

Health, Nutrition & Wellness

"Solutions In Your Community"

IN THIS ISSUE:

Article	Pg
Community Education	2
Food Dehydration	5
Stress Awareness	8
Spring Cleaning	9
Spotlight on FCS Educators— Tips	10-11
Physical Wellness – Benefits of Hiking	
Arthritis -Tips to Reduce Impact	16

Family & Consumer Sciences

Welcome to the Winter 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 wellness.

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

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

Complied by: Faculty Extension

FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



RECIPES

Each issue includes healthy recipes! Inside this issue:

- Avocado Salad
- Cornish Hens
- Lavender Green Iced Tea
- Caprese Mini Frittatas
- Lemon Chicken Salad
- Broccoli Bites
- Raspberry Cheesecake
- Peanut Butter & Chocolate Smoothie

And many more!

Eat Seasonal —2023 Farmers Markets

Spring is the perfect time to visit our local farmers market can be a fun and healthy family outing. Letting children select produce, meet working food providers and try new fruits and vegetables can help them feel involved in meal planning and inspire healthier eating habits.

Produce from local farmers has spent more time on the vine, on the tree or in the ground, so you get better taste and more nutrients. When it comes to fresh fruit and vegetables, the shorter the time and distance from farm to sale, the higher the levels of vitamins and minerals. Always eat seasonal produce when possible Support local farmers !

Source: hopkinsmedicine.org



ABERDEEN

Festival Park, 60 N. Parke St. Second Saturdays, 3—8 pm May 14 - October 8



BEL AIR

Mary Risteau Courthouse off Thomas St. Saturdays, 8 am—12 noon April 9 - December 17



HAVRE DE GRACE

Hutchins Park, St. John Street. & Congress Ave. Saturdays, 8:30 am - 12 noon May 7 - December 17





CANCER-FIGHTING FOODS



Image source Dr.Axe.com

March Themes

March is National Colorectal Cancer Awareness Month

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. Two reasons why getting checked matters:

Screening can find the warning signs of colon and rectal cancer, letting doctors take action to prevent the disease. Screening can also

find colorectal cancer early, when treatment is most effective.

One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today. Learn about ways to build awareness, how to get support, and more below. **Tomorrow can't wait!**

Source: cdc.gov

AN EVERYDAY HEALTH INFOGRAM

COLON CANCER: THE NO. 2 CANCER KILLER

Screening colonoscopies can detect colon cancer early, which allows for more effective treatment.

Colon Cancer Strikes 1 in 20



Both men and women are at equal risk



Risk factors include smoking, eating red and processed meat, lack of exercise, and excess body weight



Colon cancer screenings should begin at age 50



People with a family history of colon cancer are at higher risk and should begin screening at a younger age

March Themes

National Nutrition Month

[National Nutrition Month](#)[®] is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information.

To help your Neighborhood Networks Center celebrate National Nutrition Month[®] and develop good eating habits check out these resources:

[Event Ideas](#) for National Nutrition Month[®] from the Academy of Nutrition and Dietetics.

[Choose My Plate.gov](#) to [track your diet and physical activity](#); learn more about the different [food groups](#); print out [nutrition tips](#) to post on your refrigerator; and much more.

- Centers for Disease Control and Prevention Healthy Recipes with Fruits and Veggies

selector to select fruits and/or vegetables you'd like to use in a recipe, and then choose the type of meal you'd like to prepare. You'll get some ideas for healthy recipes using your preferred fruit or veggie.

[Tips of Stretching Your Fruit and Vegetable Budget \(pdf\)](#) to see 30 tips on how to maximize the benefits of eating fruits and vegetables without breaking your budget.

[Nutrition Education Resources](#) look for additional downloadable materials in the weeks to come, and visit the Media section of this site for press releases to help promote National Nutrition Month.

Learn [How to Understand and Use the Nutrition Facts Labels](#) at U.S. Food and Drug Administration's website.

Create [Delicious Recipes for Heart Healthy Eating](#) at National Heart Lung and Blood Institute's website.

[Heart Healthy Home Cooking African American Style](#) recipes from the U.S. Department of Health and Human Services National Institutes of Health.

[How much sugar is in a can of soda?](#) Check it out at the U.S. Department of Health and Human Services' Science on the Brain website.

NPR cupcake makeovers [Have your less sinful cupcake and enjoy it too.](#)

U.S. Department of Agriculture [Food and Nutrition](#) website.

Don't forget to check [MedlinePlus.gov](#) for all of your questions about food, nutrition, and healthy eating for the whole family. A service of the [U.S. National Library of Medicine National Institutes of Health](#).

Source: hud.gov



Community WELLNESS

FCS Educator , pictured with Food Safety– Food Dehydration Class program participants. We had a fun therapy day at Extension office and additional Charcuterie boards assembled by MG and Staff— Thanks Team !

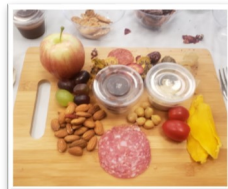


Community Nutrition, Health & Wellness

Community Teaching

FCS Educator highlighted National Nutrition Month with a series of community nutrition classes that focused on physical and environmental wellness. It was great to go and teach in person for the first time with community partnership that recently resume in person classes. The classes focused on Food safety and the program participants learn dehydration techniques, and how to assem-

ble charcuterie board . The program participants Village at Lakeview Community Center learned Food safety and Dehydration techniques, and program participant from Havre De Grace Housing Authority focus on healthy living environments and green cleaning tips for the Spring. The also learned how to make green cleaning supplies. (Pictured at bottom of page)



Food Safety—Charcuterie Boards is a fun way to showcase Food Dehydration classes and Food Safety Education



Food Safety & Preservation

Food Dehydration & Charcuterie Boards

Food safety is a must when practicing food dehydration process. Dehydration is one of the oldest methods of preserving food. While our ancestors relied on the sun to dry food, today we have commercial equipment and home appliances that can remove bacteria-forming moisture. This process preserves food for much longer than its ordinary shelf life.

Dehydrated foods can be a healthier alternative to many snacks, and you can add them to [salads](#), [oatmeal](#), [baked goods](#), and [smoothies](#). Because they rehydrate in liquid, they're also easy to use in recipes.

Dehydrated foods keep their nutritional value. As a lightweight, nutrient-dense option, dehydrated foods are a go-to for hikers and travelers looking to save space.

Almost anything can be dehydrated. Some common food items made with dehydration include:

Fruit leather made from [apples](#), [berries](#), [dates](#), and other [fruits](#)

Soup mixes made of dehydrated [onions](#), [carrots](#), [mushrooms](#), and other [vegetables](#)

[Herbs](#) dehydrated for a longer shelf life

Homemade [potato](#), [kale](#), [banana](#), [beets](#),

and [apple](#) chips

Powdered [lemon](#), [lime](#), or [orange](#) peel used in [teas](#), [alcoholic beverages](#), and other recipes

You can dehydrate your own fruits, vegetables, herbs, and even meat in an oven or specialty food dehydrator. Many dehydrated foods are available in stores as well, though watch out for added ingredients like [sodium](#), [sugar](#), or oils.

Charcuterie boars pictured to the left is a fun way to share dehydrated fruits with family and friends . See page 4.

