

SUMMER 2020

UNIVERSITY OF  
MARYLAND  
EXTENSION



# Health, Nutrition & Wellness

## INSIDE THIS ISSUE:

Covid Updates	2-4
Men's Health	6
Summer Tips	8-11
Meal Planning	12-14
Healthy Recipes	16-19
August Themes	25
Prostrate Health	30-31
FCS Online Classes	34

## RECIPES

Each issue includes **easy, tasty, healthy** recipes!  
**This issue features:**

- *Cucumber Salad*
- *Grilled Salmon Steaks*
- *Taco Bar Recipes*
- *Open Face Tuna*
- *Black Bean Burger*
- *Seasonal Potatoes*
- *And many more!*

## “Solutions In Your Community”

Welcome to the Summer 2020 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens. 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, MS, provides research based programs on Nutrition, Health, Wellness, Food Safety, Fitness Chronic Disease Management, Healthy Living, Family & Community Health, Financial Education, Healthy Cooking, Health Literacy, and Health Communication.

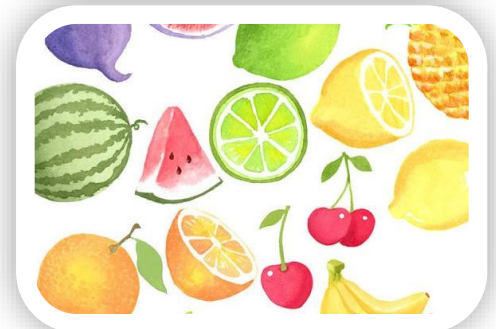


## Hydrating Summer Fruits

- **Watermelon**- This is one of the best cooling fruits to eat during the summer season. Watermelons are healthy and cheap. It is not only a great source of water but rich in Vitamin A and C as well. Vitamin A boosts immunity and is good for the vision. Vitamin C can also boost immunity. Watermelon is rich in Vitamin B6 and potassium also.
- **Mango**-This fruit is rich in fiber and has as many as 20 minerals and vitamins. Fiber helps with digestion and helps keep you full. Mangoes are rich in Vitamin A and C, and potassium. Also, high in zeaxanthin, a pigment present in mangoes, that protects the eyes by filtering out harmful blue rays. Improves eye Health.
- **Strawberries** are rich in antioxidants and low in calories. Known to aid in digestion and boost skin health Their bright color is due to flavonoids and phytonutrients. Strawberries are also

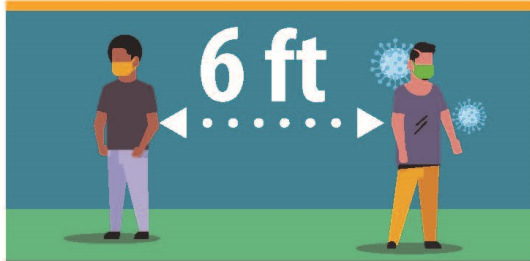
protects your heart, and increase your HDL (good cholesterol) They are packed with fiber, Vitamin C and polyphenols. Summer-related skin and health issues can be kept at bay by eating strawberries.

- **Pineapples** are a summer favorite. They are high in Vitamin C, boost your immune system, and rich in manganese and B1. Rich in antioxidants, and enzymes that fight inflammation and disease. Pineapples help in boosting metabolism and reduce inflammation.



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



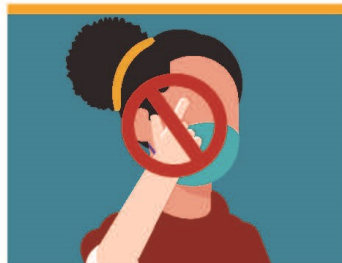
Stay at least 6 feet  
(about 2 arms' length)  
from other people.



Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.



When in public, wear a  
cloth face covering over  
your nose and mouth.



Do not touch your  
eyes, nose, and mouth.



Clean and disinfect  
frequently touched  
objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.



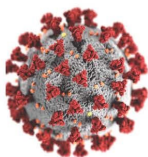
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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

316917-A May 13, 2020 11:00 AM

Harford County  
410-638-3255  
<https://extension.umd.edu/harford-county>

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



## How to Make a No-Sew Face Mask

### Materials

Bandana, handkerchief, or tightly woven cotton fabric about 18"-20" square.

Two hair elastics, rubber bands, or strips of cotton fabric

**Tools:** Scissors, Optional: fabric glue

Researchers at Cambridge University found that cotton T-shirts and cotton pillowcases are the best at-home materials for making DIY face masks, due to their ability to capture small particles yet remain breathable.

### Instructions

1. Lay the handkerchief, bandana, or piece of fabric flat. Fold the top and bottom inward to meet in the middle. Then, fold the bandana in half again. There will be four layers of fabric.
2. Use two hair ties to create ear loops. Slip one hair tie over each of the ends. Slide the hair ties a few inches toward the middle of the folded bandana.
3. Fold the ends of the bandana in to meet in the middle. You want the ends to overlap slightly, so you can tuck one end into the other. This will help keep the ends secure.
4. Wear the mask with the smooth side out and the ends against your face. If the mask feels too tight around your ears, then you can adjust the position of the hair ties to make it wider.

Remember to wash the bandana after each use,

or if it becomes moist during use.

Source: <https://sarahmaker.com/how-to-make-a-no-sew-face-mask-with-at-home-materials/>



## Cloth Face Covering Do's & Don'ts:

### DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

- ✗ Use on children under age 2
- ✗ Use surgical masks or other personal protective equipment (PPE) intended for healthcare workers



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



## How To Wash Cloth Face Coverings

Cloth face coverings should be washed after each use. It is important to always remove face coverings correctly and wash your hands after handling or touching a used face covering.

You can include your face covering with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

**Washing by hand:** Prepare a bleach solution by mixing 5 tablespoons (1/3rd cup) household bleach per gallon of room temperature water or 4 teaspoons household bleach per quart of room temperature water. Check the label to see if your bleach is intended for disinfection. Some bleach

products, such as those designed for safe use on colored clothing, may not be suitable for disinfection. Ensure the bleach product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Soak the face covering in the bleach solution for 5 minutes. Rinse thoroughly with cool or room temperature water.

Make sure to completely dry cloth face covering after washing. **Dryer:** Use the highest heat setting and leave in the dryer until completely dry. **Air dry:** Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

Source: [cdc.gov](https://www.cdc.gov)





## June Wellness Themes

### Men's Health Month

June is Men's Health Month. On average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death. Men are also less likely than women to be insured. All of this impacts their ability to be involved fathers, supportive partners, and engaged community members. There are quite a few things you can do to help men all year.

**Let's start with Dad:**

Encourage him to get a physical. Most of the factors that contribute to men's shorter, less healthy lives are preventable. And that prevention starts with seeing a healthcare provider on a regular basis.

Adult men in the United States visit primary care providers at lower rates than adult women. Establishing baselines for factors such as blood pressure, cholesterol,

weight, and PSA (a screening test for prostate cancer risk)—and monitoring how they change over time—will enable the provider to catch potentially dangerous conditions early, when they're still treatable. Go to [www.healthfinder.gov](http://www.healthfinder.gov) to download a helpful charts on the latest recommended screenings for men.

Encourage males in your family to get physical. The benefits of physical activity on health outcomes are extensive, and many people find it difficult to get motivated for physical activity on their own. Rather than simply telling your dad to exercise and then hoping that he will, do it with him. Join a recreation league at your local community center, sign up for group personal training sessions to get fit together, or simply make a routine out of regular walks.

*Source: health.gov*

### Alzheimer's Disease Awareness

June is Alzheimer's and Brain Awareness month, a time for people of all ages to get involved in the fight against the disease. Whether you are 5 or 95, there's a way to pledge your support for the nearly 47 million

people who have been diagnosed. Show your support by wearing taking the purple pledge, wear purple on June 21st, and Share your story. And make a pledge .Visit [alz.org](http://alz.org) for more information.

