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Family & Consumer Sciences

Welcome to the most recent 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, re-

search 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 Educator, Jennifer Dixon Cravens, provides research based pro-

grams on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



RECIPES









Each issue includes **easy, tasty, healthy recipes!**

This issue features:

- Strawberry S'mores
- Watermelon & Tomato Salad
- Peach Salsa
- Fish in Foil
- And many more!



Health Benefits of Summer Fruits !

| | | | |
|---|--|--|---|
|  <p>Strawberries can help fight against cancer and aging. They also whiten your teeth!</p> |  <p>Melons are an excellent source of vitamin A, which promotes good vision!</p> |  <p>Mangos can help soothe your tummy thanks to its natural digestive enzymes!</p> |  <p>Watermelon is an excellent source of vitamin B6, which helps brain function and helps convert protein to energy!</p> |
|  <p>Grapes help support a healthy heart by improving blood flow!</p> |  <p>Pears can aid in weight loss! They provide a high amount of fiber, which helps fill you up!</p> |  <p>Cherries possess anti-inflammatory properties that may aid in muscle recovery after exercise!</p> |  <p>Berries are full of skin-loving antioxidants!</p> |

WHAT'S IN Season?

Use this quick reference guide to know what fruits and vegetables are in season in Maryland. Consider buying locally-grown food from grocery stores, wholesale markets, restaurants, farmers markets, roadside stands or pick-your-own.

To find locally-grown food near you visit www.marylandsbest.net

fruits

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Apples | ● | ● | ● | | | | | | | | | ● |
| Apricots | | | | | | ● | ● | | | | | |
| Asian Pears | | | | | | | ● | ● | ● | ● | | |
| Blackberries | | | | | | | ● | ● | ● | | | |
| Blueberries | | | | | | ● | ● | ● | ● | | | |
| Cantaloupes | | | | | | ● | ● | ● | ● | | | |
| Cherries | | | | | | ● | ● | ● | ● | | | |
| Grapes | | | | | | | ● | ● | ● | | | |
| Honeydew | | | | | | | ● | ● | ● | | | |
| Nectarines | | | | | | | ● | ● | ● | | | |
| Peaches | | | | | | | ● | ● | ● | | | |
| Pears | | | | | | | ● | ● | ● | ● | | |
| Plums | | | | | | | ● | ● | ● | | | |
| Raspberries | | | | | | ● | ● | ● | ● | | | |
| Strawberries | | | | | | ● | ● | ● | ● | | | |
| Watermelon | | | | | | ● | ● | ● | ● | | | |

vegetables

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Asparagus | | | | | ● | ● | ● | | | | | |
| Beans, Green/ Snap | | | | | | ● | ● | ● | ● | | | |
| Beans, Lima | | | | | | | ● | ● | ● | | | |
| Beets | | | | | | ● | ● | ● | ● | | | |
| Broccoli | | | | | ● | ● | | | | ● | ● | |
| Brussel Sprouts | | | | | | | | | ● | ● | ● | ● |
| Cabbage | | | | | | ● | ● | | | ● | ● | |
| Carrots | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Cauliflower | | | | | ● | ● | | | | ● | ● | |
| Chard | | | | | ● | ● | | | | ● | ● | |
| Collards | | | | | ● | ● | | | | ● | ● | |
| Corn | | | | | | ● | ● | ● | ● | ● | ● | |
| Cucumbers | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Eggplant | | | | | | | ● | ● | ● | ● | ● | |
| Herbs | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Garlic | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Kale | | | | | | ● | ● | ● | ● | ● | ● | |
| Lettuces | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Mushrooms | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Okra | | | | | | | ● | ● | ● | ● | ● | |
| Onions | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Peas | | | | | | ● | ● | ● | ● | ● | ● | |
| Peas, Black-eye | | | | | | | ● | ● | ● | ● | ● | |
| Peppers | | | | | | | ● | ● | ● | ● | ● | |
| Radishes | | | | | | ● | ● | ● | ● | ● | ● | ● |
| Potatoes | | ● | | | | | ● | ● | ● | ● | ● | ● |
| Pumpkins | | | | | | | | | ● | ● | ● | ● |
| Soybeans, Edaname | | | | | | | | | ● | ● | ● | |
| Spinach | | | | | ● | ● | ● | ● | ● | ● | ● | ● |
| Squash, Summer | | | | | | | ● | ● | ● | ● | ● | |
| Squash, Winter | ● | ● | | | | | | ● | ● | ● | ● | ● |
| Sweet Potatoes | ● | ● | | | | | | | ● | ● | ● | ● |
| Turnips | | | | | | | | | ● | ● | ● | ● |
| Tomatoes | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |

● Product is harvest
 ● Product is available either through storage or green house production

Only Maryland farmers can use the Maryland's Best logo. When you see the Maryland's Best logo, you're contributing to the economic growth of Maryland and our farmers.



