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Family & Consumer Sciences

Welcome to the Spring 2022 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

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

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

ness. Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Nutrition, Wellness, Fitness Chronic Disease Man-

agement, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.

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



RECIPES

Each issue includes healthy recipes!

Inside this issue:

- Spring Gazpacho
- Lemon Grilled Shrimp
- Asparagus Frittata
- Blueberry Smoothie Bowl
- Air Fryer Spring Rolls
- Jalapeno Turkey Burgers

And many more!

Spring Produce– Seasonal Favorites

Springtime delivers a bounty of fresh, natural foods that are brimming with color and flavor. Another great thing about spring fruits and veggies is that they’re nutritional powerhouses. They can help your body naturally get the vitamins and minerals it needs to stay healthy.

Asparagus is packed with other nutrients, too, including vitamins A, C, E, K, and B6, as well as folate, iron, copper, calcium, and protein. Moreover, it is a rich source of fiber and antioxidants.

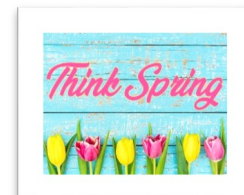
Spinach has a high source of zeaxanthin and carotenoids that can flush out the free radicals from your body, reduces hypertension, has anti-inflammatory properties.

Kiwis are high in Vitamin C and dietary fiber and provide a variety of health benefits. This tart fruit can support heart health, digestive health, and

immunity. The kiwi is a healthy choice of fruit and is rich with vitamins and antioxidants.

Strawberries protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer. Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food.

Artichokes are loaded with nutrients, that may lower your Bad LDC Cholesterol and Increase your Good HDL Cholesterol, help regulate blood pressure, improve digestion, and lower blood sugar.



Environmental
Wellness



Time for Spring Cleaning

Spring Home Maintenance Tips & Checklist

Time to tidy up the Home !

Spring Home Maintenance Checklist

- | | |
|---------------------------------|--------------------------|
| Clean Home Exterior: | Landscaping: |
| - Gutters | - Rake leaves |
| - Siding | - Aerate lawn |
| - Decks & porches | - Fertilize lawn |
| - Patio | - Prune shrubs & bushes |
| - Windows & screens | - Remove weeds |
| | - Mulch garden beds |
| Miscellaneous: | - Clean sprinkler system |
| - Check fences | - Start lawnmower |
| - Seal driveway | |
| - Organize garage & shed | |
| - Test outdoor lighting | |
| - Clean patio furniture & grill | |

Spring arrives with a warm welcome.

For those who've been trapped inside their homes to stay out of the cold, now is the time to rediscover the outside world. It's also time to conduct some home maintenance that will help you avoid big repair bills later on. Start with these 7 Tips to get your home in good shape.

1. Time to tidy up. Spring arrives with a warm welcome. ...
 2. Inspect your roof. ...
 3. Clean your gutters. ...
 4. Clean your dryer vent. ...
 5. Check the washing machine fill hose.
 6. Clean and repair your screens. ...
 7. Fix cracks in your walks, driveway and the outside of your home. ...
- Repair any cracked or peeling paint.

<https://carefreehomescompany.com/spring-home-maintenance-checklist/>



Spring Time

Traveling Tips for Spring Break

- Book Early. Consider an All-Inclusive
- Stay Hydrated
- Keep Your Routine
- Pack Clothes for Each Day
- Take Pictures
- Think Outside the Beach
- Purchase Travel Insurance
- Be Prepared for delays and cancellations



Spring Cleaning For Your Health

Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the often hectic seasons of spring and summer. It can feel like a daunting task, but it doesn't have to be difficult. And experts say giving your home a deep cleaning can **bolster your immune system, encourage healthy eating, and reduce stress!**

1. **Clean Room by Room**
2. **Organize and Clear the Clutter**—Sorting your belongings into four categories—trash, give-away, store, or put-away
3. **Get the Everyone Involved**—even the children
4. **Tackle the Seasonal Chores**
5. **Keep Cleaning Products to a Minimum**—Opt for a good all-purpose cleaner and microfiber cloths at first
6. **Establish New Cleaning Habits**—don't try to do all of your spring cleaning in one day or even one weekend. Instead, tackle items on your spring cleaning to-do list for just 15 minutes each day. That will help to get you in the habit of tidying up for 10 to 15 minutes per day even after you're done with your spring cleaning tasks.

Sources: thespruce.com, healthline.com

spring cleaning checklist

typicallysimple.com

<p style="text-align: center; color: #e91e63;"><i>bedrooms</i></p> <ul style="list-style-type: none"> wash bedding & pillows dust furniture & fans wipe down baseboards wash windows & dust blinds organize closet vacuum & clean carpets 	<p style="text-align: center; color: #008080;"><i>bathrooms</i></p> <ul style="list-style-type: none"> scrub sink, toilet, & tub sweep and mop floor wash shower curtain & bath mat toss expired products sanitize bath toys 						
<p style="text-align: center; color: #008080;"><i>kitchen</i></p> <ul style="list-style-type: none"> vacuum refrigerator coils clean fridge shelves & drawers wipe down counters & cabinets degrease microwave, oven, stove sweep and mop floor toss expired food 	<p style="text-align: center; color: #e91e63;"><i>family room</i></p> <ul style="list-style-type: none"> dust furniture & fans wipe down baseboards wash windows & dust blinds organize bookshelves vacuum & clean carpets 						
<p style="text-align: center; color: #008080;"><i>outdoors</i></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%;">service lawnmower</td> <td style="width: 33%;">clean flower pots</td> <td style="width: 33%;">powerwash patio</td> </tr> <tr> <td>mulch flower beds</td> <td>wash screens</td> <td>sweep porch</td> </tr> </table>		service lawnmower	clean flower pots	powerwash patio	mulch flower beds	wash screens	sweep porch
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mulch flower beds	wash screens	sweep porch					



March Themes

March is National Nutrition Month



March is National Nutrition Month, an entire month dedicated to the education, information, and awareness for healthy nutrition and dietetics. National Nutrition Month focuses on helping people make informed food choices and promotes healthy eating habits.