### National Safety Month

Join the National Safety Council, the nation's leading nonprofit safety advocate to observe National Safety Month. National Safety Month focuses on saving lives and preventing injuries, from the workplace to anyplace. thousands of organizations nationwide as they work to ensure No one Gets Hurt. Is Observed annually in the month of June.














National Safety Month focuses on reducing the leading causes of injury and death at work, on the road and in our homes and communities . Source: [nsc.org](http://nsc.org)



## Reducing the Risk of Alzheimer's Disease

A study from Rush University in Chicago has found that the Mediterranean-DASH Intervention for Neurodegenerative Delay (**MIND**) Diet may reduce the risk of **Alzheimer's** by as much as 50% and still has protective powers, even when not followed rigorously. The Mind Diet is a eating plan that combines the DASH Diet with Mediterranean Diet !

# THE MIND DIET

			<b>3 PORTIONS OF WHOLEGRAINS A DAY</b>
	<b>1 DARK GREEN SALAD AND 1 OTHER VEGETABLE A DAY</b>		<b>BERRIES AT LEAST TWICE A WEEK</b>
			<b>AT LEAST 30 GRAMS OF NUTS PER DAY</b> 
<b>BEANS OR LEGUMES AT LEAST EVERY OTHER DAY</b>		<b>FISH AT LEAST ONCE A WEEK</b>	
	<b>POULTRY AT LEAST TWICE A WEEK</b>	<b>AT LEAST 140ML OF RED WINE EVERY DAY</b> 	
<b>NO MORE THAN 1 TBSP A DAY OF BUTTER OR MARGARINE CHOOSE OLIVE OIL INSTEAD</b>			<b>CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK</b>
			<b>PASTRIES AND SWEETS LESS THAN 5 TIMES A WEEK</b> 

## Children's Wellness



### Summer Safety Tips

Going outside is great for your physical and mental health, but it's important to keep in mind how the virus is transmitted. "It's mainly spread by close proximity with other people, primarily through respiratory droplets that people can exhale." The possibility of asymptomatic people transmitting the disease remains a concern. **So, stay cautious. Practice Social Distancing and Wear a Mask.**

Kids are more likely to gain extra weight in the summer. Don't take a break from healthy choices about **food, sleep and exercise** over summer vacation.

#### Other Tips:

- Look for signs of heat exhaustion
- Check for car safety
- Protect skin from the sun
- Avoid bug bites
- Drink enough water to stay cool
- Have Fun and Stay Positive


Source:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/>

# SUMMER HEALTH AND SAFETY




PROTECT YOUR SKIN • STAY HYDRATED • PUT SAFETY FIRST




Skin cancer is the **MOST COMMON** type of cancer, accounting for **NEARLY HALF** of all cancer cases

PROTECT YOUR SKIN




The sun's UV rays are **STRONGEST** between 10 a.m. and 4 p.m.




UVB rays are the **MAIN** cause of sunburns


**— SUNSCREEN FACTS —**



SPF measures how well sunscreen protects against UVB rays only



Water-resistant sunscreen provides protection while swimming or sweating



Broad-spectrum sunscreen protects against both UVB and UVA rays



## Steps to Coping With Stress

1. Practice Self Care
2. Eat nutritious, well-balanced meals
3. Talk to others, communicate with family and friends
4. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor
5. Avoid drugs and alcohol
6. Take a break
7. Recognize when you need more help
8. Read a good book
9. Do puzzles and play board games
10. Have fun with Arts and Crafts
11. Get proper sleep and rest
12. Go for a hike or trail walk
13. Participate in online church or community service or event.
14. Donate to charities

Source: [cdc.gov](https://www.cdc.gov)

## Coping With Grief

### How to Deal with the Grieving Process

- Celebrate the Good Times!
- Acknowledge your pain or loss
- Accept that grief is normal and it can trigger many different and unexpected emotions
- Understand that your grieving process will be unique to you
- Seek out face-to-face support from people who care about you
- Support yourself emotionally by taking care of yourself physical, mental, emotional, and spiritually for long term health and well being
- Remember dealing with grief is an ongoing process
- Continue to Remember and Honor your Love Ones!

Source: <https://www.samhsa.gov/>

## Emotional Wellness



# Summer Food Safety Tips

## HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

**1 in 6**  
Approximate number of Americans stricken with food poisoning each year



**128,000**  
Estimated annual hospitalizations from foodborne illnesses



**Did You Know?**  
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



### Basic Tips

**CLEAN**



**CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER.** If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!



**SEPARATE**



**SEPARATE PLATES AND UTENSILS.** When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).



**COOK**



**USE A FOOD THERMOMETER.**  
**Burgers: 160°F**

Just because your burger is brown, not pink, doesn't mean it's safe to eat!



**CHILL**



**CHILL RAW AND PREPARED FOODS PROMPTLY** if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.



## What Are You Making? Here are some food safety tips for preparing a few signature summer dishes.

**BARBECUE**


Cook all meat and poultry to recommended internal temperatures.

**Burgers: 160°F.**

**Chicken and Turkey: 165°F.**

**Sausage: 160°F.**

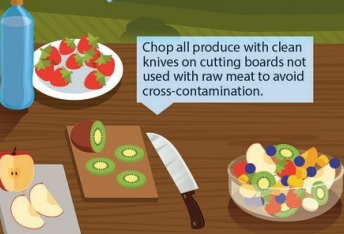
**Steaks: 145°F with a 3-minute rest time.**



**FRUIT SALAD**


Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.





**DEVILED EGGS**

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE: CDC

For more summer food safety tips, go to **FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

## Summer Hydration Tips

Parents, it can be easy to get dehydrated—not to mention sunburned—during the summertime. These are issues to be wary of year-round, but they're particularly tricky in warmer weather.

"Staying hydrated in the heat can be more challenging than in cooler temperatures because we lose a significant amount of fluid through our skin in the form of sweat," Jonah Soolman, RD, a nutritionist and certified trainer at Soolman Nutrition and Wellness in Wellesley, Mass. tells *Health*.

Since we need to replace the fluid lost in that sweat, Soolman explains that "our hydration needs tend to be higher than when the temperature is more mild or cold."

### TIPS!

- ◆ Drink water—and plenty of it
- ◆ Eat food with high water content like ; melons, tropical fruits, cucumbers, and grapes
- ◆ Know the signs of dehydration
- ◆ Check your urine
- ◆ Avoid alcohol, sugary drinks, and/or caffeine
- ◆ Cool down
- ◆ Eat foods with high water content
- ◆ Replenish when you sweat.

Source: <https://www.health.com/food/how-to-stay-hydrated-summer>

## Summer Wellness



## Hydrating Foods

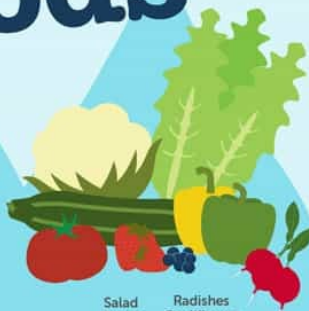
Hydration doesn't have to just come from a glass of water.

Pick foods high in water to help stay hydrated all day long.



Watermelon

93%  
water



Salad greens  
Berries  
Tomatoes

Radishes  
Cauliflower  
Zucchini  
Peppers

90%  
water



Acorn squash  
Butternut squash

85%  
water

Source: Stacey Kierulff



## Physical Wellness



## Importance of Meal Planning

We are what we eat. So meal planning is one of the major task that has a lasting impact on our physical and emotion health and wellbeing. Use this the 3 steps below to assist you with making conscious eating and planning decision to eliminate the stress of mealtime. Let's face it, life's hectic. How to Plan?

### **Step 1: Make a Budget & Menu**

**First, think about how much you are going to spend weekly for each meal and what type of menu you are planning — do you:**

- *Want to make a weekly or a monthly plan? **Using Themes Like Taco Tuesday! This can help you save money.***
- *Prefer to prepare meals ahead of time, just before the meal or a combination of both?*
- *Want to pick a day to cook meals for the week or a month that you can store in the freezer?*
- *Need to consider any special nutrition needs for yourself or your family?*

Next, either on a sheet of paper, in your phone or on or the computer, create your menu:

Take a minute to read about how to put together a healthy meal and make sure you are getting the right amount of each of the 5 food groups.

