein 16g ,Vitamin C 47mg Calcium 46mg ,Iron 1mg ,potassium 395mg*

Source: Allrecipes.com



January Recipes

Baked Pears

Ingredients:

2 tablespoons butter, divided
2 tablespoons white sugar, divided
2 Bosc pears, halved and cored
½ cup light whipping cream

Directions:

Preheat the oven to 375 degrees F (190 degrees C). Grease a 9-inch baking dish with 1 tablespoon butter. Sprinkle 1 tablespoon sugar into buttered dish.

Rub remaining 1 tablespoon butter over pear halves; arrange pears cut sides down in prepared baking dish and sprinkle with remaining 1 tablespoon sugar.

Bake in the preheated oven for 10 minutes. Pour cream over pears and continue baking until tender, about 20 minutes more.

Nutrition information::

Calories 175, Total Fat 11g
Saturated Fat 7g , Cholesterol 16mg
Sodium 47mg , Total Carbohydrate 20g
Dietary Fiber 3g, Total Sugars 14g Total
Sugars 10g , Protein 1g
Vitamin C 4mg, Calcium 19mg
Potassium 112mg

Source: Allrecipes.com



Roasted Sweet Potato Salad with Feta

Ingredients:

Salad:

3 small sweet potatoes, peeled and cubed
2 tablespoons olive oil
2 teaspoons cumin seeds
salt and ground black pepper to taste
½ cup cashews
1 (6 ounce) package feta cheese, cubed
1 cup fresh spinach
1 cup arugula
1 cup watercress
3 tablespoons chopped fresh cilantro

Dressing:

2 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
salt and ground black pepper to taste

Directions:

Preheat the oven to 350 degrees F (175 degrees C).

Combine sweet potatoes, olive oil, and cumin seeds on a roasting tray, season with salt and pepper, and toss to coat.

Spread cashews onto a baking sheet.

Roast potatoes in the preheated oven until soft and slightly colored at the edges, 30 to 45 minutes, stirring after 20 minutes.

At the same time, toast cashews in the oven until they start to turn golden brown and become fragrant, 10 to 15 minutes. Chop when cool enough to handle.

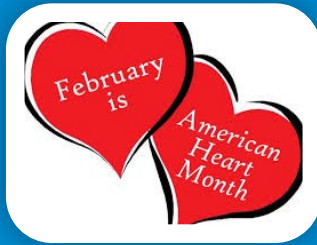
Meanwhile, whisk oil, vinegar, sugar, salt, and pepper for dressing in a small bowl. Divide feta cheese, spinach, arugula, watercress, and cilantro among 3 plates. Top with warm sweet potatoes and cashews. Pour dressing over top and serve.

Nutrition information:

Calories 526, Total Fat 38g, Cholesterol 50mg Sodium 917mg, Total Carbohydrate 37g , Dietary Fiber 5g Total Sugars 11g Total Sugars 11g Protein 13g Vitamin C 12mg, Calcium 373mg Iron 4mg Potassium 715mg

Source: Allrecipes.com





February Themes

American Heart Month.

Heart disease is the leading cause of death in the U.S. but impacts some communities disproportionately. Join efforts around the country to promote heart health in your community. And also celebrate National Wear Red Day which is the first Friday in February. Wear your red to support and encourage everyone to do the say. This helps to

bring awareness to the leading cause of death in women. Heart is a preventable disease. So let's all do all we can to bring awareness to this cause. So basic tips is to watch your stress, exercise, and eat heart healthy foods
 Source: <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart-fact-sheet>.

Stress Less for a Healthier Heart



Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better—and have a healthier heart, too!

Know How Stress Affects Your Body

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

National Cancer Prevention Month



The American Institute for Cancer Research spearhead National Cancer Prevention Month, which is represented by a purple ribbon. Follow these tips to reduce the risk.