Fewer than 1 in 3 adults get the recommended amount of vegetables each day. Approximately 90% of Americans eat more sodium than is recommended for a healthy diet.

More than 23 million Americans — including 6.5 million children — live in food deserts. Food deserts are neighborhoods, cities, or towns that lack access to affordable fruits, vegetables, whole grains, and other foods that make up the full range of a healthy diet. Overweight adolescents have a 70% chance of becoming overweight or obese adults.

Source: Harvard Health Publishing. 2016. Healthy Eating: A guide to the new nutrition today.

Colorectal Cancer Awareness Month

All of March is National Colorectal Cancer Awareness Month. In February 2000, President Clinton officially dedicated March as National Colorectal Cancer Awareness Month. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors,

caregivers and advocates throughout the country join together to spread colorectal cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.



90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

*Source: American Cancer Society

March Themes



Sleep Awareness Week® 2022
powered by the National Sleep Foundation



There's a connection between nutrition and sleep. For example, diets low in fiber and high in saturated fat may decrease the amount of deep, restorative sleep you'll get. Excess sugar can cause you to awaken more frequently. Consuming certain foods and beverages close to bedtime can also lead to poor sleep.

If you're having trouble falling and staying asleep, the culprit could be what you're choosing to eat and drink.

What to Avoid

Fatty or high-protein foods: Because digestion naturally slows when you sleep, going to bed too soon after eating a steak dinner or other high-protein foods can lead to disrupted sleep, since your stomach will feel uncomfortably full. Foods high in saturated fat have a similar disruptive effect on sleep patterns.

Spicy foods: Spicy foods can cause painful heartburn that could make it difficult to lie down comfortably, which makes it harder to fall asleep. Heartburn can also worsen the effects of obstructive sleep apnea (OSA), as the backed-up acid can create more irritation in your airway. Some spicy foods can raise your body temperature, forcing your body to work harder to cool down enough to fall asleep; feeling too warm in bed may also disrupt your sleep patterns throughout the night.

Caffeine: Drinking caffeine late in the day has long been known as a potential sleep disrupter for many people, since it's a stimulant designed to keep you alert. But be aware that caffeine can be hidden in other foods as well, such as chocolate and even ice cream, so check the ingredients.

Alcohol: Winding down with a glass of wine or a beer at dinner can be a pleasurable experience, but not so much when you're getting ready to sleep. Once the effects of

alcohol wear off, you'll likely find yourself waking suddenly and struggling to go back to restful sleep. Alcohol can also worsen OSA symptoms.

Go ahead and enjoy flavorful foods and drinks, but note that fatty and high-protein foods and alcohol close to bedtime can affect your sleep, so consume them in moderation. And cutting off caffeine in the afternoon is a good idea since caffeine's effects can last up to six hours, and sometimes even longer if the beverage is high in caffeine.

What to Choose Instead

If you need a snack before bedtime, consider complex carbohydrates such as oatmeal or whole-wheat toast, which digest easily. Healthy eating habits overall will encourage healthier sleeping patterns. Consuming a high-fiber diet with fresh fruits, vegetables, whole grains, and low-fat proteins—while avoiding foods with added sugars—is ideal. Look for foods high in B vitamins; B vitamins are believed to help regulate melatonin. Foods rich in B vitamins include fish, lean poultry and meat, legumes, eggs, and dairy.

A healthy diet can also help you lose weight, which can in turn lead to better sleep and make you less likely to suffer from daytime fatigue, insomnia, and OSA. The takeaway? Good eating habits can go hand in hand with getting a good night's sleep for a healthier you.

Sources: <https://www.thensf.org/sleep-awareness-week>
<https://www.thensf.org/the-link-between-nutrition-and-sleep/>



Good eating habits and getting a good night's sleep go hand-in-hand

LIFE STAGE	DAILY SLEEP NEEDS
NEWBORNS (0-3 MONTHS)	14-17 hours
INFANTS (4-11 MONTHS)	12-15 hours
TODDLERS (1-2 YEARS)	11-14 hours
PRESCHOOLERS (3-5 YEARS)	10-13 hours
SCHOOL AGE (6-13 YEARS)	9-11 hours
TEENAGERS (14-17 YEARS)	8-10 hours
YOUNGER ADULTS (18-25)	7-9 hours
ADULTS (26-64)	7-9 hours
OLDER ADULTS (65+)	7-8 hours

March Recipes



Lentil Soup

Ingredients:

2 large carrots
3 stalks celery
2 tbsp. olive oil
1 cup diced onions
7 cups water
1 (16 oz.) bag green lentils, picked over
2 cups frozen corn kernels
10 springs thyme
6 cloves garlic
1 tsp salt
1 (14.5 oz.) can diced tomatoes
1 lemon

Directions:

Finely wash and chop the carrots and celery. In the Instant Pot, heat the oil on sauté function on high. Add the onions, carrots, and celery. Cook 6–8 min., until vegetables are soft,

stirring occasionally. Turn off sauté function. To Instant Pot, add the water, scraping up any browned bits. Add the lentils, corn, thyme, garlic, and salt. Add the diced tomatoes (do not stir). Seal and set to high pressure. Cook 9 min. Let quick release.