Flip through cookbooks or online sites and find recipes that look good. Evaluate the level of cooking skills required to make the recipe. Do you have those skills? If not, are you up for the challenge? Also, make sure that you have the special cooking utensils or pans needed for the recipe.

Check in with your family about their schedules and meal preferences. Weigh those factors as you put together your

menu. Do you want to plan pasta dishes with salads, for the summer or Hearty soups and stews which are ideal for a cold winter's night. A salad with lean protein can make a perfect entrée on a hot summer day. If you are packing lunches, make sure any perishables can be stored in a refrigerator or in an insulated bag with an ice pack.

Find out what ingredients you already have on hand. It is best to continually rotate foodstuffs rather than store them for long periods of time. So, try to use up the items that you have on hand. You'll also save money!

Check out the sales at your local supermarkets. Sometimes a discounted price can allow you to treat yourself and your family to a special meal. Remember: produce that is in season tends to be less expensive.

Aim for variety in meals; but, don't feel like every day must be different. It's OK to have oatmeal or low-fat yogurt with berries several times a week for breakfast. The same goes for lunch; pick a few options and rotate them across a week. Jot down breakfast, lunch and dinner options. And, don't forget about healthy snacks.

Think about how to handle leftovers. Decide if you serve them again that week or freeze them for another week? Remember to consider food safety, as refrigerated leftovers should be used up within three to four days or frozen for later use.

Run the menu by others in your household. Does it look good to them? Make any adjustments needed.

During the week, keep notes about how well the menu worked. These notes can remind you of ways to save money, improve your recipes and menu.

## Importance of Meal Planning

### Step 2: Stock Your Pantry and Freezer with the Five Food Groups

To help get started with meal planning, take time to stock up on the basics. This includes healthy foods that you like to eat and prepare. The lists below provide pantry and freezer items to stock up on from the five food groups. Circle the items you want to stock in your pantry and freezer. Plus, add other items based on your personal health needs and food and family preferences.

#### Five Food Groups Pantry List

**Vegetables:** Keep a variety of canned tomatoes in stock (diced, crushed, whole, stewed). Use them in soups, stews, sauces, casseroles and more! Also, pick up a bottle of your favorite spaghetti sauce. Dried mushrooms are another great pantry item because they can add depth of flavor to your meals.

**Fruits:** Raisins, dried cranberries, dried apricots and other dried fruits are loaded with dietary fiber. They add a punch of flavor to your morning breakfast, midday salad and dinner grains.

**Dairy Products:** High in calcium, and protein. Dried milk is a great back-up item to have on stock. You can use it in your coffee or tea. Boxed milk is also available in single-serving packages and is a great item for lunch boxes. Evaporated milk, available in cans in the baking aisle, can be substituted for liquid milk in most recipes. , try Non-dairy options like soy, rice or almond beverages. They are rich in calcium also.

**Protein Foods:** Lean cuts of meat, fish, chicken, legumes- stock up on canned or dried lentils, black, pinto, cannellini, garbanzo and kidney beans. These legumes are a great source of protein. Toss cooked beans in salads, soups, stews and other dishes. Canned tuna, anchovies and sardines are a pantry must — they are a quick way to add protein, healthy fats and flavor to meals.

**Whole Grains:** Keep a stash of oatmeal, buckwheat and other whole-grain cereals in the pantry. For an extra boost, add nuts and fresh berries to these hot cereals. Barley, farro, millet, brown rice, oats, quinoa and other grains provide staples for healthy meals. Also, keep a variety of rice on hand — long grain, short grain, basmati and brown rice. Spaghetti, ziti, penne and other pastas are great for an easy, quick and filling family meal. Give yourself an extra nutrition boost by buying whole-grain pasta or trying pasta made from legumes.

*Also, stock up on:*

**Condiments:** Ketchup, mustard and relish can be stored in the pantry until they are opened. Once you open them, keep them in the fridge.

**Oil and vinegar:** Extra-virgin olive oil is a versatile, heart-healthy option. Other oils, such as peanut, walnut and sesame add a burst of flavor to meals. Pick up different types of vinegar, such as cider, white and balsamic. Each imparts a unique flavor to your recipes.

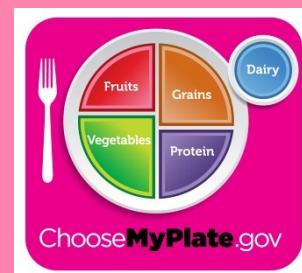
**Stock:** Vegetable, chicken and beef stock are the basics of many recipes. Opt for those are low-sodium or contain no added salt.

**Herbs and spices:** Pick up small containers of ground herbs and spices. That way they are as fresh as possible when you use them.

**Rich in Omega 3** -Flax and other seeds: Flax and chia seeds deliver of protein, fiber and omega-3 fatty acids. Add them to cereal, salads, sauces and home-baked goods. If you buy whole flaxseed, make sure you grind it up before eating so your body can absorb the nutrients

#### Five Food Groups Freezer List

To help make sure you don't store food beyond freshness, put dates on the packages before storing in the freezer. And, use the oldest first.



**Follow these three steps and you'll be planning nutritious meals that fit your preferences and lifestyle.**

## Importance of Meal Planning



**Vegetables:** Pick up some of your favorite frozen veggies. These are a great source of vitamins, minerals and other nutrients because the flash-freezing process locks in the nutrition. Look for packages without sodium. And, while you are in the produce aisle, grab some fresh herbs. When you get home, fill ice cube trays with chopped herbs, top off the herbs with boiling water, and carefully place in the freezer. Add these herbs cubes for a punch of freshness to your meals.

**Fruits:** Stash frozen berries and other fruits in the freezer. They are a great way to add nutrition to a morning smoothie.

**Milk and Dairy Products:** Freeze Parmesan and other pre-shredded cheeses — toss them into soups, stews and pasta dishes. Low fat, frozen yogurt can be a quick dessert for a special occasion.

**Protein Foods:** Stock up on salmon and other fatty fishes to ensure you have ready access to healthy fats. Frozen lean meats and poultry also store well in the freezer. One tip: make sure you move it to the refrigerator one day before cooking to give adequate time for defrosting. Keep a variety of nuts in the freezer. This helps prevent them from spoiling. Add them to cold cereal, salads, hot grains and other dishes.

**Grains:** Whole-grain corn tortillas freeze well and can be used for quick breakfasts, lunches or dinners. Can't eat that loaf of bread fast enough while it is fresh? Make it

a habit to freeze part of the loaf and defrost slices as you need them.

### Step 3: Keep a Running Grocery List

In a convenient place keep a pad and pen and, as you use up grocery items, write them down on the list. This way you do not have to worry about forgetting anything when you hit the supermarket. Or, use an app for that.

There are many grocery shopping apps available for both iOS and Android platforms. Some apps even include information on where to get the best deals on food prices. For example, after you enter your list, the app might suggest which local supermarket has the best prices for those items. Others allow you to sort your list into categories for ease of shopping. And, meal planning options also are special features of some apps. **Don't forget to follow your Budget**

**On your list** — .Think about how often you are able and want to shop. Plus, think about your plan for meals and check to see what ingredients you already have and what items you need. Remember to check the cabinets, pantry, fridge and freezer. Ideally, you want to continually use what you have on hand so that your meals are made with fresh ingredients and this will also help reduce food waste.

*Source: <https://www.eatright.org/food/planning-and-prep/smart-shopping/3-strategies-for-successful-meal-planning>*



## Financial Wellness

**What is financial wellness?** Financial wellness is simply defined as your relationship you have with money and how you use it. It also includes the long-term plans you have in place to deal with financial emergencies and other variables that could impact your finances.

Financial Wellness involves the process of learning how to successfully manage financial expenses. Better financial planning leads to many benefits, including improved physical health. Those that are not financially healthy might delay doctor and maintenance care visits due to the cost—but this can lead to bigger expenses down the line. So, take the time to get a health check up and financial tune-up. Know your Numbers.