FRESH LOCAL



JUNE IS FRESH FRUIT AND VEGETABLE MONTH

As we celebrate the start of summer, we also celebrate **Fresh Fruit and Vegetable Month!** It is a perfect time to welcome the growing season and enjoy eating fresh fruits and vegetables. Local Farmer's Markets and roadside stands are now open offering the season's best for your family.

Visit and enjoy selecting fresh produce such as beets, summer squash, green beans, early corn, onions, berries, herbs and more. Look for tomatoes, melons, peaches after July 4th. Fresh fruits and vegetables should be stored in the refrigerator after ripening for 2-3 days. Use as soon as possible for peak flavor and health benefits.

- Fruits and vegetables are low in calories. Instead of adding a sauce, flavor vegetables with fresh or dried herbs and a splash of lemon juice or balsamic vinegar.

- Fruits and vegetables make quick and easy snacks. Apples, carrots, and celery sticks are some of the most popular grab-and-go foods. Keep them handy in your refrigerator!
- Fruits and vegetables add color, and texture to a meal. Vary the texture and color. Kids tend to like raw, crunchy fruits and veggies with low-fat dip. Try shredding veggies to top sandwiches or salads.
- Fruits and vegetables are fun to eat. Serve them in different ways.... raw with a dip, grilled on a stick (kabob) or in a smoothie. Need new recipes? Visit the [FSNE website](#) for new fruit and vegetable ideas.
- Make it a healthy summer, eat fresh fruits and vegetables!

Reference:

<https://eatsmart.umd.edu>



HOW TO SHOP A FARMERS MARKET

- 1) **Come with cash.** Credit cards are not generally accepted, and not all vendors take personal checks. Bring small bills also to make the transaction quicker.
- 2) **Go early.** Arrive near opening time to enjoy the widest selection.
- 3) **Or come late.** You may find some of the best deals near closing time.
- 4) **B.Y.O.B.** Bring Your Own Bags. Many vendors keep costs low by not offering bags, so bring your own. Recycle old bags to use.
- 5) **Pack a cooler.** If you're going to spend time at the market rather than hurrying home to the fridge, or if it's a really hot summer day, a cooler with ice helps keep perishable items fresh. Proper store your produce.
- 6) **Think beyond fruits and veggies.** Many stands have fresh meats, jams, preserves, raw milk, eggs, cheeses, honey, flowers, and delicious prepared foods. Explore and enjoy!
- 7) **Talk to the farmers.** Who better to ask how to prepare or store food than the person who grew it?
- 8) **Give the children a few bucks.** Let children choose and purchase some items. Children are more willing to eat healthy foods they pick out themselves, and it's a fun way to establish life-long healthy eating habits!

Reference:

BuyFreshBuyLocalYork.com



Educator Corner



Vigi Zabala
FSNE Nutrition Educator

Vigi is the nutrition educator and project leader for UME's Food Supplement Nutrition Education program in Harford County. She holds a Bachelor of Science on Food Science & Human Nutrition from the University of Florida, and a Master of Public Health from Johns Hopkins University. She is a Registered Dietitian/Nutritionist.



Spotlight On:

Farmers Markets

It's Farmers Market Season! Summer-time in Maryland is synonymous with trips to the beach, outdoor concerts and summer festivals, but it is also known for being the peak of growing season! Fruits and vegetables are ripe, fresh, and full of nutrients during the summer. The best place to obtain fresh fruits and vegetables during the summer is at your local farmers market.

Why shop at a farmers market?

Farmers Markets are great places to get your summer produce for the following reasons:

- Meet your local farmer! Your purchase is helping to keep her/him in business.
- Learn about the produce- Your farmer can give you ideas on how to try new vegetables.
- Know what goes into your food- Ask about how they keep their plants healthy. Remember, you are what you eat, and you eat what your plants eat.
- Try some samples! The Food Supplement Nutrition Education Program will host tastings at the Aberdeen and Havre de Grace farmers markets a few times during the summer.

Food Supplement Nutrition Education Program (FSNE)

FSNE will have a table at the Aberdeen and Havre de Grace farmers markets a few times a month. They will host a food demo and free sampling of recipes that use summer produce. Stop by their table to get some recipe cards, try a sample, and chat with our nutrition educator! Try the Strawberry S'mores that FSNE is featuring at the Farmers Markets in June. This is a quick and easy summer snack or dessert and it's kid approved!