Don't Smoke or Aim to Quit

Smoking and secondhand smoke cause 90% of lung cancer deaths in the United States. The use of tobacco products is linked to cancers of the larynx, mouth and throat, esophagus, urinary bladder, kidney, pancreas, cervix, colon, rectum, liver, and stomach.

Protect Your Skin from the Sun

Skin cancer is the most common and preventable cancer in the United States. Be sure to use adequate sun protection year-round and never use indoor tanning beds.

Maintain a Healthy Weight -Overweight and obesity are associated with at least 13 types of cancer, including endometrial (uterine), breast, and colorectal cancer. Controlling your weight through physical activity and healthy eating reduces your risk for cancer.

Limit Alcohol Intake

Heavy drinking and binge drinking increases the risk of breast, liver, colon, rectum, mouth, pharynx, larynx, and esophagus cancer.

Men should have no more than two alcoholic drinks per day and women no more than one.

Practice Safer Sex and Get Vaccinated Against Infectious Disease

Unprotected sex can spread both Human Papillomavirus (HPV) and Hepatitis B. If left untreated, HPV, Hepatitis B, and Hepatitis C are linked to many cervical and liver cancer cases.

Know Your Family Health History and Get Regular Cancer Screenings

Knowing your family health history can help you and your doctor determine which screening tests are needed and when. Regular cancer screenings are essential to detect cancer or precancerous conditions before symptoms occur.

Source: www.aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month/.

February Themes

February 7-13: African Heritage & Health Week

African Heritage and Health Week celebrates the healthy foods, distinct flavors, and cooking techniques/traditions of four regions of the African Diaspora—West and Central Africa, the American South, the Caribbean, and South America. The week-long celebration focuses on traditional cooking methods that are infused into African heritage. These richly cultivated menus span cultures across the Americas and Africa. The observance explores how these diets are full of delicious spices and healthy ingredients that can be incorporated into any lifestyle. Over the last three years, individuals and communities have enjoyed wonderful events, including Oldways supported:

- African Heritage Potlucks at homes, community centers, schools and churches
 - Church presentations about the African Heritage Diet and free material distribution
 - African Heritage Dinners on college campuses
- Group outings to Ethiopian, Ghanaian, Senegalese, Caribbean and other African heritage restaurants.

Source: <https://oldwayspt.org/blog/join-us-african-heritage-health-week-feb-1st-7th/>

<https://www.nationaldaycalendar.com/pop-culture-lifestyle/african-heritage-and-health-week-first-week-in-february>.

February 16: National Caregivers Day

It's celebrated around the nation on the third Friday of every February. This year it will be on **February 16th**, 2024. The day is spent honoring all healthcare professionals across the country providing long-term and hospice care. Here are a few ways to celebrate.

HOW TO OBSERVE NATIONAL CAREGIVERS DAY

1. Donate to a caregiver's favorite charity

Sometimes, giving gifts to a professional caregiver is considered off-limits. Instead, a donation on behalf of the caregiver can be made to a charity of their choice.

2. Express it with a letter

Appreciation and words go a long way in giving joy and boosting the morale of a caregiver. Sincerely express your gratitude through a letter and let the caregiver in your life know how much their work means to you and your loved ones.

3. Post on social media

Create some hype on social media around caregivers to show your support and let others know what an awesome job they are doing. Don't forget to use the hashtag #NationalCaregiversDay



Source: <https://nationaltoday.com/national-caregivers-day/>.

February Recipes

Chocolate Cake



Ingredients:

1 cup butter, softened or non dairy butter
 3 cups packed brown sugar
 3 large eggs, room temperature
 2 teaspoons vanilla extract
 2-2/3 cups all-purpose flour
 3/4 cup baking cocoa
 3 teaspoons baking soda
 1/2 teaspoon salt
 1-1/3 cups sour cream
 1-1/3 cups boiling water

FROSTING:

1/2 cup butter, cubed
 3 ounces unsweetened chocolate, chopped
 3 ounces semisweet chocolate, chopped
 2 cups confectioners' sugar
 1/2 cup sour cream
 2 teaspoons vanilla extract

Directions

Preheat oven to 350°. Grease and flour three 9-in. round baking pans. In a large bowl, cream butter and brown sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each

addition. Beat in vanilla. In another bowl, whisk flour, cocoa, baking soda and salt; add to creamed mixture alternately with sour cream, beating well after each addition. Stir in water until blended.

