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RECIPES

Each issue includes healthy recipes! Inside this issue:

- Rainbow Smoothie
- Corn Kabobs
- Spicy Shrimp Skewers
- Salmon Burgers
- Strawberry Salsa
- Summer Veggie Wraps

And many more!

Family & Consumer Sciences

Welcome to the Summer 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.

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



Summer Fruits and Vegetables

Eating and purchasing summer produce has many benefits. Summer produce is high in nutrient density, better taste and quality, affordable and great for the local farmers and economy. Here are 4 Summer Foods you need in your diet:

Watermelon—Rich potassium- and water-rich watermelon will keep you hydrated all summer long.

Cucumbers- Cucumbers are a great source of magnesium, which, along with phosphorus, is required for bone mineral metabolism.

Strawberries— Strawberries are full of vitamin C and fiber.

Summer squash— Summer Squash is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium.



<https://foodinsight.org/summers-fruits-and-vegetables/>



June Themes

National Dairy Month

For more than 75 years, we have celebrated dairy and all of its goodness during June. In 1998, milk was designated the State drink of Maryland. Research shows that dairy foods are affordable sources of calcium, potassium and vitamin D — two nutrients under-consumed by most Americans. For as little as \$0.60 a day, people can meet the daily recommendations for dairy.

Studies have demonstrated the positive role milk plays in children’s development. Consuming low-fat and fat-free milk and dairy products also provides important protein for adults, reduces the risk of bone disease and fractures, and may help reduce the risk of

getting cavities.

National Dairy Month encourages families to make milk their first beverage choice based on its value, nutritional qualities and wholesomeness. Whether it’s in a cappuccino, cereal, or smoothies, adding one more serving of milk to your family’s day can help ensure they get the nutrients they need to build strong bones and teeth. At the same time, they benefit from decades of tradition and hard work by dairy farm families who pride themselves on producing wholesome dairy foods.

Sources: USDA.gov and MSA.Maryland.gov

Summer Berry Smoothie

This rainbow smoothie recipe made with real milk is a tasty, wholesome way to bring a smile to anyone’s day.

Ingredients::

- 1 1/2 cups – Low-fat or fat free milk
- 1/2 cup – Low-fat vanilla yogurt
- 2 cups – frozen strawberries (about 10)
- 1 cup – frozen blueberries
- 1 cup – frozen mango chunks
- Optional Toppings
- 8 tablespoons – whipped cream
- 4 teaspoons – sprinkles

Directions::

Add milk, yogurt and fruit to blender and blend until smooth, adding additional milk or water to thin if needed. Divide

smoothie into 4 glasses and top each with 2 tablespoons whipped cream and 1 teaspoon sprinkles, optional.

Serves 4. Nutrition figures based on using fat free milk. Nutrition facts per serving:

Calories 120, Protein 8, grams, Total Fat 10g, Cholesterol 5 mg, Sodium 60 mg, Total Carbohydrate 25 g, Protein 5 g, Rich in Calcium and Vitamin C .

Source: www.usdairy.com/recipes/

Family Health and Fitness Day

Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active. Various research studies have confirmed that community parks and recreation, green spaces and time outdoors are critical for creating

healthy, active and sustainable communities. As we have witnessed throughout the coronavirus (COVID-19) pandemic, parks and recreation has played a critical role in supporting our mental and physical well-being, and Family Health & Fitness Day is a great opportunity to celebrate this!

June Themes

Alzheimer's & Brain Awareness Month

1. Break a sweat: Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

2. Hit the books: Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. Butt out: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

4. Follow your heart: Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. Heads up: Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hyper-

tension), may contribute to risk reduction.

7. Catch some ZZZ's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline. Seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

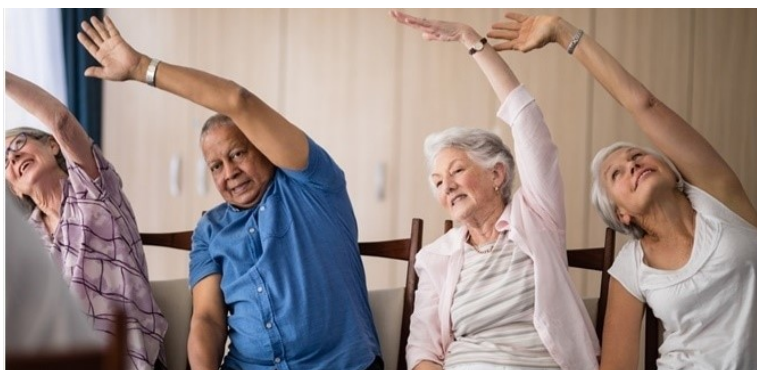
9. Stump yourself: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.