STRAWBERRY S'MORES

Servings: 1

Ingredients:

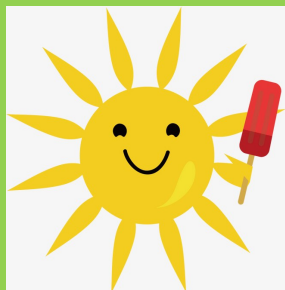
- 1 graham cracker, broken in half
- 2 Tablespoons low-fat vanilla yogurt
- 2 strawberries, washed and sliced

Directions:

Spread yogurt on top of one graham cracker half. Place strawberries on top. Top with other graham cracker half and serve!



Healthy & Fresh Summer Recipes



**Eating well is a form of
self-care and respect for your body!**

Zucchini and Tomatoes

Servings: 4 1/2-cup servings

Ingredients:

2 T. Vegetable oil
1/4 c. onion
2 tomatoes, washed and diced or one 16-oz. can of diced tomatoes, drained
1 garlic clove, chopped
2 med. Zucchini, washed and diced
1 t. sugar
Black pepper to taste

Directions:

Heat oil in saucepan over medium heat. Add onion and garlic. Cook 5-7 minutes. Add zucchini, tomatoes, sugar & pepper. Cover pan and reduce heat. Cook until vegetables are tender, about 20 mins. Serve on top of fish or chicken.

Nutrition Facts: 90 calories; 7g fat; 7g carbohydrates; 2g fiber ; 0 mg cholesterol; 10 mg sodium . Great source of Vitamin C

Reference: <https://eatsmart.umd.edu/recipes>



Watermelon and Tomato Salad

Servings: 4 1-cup servings

Note: Wash melon before slicing.

Ingredients:

2 cups cherry tomatoes, washed
2 cups watermelon, washed and cut in cubes
½ cup fresh basil, washed and chopped
½ cup reduced-fat mozzarella cheese, cut in cubes
1 Tablespoon lemon juice
1 Tablespoon vegetable oil
Salt and pepper to taste

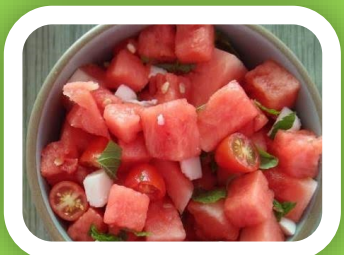
Directions:

1. In a large bowl, add tomatoes and watermelon.
2. Add basil, cheese, lemon juice, and oil.
3. Mix to combine and season with salt and pepper to taste.

Chill in refrigerator before serving.

Nutrition Facts: 120 calories; 7g fat; 10g carbohydrates; 1g fiber ; 10 mg cholesterol; 110 mg sodium

Reference: <https://eatsmart.umd.edu/recipes>



GROW IT · EAT IT PRESERVE IT

What Is canning and what are its benefits?

Since the beginning of time, people have needed to preserve food. Early methods of preservation included smoking, drying, fermenting, or cooling/freezing foods (given the right type of environment). Canning food in your own home is a safe and rewarding process that is becoming popular again as food prices soar and people realize they need to pay attention to securing their food supplies.

Canning is a method used to preserve foods for long periods of time by packing them in airtight containers. The canning process can vary slightly from one product to another, but there are three main steps. These include:

Processing: Food is peeled, sliced, chopped, pitted, boned, shelled or cooked.

Sealing: The processed food is sealed in cans.

Heating: Cans are heated to kill harmful bacteria and prevent spoiling.

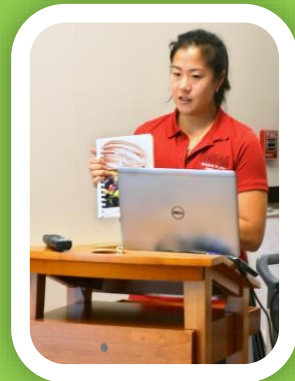
This allows food to be shelf-stable and safe to eat for 1 to 5 years or longer. Common canned foods include fruits, vegetables, beans, soups, and meats. Canned foods are often thought to be less nutritious than fresh or frozen foods, but research shows that this is not always true. For example, tomatoes and corn release more antioxidants when heated, making canned varieties an even better source of antioxidants.

Protein, carbs and fat are unaffected by the process. Most minerals and fat-soluble vitamins like vitamins A, D, E and K are also retained. Therefore, studies show that foods high in certain nutrients are still high in the same nutrients after being canned a food.

Yet since canning typically involves high heat, water-soluble vitamins like vitamin C and vitamin B can be damaged.

Reference:

<https://www.healthline.com/nutrition/canned-food-good-or-bad>



Dr. Shauna Henley works in Baltimore, Harford, Carroll Counties, and Baltimore City, delivering programs that center on nutrition & food safety. Dr. Henley has been involved with teaching food preservation workshops throughout the state, as part of the "Grow It, Eat It" series. Classes are taught in Baltimore County, Baltimore City, and Harford County.