Food Dehydration & Nutrition Information

The dehydrating process retains a food's original nutritional value. For example, apple chips will have the same [calorie](#), [protein](#), [fat](#), [carbohydrate](#), [fiber](#), and sugar content as the fresh fruit.

However, because dried food loses its water content, it's usually smaller in size and has more calories by weight. Keep your portions of dehydrated foods smaller than what's recommended for the unprocessed food to [avoid overeating](#).



Program participant placing fruit on dehydrator. (Above) .

March Recipes

Cabbage Soup



Ingredients:
 2 tablespoons extra-virgin olive oil
 1 medium onion, chopped
 2 medium carrots, chopped
 2 stalks celery, chopped
 1 medium red bell pepper, chopped
 2 cloves garlic, minced
 1 ½ teaspoons Italian seasoning
 ½ teaspoon ground pepper
 ¼ teaspoon salt
 8 cups low-sodium vegetable broth
 1 medium head green cabbage, halved and sliced
 1 large tomato, chopped
 2 teaspoons white-wine vinegar

Directions/Steps:
Step 1
 Heat oil in a large pot over medium heat. Add onion, carrots and celery. Cook, stirring, until the vegetables begin to soften, 6 to 8 minutes. Add bell pepper, garlic, Italian seasoning, pepper and salt and cook, stir-

ring, for 2 minutes.

Step 2:
 Add broth, cabbage and tomato; increase heat to medium-high and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until all the vegetables are tender, 15 to 20 minutes more. Remove from heat and stir in vinegar.

Serving Size:
 about 2 cups

Per Serving: Nutrition Information :
 133 Calories; protein 3g; carbohydrates 19.8g; dietary fiber 7g; sugars 11g; fat 5.2g; saturated fat 0.7g; vitamin a iu 4480.2IU; vitamin c 88.2mg; folate 91mcg; calcium 110.7mg; iron 1.5mg; magnesium 30.2mg; potassium 504.1mg; sodium 451.1mg; thiamin 0.1mg.

Source: Allrecipe.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/Steps:
 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.

moderation) and pepper.

Let cool 30 min. and then chill, covered, 3 hours.

Garnish the soup with the chives and serve.

Nutrition Information::
 Calories 185kcal 9% Fat 6.7g 10% Saturated fat .7g 19% Carbs24.7g 8% Sodium 274mg 11% 9.5g Sugar 8.7g Fiber 9.1g Protein 15mg Cholesterol.

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

Source: Savorrecipes.com

March Recipes

Strawberry & Spinach & Chicken Salad

Ingredients:

1 pound boneless, skinless chicken thighs
 ½ teaspoon kosher salt
 ½ teaspoon dried thyme
 ½ teaspoon ground pepper
 8 cups baby spinach
 2 cups sliced strawberries
 ¼ cup feta cheese (Optional)
 ¼ cup chopped toasted walnuts
 6 tablespoons Balsamic Vinaigrette Directions

Directions/Steps :

Step 1:

Preheat oven to 400 degrees F. Line a baking sheet with parchment or foil.

Step 2:

Place chicken on the prepared baking sheet. Sprinkle all over with salt, thyme and pepper. Roast, flipping once, until the chicken is cooked through and reaches an internal temperature of 165°F, 15 to 17 minutes. Set aside to cool, then slice into bite-size pieces.

Step 3:

Divide spinach among 4 single-serving lidded containers (2 cups each). Top each with one-

fourth of the sliced chicken, 1/2 cup sliced strawberries, 1 tablespoon feta (if using) and 1 tablespoon walnuts.

Step 4:

Seal the salad containers and refrigerate for up to 4 days.

Step 5:

Transfer 1 1/2 tablespoons vinaigrette into each of 4 small lidded containers and refrigerate for up to 5 days.

Step 6:

Dress the salads with the vinaigrette just before serving.

Per Serving:

Nutrition Information:

374 calories; protein 25.5g; carbohydrates 14.4g; dietary fiber 5g; sugars 6.2g; fat 23.8g; saturated fat 4.2g; cholesterol 75.5mg;

Source: Tasteofhome.com



Salmon With String Beans

Ingredients:

4 (6 oz.) salmon fillets
 2 tbsp honey
 1 tbsp reduced-sodium soy sauce
 2 cloves garlic, minced
 1 lemon, halved
 2 (12 oz.) pkg Green Beans
 1/2 cup butter

Directions/Steps:

Position broiler rack 4–6 inches from heat source. Preheat broiler to high. Arrange the salmon on a large foil-lined baking sheet, skin side down. In a small bowl, whisk together the honey, soy sauce, and garlic. Juice 1 lemon half and add 2 tsp juice to honey mixture. Reserve juiced lemon half for the green beans. . Brush half of the honey mixture all over salmon and season with salt and pepper. Broil 7–10 min., until

cooked to desired doneness, brushing with remaining honey mixture halfway through. . Meanwhile, microwave the green beans according to package directions. In a medium bowl, toss green beans with the butter to coat.

Season with salt and pepper to taste.

Squeeze remaining juice from reserved lemon over green beans.

Slice the other lemon half into wedges.

Serve salmon with green beans and lemon wedges.

Nutrition Information:

CALORIES 473kcal 24% FAT 26.1g 40% SATURATED FAT 7.1g 36% CARBS 22.6g 8% SODIUM 243mg 10% 14.7g sugar 4.9g fiber 38.2g protein 101mg cholesterol.

Source: Tasteofhome.com



Stress Awareness Month

April is National Stress Awareness Month to raise awareness of the negative impact of stress. There is no single definition for stress, but the most common explanation is physical, mental, or emotional strain or tension. While not all stress is bad, long-term stress can have harmful impacts on physical and mental health.

Physical signs of stress include difficulty breathing, panic attacks, blurred eyesight or sore eyes, sleep problems, fatigue, muscle aches and headaches, chest pains and high blood pressure, Indigestion or heartburn.

How To De-Stress

Breaking the connection requires both learning to deal with stress and managing unhealthy habits. These five simple tips can help you do just that.

1. **Stay positive.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
2. **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood

pressure. Meditation's close relatives, yoga and prayer, can also relax the mind and body.

3. **Exercise.** Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only helps you distress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. **Unplug.** It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.
5. **Enjoy simple things,** like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

Source: NIH.gov and Harvard.health.edu



World Health Day—April 7



World Health Day is a **global health awareness day** celebrated on 7 April every year, under the sponsorship of the World Health Organization (WHO), as well as other related organizations. The First World Health Assembly decided to celebrate World Health Day on April 7 of each year, with effect from 1950.