Meanwhile, juice and zest the lemon. Remove thyme stems from soup. Mash garlic cloves with fork. Stir lemon juice and zest into soup. Season with pepper to taste.

Nutrition Facts/Per Serving:

CALORIES 387kcal 19% FAT 7.0g 11% SATURATED FAT 1.0g 5% CARBS 67.0g 22% SODIUM 602mg 25% 7.0g sugar 16.0g fiber 20.0g protein 0mg cholesterol

Source: savoryonline.com



Spring Gazpacho

Ingredients:

2 onions
2 tbsp. butter
1 head lettuce
1 (16 oz.) package frozen peas
1 cup low sodium chicken broth
1 (.75 oz.) package chives

Directions:

Chop the onions. Heat the butter in a large pan and fry the onions 3 min. Wash and dry lettuce leaves and cut into strips. Put the peas, lettuce, 2 cups water and broth in a pot. Bring to a boil and simmer for 5 min. on low heat. Set aside ¼ of the chives for garnish. Finely

chop the rest of the chives.

Remove the pan from the heat, stir in the chives and purée in a blender or with an immersion blender. Season with salt (in moderation) and pepper.

Let cool 30 min. and then chill, covered, 3 hours. Garnish the soup with the chives and serve.

Nutrition Facts: CALORIES 185kcal 9% FAT 6.7g 10% SATURATED FAT 3.8g 19% CARBS 24.7g 8% SODIUM 274mg 11% 9.5g sugar 8.7g fiber 9.1g protein 15mg cholesterol

Source: savoryonline.com



March Recipes

Rack of Lamb

Ingredients:

2 sprigs rosemary
1 ½ lb. rack of lamb
1 tbsp. olive oil
4 tbsp. balsamic vinegar

Directions:

Preheat the oven to 400F°
Cut the rosemary into 1-inch pieces. Season the lamb with salt (in moderation) and pepper. Using a sharp knife, make small, 1-inch cuts in the meat and insert pieces of rosemary. Drizzle the meat with oil and 1 tbsp. vinegar.

Place in a baking dish and roast for 30 min., basting the lamb every 8-10 min. with 1 tbsp. vinegar. Remove when an instant read thermometer inserted in the thickest part of the meat reads 145°F for medium rare. Let rest, loosely covered with foil.

Nutrition Facts:

CALORIES 578kcal 24% FAT 42.0g 95% SATURATED FAT 22.3g 132% CARBS 2.9g

Source: savoryonline.com



Spring Pasta Primavera

Ingredients:

1 lb. rigatoni
1 bunch asparagus, washed and trimmed
1 medium washed zucchini
2 tbsp. olive oil
2 large tomatoes, washed and chopped
2 cloves garlic, finely chopped
¾ cup frozen peas, thawed
1 cup low-sodium chicken broth
¾ cup heavy cream
¼ cup washed chopped basil leaves, to garnish
½ cup grated Parmesan, to garnish

Directions:

Heat a large pot of salted water to a boil. Cook the rigatoni according to package directions. Meanwhile, slice the asparagus on an angle into ½-inch lengths. Two minutes before rigatoni is cooked, add asparagus to pasta pot. Drain well and return to pot.

Meanwhile, halve the zucchini lengthwise, then thinly slice into half-moons. In a 12-inch skillet, heat the oil on medium. Add zucchini and tomatoes. Season with salt. Cook 5–6 min., until zucchini begins to

soften, stirring occasionally. Add the garlic and peas and cook 2–3 min., until peas are warm, stirring often.

To skillet, add the broth and cream. Heat to a simmer. Cook 4–5 min., until reduced and thickened slightly, stirring occasionally. Season with salt and pepper to taste.

To pot with drained pasta and asparagus, add cream and vegetable mixture. Toss until well combined. To serve, garnish with the basil and Parmesan.

Nutrition Facts: CALORIES 450kcal 23% FAT 16.0g 25% SATURATED FAT 7.0g 35% CARBS 64.0g 21% SODIUM 48mg 2% 6.0g sugar 5.0g fiber 13.0g protein 30mg cholesterol

Source: savoryonline.com



April Themes

National Lawn and Garden Month



National Lawn and Garden Month is celebrated each year in April. Lawns and gardens go together. By spring we are all anxious to get outside and enjoy the nice weather and the rebirth of all things green. In most residential neighborhoods making the most out of your outdoor space means adapting to small spaces.

Where space is at a premium, container or raised gardens make having fresh vegetables possible for your table.

April is the perfect time to clean up your lawn and get it ready for summer!

Source: *nationaldaycalendar*

A BETTER YOU

Gardening for Good Health

* Gardening provides more than low-cost tasty produce. "It can help reduce stress and increase fitness," says **Susan Terry, M.D.**, an internal medicine physician at University of Utah Health Care. But keep these tips in mind:



DRESS FOR SUCCESS

Wear long sleeves and pants to protect your skin. Apply bug spray and SPF 30 sunscreen to exposed skin. Wear gloves, sunglasses and a hat.



SAVE YOUR BACK

"Change positions every 10 minutes to avoid overusing any particular muscle group," Terry says. Sit on a stool rather than bend over. Switch hands regularly, and lift with your legs, not your back.

STAY COOL

Drink plenty of water, take breaks in the shade, and avoid working during the hottest part of the day.