Grow It, Eat it, Preserve It

Strawberry Jam

Yield: About 9 or 10 half-pint jars

- 5 1/2 cups crushed strawberries (about 3 quart boxes)
- 1 package powdered pectin
- 8 cups sugar

Please read [Using Boiling Water Canners](#) before beginning. If this is your first time canning, it is recommended that you read [Principles of Home Canning](#).

Procedure: Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

To prepare fruit: Sort and wash fully ripe strawberries; remove stems and caps. Crush berries.

To make jam: Measure crushed strawberries into a kettle. Add pectin and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Remove from heat; skim.

Fill hot jam immediately into hot, sterile jars, leaving 1/4 inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**. **Let cool and store. Eat as needed.**

Table 1 : Recommended process time for Strawberry Jam in a boiling water canner.

| Style of Pack | Jar Size | 0-1,000 ft | 1,001—6,000 ft | Above 6,000 ft |
|---------------|----------------|------------|----------------|----------------|
| Hot | Half-pint/pint | 5 mins | 10 mins | 15 mins. |

Adapted from "How to Make Jellies, Jams and Preserves at Home." Home and Garden Bulletin No. 56. Extension Service, United States Department of Agriculture. 1982 reprint. National Center for Home Food Preservation, June 2005.



Jams and Jellies are made by cooking chopped or crushed fruits with sugar. They tend to be high in sugar. Sugar binds with liquid to prevent microorganisms from growing.

Fruit preserves are preparations of fruits, vegetables and sugar, often canned or sealed for long-term storage.



Spotlight On... Seniors



**Improve your
Social Wellness-**
Invite friends or relatives
over to sample some of
your home cooking.
Or start a cooking club —
it's a great opportunity to
try new recipes and have
fun in the kitchen.

Healthy Cooking for Singles or Couples

Don't settle for frozen dinners. With a little planning, you can enjoy healthy and delicious meals whether you're dining alone, with a companion or family.

1. **Make a plan.** Take time to jot down the week's menu and a shopping list. You'll find it makes your grocery shopping easier and ensures that you have everything you need when you're ready to cook.
2. **Stock your pantry.** Keep canned vegetables, beans and fruits on hand for quick and healthy additions to meals. Rinse regular canned vegetables and beans under cold running water to lower the salt content. Consider whole grains, such as brown or wild rice, quinoa, barley, and pasta. Dried foods are easily portioned for one.
3. **Take advantage of your freezer.** Buy in bulk and freeze into smaller quantities that you can thaw and cook for one or two meals. You may be surprised to learn that you can freeze foods, including breads, meats, fruits, vegetables, whole grains, and nuts and seeds. Freezing keeps food fresh longer and helps prevent waste. For the best quality, freeze food while it's fresh.
4. **Prepare one-dish meals.** For quick and simple cooking, choose a dish that serves as the whole meal. Look for dishes that include items from several food groups, such as meats, whole grains, legumes and vegetables. Healthy examples include beef, barley and vegetable stew; chicken, vegetable and rice casserole; turkey and bean casserole; and vegetarian chili.
5. **Cook a batch and freeze into single portions.** For example, make a casserole or stew and freeze the extra into individual-size servings. Then take out only the amount of food you need. You will need to experiment so that you don't have more leftovers than you can use. Be sure to write the date and contents on packages and move older packages forward as you add food to your freezer.
6. **Cook once, use twice.** Plan meals so that you can use the extra food in new dishes. For example, cook rice as a side dish for one meal, then use the remainder in a casserole. Bake chicken for a meal and use the leftovers in sandwiches or soup, or toss with greens, dried fruit and nuts for a tasty salad. Or make a meatloaf mixture and bake some as a meatloaf and use the rest for meatballs that can be frozen and eaten later.
7. **Shop with convenience in mind.** You know there'll be days when you don't have the time or don't want to cook. So plan ahead and keep on hand ready-to-eat, low-fat, reduced-sodium canned soups and healthy frozen meals or pre-packaged single-serving foods. The latter can be pricey, so stock up when you find a sale.

For more info, visit: www.mayoclinic.org

Healthy & Fresh Summer Recipes

Peach Salsa

Makes 8 (1/2 cup) servings

Ingredients:

2 peaches, washed, peeled and chopped
 ½ red bell pepper, washed and chopped
 ½ cucumber washed, seeded, and chopped
 3 scallions (green onions), washed and chopped
 2 jalapeno peppers, washed, seeded and finely chopped
 2 Tablespoons honey

Juice of one lime

Directions:

1. In a large bowl combine all ingredients. Cover and chill.

Nutrition Facts: 35 calories; 0 g fat; 9g carbohydrates; 1g fiber; 0 mg cholesterol; 0mg sodium.
 Good source of Vitamins A and C.