Finances are a major area of concern for many especially during times of uncertainty. There are ongoing job losses, and so many people are worried about job security and the long term impact.

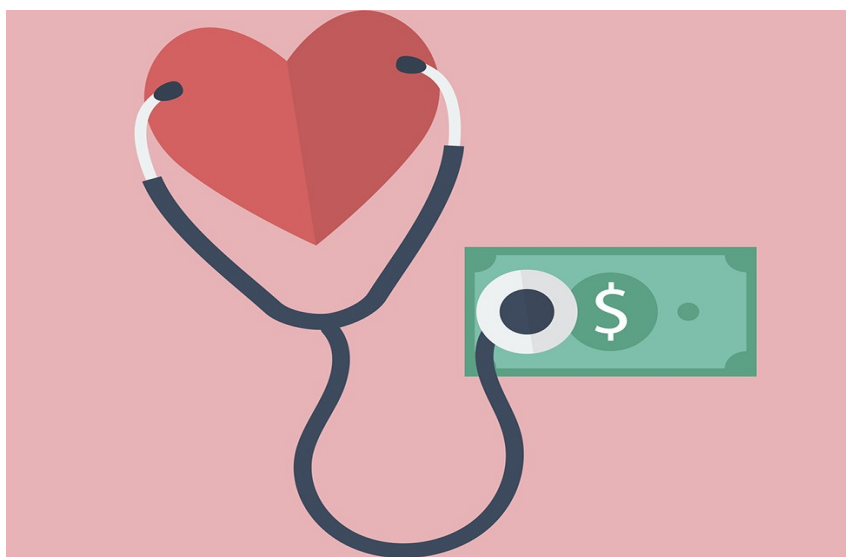
Take the time to map out a 3– 6 month plan to recovery from this financial challenge. You may want to explore new skills, or start a online or home based business to secure extra resources during this time.

Just know it is possible to still improve or maintain your finances in difficult times. So continue to make sound decisions.

Set Financial Wellness Goals -Have a Plan, Manage your Debt and Spending. Keep a Cash Reserve, Save for Retirement , Buy the right Insurance, Maintain Excellent Credit, and Manage your Emotions. Avoid impulse shopping during down times. Ask for help when you need it , and finds ways to bring more resources into the house.

**Lastly , Make Sure you Take the Time to Invest in You and Your Long-term Wellness!**

Source: <https://www.clevergirlfinance.com/blog/>



## June Recipes



### Grilled Salmon Steaks

Salmon is one of the best sources on omega-3 fatty acids, EPA, and DHA.

The American Heart Association recommends eating 2 servings of fish (particularly fatty fish) per week

#### Directions:

Set grill or pan to medium high.

#### Ingredients:

3-4 ounces of salmon or tuna steak

Brush both sides with 2tbsp of olive oil.

Season with salt and pepper

Drizzle with lime

Place Salmon or tuna on the grill or pan for 5 minutes per each side

Cooked until it is through.

*Serves 2-4*

*Nutrition Facts per serving: 375 calories, 25g fat, 287 mg sodium, 4g carbohydrate, 5g fiber, 33g protein. High in Omega 3*

*Source: savoryonline.com*



### Cucumber Salad

#### Ingredients:

2 washed thinly sliced cucumbers

1/2 small red onion thinly sliced

1/2 tsp. of salt

1/2 cup of plain Greek yogurt

2 tsp. white vinegar

1/4 cup of fresh dill finely chopped

1/4 cup of fresh mint finely chopped

Directions: Drain and mix cucumbers and onions together in a large

bowl. Wisk Greek yogurt, add vinegar, dill, and mint, and 3 tbsp. of olive oil. Season to taste with salt, and pepper.

Chill and serve with F Grilled Salmon. *Serves 4.*

*Nutrition Facts per serving: 65 calories, 4g fat, 55mg sodium, 12g carbohydrate, 0g fiber, 2 g sugar*

*Source: savoryonline.com*



## June Recipes

### Ambrosia Salad

**Ingredients:**

1 cup canned crushed pineapple, drained  
 1 cup mandarin oranges in syrup, drained  
 1 cup shredded coconut  
 1 cup mini marshmallows  
 1 cup sour cream

**Directions:** In a large bowl, combine the pineapple, oranges, coconut, marshmallows, and sour cream. Cover with plastic and refrigerate until chilled. *Serves 8.*

*Nutrition Facts per serving: 193 calories, 13g fat, 150mg sodium, 14g carbohydrate, 3g fiber, 1g sugar, 4.5g protein*  
*Source: savoryonline.com*



### Roasted Red Pepper and White Bean Dip

**Ingredients:**

15 oz.) can cannellini beans, rinsed and well drained  
 1/2 (12 oz.) jarred roasted red peppers, rinsed and well drained  
 1 clove garlic  
 2 green onions, cut up  
 1/4 cup parsley  
 1/4 tsp sugar  
 1/2 cup olive oil

**Directions:**

Vegetables for dipping such as: blanched green beans, blanched asparagus, celery sticks, cucumbers, carrots In a food processor, pulse the

beans, red peppers, garlic, green onions, parsley, and sugar until very finely chopped, stopping and stirring occasionally. Pulse in the oil until incorporated. Season with salt and pepper to taste. Transfer to a serving bowl and cover with plastic. Refrigerate at least 2 hours. Serve with vegetables. *Serves 8.*

*Nutrition Facts per serving: 193 calories, 14g fat, 150mg sodium, 14g carbohydrate, 3g fiber, 1g sugar, 4.5g protein.*

*Source: savoryonline.com*



## More June Recipes



### Pasta with Kale & Tomatoes

**Ingredients:**

- 1 lb. spaghetti
- 1 tbsp. olive oil
- 3 links meatless Italian sausage
- 1 cup diced onion
- 2 cups frozen chopped kale, thawed
- 1 pint grape tomatoes, halved
- 3/4 cup half & half
- 3/4 cup grated Parmesan cheese

**Directions:**

Cook the spaghetti according to package directions. Reserve ½ cup cooking liquid before draining.

Meanwhile, in a 12-inch skillet, heat the oil on medium. Add the sausage and onion. Cook 5 min., until sausage is browned, breaking up sausage with back of spoon.

Stir in the kale, tomatoes, and half & half.

Season with salt and pepper to taste. Cook 5 min., until onion is tender, stirring often.

Toss cooked spaghetti with sausage mixture, adding pasta water if needed. Serve topped with Parmesan cheese.

*Serves 6.*

*Nutritional Facts per serving: 543 calories, 25g fat, 553mg sodium, 67g carbohydrate, 5g fiber, 5g sugar, 25g protein*

*Source: savoryonline.com*



### Citrus Iced Green Tea

**Ingredients;**

- 1/3 cup sugar
- 3/4 cup orange juice
- 1/4 cup lemon juice
- 2 tbsp. lime juice
- 1 (64 oz.) bottle Nature's Promise Organic Unsweetened Green Tea
- Ice, for serving
- Mint, for garnish

**Directions:**

In a large measuring cup, stir together the sugar, orange juice, lemon juice, and lime juice until sugar dissolves. To a large pitcher, add the green tea. Stir in the sugar mixture. Serve over ice with mint to garnish.

*Serves 8.*

*Nutrition Facts per serving: 48 calories, 0g fat, 5mg sodium, 12g carbohydrate, 0g fiber, 10g sugar*

*Source: savoryonline.com*

## More June Recipes

### Berry Parfait

Ingredients:

¾ cup sliced strawberries

¾ cup sliced blueberries

1 ( 6 ounce ) container of vanilla yogurt

1 tablespoon of wheat germ

1/2 sliced banana

1/2 cup of granola

Directions: Layer 1/4 cup strawberries, 1/4 cup blueberries, 1/3 container yogurt, 1/3 tablespoon wheat germ, 1/3 of

the sliced banana, and about 2 tablespoons of granola in a large bowl.

Continue to build the parfait, repeating the layers until all of the ingredients are used completely.