GET VACCINATED

"A scrape from a prickly plant or garden tool could give you tetanus, an infection caused by bacteria that is often found in the soil," Terry says. Your safest bet: Get a tetanus vaccine every 10 years.



April Themes

Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body.

Source: nationaldaycalendar.com



National Minority Health Month

April is National Minority Health Month (NMHM)! The FDA's Office of Minority Health and Health Equity (OMHHE) highlights important issues impacting diverse communities year-round, but National Minority Health Month gives us the opportunity to amplify those efforts.

Source: nih.gov



**NATIONAL
MINORITY
HEALTH
MONTH**

Give Your Community A Boost! | April 2022

The complex block contains the logo for National Minority Health Month, which is a circular emblem composed of five interlocking, curved segments in shades of blue, green, orange, purple, and grey. To the right of the logo, the words "NATIONAL MINORITY HEALTH MONTH" are stacked in a bold, black, sans-serif font. Below this, a horizontal line separates the text from the slogan "Give Your Community A Boost! | April 2022", which is written in a blue, sans-serif font.

**Physical
Wellness**



April Recipes



Sautéed Spinach with Radishes

Ingredients:

2 tbsp. olive oil
8 oz. radishes, trimmed and halved
1lb of frozen or fresh spinach
1 large shallot, thinly sliced
1 tbsp. minced garlic
¼ cup dry white wine
1 lb. string less sugar snap peas
2 tbsp. butter, cut into pieces

Directions:

In a heavy 12-inch skillet, heat the oil on medium-high.
Wash and add the radishes to pan, cut-side down.
Add washed spinach to pan.
Cook 3–4 min., until browned on bottoms.

Add the shallot and garlic. Cook 30 sec., stirring occasionally. Add the white wine and sugar snap peas. Season with salt and pepper. Reduce heat to medium. Cover skillet and cook 3–4 min., until sugar snap peas are almost tender, stirring once half-way through.
Uncover skillet and add the butter. Cook 30 sec.–1 min., until butter melts, stirring often.

Nutrition Facts: CALORIES 197kcal 10% FAT 12.8g 20% SATURATED FAT 4.6g 23% CARBS 13.9g 5% SODIUM 28mg 1% 6.1g sugar 3.9g fiber 3.8g protein 15mg cholesterol

Lemon Grilled Shrimp

Ingredients:

1 (12 oz.) bag frozen large raw shrimp, thawed, peeled and deveined
1 lemon
1 orange
3 tbsp. olive oil
1 sprig rosemary
1 tbsp. minced garlic

Directions:

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

Add the shrimp to the marinade, tossing to coat. Refrigerate 10 min. Set grill to medium-high. Remove the shrimp from marinade and grill 5 min., until just cooked, turning once. Arrange on a platter and serve immediately.

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

Source: lifemadesweeter.com



April Recipes

Spiced-rubbed Salmon

Ingredients:

2 teaspoons black peppercorn
2 teaspoons sweet paprika
½ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon cumin seeds
2 tablespoons canola oil
4 (5 oz.) fresh salmon fillets or steaks
1 tablespoon canola oil
juice of 1 lemon

Directions:

For the spice paste, in a blender combine peppercorns, paprika, cinnamon, cloves, cumin and 2 tablespoons oil; blend to form a paste. Rub paste on top of fillets; cover and refrigerate 4 hours.

When ready to cook, scrape off most of the spice paste; reserve paste and set aside. Heat 1 tablespoon oil in a large skillet over high heat. Place fillets in skillet, skin side down; cook to sear one side.

Turn fillets, skin side up. Reduce heat to medium; cover and cook 8–10 minutes or until fish flakes easily with a fork. Transfer fillets to a platter; keep warm.

Add reserved spice paste to hot skillet. Add lemon juice; stir 1–2 minutes. Spoon over fillets, and serve.

*Nutrition Facts: CALORIES 303kcal 15% FAT
19.5g 30% SATURATED FAT 2.2g 11%
CARBS 2.8g*

Source: savoryonline.com



Asparagus Frittata

Ingredients:

1 ½ (12 oz.) pkgs. asparagus
2 shallots
2 tbsp. olive oil
8 large eggs
2 tbsp. milk
½ cup shredded Gruyere cheese

Directions:

Trim and wash asparagus, removing the thick and woody ends. Cut the asparagus in half and dice the shallots. Heat the oil in a 10-inch nonstick skillet. Sauté the asparagus bottoms and shallots until asparagus is blistered and shallots are translucent, 5 min. Season with salt (in moderation) and pepper.

While asparagus cooks,

whisk the eggs and milk together in a large bowl. Pour the egg over the asparagus-shallot mixture and reduce heat to low. Place asparagus tops around the frittata like spokes on a wheel. Top with the Gruyere cheese.

Cover the skillet and cook until eggs are cooked through, 15 min. Flip frittata onto a large plate and cut into slices.

*Nutrition Info: CALORIES 273kcal 14% FAT
19.9g 31% SATURATED FAT 7.3g 37%
CARBS 4.8g 2% SODIUM 201mg 8% 2.5g
sugar 1.3g fiber 18.8g protein 360mg cholesterol*

Source: eatingwell.com



May Themes

World Hand Hygiene Day



World Hand Hygiene Day, 5 May 2022, is focused on recognizing that regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. Whether you are at home, at work, traveling, or out in the community, handwashing with soap and water can protect you and your family.

Handwashing helps battle antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds.) Antibiotics often are prescribed unnecessarily for these health issues. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world.

Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

Handwashing is one of the most important things you can do to prevent food poisoning when preparing food.

Your hands can spread germs in the kitchen. Some of these germs, like Salmonella, can make you very sick. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading around your kitchen and to other foods.

Sources: who.int/campaigns/world-hand-hygiene-day/2022

<https://www.cdc.gov/handwashing/handwashing-kitchen.html>



the ultimate

HANDWASHING

GUIDE

You've done it all your life... but are you doing it right?

1 WET

Turn on the faucet and wet your hands.

3 SCRUB

Wash your palms, the backs of your hands, in between your fingers and underneath your fingernails for at least 20 seconds.

tip! Sing "Happy Birthday" slowly while you scrub for a good length!

5 DRY

Leave the faucet on, then dry hands with a clean paper towel. Turn the faucet off with the towel to keep hands clean.

tip! If the door has a knob, also use the towel to open the door before you leave.

2 SOAP

Use soap and work up a good lather. Water itself won't do much.

4 RINSE

Completely rinse off all soap.

Sources:
 St. Jude Children's Research Hospital
<http://www.stjude.org/>
 Centers for Disease Control & Prevention
<http://www.cdc.gov/handwashing/>

American Safety Council

May Themes

Food Allergy Awareness Week

Did you know? Over 32 million Americans have a serious and potentially life-threatening food allergy. The picture widens to nearly 85 million Americans impacted, when you account for all the people who shop for, cook for, and live with those with severe food allergies, as well as those with food intolerances and avoidances. Join us May 8-14 to celebrate Living Teal Food Allergy Awareness Week. We want to invite all of our friends in the food allergy community to learn, love and connect through food, education, advocacy and more. Congress passed the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA). This law identified eight foods as major food allergens: **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybean**. Please avoid foods that you may be allergic to, or have a sensitivity to.

image source: <https://www.culinartgroup.com/food-allergy-awareness-month/>



Tips For Busy Families

Plan Your Meals

- Plan weekly meals based on your family's schedule.
- Use [heart healthy recipes](#).

Use a Shopping List

- Make a shopping list based on your meal plan for the week.
- Save money and time by making only one trip to the store.



Share Tasks

- Include children and other members of your family in shopping, preparing meals and cleaning up.
- Clean up as you cook—you will have less to clean up after you finish cooking.

Prep and Cook in Advance

- Pack your lunch the night before.
- Cut and wash vegetables, and make enough green leafy salad for 2 days. Do not add dressing until you are ready to eat.
- When you can, cook large amounts of foods that freeze well (e.g., pasta, soups, stews)
- Split meals into family-size portions and freeze right away after cooking. Use them later in the month.
- Prepare meals in a slow cooker, or crock-pot.



Cook Simply

- Steam vegetables and serve them without sauces.
- Broil, boil, grill, bake, or roast meats.
- Make one-pot meals, such as stews and casseroles.
- Use frozen pre-chopped vegetables.
- Learn simple recipes that can be made in less than 30 minutes.

Keep Quick Snacks on Hand

- Try these healthy snacks:
 - » Fresh fruits and vegetables
 - » Whole-grain, ready-to-eat dry cereal
 - » Fat-free and low-fat yogurt
 - » Fat-free and low-fat cheese
 - » Unsalted nuts, seeds, and crackers



Use Herbs and Spices

- Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag. Thaw out when you need herbs.
- Grow your favorite herbs on a sunny windowsill.
- Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.



May Recipes



Steamed Herbed Spinach

Ingredients:

1 tbsp. olive oil
1 tbsp. minced garlic
4 (8 oz.) bags triple-washed spinach leaves
¼ tsp ground nutmeg

Directions:

In a large pot, heat the oil on medium.
Add the garlic and cook 1 min.

In batches, stir in the spinach leaves and cook 5 min., until stems are tender. Season with nutmeg, salt, and pepper

Nutrition Facts: 36kcal 2% FAT 2.0g 3% SATURATED FAT 0.3g 2% CARBS 3.5g 1% SODIUM 65mg 3% 0.4g sugar 1.8g fiber 2.4g protein 0mg cholesterol

Source: healthyrecipes.com



Artichoke and Arugula Salad

Ingredients:

1 (6 oz.) jar marinated artichoke hearts
1 tbsp. lemon juice
2 tbsp. honey
½ (5 oz.) pkg. arugula
4 oz. shredded Parmesan

Directions:

Drain the artichoke hearts, reserving the oil. In a small bowl, whisk together 2 tbsp. of the reserved oil with the lemon juice

and honey. Quarter the artichoke hearts. In a serving bowl, combine the artichokes, arugula and shredded parmesan. Toss with the dressing.

Nutrition Facts: 169kcal 8% FAT 7.5g 12% SATURATED FAT 4.7g 23% CARBS 15.3g 5% SODIUM 484mg 20% 9.6g sugar 3.9g fiber 11.7g protein 19mg cholesterol

Source: savoryonline.com



Tomato Caprice Salad

Ingredients:

4 medium tomatoes, cored
3 ounces fresh mozzarella, thinly sliced into 16 pieces
16 fresh basil leaves
¼ teaspoon salt
¼ teaspoon ground pepper
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar glaze

Directions:

Place tomatoes cored-side down on a cutting board. Make 8 cuts down each tomato, slicing almost to the bottom (or core)

but not all the way through. Carefully transfer the tomatoes to a serving platter. Fill each cut alternately with mozzarella and basil. Sprinkle with salt and pepper. Drizzle with oil and balsamic glaze.