April Themes

Earth Day—Spring Cleaning

Top spring cleaning tips below:

- Make a Schedule.
- Start Early and Small
- De-clutter one room at a time
- Use a HEPA Vacuum.
- Think Green When You Spring Clean.
- Always Work from Top to Bottom.
- Walls and Windows Need Love too.
- Don't Be Scared of the Kitchen and Bathroom.
- Don't Forget About Your Air quality
- Open window and vents



SUPPLIES

- Vacuum
- Steam Cleaner or Mop
- Dusting Materials
- Paper Towels
- Broom
- Boxes
- New Furnace Filter

CLOSETS

- Donate or toss old clothes and shoes
- Pack up winter clothes
- Wash/hang up spring clothes
- Dust/wipe down shelves
- Clean or replace laundry basket

KITCHEN

- Get rid of outdated spices and food
- Defrost and clean fridge and freezer
- Steam clean grout and appliances
- Polish silverware
- Clean inside of cabinets and drawers
- Dust top of cabinets and above fridge
- Steam clean microwave
- De-clutter junk drawer
- Clean oven
- Clean pantry shelves and around trash

LAUNDRY ROOM

- Move washer/dryer and clean behind
- Check dryer vent
- Clean out cabinets and drawers

Spring Cleaning CHECKLIST

ALL ROOMS

- Wipe down baseboards
- Clean air vents
- Dust blinds and windows
- De-clutter any drawers/messy areas
- Clean windows
- Vacuum/Mop Floors
- Replace HVAC/Furnace Filter

BEDROOM

- Dust ceiling fan
- Clean or replace sheets
- Vacuum mattress
- Clean and vacuum under bed
- Wash pillows

LIVING ROOM

- Dust around and behind TV
- Clean fireplace
- Clean window treatments/furniture
- Wash, vacuum, or replace dog beds
- Polish hard wood floors

OUTSIDE

- Clean light fixtures
- Wash outdoor furniture
- Clean sliding glass door tracks
- Steam clean cement/cracks
- Plant flowers
- Clean/repair gutters
- Clean and organize garage

BATHROOMS

- Throw away expired cosmetics
- Steam clean mirrors, countertops, sink
- Change shower curtain
- Steam clean floors, bath tub, and toys
- Clean in, around, and behind toilet
- Unclog drains

6 Steps to ... Decluttering Your Home



Financial WELLNESS

Carrie Sorenson
Carroll County



FCS Educators in Other Counties

Spotlight On Finance Educator -Carrie Sorenson

Carrie Sorenson is a Financial Wellness educator who is new to our area, although not new to UME. In 2022, Carrie moved from a position in Frederick County to one in Carroll County that focuses on teaching people everything they need to know about managing their money. Although Carrie's office is in Carroll County, she works across the Northern Cluster and is available to teach financial wellness programs in Harford County. She has over 5 years of experience with University of Maryland Extension

and over 1,000 hours of experience teaching financial education classes. Carrie is an Accredited Financial Counselor who loves helping people learn about money and find financial strategies that work for them. If you are interested in learning more, have a question, or want to schedule a class, please don't hesitate to reach out! Carrie is also team teaching with Jennifer in April. You can contact Carrie at cjrsoren@umd.edu or 410-386-2760.

Carrie's Financial Spring Cleaning Tips:

With Spring here, many people start thinking about Spring Cleaning. That could involve cleaning out your closet, organizing your shed, or anything else that makes you feel ready for the coming season. This spring, consider doing some Financial Spring Cleaning! It is a great way to make sure that you and your money are ready for the year ahead. Here are some Financial Spring Cleaning suggestions:

1. Check your credit report.

Checking your credit report is a quick and easy way to protect your identity and review your financial picture. If you go to <https://www.annualcreditreport.com>, you can request a copy of your credit report from each of the 3 credit bureaus (Equifax, Experian, and Transunion). Once you have it, you want to review it to make sure all the information shown on the report is accurate!

2. Have you tax paperwork ready to go.

Remember that the deadline to file taxes is April 15th! To be ready, gather all the documents you need and put them in a safe place. Remember, you don't want to wait too long to get started on your taxes. Appointments with professionals call fill up quickly and even filing online with tax software can take longer than expected.

3. Review your spending habits.

It's always important to know where our money is going. One idea is to look at bank records or credit card statements for January and February. You could go over them generally to see where you are spending money. You could also put expenses into specific categories to see

how much you are spending each month on bills, groceries, going out to eat, or other categories. This is important because we often underestimate our spending and it can make budgeting very challenging! If you review your spending regularly, then you should have a much clearer idea of your spending habits.

4. Consider creating a chart or visual for an important part of your financial life.

If you want to take reviewing your habits a step further, then consider creating a way to visualize some part of your financial life. One example is creating a bill calendar. You can use a generic calendar (as in not for a specific month) to show the dates your major bills are due. That way you have a quick way to know which bills need to be paid on what dates. Another option is to create a picture of your debt. This could be a chart that shows student loans, car loans, credit cards, or other debts and their overall balance. It can be especially useful if you are working on paying down debts!

5. Create financial goals.

Finally, prepare for the season ahead by creating financial goals! Having a clear picture in your mind of what you want to do with your money can help you make financial decisions in the future. For example, if you are considering making a purchase, it might help to carry a written reminder of your financial goals. That way, you know that you are saying no to purchasing something right now so that you are able to achieve a financial goal that is important to you!

FCS Educators Corner

Wellness Educator Joi Vogin

Spotlight On

Joi Vogin is a licensed Nutritionist and Clinical Herbalist with over 25 years of experience in nutrition science, integrative health, and public health advocacy. She currently serves as Family and Consumer Sciences faculty with University of Maryland Extension in

Frederick County. Joi holds a BS in Biochemistry, an MS in Nutrition Science, and an MS in Herbal Medicine from the Maryland University of Integrative Health. Joi can be reached at jvogin@umd.edu or 301-600-3573.



Joi Vogin
Frederick County

Super weed or super food? The bittersweet truth about dandelion

It's bittersweet news that the dandelion, one of the most eradicated weeds in lawns everywhere, could be a superfood that helps in the fight against diabetes and cancer. Researchers have found that compounds in dandelion help decrease blood sugar and reduce inflammation, and may be helpful in reducing obesity. Dandelion extracts have also shown antimicrobial, antioxidant, and anti-carcinogenic properties. Though more clinical data is needed, evidence is growing to support use of this safe super weed as an everyday dietary and medicinal food.

Both dandelion root and leaf have traditionally been eaten as a vegetable and medicinal food, providing nutrients such as beta carotene, B vitamins, and vitamins E, K, and C. Dandelion also contains potassium, calcium, magnesium, iron, and several trace minerals. Additionally, dandelion root contains inulin, a prebiotic fiber that provides food for your gut microbiome and helps decrease intestinal inflammation. The root is bitter-tasting and is often roasted and used as a primary ingredient in coffee alternatives and teas.

In the growing season dandelion emerges first as rosettes of tender green "toothed" leaves that lay close to the soil. The bright yellow flower soon appears atop a tall stem in the middle of the leafy rosettes. Below the soil, the dandelion has a sturdy taproot that can grow several inches deep and have many branches.

Holding large amounts of nectar in each yellow bloom, dandelions provide food for bees, several insect species, and other pollinators. Dandelion has a long history of use by many

cultures as a tonic for the digestive system and urinary tract. The bitter flavor found in the leaves and root help regulate digestion and support liver function and detoxification. Though the stem produces a milky latex that can be an irritant to some, the plant is nontoxic and generally well-tolerated when used raw or cooked.

For all parts of this wonder weed, you can find many recipes to make salads, syrups, honeys, cooked greens, wine, and more. If you decide to forage for dandelion in your yard or elsewhere, you'll want to be sure that the leaves and flowers are far from primary roads and free of chemical sprays and animal waste. The young tender leaves are best for eating raw, while roots are best harvested from plants that are at least two years old.