*Serves 1.*

*Nutrition Facts per serving: 320.5 calories; 18.3 g protein; 86.9 g carbohydrates; 8.5 mg cholesterol; 126.1 mg sodium.*

*Source: Allriceipes.com*



### Green Vinaigrette Salad

Ingredients:

1/4 cup white wine vinegar

3 tbsp. Dijon mustard

1 tbsp. honey

1/4 cup olive oil

1 medium shallot, very finely chopped

1 seedless English cucumber, chopped

1 red bell pepper, seeded and thinly sliced

1 yellow bell pepper, seeded and thinly sliced

1 (12 oz.) bag American-blend salad

greens. Directions:

In a medium bowl, whisk together the vinegar, mustard, honey, and oil. Stir in the shallot. Season with salt and pepper to taste. Let stand at least 30 min. In a large serving bowl, toss the cucumber, bell peppers, and greens. Serve with vinaigrette on the side.

*Serves 4. Nutrition Facts per serving: 77 calories, 6g fat, 0mg cholesterol, 112mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 1g protein*

*Source: savoryonline.com*





## July Wellness Themes

### Juvenile Arthritis Awareness Month

July is Juvenile Arthritis (JA) Awareness month. An estimated 300,000 children in the U.S. — that’s 1 in 250 kids — are affected by some form of JA. That’s right, kids get arthritis. It is a common misconception that only “old” people are afflicted with arthritis.

This disease takes a unique physical and emotional toll on kids, often resulting in debilitating pain and feelings of loneliness or depression.

JA can make it especially challenging for kids to say Yes — Yes to playing, Yes to

hanging out with friends, Yes to spending time with family, Yes to being a kid!



Awareness is the key to making Juvenile Arthritis Awareness Month a success.

Share your cure arthritis pictures on social media using #CureArthritis and

#KidsGetArthritis to show your support and raise awareness that it is time find a cure for juvenile arthritis!

Source: [curearthritis.org](http://curearthritis.org)



### Park and Recreation Month

July is right around the corner, and that means it’s almost Park and Recreation Month!

Since 1985, America has celebrated July as the nation’s official Park and Recreation Month. The American Fitness Index recognizes the importance of community parks and recreational areas and the role they play as a contributing environmental indicator for better health and physical activity.

Every day, in communities across the country, the people of parks and recreation are providing essential services and making

their communities better places to live, work and play. Because of their critical work, NRPA wants to shift the narrative of

parks and recreation — and we can’t think of a better time to start this movement than Park and Recreation Month.



This July, we will begin to redefine the field of parks and recreation as an essential, vital

necessity by sharing how park and recreation professionals are frontline staff, confronting our most pressing health, environmental and social challenges.

Source: [nrpa.org](http://nrpa.org)

## How to Build a Taco Bar

During the summer months making a Taco is a fun , easy, and inexpensive way to have family fun, and host inexpensive family gathering. This method allow the children to try different foods and toppings. When you are thinking about your taco bar menu ,first start with the amount of people you'll be serving, and then scale up .Make it a buffet! Set out your bowls and plates, fill them with your sides, and let everyone serve themselves! Wear gloves when putting food out, and make sure you have a utensil for each food item so people will not be inclined to double dip or use their hands.

### Taco Bar Essentials:

- Start with Tortillas and Shells. (soft or crispy)
- Add Different Meats, Chicken, Fish, and Beans
- Guacamole
- Salsa
- Roasted corn and vegetables
- Thinly sliced lettuce. Diced tomato, Add onions, Top with Cilantro or basil
- Sour Cream. Cheese, cheese and more cheese.
- Heat: Jalapenos, and peppers

Source: [Kitchenstories.com](http://Kitchenstories.com)

## Kid Friendly Grazing/ Board

### How to Build a Health Snack Table for the Summer Days !

A grazing platter is a lot like a cheese board or charcuterie board. It's a large tray or board that is loaded with small bites. This helps ensure healthy snaking and aids in portion control over the summer.

Grab the largest platter or board that you have to load the food onto . You can lay a piece of parchment paper across these boards to create the appearance of one large surface. Make sure that the platter or board is clean. If you want to be on the safe side, you can always line the surface with parchment paper. Make sure to

clean and disinfect area with 60% alcohol cleaner.

### What to put on the Platter or Board:

A good mixtures of their favorite snacks like: Crackers, Fresh fruits and vegetables, crunchy snacks, nuts, cheeses, meats, spring rolls, pizza bites, cucumber sticks, tomatoes, grapes, hummus, olives, dried fruits and veggie wraps.

Source: [savoryonline.com](http://savoryonline.com)

## Social Wellness



### Food Safety Tip:

Cooked food  
can only be  
left out for  
**1-2 hours.**



## July Recipes

### BBQ Glazed Wings

#### Ingredients:

- 4 lbs. full chicken wings
- 2 T. canola oil
- 1 ½ c. bottled organic barbecue sauce
- 1 T. molasses
- 1 T. spicy brown mustard
- 2 t. onion powder
- ¼ t. black pepper

#### Directions:

Set grill to medium. Toss or rub the chicken with the oil. Season with salt and pepper. Grill 20-22 minutes, until golden brown on most sides, turning occasionally. Meanwhile, in a large bowl, whisk the barbecue sauce, molasses, mustard, onion powder, and black pepper to combine. Transfer ½ cup to a small bowl and set

aside.

Reduce heat to medium low. Add chicken to large bowl with sauce and toss to coat. Place chicken back on grill and cook 5-6 minutes, until chicken is cooked through and sauce is lightly charred in spots. Remove chicken from grill. Let rest 5 minutes and serve with reserved sauce.

*Serves 8. Nutrition Facts per serving: 443 calories, 26g fat, 108mg cholesterol, 663mg sodium, 24g carbohydrate, 1g fiber, 10g sugar, 26g protein*

*Source: [savoryonline.com](http://savoryonline.com)*



### Dilled Potato Salad

#### Ingredients:

- 1 lbs. red potatoes, scrubbed and cut into 1-inch chunks
- 4 whole dill pickles, finely chopped
- 1 packet dry ranch seasoning
- 1/2 cup light sour cream
- 1 cup light mayonnaise
- 1/4 cup white wine vinegar
- 1/4 cup fresh dill, finely chopped
- 1/4 cup fresh parsley leaves, finely chopped

#### Directions:

Place the potatoes in a large pot and add enough water to cover by 1 inch. Season generously with salt. Partially cover and heat to a boil on high. Reduce heat and

simmer 5–10 min., until tender. Drain well and cool slightly.

Meanwhile, in a large bowl, stir together the pickles, ranch seasoning, sour cream, mayonnaise, and vinegar. Add cooked potatoes to bowl and fold to combine. Cover and refrigerate until cold.

Gently fold in the dill and parsley. Season with pepper to taste.

*Serves 12. Nutrition facts per serving: 156 calories, 7g fat, 283mg sodium, 21g carbohydrate, 2g fiber, 2g sugar, 3g protein*

*Source: [savoryonline.com](http://savoryonline.com)*



## July Recipes

### Green Salad with Sweet Mustard Vinaigrette

**Ingredients:**

1/4 cup white wine vinegar  
 3 tbsp. Dijon mustard  
 1 tbsp. honey  
 1/4 cup olive oil  
 1 medium shallot, very finely chopped  
 1 seedless English cucumber, chopped  
 1 red bell pepper, seeded and thinly sliced  
 1 yellow bell pepper, seeded and sliced  
 1 (12 oz.) bag American-blend salad greens

**Directions:**

In a medium bowl, whisk together the vinegar, mustard, honey, and oil. Stir in the shallot. Season with salt and pepper to taste. Let stand at least 30 min. In a large serving bowl, toss the cucumber, bell peppers, and greens. Serve with vinaigrette on the side. *Serves 4. Nutrition facts on per serving: 77 calories, 6g fat, 0mg cholesterol, 112mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 1g protein*

Source: [savoryonline.com](http://savoryonline.com)



### Crab Louie Salad with Asparagus

**Ingredients:**

1 bunch asparagus, trimmed and cut into 2-inch lengths  
 1/2 cup mayonnaise  
 3 tbsp. ketchup  
 2 tbsp. sweet pickle relish  
 1 tbsp. lemon juice  
 1 tbsp. Worcestershire sauce  
 1 (5 oz.) pkg. salad greens  
 1 cup matchstick carrots  
 3 hard-boiled eggs, cut into quarters  
 6 oz. cooked jumbo crab, picked over

*Note: Cooked shrimp can be substituted for the crab meat.*

**Directions:**

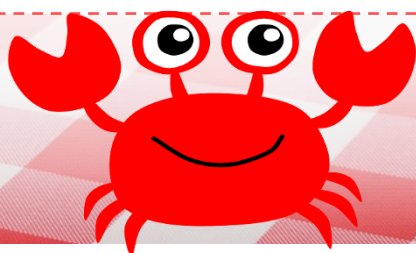
Place the asparagus in a microwave-safe baking dish with 1/4 cup water. Cover with vented plastic and microwave 3 min., until

tender. Drain and let cool slightly.