Nutrition Facts: 146 calories; protein 6.3g; carbohydrates 7.3g; dietary fiber 1.5g; sugars 5.2g; fat 10.6g; saturated fat 3.2g; cholesterol 13.6mg.

Source: allrecipes.com

May Recipes

Blueberry Smoothie Bowl

Ingredients:

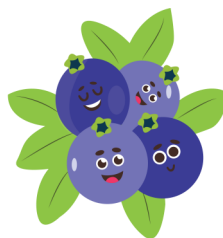
1 kiwi
 ½ (12 oz.) bag frozen blueberries
 ¾ cup nonfat vanilla Greek yogurt
 ½ cup fresh kiwi
 ½ cup fresh strawberries
 ⅓ cup Fruit & Nut Granola

Directions:

Peel and thinly slice the kiwi.
 In blender, purée the blueberries and yogurt until smooth. Divide between 2 small bowls. Top with the kiwi, strawberries, raspberries, and granola.

*Nutrition Facts: CALORIES 222kcal 11% FAT
 4.0g 6% SATURATED FAT 1.0g 5% CARBS
 39.0g 13% SODIUM 33mg 1% 23.0g sugar
 7.0g fiber 10.0g protein 5mg cholesterol*

Source: savoryonline.com



Chicken and Artichoke Rice Casserole

Ingredients:

½ Rotisserie Chicken
 1 (14 oz.) can quartered artichoke hearts
 3 oz. reduced-fat cream cheese, softened
 1 (15.9 oz.) pkg. microwavable Brown Rice
 1 cup shredded mozzarella cheese, divided

Directions:

Preheat oven to 425°F. Remove skin and bones from the rotisserie chicken meat and roughly chop.

Drain and chop the artichoke hearts. To a microwave-safe large bowl, add cream cheese. Heat 15–30 sec., to soften. Breaking up the rice in the microwavable pouch (not necessary to microwave the rice before hand), add to bowl, along with chicken, artichoke hearts, and ¾ cup mozzarella cheese. Season with salt and pepper and combine.

Transfer mixture to a greased 8x8-inch baking dish. Top with remaining ¼ cup mozzarella. Bake until golden on top, 15–20 min.

*Nutrition Facts: CALORIES 359kcal 18% FAT
 11.0g 17% SATURATED FAT 5.0g 25%
 CARBS 41.0g 14% SODIUM 585mg 24%
 2.0g sugar 6.0g fiber 25.0g protein 83mg
 cholesterol*

Source: savoryonline.com



May Recipes



Strawberry lemonade

Ingredients:
 3 ¼ cups water
 2 inch piece fresh ginger
 1 grapefruit
 1 lb. strawberries
 ½ cup honey
 4 lemons

Directions:
 Bring a ¼ cup water to a boil. Peel and grate the ginger into a bowl. Add juice from the grapefruit and top with boiling water. Let stand for 5 min. Meanwhile, hull and slice the strawberries. Set ½ cup of sliced strawberries aside. Place strawber-

ries, ginger water, honey, and juice from 3 lemons in a blender. Add 3 cups water and blend until smooth. Pour liquid through a sieve into a jug. Slice the remaining lemon into rings and add to the lemonade with remaining strawberries. For best results, store covered in the refrigerator for at least 1 hour before serving. Pour over ice cubes.

Nutrition Facts: CALORIES 186kcal 9% FAT 0.5g

Source: savoryonline.com



Marinated Strawberries with Lime & Basil

Ingredients:
 1 lb. strawberries
 1 lime
 ¼ cup fresh basil
 2 tbs. confectioners' sugar

Directions:

Remove the stems and halve the strawberries. Zest and juice the lime. Thinly slice the basil. Mix the strawberries, zest, juice, basil, and sugar in a bowl. Cover with plastic

wrap and leave to marinate for at least 10 min. Tip: Serve with freshly whipped cream or a scoop of ice cream.

Nutrition Facts: CALORIES 54kcal 3% FAT 0.4g <1%, SATURATED FAT 0.0g <1%, CARBS 13.7g 5%, SODIUM 1mg <1%, 9.4g sugar, 2.5g fiber, 0.8g protein, 0mg cholesterol

Source: savory online.com



Avocado and Kiwi Salad

Ingredients:
 1 ripe avocado
 2 kiwi fruit
 ½ jalapeño
 1 lime, juiced
 ¼ cup cilantro, chopped

Halve the avocado lengthwise, remove the pit and cut the flesh into cubes. Place avocado in a large bowl.

Peel the kiwi fruit and cut into cubes. Add to the diced avocado. Seed and finely chop the jalapeño, and add to the bowl. Add the lime juice, cilantro and salt (in moderation) and pepper. Stir gently and serve.

Nutrition information CALORIES 81kcal 4% FAT 5.6g 9% SATURATED FAT 0.8g 4% CARBS 8.8g 3% SODIUM 6mg

Source: savoryonline.com

May Recipes

Air Fryer Spring Rolls

Ingredients:

1 bunch green onions
1 cup snow peas
1 tbsp. vegetable oil
2 tbsp. peeled and finely chopped fresh ginger
2 tsp minced garlic
2 cups shredded cabbage for slaw
1 cup shredded carrots
8 spring roll wrappers
cooking spray
½ cup duck sauce

Directions:

Thinly slice the green onions and snow peas. In a 12-inch skillet, heat the oil on medium. Add the green onions, ginger, and garlic. Cook 2 min., stirring often. Add the cabbage, carrots, and snow peas. Season with salt and pepper. Cook 5–6 min., until vegetables are tender and excess moisture has evaporated, stirring occasionally. Remove from heat and cool completely.