If you are shopping for dandelion greens you will have the best luck at a larger grocery store, co-op, or specialty market. For cooking, you'll want to choose leaves that have more greens than stem. To use them raw, choose smaller young leaves for less bitterness. For a delicious salad, try them mixed with arugula and tossed with a light vinaigrette.

If you're new to eating dandelion greens, spring is an ideal time to add the bitter leaves to your diet. After the rich and hearty meals we eat during winter, dandelion provides gentle support to our liver and other digestive organs to help detoxify and clean out our system. My favorite way to prepare dandelion is to sauté the leaves with onion and garlic.

For more detailed instructions, see [recipe for Braised Dandelion Greens](#) to the right >

Braised Dandelion Recipe

Ingredients:

- 1 bunch dandelion greens
- 1/2 medium onion, thinly sliced
- 1/3 cup raisins, currants, or dried cranberries
- 2 cloves garlic, chopped
- 1 tablespoon olive oil
- 1 tsp cumin seed (optional)
- 1/4 cup water
- White wine or cider vinegar
- Dash of salt

Directions: Wash hands with soap and water. To prepare your veggies, rinse dandelion leaves well and cut off the stem, leaving just the green leaves. Cut leaves into one inch pieces and set aside. Peel and chop garlic cloves and cut onion into thin slices. Steps: Heat olive oil in a sauté pan over medium heat. When oil shimmers, add cumin seeds (if using) and cook 15 seconds until fragrant. Add onion, garlic, and a dash of salt to the pan and cook 5 minutes to soften.

Add dandelion greens to the pan and stir to combine with onion and garlic. Cook 3 minutes until greens start to wilt. Add water and raisins to the pan and stir to combine with greens and onions.

Cover with a tight fitting lid and cook 5-8 more minutes, stirring occasionally, until desired tenderness is reached. Add a splash of white wine vinegar to the cooked dandelion greens and serve immediately.

Source: Joi Vogin, MS, LDN Extension Educator, Family & Consumer Sciences



April Recipes

Simple Dinner Rolls



Ingredients:

2 cups all-purpose flour, divided, or as needed
 1 tablespoons white sugar
 1 (.25 ounce) envelope Fleischmann's® Rapid Rise Yeast
 ½ teaspoon salt
 ½ cup milk
 ¼ cup water 2 tablespoons butter

Directions//Steps:

Step 1: Combine ¾ cup flour, sugar, undissolved yeast, and salt in a large bowl. Step 2: Heat milk, water, and 2 tablespoons butter in a saucepan until very warm (120 degrees to 130 degrees F). Step 3: Add warm milk mixture to the flour mixture. Beat for 2 minutes on medium speed of an electric mixer, scraping the bowl occasionally. Add ¼ cup flour; beat for 2 minutes at high speed. Stir in enough

remaining flour to make soft dough. Step 4 Knead dough on a lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest for 10 minutes. Step 5 Divide dough into 12 equal pieces. Step 6 Shape pieces into balls and place in a greased 8-inch round pan. Cover and let rise in warm, draft-free place until doubled in size, about 30 minutes. Step 7 Preheat the oven to 375 degrees F (190 degrees C). Step 8 Bake rolls in the preheated oven until golden brown on top, about 20 minutes.

Nutrition Information Per serving: 108 calories; total fat 2g; saturated fat 1g; cholesterol 6mg; sodium 115mg; total carbohydrate 19g; dietary fiber 1g; total sugars 3g; protein 3g; calcium 16mg ; iron 1mg; potassium 38mg .

Source: Allrecipes.com



Potato Cake with Horseradish-Sour Cream

Ingredients:

2 lbs. Yukon Gold potatoes
 4 tbsp olive oil, divided
 1 (0.5 oz.) pkg Chives
 1 cup low-fat sour cream
 2 tsp horseradish

Directions/Steps

Peel the potatoes and grate them using the large holes of a box grater. Place potatoes in a kitchen towel or cheesecloth and squeeze out liquid. Add potatoes to a bowl and season with salt and pepper.

Heat a 9–10-inch cast-iron skillet or nonstick skillet on medium-high. Add 2 tbsp oil to skillet and swirl to coat pan. Add shredded potatoes and pat into an even layer, pressing down with spatula to flatten. Cook, undisturbed, 10–12 min., until top layer starts to become translucent and bottom is a deep golden brown. Reduce heat if bottom begins to brown too rapidly.

Remove pan from heat. Carefully invert

potato cake from pan onto a plate. Add remaining 2 tbsp oil to skillet and return potato cake to pan, browned-side up. Cook 8–10 min., until very browned and potatoes in the center of the pancake are tender.

Meanwhile, finely chop the chives. In a small bowl, combine the sour cream and horseradish. Slide potato pancake to a cutting board and cut into wedges. Top potato pancake with horseradish sour cream and chopped chives.

Nutrition information :

Calories 193kcal 10% Fat 10.0g 15% Saturated fats 3.0g 15% Carbs 23.0g 8% Sodium 37mg 2% 1.0g sugar 2.0g fiber 4.0g protein 11mg cholesterol.

Source: savoryonline.com

April Recipes

Cornish Game Hens

Ingredients:

2 whole Cornish game hens (about 1 ¼ lb. each)
 ¼ tsp salt
 2/3 freshly ground black pepper
 2 tsp herbes de Provence
 1 small onion, quartered
 1 stalk celery,
 Sliced 1 whole carrot, sliced
 1 tsp cornstarch

Directions/Steps:

Preheat oven to 350F, Lightly oil or spray a 9x13 inch baking dish with cooking spray. .
 Rinse
 Cornish game hens with cold water and pat dry with paper towels. .
 Split hens in half by cutting down backbone and then through breastbone. .
 Carefully lift skin and season meat with salt, pepper and herbs.

Place birds in prepared baking dish, cut side down, placing a section of onion, some celery and carrots under each half.

Bake for 45 minutes, basting every 15 minutes with pan juices until juices run clear and internal temp in thickest part of the thigh reaches 165F. .

Skim fat off juices in baking dish and thicken pan juices with a teaspoon of cornstarch mixed with 1 teaspoon of cold.

Nutrition information:

Calories 193kcal 10% Fat 12.3g 19% Saturated fat 3.4g 17% Carbs 4.4g 1% Sodium 217mg 9% 1.5g sugar 1.1g fiber 15.3g protein 87mg cholesterol.

Source: Allrecipes.com



Spring Beets with Feta

Ingredients:

6 medium beets (about 2½ inches in diameter)
 1 cup water
 1 tbsp olive oil
 1 tbsp balsamic vinegar
 1 tbsp chopped mint
 1 tbsp chopped parsley
 2 tbsp fat-free crumbled feta cheese

Directions/Steps: Wash and trim the beets.