10. Buddy up: Staying socially engaged may support brain health. Pursue social activities meaningful to you. Find ways to be part of your community – if you love animals, consider volunteering at a local shelter. Enjoy singing? Join a local choir or help at an after-school program. Or, just share activities with friends and family.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial.

Visit alz.org/10ways to learn more.

**Eat Foods Rich
in Omega 3**



Financial Wellness



Summer Savings Tips

Turn off the air conditioning. This tip doesn't mean you have to suffer through sweltering heat, but you should be aware of the weather so that you can maximize efficiency and save money by [using the AC only when needed](#). Close drapes on the sunny side of your house if it is going to be a cool night, turn off the air before heading to bed and open a few windows. It can help to have a cross-ventilation setup. To do this, open windows on opposite sides of your home, and set up a fan to exhaust out one window. This window fan pulls the cooler nighttime air into your home while removing warmer, stuffier daytime air.

Cook outside. Using the stove or baking in the oven can create a lot of excess heat that has nowhere to go except in your house. Consider taking meal plans to the barbecue grill outside so that you can keep your cool inside. A bonus: cooking out turns a plain dinner into a fun picnic.



Let your laundry dry outside. If you can hang up laundry outside, let the sun and warm summer breeze do the drying for you. You'll be amazed at how fresh your clothes smell once they've baked in the sun for a while. Even if you can't hang up clothes outside, try using your dryer on a lower heat setting or only partially drying your shirts and letting them air dry the rest of the way.



Take advantage of longer daylight hours. Instead of retiring to the couch to stream a show, use the extended daylight hours to enjoy the great outdoors. You'll save money on

electricity by not running the electronics and indoor lights, and get some exercise, too.



Use the long days to even engage in some money-producing activity from the gig economy such as driving, walking dogs, serving outside in some a few hours in some capacity. Walk to work or ride your bike instead of driving to the office. The summer weather and the longer daylight are favorable for all these.

Replace your air conditioner filters. This regular maintenance can be easy to overlook, but a dirty filter can increase your cooling costs. Dirty filters restrict the airflow and the efficiency of the air conditioner, which translates into more run time and higher cooling costs.



Filters are cheap, so replace them regularly.

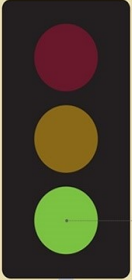
Plan ahead for future home and garden projects. As summer begins to wind down, it is a perfect time to be on the lookout for season-ending sales. Landscape plants, tools, and other outdoor project materials tend to go on sale as people begin to look toward autumn and spending less time outside.

Source: <https://www.thebalance.com/summer-money-saving-tips-1289941>

Image: Protravetip.com

Wellness Travel Tips

Are you taking a family road trip this summer? C. Rick Henriksen, M.D., a family physician at University of Utah Health Care, provides some tips to make this year's trip healthier than the last.



Go for healthful snacks and picnic lunches. Pack a cooler with cut veggies, such as baby carrots and celery, apples, mixed nuts and various nut butters.

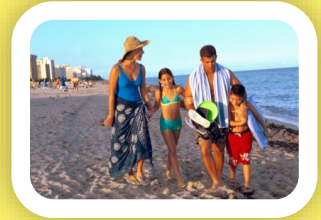
Ditch movie marathons and play an engaging game, such as "20 questions." Or listen to a family-friendly audiobook.

Always wear your seat belt and secure kids in properly fitted car seats. Also keep a first-aid kit in the car.

Stop when you get sleepy. Take breaks often and switch drivers if possible.

When you get to a rest stop, take a few minutes to stretch your legs. Challenge family members to a friendly fitness test or play a game of tag.

Beware of pit stops. Skip soda, candy, chips and gas-station grub that provides little nutritional value.



Watch Gas
Prices for
Lowest Deal

1. Plan your trip. There often are many sources for planning but use those with which you feel most comfortable. Talk with friends and family for recommendations. Use Rand McNally's Road Atlas (available in print or digital format), or Trip Maker® to build your ultimate American road trip. Create and manage full itineraries, and pinpoint interesting places to stop along the way. You also can easily print, email, and even export those trips to some Rand McNally GPS devices.
2. Load the car strategically. Start with the least essential items, followed by the more gear you'll need to access – including grab-and-go overnight bags. Keep absolute essentials nearby, such as first-aid kits, important medications, tissues, sanitizers, moist wipes, diapers, etc.
3. Improve fuel economy and save money. Roll down the windows when traveling at lower speeds, and use the air conditioning for highway driving. Hot weather can actually increase fuel economy since your engine warms up to an efficient temperature faster. Warm air also tends to cause less aerodynamic drag than cold air.