Reference: <https://eatsmart.umd.edu/recipes>



Fish in Foil Packets

Ingredients

1 cup quartered cherry, or grape tomatoes
 1 cup diced summer squash
 1 cup thinly sliced red onion
 12 green beans, trimmed and cut into 1-inch pieces
 ¼ cup pitted and coarsely chopped black olives
 2 tablespoons lemon juice
 1 tablespoon chopped fresh oregano
 1 tablespoon extra-virgin olive oil
 1 teaspoon capers, rinsed
 ½ teaspoon salt, divided
 ½ teaspoon freshly ground pepper, divided
 1 pound tilapia fillets, cut into 4 equal portions

Directions

Preheat grill to medium. Combine tomatoes, squash, onion, green beans, olives, lemon juice,

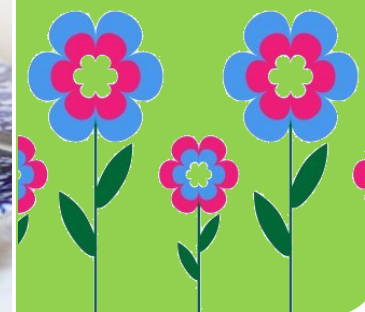
oregano, oil, capers, ¼ teaspoon salt and ¼ teaspoon pepper in a large bowl.

To make a packet, lay two sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining ¼ teaspoon salt and pepper, then top with about ¼ cup of the vegetable mixture.

Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables. Grill the packets until the fish is cooked through and the vegetables are just tender, about 5-10 minutes.

Nutrition Facts: Calories 350, High in Vitamin C, B6, Folate, Manganese, Potassium, 3.8 g protein; 0 mg cholesterol; 482 mg sodium, and 4.6 g of Fiber.

Source: Eatingwell.com



Healthy & Fresh Summer Recipes

Curry Potatoes & Chickpeas

Makes 2 (1 cup) servings

Ingredients:

- 16 oz. chickpeas (rinsed/drained)
- 3 T. olive oil
- 2 t. garlic powder
- 1/2 t. curry powder
- 1/2 t. cumin
- 1/2 cup of Yukon gold potato
- 1 t. fresh thyme (chopped, or dried)
- 1/2 onion, finely chopped
- 1/2 t. ginger or 1/2" of fresh ginger
- 1/2 t. turmeric
- 1/2 c. fresh diced or puree tomatoes
- 1/2 t. cayenne pepper
- 1/2 c. coconut milk or other almond, rice or dairy milk

Directions:

Boil potato separately, cook until tender. Mix chickpeas and potatoes together, then add ginger and tomatoes. Cover pot and simmer 3-4 minutes. Add sea salt, turmeric, cayenne pepper, curry powder, cumin and stir thoroughly. Add milk and simmer to desired consistency. Remove from heat. Serve over brown rice, millet, couscous, garnished with tomatoes, lemons or sliced onions or coriander leaves.

Nutrition Facts: 148 calories; 6g protein, 6 g fat; 17g carbohydrates; 4g fiber; 322mg sodium. Good source of Iron.

Reference: allrecipes.com



Garlic Roasted Broccoli

Ingredients

- 1 bunch broccoli or
- 1 1/2 pounds flowerets
- 3 tablespoons extra-virgin olive oil
- 8 cloves garlic (fresh, or more, I used about 12 cloves)
- salt
- freshly ground black pepper

Directions

Preheat oven to 450F
 Cut up 1 large bunch of broccoli into bit-sized flowerets,
 Slice the garlic into thin slices.
 Toss together the broccoli pieces, sliced garlic cloves, olive oil, salt and pepper and

stir around until the broccoli pieces are well-coated with the oil.
 Arrange garlic on a cookie sheet so the pieces are in a single layer as much as possible.
 Roast at high heat until the broccoli is bright green and starting to brown slightly, about 20-25 minutes. Serve hot and enjoy!

Nutrition Facts: Calories: 150, 2.7 grams of protein, 9 grams of CHO,, 7 grams of fat, High in Vitamin C, A, Calcium, and Iron.

Reference: allrecipes.com



Healthy & Fresh Summer Recipes

Old-Fashioned Fruit Crumble

Servings: 6

Ingredients:

3 cups plums or peaches, washed and sliced
 1 Tablespoon sugar
 4 Tablespoons flour
 3 Tablespoons orange juice
 1 cup oats
 3 Tablespoons nuts, chopped
 2 Tablespoons brown sugar
 1 Tablespoon vegetable oil
 Pinch of cinnamon
 Cooking oil spray

Directions:

Preheat oven to 400 degrees.
 Spray 8x8 baking pan with non-stick cooking spray.
 Combine fruit with sugar, 2 tablespoons flour and orange juice.
 Pour fruit mixture into pan.
 Combine oats, nuts, brown sugar, remaining 2 Tablespoons flour, cinnamon and vegetable oil.
 Stir to combine and sprinkle over the fruit mixture.
 Bake until the fruit is bubbling and the topping is golden brown, 20 to 25 minutes.