Transfer batter to prepared pans. Bake until a toothpick inserted in center comes out clean, 30-35 minutes. Cool in pans for 10 minutes; remove to wire racks to cool completely.

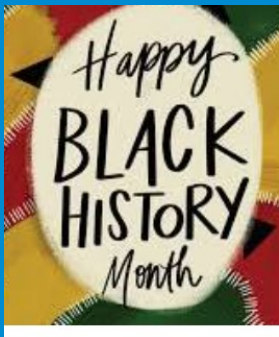
For frosting, in a metal bowl over simmering water, melt butter and chocolates; stir until smooth. Cool slightly.

In a large bowl, combine confectioners' sugar, sour cream and vanilla. Add chocolate mixture; beat until smooth. Spread frosting between layers and over top and side of cake. Refrigerate leftovers.

Nutrition information:

1 piece: 485 calories, 20g fat (14g saturated fat), 115mg cholesterol, 340mg sodium, 102g carbohydrate (81g sugars, 3g fiber), 7g protein.

Source: Tasteofhome.com



Healthier Mac N Cheese

Ingredients:

2 cup of soy almond or rice milk
 1 teaspoon of egg replacement or ¼ cup of applesauce
 1 teaspoon of extra virgin olive oil or 1 tablespoon of vegan butters
 1 16 ounce box of whole wheat elbow macaroni
 1 teaspoon of black pepper
 2 tablespoon of Dijon mustard
 ½ cup of nutritional yeast
 1 teaspoon of garlic powder and onion powder
 3 tablespoons of all purpose flour
 ¼ teaspoon of paprika
 1 cup of raw spinach
 1/8 teaspoon of mustard
 1/8 teaspoon of onion powder

1 cup of Shredded cheddar cheese

Directions:

Boil Pasta for 6-8 minutes, strain set aside. It will complete cooking During baking time . Then drain and set aside.

Preheat oven to 400.F

For Cheese sauce : Add olive oil or vegan butter in pot, and stir, then add all purpose flour, stir in good. Then add chesses, applesauce, nutritional yeast, spinach, onion powder, mustard, black pepper, and any other spices . And cook for 5 minutes. Move whole wheat pasta to a casserole dish, mix in chesses sauce . Make sure to properly stir all dry ingredients. Put in casserole dish and put in oven. Cook on 400F for 45 minutes. (Bread crumbs or optional). Once cooked sprinkle paprika on top. Let cool little before e serving. **Nutrition Infor-**

February Recipes

Soulful Smothered Chicken

Ingredients:

½ cup butter
 1 whole chicken, cut into pieces
 3 teaspoons salt, divided
 ¾ teaspoon ground black pepper, divided
 ¾ cup all-purpose flour
 3 cups chopped yellow onions
 2 cups chopped carrots
 1 cup chopped celery
 3 cloves garlic, chopped
 3 tablespoons all-purpose flour
 3 cups chicken broth
 ¼ teaspoon cayenne pepper

Directions:

Gather the ingredients.
 Melt butter in a large skillet over medium-high heat. Season chicken pieces with 1 teaspoon salt and 1/2 teaspoon pepper. Place 3/4 cup flour in a shallow dish. Dredge chicken in flour, place in the skillet, and brown on all sides. Set chicken aside,

and drain skillet, reserving about 1 table-spoon butter.

Reduce skillet heat to medium-low, and stir in onions, carrots, celery, and garlic. Cook until tender, 5 minutes.