Add the water into the Instant Pot or multi-cooker and fit with steamer insert or trivet. Arrange beets cut-sides down in a single layer in steamer. Seal and set to high pressure. Cook 20 min. and then immedi-

ately do a quick release. Carefully poke beets with a knife; if knife meets too much resistance, cook under high pressure for 3–4 more minutes. Let beets cool and use a paper towel to rub off the skins. Cut beets into thin wedges. In a medium bowl, whisk the oil and vinegar together. Add beets, mint, and parsley. Season with salt and pepper, tossing to coat. Top with the feta to serve.

Nutrition Information: 100 Calories , fat 4.0, Saturated fat 1.05, , Carbs 13.0 g, Sodium 154 mg, Sugar 9.0 g, fiber 4.0 g, 3.0g protein, 3mg of cholesterol .

Source: Savoryonline.com



Physical Wellness



May Themes

National Bike Month

Strap on your helmet and lace up your shoes. National Bike & Roll to School Day is May 3, 2023.

May is National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

40% of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around.

Active trips to school enable children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime.

Regular physical activity helps children build strong bones, muscles and joints, and it decreases the risk of obesity. In contrast, insufficient physical activity can contribute to chronic diseases, such as diabetes, heart disease, cancer and stroke.

The U.S. Department of Health and Human Services recommends that children and adolescents get one hour or more of physical activity each day. Research suggests that physically active kids are more likely to become healthy, physically active adults, underscoring the importance of developing the habit of regular physical activity early.

Cleaner Environment

When families decide to lace up their sneakers or strap on their helmets to get to school instead of riding in a car, they help reduce the amount of air pollutants emitted by automobiles.

Vehicles emit a variety of air pollutants, resulting in increases in ground-level ozone, nitrogen oxides and particulate matter such as particles of dust, soot, smoke, dirt and liquid droplets. To learn more about the

health risks of pollution, visit www.epa.gov/urban-air-toxics.

Promoting Safety

To reduce the risk of injury:

Children and adults need to learn safe walking, biking and rolling skills.

Drivers need to watch for others using the road.

Safety problems along routes to school need to be fixed.

Some of the best ways to increase the safety of a child's walking or rolling trip to school are to:

Provide safe, well-maintained walkways separate from vehicles.

Teach children to cross streets at marked crossings and to always look left-right-left.

Slow traffic in neighborhoods and near schools through traffic calming strategies and enforcement efforts.

Ensure that walkways are continuous and meet or exceed national accessibility standards.

Install curb ramps at every intersection and at mid-block crossings.

Provide accessible pedestrian signals at intersections.

A note about personal security:

Parents and other adults sometimes worry about children encountering bullies or strangers on the way to or from school. Parents may fear kidnapping or assault. While the actual occurrences are extremely rare, it's important to deal with both perceptions and documented problems and to create a plan that will minimize risk. Asking parents to walk with children to school is one way to address this concern. Some communities start walking school buses or bicycle trains as a way to have an adult presence on the street.

Source:

<https://www.walkbiketoschool.org/learn-more/why-walkbike/>.



May Themes

Spring Hiking Tips & Benefits

Sport medicine physician Dr. Matthew Kampert offers some tips on how to prepare for a hike.

Protect your feet. Not only do you want to wear shoes that are comfortable and fit well, but you also want to keep your feet dry. “The appropriate sock is going to wick away any moisture,” Dr. Kampert explains. “A wool sock will still hold heat when they’re wet versus a cotton sock.” He adds that some hikers will also coat their feet in an aerosol deodorant and antiperspirant to protect them from sweating.

Dress in layers. You can quickly become overheated once your heart rate goes up. So, it’s vital that you dress in layers that you can easily remove. Also, think about bringing extra clothing items like gloves and a hat. “If you’re in a hot environment, you’ll sweat and you’ll lose body fluid that way. Even when it’s cold, you lose a lot of body moisture.”

Stay hydrated. Speaking of sweating, that can lead to dehydration, even in cold weather. “You lose a lot of body moisture from trying to warm the air while you breathe.” Bring a bottle of water to hydrate while hiking.

Know your surroundings. Make sure to charge your cell phone and consider downloading a compass app. And let someone know where you’re going and when. “Always pin your locations in case your phone dies,” Dr. Kampert advises.

Overall, hiking is a great way to get some exercise in and comes with the added benefits of boosting your mood, improving your sleep and helping with a host of potential medical conditions.

And remember to go at your own pace — you don’t need to become an expert hiker overnight. Just start small and go slow until you feel comfortable in your surroundings. And don’t forget to look up, down and all around to take in the bright blue sky, the breeze on your skin and the warmth of the sun.

Source: <https://health.clevelandclinic.org/9-benefits-of-hiking/>

BENEFITS OF HIKING

Reduces risk of heart disease

By working out, your circulation improves and your heart becomes stronger.

Lowers blood pressure

Research has consistently demonstrated that exercise is as effective as a full dose of antihypertensive medication at lowering blood pressure

Combats diabetes

Being active helps control your blood sugar levels and increases your body’s sensitivity to insulin.

Reduces anxiety and depression

When you get moving, your body release endorphins, which are hormones that can reduce pain and increase pleasure. It also increases your sensitivity to serotonin and norepinephrine — hormones that can ease feelings of depression.

Tackles obesity

While any form of exercise is great to burn calories, you want to focus on resistance exercise like hiking to prevent muscle loss.

Improves sleep

Exposure to vitamin D can help control your wake-sleep cycle. And being outside and exercising will also raise your body’s temperature, so when your internal temperature goes down, it can lull you to sleep.

Helps build strong muscles and bones

Hiking plays a good role in bone density and muscle strength.

Improve arthritis

Research also shows that exercising can reduce pain and morning stiffness in those with arthritis.

Helps with balance

You’re developing core strength, which plays a big role in balance.





May Themes

Arthritis Awareness Month

Best food to combat arthritis - Benefits of Anti- Inflammatory foods

An arthritis diet focuses on incorporating foods that can help reduce the production of inflammation-producing chemicals in your body. Whether you have an inflammatory form of the disease, like rheumatoid arthritis, or a type that causes, but is not caused by inflammation, like osteoarthritis, controlling and reducing inflammation is essential to reducing pain, stiffness, and swelling.

Compliant Foods

- Fruits: Any fresh or unsweetened frozen fruits, especially berries
- Vegetables: Any (raw or cooked)
- Beans and legumes
- Whole and cracked grains
- Healthy fats like nuts, avocado, olive oil
- Whole soy foods like tofu or tempeh
- Fish and seafood
- Spices, herbs, herbal teas
- Cooked Asian mushrooms
- Red wine, dark chocolate (in moderation)

Non-Compliant Foods

- Frozen or packaged dinner meals
 - Packaged snack foods
 - Desserts, sweets, baked goods, ice cream
 - Fast food, fried foods
 - Soda or soft drinks sweetened with sugar or artificial sweeteners
 - Foods made with white flour or sugar
 - Margarine and foods made with omega-6 oils
 - Red meat and dairy products (only OK in moderation)
- There is no one-size-fits-all anti-inflammatory or arthritis diet. It's meant to be a flexible eating pattern that incorporates the healthy inflammation-reducing foods you prefer.

Arthritis Foundation
800.283.7800

Mental Health Awareness Month

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience.

Tips for dealing with Mental Wellness

Some basic mental health and self care tips to follow. 1. Get regular exercise, rest and sleep. 2. Set health and wellness goals 3. Practice an attitude of gratitude. 4. Talk to someone if needed .