Nutrition Facts: Calories 180; 3.5g fat, 35g carbohydrate, 3g fiber, 19g sugar, 4g protein.
 Good source of Vitamins A & C and Iron.

Reference: www.eatsmart.umd.edu/recipes



Fruit Parfait— *Breakfast or Dessert!*

Servings: 2

Ingredients:

2 6-8 oz. cartons of lowfat yogurt (vanilla, or any flavor)
 1/2 cup granola or other whole grain cereal
 1 cup fresh or canned fruit, cut into bite-size pieces

Directions per serving:

Spoon half of the yogurt container into a bowl. Sprinkle granola on top of yogurt. Add fruit. Spoon rest of yogurt onto the fruit. Garnish top with remaining granola and fruit.

Nutrition Facts: Calories 280; 4g fat, 49g carbohydrate, 2g fiber, 34g sugar, 14g protein.
 Good source of Calcium.

Reference: www.eatsmart.umd.edu/recipes



Physical Wellness Activity

GET MOVING

Tips for getting started

You already know that physical activity and good health go hand in hand. But if you have a medical condition, aches, pain or a lot of weight to lose, you may be afraid to exercise. Plus, if your physical abilities are limited, you may feel like the little exercise you can do won't do much good — so why bother? That's understandable. But here's a very personal, worthwhile reason to move more: because you deserve to feel good. Physical activity can help you do just that. Here's the trick: Don't think about exercise as a chore; instead, focus on how good it can make you feel. From there, take these steps to move more:

- If you're not physically active or have a medical condition, talk with your doctor first to learn which activities are safe for you.
- Find a physical activity that you enjoy and can keep up with over time.
- Get some form of physical activity

each day, even if it's only for 10 or 15 minutes.

- Make it as routine as brushing your teeth. Daily activities — such as household chores and yard work — count!
- Start small. Park farther from the store or take a walk around the block. Move at a pace that feels right for you.
- Work toward choosing several types of cardio and muscle-strengthening activities. This will help keep you from getting bored.
- Aim for 150 minutes of moderate physical activity a week. If you need to, break it into 10-minute chunks.
- Feel good about the activities you can do rather than focusing on what you can't do. No matter what you weigh, or what ails you, any physical activity is good for you. It can help you feel better — **physically and emotionally.**



*Try to walk
5,000–10,000
steps a day!*



Staying Active On Vacation

Make your next vacation an adventure! Try something fun you've never done — such as snorkeling, water skiing or kayaking. Walk to restaurants, shops and attractions. Ask about nearby walking or running paths. Go out dancing in the evening.

On a road trip, take breaks for short walks, a game of catch or stretching. At airports, walk the terminal. It all adds up. Plus, staying active while you're away will make it easier to get back into your routine once you get home!

Reference:
www.mayoclinic.com





Jennifer Dixon Cravens
FCS &
Nutrition Educator

Spa Water for Summer

Water is the ultimate **purifier**, **replenisher**, and **hydrator** for all organs in our bodies. It aids in all functions of our body and helps to flush out toxins. It is recommended to drink at least 8 glasses of water which equals 64 ounces every single day! Adding fresh fruits and herbs adds minerals and vitamins to water and increases the nutritional benefits. It also makes it taste refreshing, slightly sweet, and delicious! Children love it, too!

Ultimate Detoxifier:

Cucumber + Lemon + Mint Leaves

Sweet Watermelon:

Watermelon + Mint Leaves + Basil

Strawberry Basil:

Strawberry + Orange + Basil

Pineapple Mint:

Pineapple + Mint Leaves

Blueberry Peach:

Blueberries + Peaches

Raspberry Lime:

Raspberries + Lime + Basil

Cantaloupe Cucumber:

Cantaloupe + Cucumber

Fruit Virgin Sangria:

Peaches + Blueberries + Strawberries +
Mint + Lemon + Lime + Watermelon +
Pineapple + Oranges



DIRECTIONS

Fill pitcher with ice cold water. Add fresh fruits and herbs. (Herbs have a very strong flavor so a little goes a long way; use sparingly.) Let chill and infuse for at least 30 minutes in refrigerator. Lasts for up to 2-3 days. Lemons, oranges, limes, and cucumbers will last longer. Berries will start to disintegrate within 1-2 days. Enjoy ice cold.