Stir in 3 tablespoons flour, and cook 5 minutes more. Pour in chicken broth, season with cayenne pepper, and remaining salt and pepper. Bring to a boil, and reduce heat to low.

Return chicken to the skillet, cover, and continue cooking until chicken juices run clear and gravy has thickened, about 30 minutes.

Nutrition Information:

Calories 72, Total Fat 16g, Saturated Fat 10g, Cholesterol 79mg, Sodium 1471mg, Total Carbohydrate 22g, Dietary Fiber 3g, Total Sugars 5g, Protein 19g, Vitamin C 8mg, Calcium 48mg, Iron 2mg, Potassium 373mg,



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Sweet Potato Crunch

Ingredients:

1-3/4 pounds *sweet potatoes (about 3 large)*, wash, peeled and cut and cooked into 2-inch pieces
 1/3 cup *fat-free milk*
 1/4 cup *egg substitute or 1 egg*
 2 tablespoons *butter, softened*
 1 teaspoon *lemon extract*
 1 teaspoon *vanilla extract*

Directions:

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Drain and place in food processor. Add milk, egg, or egg substitute, butter, extracts, cover and process until smooth. Then pour into 1.15 baking dish.

In a small bowl, combine brown sugar and flour. Cut in butter until crumbly. Sprinkle over sweet potato mixture with pecan

Bake, uncovered, at 350° for 35-40 minutes or until a thermometer reads 160°. Yield: 6 servings

Topping:

2/3 cup of packed brown sugar or maple syrup
 1/4 cup of all purpose whole wheat flour
 1 teaspoon of cold butter or butter substitute

Nutrition Information :

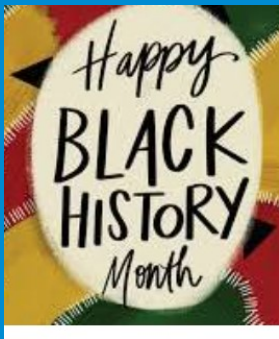
Serves 6 Per serving:
 Calories 138-; Total Fat 10g, (Saturated 4 g); Cholesterol 75 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 9 g, Sugar 12g.
 Source: modified by : FCS Educator



February Recipes

Simple & Healthy Recipes on a Budget

Healthy Recipes on a Budget



1. Savory Stuffed Bell Peppers

- Ingredients: Bell peppers, quinoa or rice, black beans, corn, diced tomatoes, onions, and your choice of seasoning.
- Instructions: Cook quinoa or rice. Sauté onions, tomatoes, corn, and beans. Mix with the quinoa and stuff into halved bell peppers. Bake at 375°F for 25 minutes.

2. Warm Winter Vegetable Soup

- Ingredients: Mixed vegetables (like carrots, potatoes, tomatoes, onions, and celery), vegetable broth, garlic, and herbs and spices of your choices in a pot and cook for 30 minutes.

3. Roasted Sweet Potato and Brussels Sprout Medley

- Ingredients: Take Sweet potatoes, Brussels sprouts, olive oil, and spices of your choice.
- Instructions: Toss veggies in olive oil and spices, roast at 400°F for 35-40 minutes. Serve Enjoy!

4. Cranberry and Walnut Wild Rice Salad

- - Ingredients: Wild rice, dried cranberries, walnuts, fresh parsley, and vinaigrette.
- - Instructions: Cook rice, mix with cranberries, walnuts, and parsley. Drizzle with vinaigrette before serving.

5. Apple and Pear Crisp

- Ingredients: Combine Apples, pears, oats, cinnamon, honey, and butter.
- Instructions: Wash, cut and Slice fruits, mix with cinnamon and honey. Top with oats and butter. Bake at 350°F for 30 minutes in the oven. Serve!