Asthma Awareness Month

Tips for dealing with Asthma

- ◇ Avoid smoke. Smokers are much more likely to suffer major asthma symptoms.
- ◇ Know what triggers your asthma.
- ◇ Avoid Allergens.
- ◇ Reduce Stress.
- ◇ Find a medication that works well for you.
- ◇ Exercise.
- ◇ Keep your home clean.
- ◇ Eat Healthy.



May Themes

Salute to All Mothers on Your Day

Take Care of Yourself! Practice Radical Self-Care

- ◇ Exercise Regularly. Regular physical activity is one of the best things you can do for your physical and mental health.
- ◇ Eat a Healthy Diet.
- ◇ Practice Mindfulness & Meditation.
- ◇ Do Regular Yoga.
- ◇ Take Some Time For Yourself.
- ◇ Get Plenty of Sleep.
- ◇ Take Up a New Hobby.



Mother's Day Out– Show your Love !

It's the one special day that's all about Mom. This year, show the love with a Mother's Day picnic the whole family can help create. Affordable ingredients and a few thoughtful touches are all you need to create a home-made meal-and-party-in-one that she'll never forget.

To make your Mother's Day spread extra special—and delicious and easy! —remember these picnic-perfected tips:

- 1) Pick a portable, kid-approved menu. Choose foods that are easy to pack and eat. Keep the menu streamlined to cut down on containers, utensils, and clean-up.
- 2) Add some inspired décor. Make your picnic spread extra special with flowers

or homemade decorations that kids can help assemble.

- 3) Plan for a rainy day. Spring showers don't have to delay the celebration. Arrange blankets and pillows on the floor, and serve an indoor Mother's Day picnic on trays or sheet pans.
- 4) Keep cleanup easy. Cover your eating surface with a vinyl or plastic waterproof tablecloth to easily wipe up spills. When the party is over, use a garden hose to wash away any additional mess, and designate outdoor bins for trash and recycling that can go directly to the curb.

Source: savoryonline.com.



Best Foods for Women



May Recipes

Steamed Collards



Ingredients:

- 1 lb. collard greens
- 1 tbsp canola oil
- 1 can of stewed tomatoes
- 3 cloves garlic, crushed
- ½ cup of red peppers
- 1 cup chopped onions
- ½ cup water
- ½ tsp ground black pepper
- 1 thick lemon slice, quartered

Steps:

1. Wash collards thoroughly to remove all traces of sand. Remove tough center stalk. Chop into thin strips.
2. Heat oil in a large skillet over medium

- heat. Add red peppers, garlic and onions and sauté just until onions begin to wilt.
3. Add water and reduce heat to medium low. Add collards to skillet, pressing down to compact them, and cover with lid.
 4. Cook 15 minutes or until tender.
 5. Add stewed tomatoes let cook for additional 5 minutes
 6. Stir in pepper. Garnish each serving with a lemon wedge.

Nutrition information:

Calories 69kcal 3% Fat 3.9g 6% Saturated fat. 0.3g 2% Carbs 7.8g , Sodium 13mg



Avocado Salad

Ingredients :

- 2 medium avocados
- 2 medium cucumbers
- 1.5 cups of cherry tomatoes
- 1/4 medium onion
- 2 tbsp. lime juice
- 1tbsp. Olive
- 1 pinch of sea salt to taste
- 1/4 tsp. black pepper
- 1 pinch of cumin

in a large bowl.

Add the lime juice, olive oil, salt, and pepper and toss until everything is mixed together well. Then Serve.

Nutrition Information: Calories 308kcal Carbs 27, Protein 7g, Fat 20g, Sodium 249 mg, Sugar 5 g, fiber 16 g.

Directions:

Dice the avocado and slice the cucumber, tomato, and onion. Chop the cilantro and then place everything

Source: Eatsomethingvegan.com



Lavender & Green Iced Tea

Ingredients:

- 4 green-tea bags
- 1 ½ teaspoons fresh lavender blossoms or
- 3/4 tsp. dried lavender
- Lavender sprigs (optional)

Directions:

Step 1/Steps:

Heat 1 qt. water in a medium saucepan until it just begins to simmer. Remove from

Heat and add tea and lavender.

Step 2: Steep for 5 minutes. Strain into a heatproof pitcher or bowl. Let cool.

Step 3: Pour into ice-filled glasses and garnish with lavender sprigs if you like.

Nutritional analysis is per cup.

Nutrition information: Calories 24, Carbs 6.5G, Fat 0.

Source: Myfitnesspal.com .

May Recipes

Caprese Mini Frittatas

Ingredients:

½ cup reduced-fat sour cream
¾ cup shredded mozzarella cheese
1 pint cherry or grape tomatoes,
halved ¼ cup thinly sliced basil

Directions/Steps .

Preheat oven to 325°F.

Lightly grease a 12-cup muffin tin with the cooking spray.

In a large bowl, combine the eggs, sour cream, and cheese.

Season with salt and pepper. Whisk until thoroughly combined.

Pour into a large liquid measuring cup. . Divide the tomatoes and basil evenly among greased muffin cups.

Carefully pour egg mixture over.

Bake 20–25 min., until eggs are just set in the center and edges are beginning to brown, rotating the muffin tin halfway through.

Let frittatas cool in muffin tin 10 min. before removing.

Nutrition Information:

Calories 114kcal 6% Fat 8.0g 12% Saturated fat, 3.0g 15% Carbs 3.0g 1% Sodium 122mg 5% 1.0g sugar 0.0g fiber 9.0g protein 182mg cholesterol.

Source: savoryonline.com



Raspberry Swirl Cheesecake

Ingredients:

10 vanilla wafer
3 tablespoons 1 % milk
16 oz. reduced fat cream cheese, room temperature
½ cup honey
1 cups Greek yogurt
2 eggs
1 tablespoon vanilla extract
2 tablespoons cornstarch
3 cups raspberry

Directions/Steps: Place graham crackers in a plastic

bag and crush with a rolling pin until fine.

Preheat oven to 350°F (180°C).

In a medium bowl, mix the cracker crumbs with the milk, stirring until the milk has incorporated completely into the crackers with the texture of slightly wet sand. Pour the cracker mixture into a 9 inch (23 cm) spring form pan. Press down the crust evenly using

the back of a flat measuring cup or spoon.

Bake for 15 minutes, then cool. Reduce the heat to 300°F (150°C).

In a large bowl, whisk the cream cheese until there are no lumps.

Add the honey, Greek yogurt, eggs, vanilla, and cornstarch, mixing until smooth.

Pour the cheesecake batter into the graham cracker crust. Spread evenly.

Bake for about 1 hour, then cool for about 30 minutes.

Top with fresh raspberries in a ring pattern on the top of the cheesecake.

Chill until the cheesecake has set, 2-4 hours. Unmold, slice, then serve!

Nutrition Information:

Calories, 230kcal 11% Fat 8.2g 13% Saturated Fat 3.5g, Carbs 25g Sodium 305mg 13% 22.9g sugar 0.3g fiber 8.3g protein 47mg cholesterol.