Reference: <https://www.modernhoney.com/>

Fun ways to burn calories

Exercise doesn't have to feel like a chore — there are a variety of fun things to do that are also calorie scorchers. This chart offers a range of activity ideas, including the estimated number of calories burned while doing them for one hour. Specific calorie expenditures vary depending on the exercise, intensity level and individual.

If you weigh less than 160 pounds, your calories burned would be somewhat less than shown, and if you weigh more than 240 pounds, calories burned would be somewhat more. Use these stats to motivate you to get moving!

| Activity (1-hour duration) | Weight of person and calories burned | | |
|-------------------------------|--------------------------------------|---------------|---------------|
| | 160 pounds | 200 pounds | 240 pounds |
| Walking, 2 mph | 204 | 255 | 305 |
| Bowling | 219 | 273 | 327 |
| Dancing, ballroom | 219 | 273 | 327 |
| Tai chi | 219 | 273 | 327 |
| Canoeing | 256 | 319 | 382 |
| Bicycling, < 10 mph | 292 | 364 | 436 |
| Volleyball | 292 | 364 | 436 |
| Golfing, carrying clubs | 314 | 391 | 469 |
| Walking, 3.5 mph | 314 | 391 | 469 |
| Cardio, low impact | 365 | 455 | 545 |
| Softball or baseball | 365 | 455 | 545 |
| Aerobics, water | 402 | 501 | 600 |
| Swimming, laps | 423 | 528 | 632 |
| Hiking | 438 | 546 | 654 |
| Backpacking | 511 | 637 | 763 |
| Basketball game | 584 | 728 | 872 |
| Football, touch or flag | 584 | 728 | 872 |



June

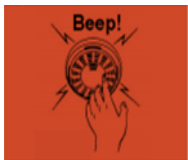
Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. **Encourage all the men in your life to get a check-up!**



National Healthy Homes Month

Think you don't have enough time to make your home a healthier and safer place? Think again! You can do these steps in just 5 minutes.



Test your smoke alarm. Using smoke alarms in your home cuts your risk of dying in a fire in half.



Do a 3-minute "clean sweep." Pick one small area of your home — like your junk drawer or stairs — and take 3 minutes to



Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song "Happy Birthday" twice). Each year, about 48 million Americans get sick from eating contaminated or improperly prepared foods.

sort the items and get rid of what you don't need. Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.



Make your home smoke free. Never let anyone smoke anywhere in or near your home. Parents are responsible for 90% of their children's exposure to smoke.



Check your locks. Make sure locks function correctly and can be operated by a child in an emergency

Have 5 more minutes?



Log on to www.hud.gov/healthyhomes for information on topics like lead, mold, radon, asbestos, pests, and more!

Environmental Wellness inspires us to live a lifestyle that is respectful and helpful to our surroundings. This realm encourages us to live in harmony with the Earth by taking actions to protect it. Environmental well-being promotes interaction not just with nature but your personal space and **environment**.



Program the number for poison control into your cell phone: 1-800-222-1222. Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

Source:
<https://www.hud.gov/healthyhomes>





July



Have a Happy and Safe Independence Day!



National Parents' Day—July 23

National Parents' Day honors all parents on the fourth Sunday in July. National Parents' Day was established in 1994 when President Bill Clinton signed a Congressional Resolution into Law (36 U.S.C. § 135) for: recognizing, uplifting, and supporting the role of parents in the rearing of children."

In May we celebrated mothers, and in June we celebrated fathers. It follows that in July we can bring all our parents together and

show them some appreciation all at once. Parents play a vital role in the lives of children. From the day we are born, parents are our protectors, teachers, providers and role models. As families, they are the core of our communities. On National Parents' Day, we honor all parents do every day to raise up their children in a world that is constantly changing and challenging. Honor your parents so that your days will be long.



August



National Water Quality Month

Water is your body's principle chemical component and makes up about 60% of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues.. That means you'll feel more energetic when doing exercise. Water also helps to fuel your muscles. Proper hydration helps keep your joints and muscles

lubricated, so you'll be less likely to get cramps and sprains.

Because water is so important, make an effort to keep your water sources clean. Using non-toxic house products, not dumping things other than water down storm drains, and not flushing medication down the toilet or sink are just a few things you can do to keep the water in your area clean. What is the status of your drinking water? Invest in a water filter if needed.

Children's Health



10 Fun & Healthy Activities To Do As A Family This Summer!

Summer doesn't have to be just TV shows and screen time. There are many activities that parents can plan that are both fun and healthy. Here are 10 ideas to get you started.

1. **Go for a hike:** Maryland is known for its beautiful scenery and abundance of gorgeous parks. Find a local trail to explore, or plan a summer getaway to one of our parks.