February Recipes

Soulful Smothered Chicken

Ingredients:

1-1/2 lbs. sweet potatoes
 2 tbsp. light butter (softened) or vegan butter
 3/4 cup light brown sugar (not packed)
 1/2 cup 1% milk or almond or rice milk
 1 large eggs or use 1 teaspoon of egg replacer
 1/8 tsp ground cinnamon
 1/2 tsp ground nutmeg
 1 tsp vanilla extract
 1 9-inch unbaked pie crust

Nutrition Information:

Calories: 208, Carbohydrates: 36g, Protein: 3.5g, Total Fat 6.5g, Saturated Fat: 2.5g, Cholesterol 41mg, Sodium 135mg, Fiber 18g, Sugar 15g., High in Fiber, Vitamin A, B.

Source: Adapted by FCS Educator

Directions:

Boil sweet potatoes whole in skin for 50 to 55 minutes, or until soft. Run cold water over the sweet potato and remove the skin. Blend potatoes in a blender and pulse for about one minute to remove all fibers.

Preheat oven to 350°. Place sweet potatoes in a bowl. Add butter and mix well. Using an electric mixer, mix in sugar, milk, eggs, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake for 55 to 60 minutes, or until knife inserted in center comes out clean. Cool completely. Cut into 10 slices and serve with whipped coconut cream or whipped cream if desired. Refrigerate any leftovers.

Serving: 6-8 Slices

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Together
 LIKE GOOD FOOD

Hibiscus Ginger Spritzer Drink

Ingredients:

6-8 cups of Spring Water
 4 bags of hibiscus/Sorrell Roselle dried
 Hibiscus plant/ flowers) or tea bag s
 1/2 cup of fresh lemon or lime
 1 ounces of fresh ginger root
 2whole cloves
 3 cinnamon sticks
 1 teaspoon of nutmeg
 1 teaspoon of cinnamon

Directions:

Bring the water to a boil in a large saucepan over high heat.

Remove from the heat and add the sorrel,

ginger, cloves, cinnamon, and nutmeg if using. Or Use hibiscus tea bag for convenience.

Cover and let steep for 1 hour.

Pour the mixture through a fine-mesh strainer set over a bowl.

Discard the dried sorrel and spices.

Add maple syrup, lime, and spices to the strained mixture and stir to combine.

Transfer to a pitcher or punch bowl filled with ice. Garnish with slice or fresh oranges, lemons or limes

Nutrition Information: Calories, 240, Carbohydrates 32g, protein 3g, Fiber 6g, Total fat 12g, Saturated fat 7g, Sugar 25g. High in potassium, Vitamin A. Source: FCS Educa-



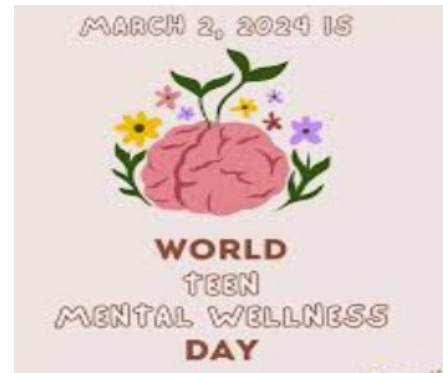
March Themes

World Teen Mental Wellness Day

YOU ARE
NOT
ALONE

World Teen Mental Wellness Day is observed annually on March 2nd. It aims to raise awareness about mental health issues among teenagers, encourage open conversations, and provide support to young people struggling with their mental well-being. This is a great day for parents and support staff to have meaningful conversation with youth about how they are feeling, and coping with stress, their academic progress and

other social and emotional challenges they may be facing. Reach out to your local 4-H group and other community groups for additional support.



National Nutrition Month



National Nutrition Month is celebrated in March and is led by the Academy of Nutrition and Dietetics. The month-long campaign aims to: Teach people about healthy habits, Encourage healthy eating and physical activity, Inform the public about nutrition-related topics, and Highlight the role of registered dietitians, nutritionist, and other health care professionals.