Meanwhile, in a medium bowl, stir together the mayonnaise, ketchup, relish, lemon juice, Worcestershire sauce, and 1 tbsp. water until smooth. Season with salt and pepper to taste.

On a large platter, arrange the greens. Top with the carrots, eggs, crab, and asparagus. Season eggs with salt and pepper. Spoon or drizzle dressing on top.

*Serves 4. Nutrition facts per serving: 364 calories, 26g fat, 200mg cholesterol, 340mg sodium, 16g carbohydrate, 3g fiber, 10g sugar, 17g protein*



## More July Recipes

### Turkey Lettuce Wraps



#### Ingredients:

- 1 tbsp. olive oil
- 1 lb. ground turkey
- 1/4 cup chopped onions
- 1 cup diced carrots
- 1 tbsp. hoisin sauce
- 2 tsp lime juice
- 2 tbsp. reduced sodium soy sauce
- 1 head iceberg lettuce
- 1/4 cup peanuts

Directions: Heat olive oil in a skillet over medium heat. Add the ground turkey, on-

ion, and carrots. Cook for 10 min. until turkey is brown and carrots are tender, breaking up meat with a spoon or spatula.

Add the hoisin, lime juice, and soy sauce. Mix to combine.

Meanwhile, separate the lettuce leaves. Fill each lettuce leaf with turkey filling and top with peanuts.

*Serves 4. Nutritional Information per serving: 389 calories, 25g fat, 77mg cholesterol, 369mg sodium, 13g carbohydrate, 3g fiber, 7g sugar, 28g protein*

Source: [savoryonline.com](http://savoryonline.com)

### Grilled Chicken Tikka Skewers



#### Ingredients:

- 1 (2 inch) chunk fresh ginger
- 2 cloves garlic
- 1 cup plain yogurt
- 1 tbsp. garam masala
- 2 tsp ground cumin
- 2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp salt
- 2 lemons
- 2 lbs. boneless, skinless chicken breasts
- Metal or soaked bamboo skewers
- 1/2 small red onion, thinly sliced

#### Directions:

Peel and finely grate the fresh ginger and garlic into a shallow dish. Add the yogurt, garam masala, cumin, turmeric, coriander, and salt. From 1 lemon, squeeze 2 tbsp. juice into mixture. Stir to combine. Cut the chicken into 3/4-inch chunks. Add

chicken to yogurt mixture, turning to coat. Cover with plastic, and refrigerate 2–4 hours, stirring once halfway through. Set grill to medium. Thread chicken onto skewers and wipe off excess marinade. Grill 12–15 min., until cooked through, turning occasionally. To serve, transfer to a serving platter. Scatter the onion on top. Cut up remaining lemon and squeeze juice over chicken. Serve with naan or basmati rice.

*Serves 6*

*Nutritional Information per serving: 240 calories, 6g fat, 111mg cholesterol, 334mg sodium, 10g carbohydrate, 1.5g fiber, 3g sugar, 35g protein*

Source: [savoryonline.com](http://savoryonline.com)



## More July Recipes

### Strawberry Limeade

#### Ingredients:

- 1/3 cup sugar or honey
- 1/3 cup water
- Juice of 1 lime
- 1/2 lb. sliced strawberries
- 20-30 mint leaves
- 2 cups cold water

#### Directions:

In a large mason jar or pitcher , combine lime juice , syrup, strawberries, mint, and water and enjoy !

Nutrition: Facts: 151 Calories, 39 Carb, 6mg Sodium, 122 gram of Potassium, High in Vitamin A, and C.

Source: [www.fifteenspatulas.com/4-refreshing-summer-drinks/](http://www.fifteenspatulas.com/4-refreshing-summer-drinks/)



### Chicken Roll-Ups

#### Ingredients:

- 1 large red bell pepper
- 1/2 cup prepared guacamole
- 4 (8-inch) flour tortillas
- 4 slices Monterey Jack cheese
- 2 cups shredded rotisserie chicken

#### Directions:

Remove the seeds and thinly slice the bell pepper.

Spread 2 tbsp. guacamole onto each

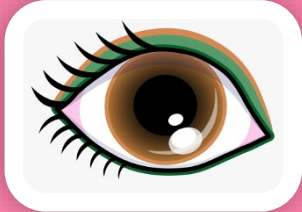
tortilla. Top with the cheese, then chicken and bell pepper. Roll up each tortilla like a pinwheel and serve.

*Serves 4.*

*Nutritional Facts per serving: 437 calories, 25g fat, 583mg sodium, 28g carbohydrate, 3g fiber, 4g sugar, 24g protein*

Source: [savoryonline.com](http://savoryonline.com)





## August Wellness Themes

### National Eye Exam Month

This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the

ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple check-up and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.

### EYE-CATCHING FACTS

1. It's estimated that around 12.2 million Americans need vision correction.
2. Somewhere around half of all children under the age of 12 have never had their eyes checked.
3. Good vision improves work performance. It's tough to focus at work if you're having vision problems, which may contribute to reading and concentration issues.
4. Eye exams can reveal much more than simply the health of your eyes—such as issues with diabetes, glaucoma, high cholesterol, and high blood pressure.
5. Many diseases that affect the eye often do not have warning symptoms, but can have severe effects on vision and eye health later on. Eye conditions can often be easily managed when caught early.

Source: [www.nei.nih.gov](http://www.nei.nih.gov)

### National Breastfeeding Month

August is a time of year that the medical community takes to examine and point out the positive effect breastfeeding can have on both mothers and children. Research has shown that being breastfed can lead to a healthier life for babies. The many health benefits include:

- Protection against many common infections
- Nutritionally balanced meals
- Better survival for the first year of life

While the benefits toward babies are nu-

merous, the health benefits of breast feeding extend to mothers as well. Breastfeeding has been found to help a mother's healing after the trauma of childbirth, and has also shown to lower the risk of diseases including:

- Certain Types of Breast Cancer
- Ovarian Cancer
- Type 2 Diabetes

While formula is an acknowledged alternative, keep in mind the benefits shared by mothers and children by breastfeeding!

Source: [nchph.org](http://nchph.org)



## Working and Learning From Home Tips

Because of recent events like COVID 19-20. Many families have faced the challenge of working from home and home schooling their children. Now, there is a concern for how do we care for our children while working and schooling at home, and not panic during this unprecedented outbreak? How do to support families if by chance there is a need to continue with working from home and online schooling.

The American Academy of Pediatrics suggest these tips to help families cope with this “new normal” until the virus is under control. The main thing is to talk to your children about the guidelines for staying a home for possibly another school year. Keep the routine. Give regular breaks, and opportunities to exercise.

- Slow the Spread—It may be tempting to get kids together for play dates or sleepovers, but this should be avoided. Social distancing only works if we all participate. And slowing down or preventing the spread of the virus will save lives.
- Protect grandparents and Older Adults—This is also not the time to visit grandparents or ask them to help out with child care duties. People who are over age 60 are at higher risk of severe illness with COVID-19 and should not increase that risk by being around children who may be ill with mild symptoms.