Source: Savoryonline.com



May Recipes

Cherry Pie



Ingredients: ¼ cup sugar, plus more for dusting
¼ cup cornstarch
3 (12 oz.) bags frozen dark sweet pitted cherries, thawed (about 7 cups)
1 (14.1 oz.) box refrigerated pie crust 1 tbs heavy cream

Directions/Steps:

Place a rimmed baking sheet on the middle rack in oven and preheat oven to 400°F. In a large bowl, combine the sugar, cornstarch, and a pinch of salt. Add the cherries and toss until well coated. . Unroll 1 pie crust and press into a 9-inch pie plate.

Tuck edges to form a clean edge.

Add cherry mixture to pie crust along with any residual juices from bowl. . Unroll remaining pie crust onto a sheet of parchment. With a knife or pizza cutter, cut crust into ¾-inch-wide strips.

Discard the 2 shortest end strips.

Arrange half of strips across pie, spacing about ¾ inch apart.

Place remaining pie crust strips on top, perpendicular to first set, spacing about ¾ inch apart. With fork, press top strip and bottom crust edges together to seal. Trim off any excess dough pieces from the lattice strips.

Brush top crust with the cream.

Sprinkle with more sugar, if desired. Place pie on preheated baking sheet in oven and bake for 50–60 min. If browning too quickly, cover the edges of pie with foil during last 10 min. of baking. Let cool completely before serving.

Nutrition Information :

Calories 267kcal Fat 10.0g Saturated fat 4.0g , Carbs 45.0g , Sodium 223mg 9% 20.0g sugar 2.0g fiber 3.0g protein 10mg cholesterol.

Source: Allrecipes.com

Quick Tuna Pasta Salad



Ingredients:

1 tomato
2 ½ cups bow-tie pasta
½ cup canned peas, drained
½ cup Hellmann's mayonnaise with olive oil
1 cup deli tuna salad

Steps:

Dice the tomato.

Cook the pasta in boiling water, 8 min.

Mix the pasta with the peas, and stir in the diced tomato.

Add mayonnaise and tuna salad and mix well.

Nutrition information :

Calories 472kcal 24% Fat 25.5g 39% Saturated fat 2.7g 13% Carbs 45.2g 15% Sodium 412mg 17% 5.5g sugar 2.9g fiber 15.8g protein 17mg cholesterol .

Source: Simplyrecipes.com

May Recipes

Artichoke and Arugula Salad

Ingredients:

¼ cup pine nuts
1 (12 oz.) jar marinated quartered artichokes
3 tbsp champagne vinegar
2 tbsp olive oil
8 cups packed arugula

Directions/Steps:

In a small skillet, toast the pine nuts 5 min. on medium-low, until golden brown, stirring often
Drain the artichokes and pat dry with paper towels.
Add to a medium bowl, along with vinegar and oil.
Season with salt and pepper to taste. . Di-

vide the arugula among 4 plates.

Spoon artichokes and dressing over arugula.

Garnish with pine nuts.

Nutrition Information:

Calories 169kcal 8% Fat 13.0g 20% Saturated 1.0g 5% Carbs 12.0g 4% Sodium 91mg 4% 2.0g sugar 6.0g fiber 5.0g protein 0mg cholesterol.



Seasonal Spring Vegetables Soup

Ingredients:

2 tablespoons olive oil
1 celery rib, sliced
1 leek, sliced (white and light green part only).
2 cloves garlic, minced
32 ounces vegetable broth
15 ounce can cannellini beans, rinsed and drain
2 cups frozen peas and carrots
1 cup chopped asparagus
½ teaspoon salt
½ teaspoon pepper
2 tablespoons fresh chopped basil

Directions/Steps:

In a stockpot over medium heat, add olive oil. When hot, add celery and leeks. Cook for 3 to 4 minutes, or until lightly browned, stirring occasionally. Add

minced garlic, stirring to combine. Cook for 1 additional minute.

Add vegetable broth, rinsed beans, peas & carrots, asparagus, salt and pepper . Stir to combine. Bring to a simmer, cover, reduce heat and cook for 5 minutes, or until vegetables and beans are heated through.

Stir in chopped basil. Remove from heat and serve.

Nutrition Information:

Calories 215 kcals, Carbs 33g. Protein 10g, Fat 7g, Sodium 200 mg, Fiber 9g , Sugar 4g.



Source: Thetastykitchen.com



June Themes Children's Awareness Month

Children's Awareness Month takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future. Children's Awareness Month was initially founded in the loving memory of all the children who have died violent deaths in America. It has evolved into something bigger. Children's Awareness Month has become a time to spend nurturing and cultivating the joys and treasures of childhood. This month aims to encourage, support, and educate children while prioritizing their health and well-being. Make family time special and let your children know you care by giving them your time and attention. Make them aware of social changes and their environments.



National Safety Month

Join the National Safety Council in June for National Safety Month—the annual observance to help keep each other safe from the workplace to anyplace. For more than 25 years, NSM has provided weekly resources to highlight leading causes of preventable injury and death so people can live their fullest lives. Stay safe everyone. Falls can lead to serious injuries .



Injury Prevention

In 2020 alone, more than four million workplace injuries required medical attention in the U.S. Learn about approaches to preventing injuries and deaths, including identifying hazards and assessing risks.



Slips, Trips and Falls

With falls the second-leading cause of unintentional injury-related death, this week we'll focus on reducing slips, trips and falls, falls from heights and how technology can play a role in saving lives.

June Themes

Men's Health Month

June is Men's Health Month. Help spread the message by using the 2022 social media toolkit — it's packed with example Tweets, pictures, Facebook posts and health resource links to share education and awareness about men's health issues around the world.

5 Health Tips for Men : You should make it a point to eat healthy when possible. Develop a fitness routine to stay active, Reduce smoking, tobacco, and drinking , protect your health, go see primary care Doctor to ensure health milestones are taken care of. Just Rest!



National Migraine and Headache Awareness Month

37 million people in the United States are estimated to have chronic kidney disease (CKD). As many as 9 in 10 people are not aware that they have CKD. If you have diabetes or high blood pressure you are at higher risk for developing kidney disease.

Chronic kidney disease, also called chronic kidney failure, involves a gradual loss of kidney function. Your kidneys filter wastes and excess fluids from your blood, which are then removed in your urine. Advanced chronic kidney disease can cause dangerous levels of fluid, electrolytes and wastes to build up in your body. In the early stages of chronic kidney disease, you might have few signs or symptoms.

To reduce your risk of developing kidney disease:

Follow instructions on over-the-counter medications. When using nonprescription pain relievers, such as aspirin, ibuprofen and

acetaminophen, follow the instructions on the package. Taking too many pain relievers for a long time could lead to kidney damage.

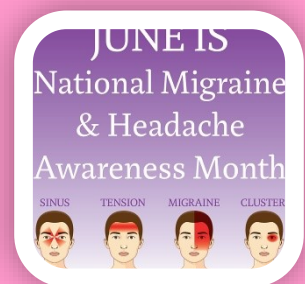
Maintain a healthy weight. If you're at a healthy weight, maintain it by being physically active most days of the week. If you need to lose weight, talk with your doctor about strategies for healthy weight loss.