2. **Go for a walk after dinner:** Now that the sun is staying out later and kids don't have to be ready for school the next day, it's the perfect time to schedule a walk after dinner. You can even move dinner up a little earlier and plan to have a snack once you get back. The kids can even take their bikes or scooters along for the ride.

3. **Go swimming:** Is there anything better than hitting the local swimming pool? Pack some healthy snacks, like carrots and celery, and spend a few hours getting some sunshine and cooling off in the water. Swimming and playing in the pool are great ways for kids to stay active, especially with pool toys like pool noodles and classic pool games like Marco Polo.

4. **Go to the beach:** Jumping through waves, going for a walk in the sand or hauling water back and forth to make a sand castle are all healthy ways—for both the body and the imagination—to spend an afternoon!

5. **Farmers market:** Hit up the local farmers market to pick out some local produce. Let the kids decide what to get for dinner and pick out the ingredients you need. You can also pick out fresh fruit for snacks, or to...

6. **Make a smoothie:** Kids love fresh smoothies! Throw favorite fruits into the blender with some ice, low fat milk or low fat yogurt and blend away! If you need ideas, give yummy smoothies a try. You can even throw leftovers into popsicle molds for a healthy and easy breakfast that feels like a treat.

7. **Plant a garden:** Spring and summer is a perfect time to start a garden. Kids are much more likely to try or eat vegetables if they helped to grow them, and watering/tending for the plants allows for a activity to look forward to each day or week depending on the watering schedule.

8. **Go for a bike ride:** Kids love riding their bikes and scooters. Take them out for a ride, while you either ride along or go for a jog.

9. **Zoo:** Plan a day trip to the Maryland Zoo. The zoo is huge—walking it could easily use up an entire day. Besides the fun of seeing all that the zoo has to offer, you and the kids are getting a ton of exercise in!

10. **Camping:** Plan a camping trip to Assateague National Park or other park. Camping is a great way to reconnect with nature and take a break from the electronics that seem to dominate our lives. Plus, camping food doesn't have to be unhealthy. Try grilled chicken, chili or vegetable skewers for an alternative to traditional camping fare.

Remember to stay hydrated during summer activities. Make this summer fun & healthy!

Reference: www.huffingtonpost.com

Financial Wellness

Financial Wellness involves the process of learning how to successfully manage **financial** expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance.

Signs of Financial Wellness

- Learning how to manage your money and establishing a personal budget.
- Not living beyond your means.
- Learning to not let money be the driving force of your life.
- Donate some of your money, if possible, to a cause you believe in.
- Make a plan to pay back your student loans.
- Not getting into credit card debt. Try to pay off the entire balance each month to avoid interest.
- Thinking long term - set up a savings account.

7 Steps to Financial Stability

- 1** Save a buffer of \$500—\$800. Just enough so you're not living paycheck to paycheck.
- 2** Invest a token amount for retirement. Take advantage of your employer's 401(k) match if you have it, otherwise invest 2-5% of your salary.
- 3** Get rid of bad debt. Credit cards. Personal loans. Anything with an interest rate of more than 7%. Pay it off!
- 4** Save for emergencies AND start a Roth IRA. Once your emergency fund is where you want it, contribute the maximum to your Roth IRA.
- 5** Save for life. Vacations, travel, weddings, a home, etc. Put the money aside so you can afford whatever it is you want, totally debt-free.
- 6** Invest and donate as you see fit. Max out retirement accounts, then invest in taxable ones. When you can, give a percentage of your income back to charities and community.
- 7** Create an additional income stream. Earning more money is a quicker way to your financial goals than trying to spend less.

Financial Wellness is as important as Physical Wellness.



Reference: www.unh.edu/health/ohep/financial-wellness

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Location:

Harford Co. Extension Office
 3525 Conowingo Rd.
 Street, MD 21154



| Class | When | Cost | To Register, Contact: |
|---|---|------|--|
| Healthy Meal Planning Class | 10:00 am—11:15 am Jun 19/Jul 19/Aug 16 | FREE | Jennifer Dixon Cravens 410-638-3255 or CLICK HERE |
| Healthy Home Green Cleaning Class | 11:30 am—12:45 pm Jun 19/Jul 19/Aug 16 | FREE | Jennifer Dixon Cravens 410-638-3255 or CLICK HERE |
| Grow It, Eat It, Preserve It Canning Class | 10 am—2 pm Jun 13—Cherry Jam Jul 18—Pickles Aug 11—Peaches Sept 13 - Cucumbers Sept 20—Tomatoes October 18—Tomatoes | \$20 | Dr. Shauna Henley 410-887-8090 or Jennifer Dixon Cravens 410— 638-3255 |

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