Keep a daily Routine—Here are some ideas to help you create a daily schedule:

- Wake up, get dressed and have breakfast at the normal time.
- Decide where everyone can do their work most effectively and without distractions.
- For younger children, 20 minutes of class assignments followed by 10 minutes of physical activity might work well.
- Older children and teens may be able to focus on assignments for longer stretches, taking breaks between subjects.
- Include your hours as well, so your children know when the work day is done.
- Schedule time for nutritious lunches and snacks. Many schools are providing take-home school meal packages for students who need them.
- Have dinner together as a family and discuss the day.
- Have Prayer, or Relaxation Time together
- Enjoy more family time in the evenings, playing, reading, watching a movie or exercising together.
- Stick to normal bedtime routines as much as possible to reduce irritation and anxiety.

Source: <https://www.healthychildren.org/>



## August Back to School Recipes for Children

### Garden Fish Tacos



1 medium ear sweet corn, husk removed (4 ounces of white fish )  
 1/8 teaspoon salt  
 1 yellow summer squash, halved length-wise  
 1 medium heirloom tomato, chopped  
 1/3 cup chopped red onion  
 3 tablespoons chopped fresh cilantro  
 1 teaspoon grated lime zest  
 3 tablespoons lime juice  
 8 taco shells, warmed  
 1/2 avocado, peeled and sliced

Lightly oil the grill rack. Grill corn and pepper, covered, over medium heat 10-12 minutes or until tender, turning occasionally. Cool slightly.  
 Meanwhile, sprinkle fish with salt. Grill fish and squash, covered, over medium heat 7-

9 minutes or until fish just begins to flake easily with a fork and squash is tender, turning once.  
 Cut corn from cob and place in a bowl. Chop pepper and squash; add to corn. Stir in tomato, onion, cilantro, lime zest and lime juice. Serve fish in taco shells; top with corn mixture and avocado slices.

*Serves 4*

*Nutrition Facts per serving*  
 2 tacos: 278 calories, 10g fat (2g saturated fat), 55mg cholesterol, 214mg sodium, 26g carbohydrate (5g sugars, 5g fiber), 25g protein.

*Source: allrecipes.com*



### Traditional Tacos



3 tbsp. ground cumin  
 1 1/2 tbsp. ancho chili powder  
 1 1/2 tbsp. granulated garlic  
 1 tbsp. onion powder  
 1 tbsp. dried oregano  
 2 tsp sweet paprika  
 1 1/2 tsp salt  
 1 tsp sugar  
 3 tbsp. vegetable or canola oil  
 2 lbs. 85% lean ground beef  
 Fajita-size flour tortillas, shredded cheese, salsa, guacamole, corn chips, for serving

In a medium bowl, stir together the cumin, chili powder, granulated garlic, onion powder, oregano, and paprika,

In a large pot, heat the oil on medium-high. Add the beef and cook 5 min., stir-

ring and breaking up with back of spoon. Sprinkle seasoning mix over beef. Cook another 5 min., until browned and cooked through, stirring occasionally. Serve with tortillas, cheese, salsa, and guacamole for tacos or serve spooned over corn chips for walking tacos.

*Serves 10.*

*Nutritional Facts per serving: 350 calories, 25g fat, 93mg cholesterol, 200mg sodium, 8g carbohydrate, 1g fiber, 1g sugar, 16g protein*

*Source: savoryonline.com*

## More Back to School Recipes for Children

### Black Bean Burgers

1 (16 ounce) can black beans, drained and rinsed  
 ½ green bell pepper, cut into 2 inch pieces  
 ½ onion, cut into wedges  
 3 cloves garlic, peeled  
 1 egg  
 1 tablespoon chili powder  
 1 tablespoon cumin  
 1 teaspoon Thai chili sauce or hot sauce  
 ½ cup bread crumbs

If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees, and lightly oil a baking sheet.

In a medium bowl, mash black beans with a fork until thick and pasty. In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.

In a small bowl, stir together egg, chili powder, cumin, and chili sauce. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.

If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

*Servings: 4*

*Nutrition Facts per serving:*

*Per Serving:*

*198 calories; 3 g total fat; 47 mg cholesterol; 607 mg sodium. 33.1 g carbohydrates; 11.2 g protein*

*Source: allrecipes.com*



### Open Face Tuna Melt

2 cans ( 6 oz. each) solid white tuna drained  
 1/4 cup light mayonnaise  
 4 whole-wheat English muffins or bread  
 1 large tomato, sliced into 8 slices  
 8 slices American cheese (or provolone or Swiss)

Preheat broiler. Mix drained tuna and mayonnaise in a bowl.

Split English muffins and place halves on a broiler pan. Place under broiler (approx. 3" from heat) for about 2 minutes to toast.

Top each English muffin half with about 1/4 cup of tuna mixture. Top with tomato and place cheese slice on top of tomato.

Return to broiler and broil 30 seconds to 1 minute to melt cheese.

*Serves 4.*

*Nutritional Information per serving: 425 calories, 18g fat, 79mg cholesterol, 1214mg sodium, 33g carbohydrate, 5g fiber, 9g sugar, 33g protein*



## National Suicide Prevention Lifeline

1-800-273-8255



## September Wellness Themes

### National Suicide Prevention Week

September 6-12, National Suicide Prevention Week, is an annual week-long campaign in the United States to raise awareness around these issues through a series of events, corresponding with World Suicide Prevention Day, held

on Sept. 10. Sadly, suicide is the tenth leading cause of death in the United States, and according to the Centers for Disease Control and Prevention (CDC), is on the rise in nearly every state in the country. ***Please Seek Help!***

### Prostate Cancer Awareness Month

National Prostate Health Month (NPHM), also known as National Prostate Cancer Awareness Month, is observed every September in North America. Here's a look at the top five foods to eat for a healthy prostate:

**Fish:** Cold-water fish like salmon, sardines, , tuna, and trout) provide "good fats" that help prevent inflammation in the body. Over the past few years, scientists have begun to see inflammation within the prostate as a dangerous condition that can make it easier for cancer to take hold. Omega 3 fatty acids (you may have heard about them as EPA and DHA), are essential fats that our bodies can't make, so we need to get them from food sources. If you aren't wild about fish, you can find

**Berries**—Berries are great source, particularly strawberries, blackberries, blueberries, and raspberries (the brighter the better). These fruits offer up powerful antioxidants known as anthocyanin's.

**Cooked tomatoes**—Lycopene is another powerful antioxidant and is found in the cell walls of tomatoes. The cooking process loosens the bond, making it easier for our bodies to access the antioxidant and send it to the prostate. Tomato sauce, paste, juice, and sundried tomatoes help our bodies make the most of this nutritional superstar. Even better: tomatoes

cooked in olive oil.

**Broccoli**—Broccoli contains the phytochemical (phytol means "plant") sulforaphane, which is suspected to target and kill cancer cells while leaving healthy prostate cells to fight another day. Studies suggest that eating cruciferous vegetables can lower your risk of getting prostate cancer. Don't like broccoli? There are other vegetables in the same family that have similar beneficial effects, including cabbage, boy choy, kale, cauliflower and Brussels sprouts.

Another great source of antioxidants, this versatile leaf contains multiple antioxidant compounds called catechins (most important are two called EGCG, for epigallocatechin-3-gallate, and epicatechin), which are believed to be anti-carcinogenic and anti-mutagenic (preventing healthy cells from mutating). A review of multiple studies found that men who drank five cups of green tea per day had a decreased risk of prostate cancer.

#### Green Tea

By increasing your intake of healthy fats, antioxidants, and anti-inflammatory foods, you can help keep your prostate healthy. In the words of Socrates: "Let food be thy medicine."