Place 1 spring roll wrapper on a cutting board diagonally, like a diamond. Place ¼ cup filling across center of the wrapper. Fold wrapper bottom up over filling. Lightly moisten remaining edges of wrapper with some water. Fold in both sides of wrapper. Roll up tightly to seal. Place on a large platter. Cover with damp paper towels. Repeat with remaining wrappers and filling.

Preheat air fryer to 390°F. Coat bottom of basket with the cooking spray. To basket, add as many spring rolls as will fit. Coat tops of spring rolls with spray. Close and air-fry 5 min. Repeat with remaining spring rolls. Serve with duck sauce.

Nutrition Facts: CALORIES 223kcal 11% FAT 5.1g 8% SATURATED FAT 0.8g 4% CARBS 39.4g 13% SODIUM 704mg 29% 12.7g sugar 4.4g fiber 5.8g protein 3mg cholesterol

Source: savoryonline.com



Open Faced Tuna Melt

Ingredients:

2 (5 oz.) cans tuna in water, drained
¾ cup mayonnaise
½ tsp Tabasco sauce
½ tsp Old Bay seasoning
2 hard-boiled eggs, coarsely chopped
4 English muffins, split and lightly toasted
8 slices cooked bacon
3 plum tomatoes, thinly sliced
1 cup shredded Swiss cheese

Directions:

Preheat oven to 325°F. In a large bowl, combine the tuna, mayonnaise, Tabasco, and Old Bay. Fold in the eggs until well combined. Season with salt and pepper to taste.

Divide tuna mixture among the English muffin halves and arrange on a baking sheet. Break each slice of bacon into 2 pieces. Place 2 pieces bacon on each English muffin on top of tuna. Top with the tomato slices. Divide the cheese among English muffins.

Bake 10–12 min., until cheese is melted. Season with pepper. Serve warm.

Nutrition facts: 84 calories; Sodium 123 mg, Total carbohydrate 9 g, Dietary fiber 3 g, Protein 3g

Source: [Mayo Clinic](http://MayoClinic)



June Themes

National Youth Sports Week



This year from July 19 to 23, we join the National Council on Youth Sports in celebrating National Youth Sports Week, a time to showcase how communities can promote healthy lifestyles for children and families through sports. Get involved by sharing our [National Youth Sports Strategy](#), the first federal road map with action steps for increasing participation in youth sports. You can also share our [Move Your Way re-](#)

[sources for parents](#) to help them get their kids more active. And if you're interested in national efforts to improve health, fitness, and quality of life through regular physical activity, check out the [Healthy People 2030 Physical Activity objectives](#).



**YOUTH SPORTS
ARE GOOD FOR
THE BODY & MIND**



10 Outdoor Activities You Can Do With Your Family This Spring

- Camping. Kids enjoy going on a real-life adventure in the woods. ...
- Go on a Sailboat. During spring, the weather is still not warm enough for beach time. ...
- Take a Road trip. ...
- Take a Picnic. ...
- Organize a Treasure Hunt. ...
- Do Some Gardening. ...
- Plan a Family Bike Ride. ...
- Go Hiking.

Source: puretravel.com

June Themes

Men's Health Month

June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. Celebrated each year during June, Men's Health Month brings awareness to the health issues all men face. Hosted by Men's Health Network since 1992, the month is dedicated to enriching men's health and wellness through a broad spectrum of national screening and educational campaigns.

Men's Health Month is an annual observance aimed at raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

Across the country at health fairs and other health education and outreach activities, the focus of this month is encouragement of men, boys, and their families to take control of male health issues with the proper screenings and care.



Men's Health: Lifestyle Tips for Men Over Age 50

- Eat a healthy diet.
- Stay at a healthy weight.
- Get 7 to 8 hours of sleep.
- Be physically active.
- Don't smoke.
- If you drink alcohol, have no more than two drinks a day (standard drink is: 12 ounces of beer/wine cooler, 5 ounces of wine, 1.5 ounces of distilled spirits).



June Recipes



Chicken Tacos

Ingredients:

3 cups shredded cooked chicken breast
 ¼ cup hot sauce
 1 tbsp. distilled white vinegar
 1 tbsp. minced garlic
 ¼ cup reduced-fat buttermilk
 3 tbsp. light ranch dressing
 8 soft corn tortillas
 1 cup shredded carrots
 Cilantro sprigs, for garnish

Directions:

Add the shredded chicken to a microwave-safe medium bowl. Cover with vented plastic and microwave 2 min., until warm. In a small bowl, whisk the hot sauce, vinegar, garlic, buttermilk, and ranch dressing together until smooth. Add to chicken and toss to coat.

Wrap the tortillas in damp paper towels. Microwave 1–2 min., until warm and pliable. For extra flavor, toast the corn tortillas in a dry skillet 1–2 min. per side over medium-high heat until they're charred in spots. Keep warm in a damp towel.

Serve chicken on tortillas topped with the carrots and cilantro.

*Nutrition Facts: CALORIES 339kcal 17%
 FAT 7.0g 11% SATURATED FAT 2.0g 10%
 CARBS 31.0g 10% SODIUM 468mg 20%
 3.0g sugar 4.0g fiber 37.0g protein 94mg
 cholesterol*

Source: delish.com



Jalapeno Turkey Burgers

Ingredients:

2 Tbsp. ketchup
 2 Tbsp. relish
 1 Tbsp. olive oil mayonnaise
 Salt and black pepper
 1 lb. ground turkey
 1 cup shredded Pepper Jack cheese
 1 cup caramelized onions
 ¼ cup pickled jalapeños
 4 potato buns, split

Directions: Wash hands and combine the ketchup, relish, and mayo in a mixing bowl. Season with a pinch of salt and pepper and set aside.