Don't smoke. Cigarette smoking can damage your kidneys and make existing kidney damage worse. If you're a smoker, talk to your doctor about strategies for quitting.

Manage your medical conditions with your doctor's help. If you have diseases or conditions that increase your risk of kidney disease, work with your doctor to control them. Ask your doctor about tests to look for signs of kidney damage.

Source: [mayoclinic.org](https://www.mayoclinic.org)

National
Cancer
Prevention



June Recipes

Broccoli Bites



Ingredients:

- 2 (12 oz.) pkg broccoli florets
- 3 tbsp nutritional yeast
- 2 tbsp olive oil
- 1 lemon

Directions/Steps:

Preheat oven to 425°F

Line a large rimmed baking sheet with parchment paper.

Cut any larger broccoli florets into smaller florets.

In a large bowl, whisk together the nutritional yeast and oil until well combined.

Season with salt and pepper.

Add the broccoli and toss until well coated.

Arrange in single layer on lined pan.

Roast 15–20 min., until well browned and stems are tender.

Grate zest from the lemon all over broccoli.

Serve immediately.

Nutrition Information:

Calories 136kcal 7% Fat 7.9g 12% Saturated fats 1.1g 6% Carbs 13.6g 5% Sodium 58mg 2% 3.2g sugar 5.6g fiber 7.0g protein 0mg cholesterol.

Source: Savoryonline.com

Garlic Mashed Potatoes



Ingredients :

- 1 whole bulb garlic
- 2 tbsp olive oil
- 3 lbs. Yukon Gold potatoes, washed scrubbed
- 1 tbsp salt, plus more to taste
- ½ cup half & half ½ cup
- 1 tbsp butter , melted
- 1 tbsp finely chopped parsley

Directions/Steps:

Toss with the olive oil and place in center of a double layer of foil. Wrap up tightly and place in oven. Roast 20–30 min., until very tender.

Meanwhile, cut the potatoes into quarters and place in a large pot. Add enough water to cover by 1 inch. Add the salt. Heat to a

boil on high, partially covered. Reduce heat and simmer 20–25 min., until very tender. .

Unwrap garlic and let cool. When cool to the touch, squeeze each garlic clove out of its peel. Drain potatoes well and return to pot. Add the half & half, butter, and roasted garlic. Mash until smooth. Season with salt to taste.

Garnish with parsley or basil a serving bowl and garnish with parsley.

Nutrition information:

Calories 245 Kcals, 9 Saturated fats, Carbs 21 , Sodium 450 mg, 2.1 g of sugar 3.1g fiber, 3.0g protein, 36mg cholesterol.

Source: Savoryonline.com

Peanut Butter & Chocolate Smoothie



Ingredients:

- 4 oz. of Greek yogurt
- ¾ cup of 1% milk or almond milk
- 2 tablespoon of peanut or almond butter
- 3tsp of cocoa powder
- 1 banana
- 1 tbsp of maple syrup or agave, or stevia

Directions/Steps :

Put all of the ingredients into the blender, in the order listed, and blend on high until thick and smooth.

I would start with only 2 Tablespoons of cocoa powder, blend, and then add 1 more for a stronger chocolate taste. You may need to stop and stir/scrape down the sides of the blender a few times.

Nutrition Information: Calories 240Kcals, Carbs 39g Protein 16G, Fat 8G, Sodium, 75 potassium 403, Fiber 6g, Sugar 12 g.

Source: Thereciperebel.com

June Recipes

Pan Seared Steak with Mushrooms

Ingredients:

For the mushrooms:

- 1 tablespoon olive oil extra virgin
- 1 tablespoon butter
- 6 ounce mushrooms sliced
- 3 garlic cloves minced
- Salt and pepper to taste

For the Steak:

- 2 lean New York Steak strip steaks
- Coarse salt to taste
- 3 tablespoons grass-fed butter
- 3 cloves garlic smashed (don't mince the cloves because it will burn fast)
- 3 sprigs fresh thyme

Directions/Steps:

Remove the steaks from the fridge about 30 minutes to 1 hour before cooking. Place them on a paper towel-lined cutting board and pat them dry with paper towels. Then, season well all sides of the steaks with coarse salt and set aside.

In a 12-inch cast iron skillet over medium heat, add olive oil and butter, mushrooms, garlic and salt. Cook for about 3 minutes or until tender. Set aside on a plate.

Increase the heat to high and let it heat up for about 3 minutes. When the pan smokes just a bit, it's a sign that it's properly heat-

ed. Place the steaks in the hot skillet and cook for about 2 minutes each side or until the steaks get a nice crust.

Now add butter, garlic and thyme to the skillet. Flip the steaks again and tilt the pan to help the butter spread on the skillet. Using a spoon, pour butter over the steaks. Flip again the steaks and check the internal temperature of the steaks. For rare is Medium rare is 135 degrees, medium = 145 degrees, medium well = 150 degrees and well done = 160 degrees. The totally cooking time for my steak was about 8 minutes. It will depend on how you prefer your steak to be (rare, medium, medium well or well done).

When the steaks get to the desired cooking temperature, bring back the mushrooms and serve immediately with some roasted green beans, asparagus mashed cauliflower and/or rice cauliflower.

Nutrition Information:

Calories 389kcal % Protein 20G, Fat 15.5g Saturated fat, Carbs 6g, Sodium 214mg, Potassium 399, Fiber 2g, Sugar 2g.

Source: <https://www.primaverakitchen.com/>.



HAPPY
Father's
DAY



Strawberry and Stone Fruit Salad

Ingredients:

- 2 cups ripe stone fruit (peaches, nectarines, apricots)
- 1 tbsp lime juice
- 1 tbsp canola oil
- ¼ cup chopped red onion
- ½ cup chopped bell pepper (red or green)
- 1 tbsp chopped fresh cilantro (or parsley or mint)
- pinch of salt

Directions/Steps:

Combine all ingredients in a bowl and toss gently to mix. Refrigerate for at least one hour to allow flavors to blend.

Nutrition information

Calories 37kcal Carbs 25g, 2% Fat 2.1g

Source: Allrecipes.com

Save The Dates! Upcoming Classes

Date	Class Description	Time	Cost
April 12	Health, Nutrition, Wellness Healthy Eating Plans (Mediterranean Diet)	11:30 am	Free
April 26	Nutrition, Health & Wellness Plus – Nutrition & Stress (Repeat)	11:30 am	Free
May 3	Health , Nutrition, and Wellness Plus Nutrition & Arthritis	11:30 am	Free
Mar 17	Health , Nutrition, and Wellness Plus Nutrition & Women Wellness Tips	11:30 am	Free
June 14th	Health , Nutrition, and Wellness Plus Nutrition & Men's Wellness Tips	11:30 am	Free
June 28th	Health , Nutrition, Wellness Healthy Eating Plans Mind Diet & Mental Wellness Webinar	12:00pm	Free



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

UNIVERSITY OF
 MARYLAND
 EXTENSION



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

Contact the Faculty Extension FCS/Nutrition Educator for more information

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

**University of Maryland Extension—Harford County Office
 3525 Conowingo Rd. | Suite 600 | Street, MD 21154 | 410-638-3255**

Extension.umd.edu/Harford-county

agnr.umd.edu

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