Source: <https://www.pcf.org/c/five-foods-to-protect-your-prostate/>

## Foods to Improve The Mood !

### Food to Improve Mood to Reduce Depression

Dealing with Depression - A Healthy Diet May improve your mood . Did you know that improving your food choices can alter your mood and make you feel better. This is important because our bodies normally make molecules called free radicals, that can lead to cell damage, aging, and other problems. Eating foods like fresh fruits and vegetables are rich in Antioxidants which prevents Cell Damage. Studies show that your brain is particularly at risk. Although there's no way to stop free radicals completely, you can lessen their destructive effect by eating foods rich in antioxidants, including:

- Beta-carotene Rich : apricots, broccoli, cantaloupe, carrots, collards, peaches, pumpkin, spinach, sweet potatoes.
- Vitamin C: blueberries, broccoli, grapefruit, kiwi, oranges, peppers, potatoes, strawberries, tomatoes.
- Vitamin E: margarine, nuts and seeds, vegetable oils, wheat germ
- Choose your Carbs Wisely- Eating complex or smart carb can have a calming effect on emotional health—Carbohydrates are linked to the mood-boosting brain chemical, serotonin. Experts aren't sure, but carb cravings sometimes may be related to low serotonin activity.
- Limit sugary foods and opt for smart or “complex” carbs (such as whole grains) rather than simple carbs (such as cakes and cookies). Fruits, vegetables, and legumes also have healthy carbs and fiber.
- Eating Clean **Protein-Rich Foods Can Boost Alertness**, Foods like turkey, tuna, and chicken have an amino acid called tryptophan, which may help you make serotonin. Try to eat something with protein several times a day, especially when you need to clear your mind and boost your energy. Good sources of healthy proteins include beans and peas, lean beef, low-fat cheese, fish, milk, poultry, soy products, and yogurt.
- Choice a Better Eating Plan or Diet— **Try the Mediterranean Diet to boost B Vitamins**

A Spanish study found that rates of depression tended to rise in men -- especially smokers -- as they got less folate. The same thing happened for women -- especially those who smoked or didn't exercise -- but when they got less vitamin B12.

This wasn't the first study to find a link between these vitamins and depression. Researchers aren't sure which way the influence goes: do poor nutrient levels lead to depression, or does depression lead people to eat poorly? In either case, you can get both of these B vitamins from foods in a [Mediterranean diet](#). Legumes, nuts, many fruits, and dark green vegetables have folate. Vitamin B12 can be found in all lean and low-fat animal products, such as fish and low-fat dairy products.

Source: <https://www.webmd.com/depression/guide/diet-recovery#1>

## Emotional Wellness



**Yum!**



## September Recipes

### Oven Roasted Vegetable Fries

**Ingredients:**

- 2 Large Yukon Gold or Red Potato
- 2 Large Sweet Potatoes , cut length wise into wedges
- 3 Large washed carrots halved , and quartered length
- 2 Large parsnips halved and quartered
- 2 Tablespoons of olive oil
- 1-2 tablespoons of fresh or dried rosemary
- Salt and pepper to taste

**Directions:**

Preheat oven to 400 degrees  
 Scrub and dry all vegetables before cutting  
 Put the root vegetables in a mixing bowl, and toss with olive oil or vegetable oil

Coat a cooking sheet or use parchment paper, and put root vegetables on the pan and put in the oven. Let cook for 30 minutes. Turn the Vegetables every 10 minutes to prevent sticking and burning.

*Serves 6.*

*Nutrition Facts per serving: 112 calories; 5.5 g total fat; 0.8 g saturated fat; 203 mg sodium. 362 mg potassium; 15.2 g carbohydrates; 3.4 g fiber; 6 g sugar; 1.5 g protein; 5767 IU vitamin a iu; 12 mg vitamin c; 53 mcg folate; 34 mg calcium; 1 mg iron; 24 mg magnesium;*

*Source: Allrecipes.com*



### Apple Cranberry Salad Toss

**Ingredients:**

- 1 head of lettuce washed cut and chopped
- 2 medium apples washed cut and chopped
- 1 Half of cup of walnuts chopped
- 3/4 cup of dried cranberries
- 1/2 cup of green onion, washed, washed and sliced
- 1/2 cup of low- fat vinaigrette salad dressing.

**Directions:**

Combine, lettuce, apples and walnuts, cranberries, and onions.

Add dressings, toss and coat , mix well  
 Chill in refrigerator.

*Serves 8.*

*Nutrition Facts per serving: 140 calories, 2g fat, 183mg sodium, 16g carbohydrate, 3g fiber, 1g sugar, 1g protein*

*Source: savoryonline.com*



## September Recipes

### Farmer's Market Succotash

**Ingredients:**

1 tsp canola or olive oil  
 1/2 cup chopped onion  
 1 clove garlic, crushed  
 1/2 red bell pepper, finely chopped  
 10 oz. frozen succotash (or 1 cup each corn and lima beans)  
 1 tsp chopped fresh parsley  
 1/4 tsp salt  
 Ground black pepper to taste  
 tabasco or hot sauce to taste (optional)

**Directions:**

Heat oil in a skillet over medium heat. Add chopped onions and garlic; cook until slightly soft, about 2 minutes.

Add red pepper, corn and lima beans. Cover and cook for 5 minutes or until vegetables are soft. Stir in parsley. Add salt and pepper to taste. Season with Tabasco or hot sauce if desired.

*Serves 4.*

*Nutritional Facts per serving: 87 calories, 2g fat, 183mg sodium, 16g carbohydrate, 3g fiber, 1g sugar, 3g protein*

*Source: [savoryonline.com](http://savoryonline.com)*



### Lemon Herbed Chicken

**Ingredients:**

8 pieces of skinless chicken ( about 2 pounds)  
 1/4 cup of lemon juice  
 1/4 cup of olive oil  
 1/4 teaspoon of black pepper  
 1 table spoon of Italian seasoning

**Directions:**

In a small bowl, mix all ingredients except chicken to make the marinade. Put chicken and marinade in a large zip top food-storage bag and seal the bag. Refrigerate bag of chicken for at least 4 hours, but not more than 24 hours before cooking.

Heat grill or preheat oven to 350 degrees. Remove chicken from bag and throw away the bag and the marinade. Grill chicken 10 to 15 minutes, or until internal temperature is 165 degrees F, turning once during cooking, or bake chicken on a baking pan in the oven for 40– 45 minutes.

*Serves 4.*

*Nutrition Facts per serving: 360 calories, 2g fat, 183mg sodium, 18g carbohydrate, 1g fiber, 1g sugar, 17g protein. High in iron.*

*Source: Farmer Market Cookbook, 2017.*



# FCS Online Classes



To register, visit [www.extension.umd.edu/Harford-county/events](http://www.extension.umd.edu/Harford-county/events) or use Eventbrite links below.

**JUN 24 - The MIND Diet** 12:00 pm [theminddiet.eventbrite.com](https://theminddiet.eventbrite.com)

**JULY 1 - Nutrition & Wellness During Covid 19 for Older Adults** 11:30 am [seniorwellnessduringcovid.eventbrite.com](https://seniorwellnessduringcovid.eventbrite.com)

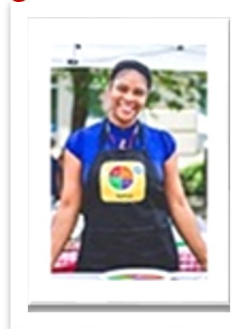
**JULY 15 - Capture the Flavor—Herbs & Spices for Health** 11:30 am [capturetheflavor.eventbrite.com](https://capturetheflavor.eventbrite.com)

**JULY 22 - DASH Eating Plan for Hypertension** 11:30 am [dasheatingplanjuly.eventbrite.com](https://dasheatingplanjuly.eventbrite.com)

**AUG 12 - Capture the Flavor—Herbs and Spices for Health** 11:30 am [capturethefloraugust.eventbrite.com](https://capturethefloraugust.eventbrite.com)

**AUG 26 - DASH Eating Plan for Hypertension** 11:30 am [dasheatingplanaugust.eventbrite.com](https://dasheatingplanaugust.eventbrite.com)

**SEP 9 - Nutrition Health & Wellness- Diabetes Healthy Eating Plan** 11:30 am [diabeteseatingplan.eventbrite.com](https://diabeteseatingplan.eventbrite.com)



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