Preheat a grill, grill pan, or cast-iron skillet. Combine the ground sirloin with ½ teaspoon salt and ½ teaspoon pepper and mix gently.

Without overworking the meat, form into four patties until the beef just comes together.

When the grill or skillet is hot (if using a skillet, add a touch of oil), add the patties. Cook on the first side for 5 to 6 minutes, until a nice crust develops.

Flip and immediately top with the cheese. Cook for another 2 to 3 minutes, until the cheese is melted and the burgers are firm but still yielding to the touch. Remove the burgers.

While the grill or pan is hot, toast the buns. Slather the bottom buns with the reserved spread, then top each with a burger, caramelized onions, and pickled jalapeños. Crown with the bun tops and serve.

*Nutrition Facts: Calories 130; Fiber 2g;
 Protein 7g*

Source: savoryonline.com



June Recipes

Pineapple Strawberry Cobbler

Ingredients:

1 can (20 oz.) pineapple tidbits in juice (reserve $\frac{3}{4}$ cup of juice from can)
 1 pint strawberries, washed and chopped
 2 tbsp. cornstarch
 1 tsp vanilla extract
 $\frac{1}{2}$ tsp rum extract (optional)
 1 cup all-purpose flour
 1 $\frac{1}{2}$ tsp baking powder
 2 tbsp. granulated sugar, divided
 $\frac{1}{2}$ cup flaked coconut, divided
 $\frac{1}{4}$ cup buttermilk
 2 tbsp. canola oil
 1 large egg

Directions:

Preheat oven to 400°F. Place 8 ramekins (4 to 5 ounces each) in a baking pan. Drain pineapple tidbits, pouring juice into a small saucepan. Add cornstarch to juice and cook over medium heat until thickened, stirring frequently (or microwave

mixture in a glass measuring cup).

Stir in pineapple tidbits, strawberries, and vanilla and extracts. Spoon mixture into ramekins.

To make topping, combine flour, baking powder, 1 Tablespoon sugar, and $\frac{1}{4}$ cup coconut in a medium bowl. In a measuring cup, combine buttermilk, oil and egg. Pour liquids into dry ingredients and fold together just until a stiff batter forms. Drop batter by rounded teaspoons over the fruit filling. Sprinkle with 1 Tablespoon sugar and $\frac{1}{4}$ cup coconut. Bake for 15 minutes or until topping is browned and filling is bubbly.

Nutrition Facts: CALORIES 223kcal 11% FAT 5.1g 8% SATURATED FAT 0.8g 4% CARBS 39.4g 13% SODIUM 704mg 29% 12.7g sugar 4.4g fiber 5.8g protein 3mg cholesterol

Source: savoryonline.com



Chocolate Zucchini Brownies

Ingredients:

8 tablespoons (1 stick) unsalted butter
 4 ounces unsweetened chocolate, chopped
 1 cup granulated sugar
 $\frac{1}{4}$ teaspoon salt
 1 cup shredded zucchini
 2 teaspoons vanilla extract
 2 large eggs
 1 cup white whole-wheat flour
 $\frac{3}{4}$ cup chopped semisweet chocolate or chocolate chips
 $\frac{3}{8}$ cup toasted pecans, coarsely chopped, divided (optional)

Directions:

Preheat oven to 350 degrees F. Line an 8-inch-square baking pan with foil, letting it overhang on the sides; coat with cooking spray. Melt butter in a large saucepan over medium-low heat. Remove from heat, add

unsweetened chocolate and stir until melted. Add sugar and salt; stir until well combined. Stir in zucchini and vanilla. Add eggs, one at a time, vigorously mixing after each addition. Fold in the flour until almost incorporated. Fold in chopped chocolate (or chips) and $\frac{1}{2}$ cup pecans (if using) until just combined. Transfer the batter to the prepared pan, spreading evenly. Sprinkle with the remaining pecans (if using). Bake until the sides look dry and the middle is firm to the touch, about 30 minutes. Let cool completely, then lift out of the pan using the foil. Cut into 16 squares.

Nutrition facts: 220 calories; protein 3.3g; carbohydrates 25.5g; dietary fiber 2.5g; sugars 17.2g; fat 12.4g; saturated fat 7.5g;

Source: 2peasinapod.com

Save The Dates! Upcoming Virtual Classes



Date	Class Description	Cost
Mar. 30	Nutrition, Health and Wellness: Nutrition & Stress	FREE
Apr. 6	Health Literacy & Wellness Green Cleaning	FREE
Apr. 27	Food Safety: Capture the Flavor – Healthy Cooking with Herbs and Spices	FREE
May 4	Health Literacy & Wellness: How To Talk To Your Doctor	FREE
May 17	Nutrition, Health and Wellness: The Mind Diet	FREE
Jun. 1	Nutrition, Health and Wellness: Power Plate Healthy Eating Plan	FREE
Jun. 8	Food Safety: Capture the Flavor – Healthy Cooking with Herbs and Spices	FREE

Register at
[Agnr.umd.edu/events](https://agnr.umd.edu/events)
 or
www.eventbrite.com/o/jennifer-dixon-cravens-university-of-md-extension-17356163605

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

Contact: Jennifer Dixon Cravens, MS

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Faculty Extension FCS/Nutrition Educator for more information

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