- Host nutrition seminars or webinars on specific topics like mindful eating, portion control, or reading food labels. Some basic tips to highlight National Nutrition Month;
- Conduct cooking classes featuring healthy recipes from different cultures.
- Organize a "My Plate" themed quiz or trivia night.
- Create a "healthy snack swap" where people bring in a nutritious snack to share.



March Recipes

Easy Broccoli

Ingredients:

- 1 bunch of broccoli
- 2 teaspoons of olive oil
- 1 clove of minced garlic
- 1 small lemon wedge
- 1 pinch of red pepper flakes
- 1 pinch of black pepper or salt optional

Directions: Place broccoli in a large skillet with about 2 inches of water; bring to a boil and cook until bright green, 1 to 2 minutes. Drain. Vegetable.

Heat olive oil in the same skillet over medium heat. Stir in garlic and cook until golden

and fragrant, 1 to 2 minutes. Add broccoli; cook and stir until heated through, 2 to 3 minutes.

Squeeze lemon juice over broccoli and season with red pepper flakes, salt, and pepper.

Nutrition Information: Per serving: 218 calories; total fat 14g; saturated fat 2g; sodium 145mg; total carbohydrate 18g; dietary fiber 3g; total sugars 5g; protein 8g; vitamin c 214mg; calcium 168mg; iron 2mg; potassium 747 mg.



Avocado Salad

Ingredients:

- 1 medium (12 oz.) English cucumber, cut into quarters through the length then sliced
- 16 oz. grape tomatoes
- 1/2 small red onion,** sliced into small pieces
- 2 medium avocados (firm but ripe), sliced into bite size pieces

Dressing:

- 1 1/2 Tbsp. fresh lemon juice***
- 1 1/2 Tbsp. red wine vinegar
- 3 1/2 Tbsp. extra virgin olive oil
- 1 tsp honey
- 1 1/2 tsp minced garlic
- 1/4 cup chopped cilantro
- 1/4 cup chopped parsley
- 1/2 tsp dried oregano

Salt and freshly ground black pepper

Instructions:

For the dressing: In a small mixing bowl whisk together lemon juice, red wine vinegar, extra virgin oil, honey, garlic, cilantro, parsley, oregano, and season with salt and pepper to taste.

In a large bowl gently toss together cucumbers, tomatoes, red onion, and avocado with dressing.

Serve shortly after preparing.

Nutrition Information: Calories 214, Total Fat 14g, saturated fat, 3g, sodium 17mg, Carbs 15, Fiber 6g, Sugar 5mg.

Source: <https://www.cookingclassy.com/avocado-salad/>.



Save The Dates! Upcoming Online Classes



Date	Online Class Description	Time	Cost
Jan. 22	Health Literacy and Communication: How To Talk To Your Doctor	11:30 am	Free
Feb. 12	Nutrition Plus-Health Heart Health & Wellness	11:30 am	Free
Feb. 26	Capture the Flavor - Healthy Cooking with Herb & Spices	11:30 am	Free
Mar. 12	Nutrition Plus - Functional & Super Foods for Chronic Disease	11:30 am	Free
Mar. 26	Food Safety- Fermenting Vegetables	11:30am	Free
In person Classes	<p>Note: Interested in our Dining with Diabetes, Fresh Conversation, Dash Plus, Wellness Plus Session s-which are ongoing and taught @ our community partnerships location, extension location. – Inquire about classes at your location—Check website for more details.</p>		

Register at
[Agnr.umd.edu/
events](https://Agnr.umd.edu/events)
 or
[www.jenniferdc.ev
entbrite.com](http://www.jenniferdc.ventbrite.com)



**Registration
opens for
all classes
on Jan. 1,
2025.**

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If you need a reasonable accommodation to participate in any event or activity please contact your local University of Maryland please contact your local University of Maryland Extension Office at least two weeks in advance.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu 410—638-3255

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