Source: RandMcNally.com Rally.com



**Spotlight
On
Children's
Wellness**



Watershed Environmental and Physical Wellness Series

The FCS Harford Healthy Living- Watershed Environmental & Physical Wellness Education Series was a collaboration between Harford County Family and Consumer Sciences Educator, Master Gardener Coordinator, 4-H Program, Village of Lakeview Community Center, and Wellness Champions.

8 sessions were held at the Extension office and 8 sessions were held at Village of Lakeview Community Center. The sessions introduced learning and leadership through environmental education, water science and community watershed studies to youth in Harford County.

The youth also had Physical Wellness Sessions and received information on how to eat healthy and stay fit while helping the environment.

Activities included:

- Watershed Pledge
- Watershed Wisdom Bingo
- Growing a potted plant
- Youth Gardening
- Physical Fitness Pledge
- Rain Gardens
- Scavenger Hunt
- Water Cycle
- Field & Fitness Day

The collaborative Watershed Wellness series came to a close with a celebration and the planting of a conservation garden along the Harford County Agricultural Center. Thanks to all of the 4-H youth, and Village at Lakeview Community Center youth who participated in the Watershed Education. Special thanks to all participants, partnerships, AGNR Watershed grant grantor.



Summer Safety for Kids

- Keep watch to prevent drowning.
- Look for signs of heat exhaustion.
- Check for car safety.
- Protect skin from the sun.
- Avoid bug bites.
- Enjoy fireworks safely.
- Drink enough water.
- Don't monkey around.

Healthy Summer Eating Tips and Goals

- Make half of your plate fruits and veggies.
- Make half the grains you eat whole grains.
- Switch to fat-free or low fat (1%) milk:
- Choose a variety of lean protein foods:
- Compare sodium in foods:
- Drink water instead of sugary drinks
- Eat some seafood
- Cut back on solid fats
- Eat more cooling foods
- Avoid overdoing it at summer BBQs.
- Cook at home.
- Don't forget the fruit!

Food Safety for Summer Months

Here are four simple steps to safer food in the summertime.

- **Clean: Wash Hands and Surfaces Often (Unwashed hands are a prime cause of foodborne illness)**
- **Separate: Don't Cross-Contaminate.**
- **Cook: Cook to Safe Temperatures.**
- **Chill: Refrigerate Promptly**

4 STEPS TO FOOD SAFETY



**Environ-
mental
Wellness**



Physical Wellness



Beat Summer Heat With Water

Everything in your body needs water to work well. Losing too much water, or dehydration, can lead to fatigue, headache, dizziness, and if we're chronically dehydrated can lead to constipation, kidney stones, urinary tract infections, and problems thinking.

Although thirst is one of the body's way to tell us we need water, it isn't always enough to keep us drinking as much as we need to. This can be true for older adults, for adults that are exercising heavily, or for kids who may get caught up playing and ignore the need to stop and get a drink!

One way to tell if you're drinking enough fluids is from the color of your urine. The darker it is, the more dehydrated you are –

urine should be lightly colored. Try these tips to make sure you're staying hydrated:

- Try adding fruit or herbs to water for flavor, like lemon and lime or cucumber and mint
- Don't wait until you're thirsty to drink, especially in high temperatures
- Drink water between meals and with snacks
- Take a reusable water bottle filled with water when you are "out and about."
- Try snacking on more of the delicious water-dense fruits and veggies around in summer, like watermelon, grapes, citrus fruits, cucumbers, and tomatoes.

Source: nutrisci.wisc.edu/2020/07/01/help-beat-the-heat-by-drinking-water/

Summer Sun Safety

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month! The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
 - UV-A rays have longer wavelengths that can penetrate the middle layer of your skin
- Here are the harmful things unprotected sun exposure can do:
- Cause vision problems and damage to your eyes
 - Suppression of the immune system
 - Premature aging of the skin
 - Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: Wearing a Hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. Stay in the Shade: The sun's glare is most

intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a playful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is water-proof.

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





Summer Safety cont.

Skin Safety

- One of the last things you're thinking about when you're relaxing on the beach is the possibility of developing skin cancer later in life. But how you care for your skin now — and your children's — may make a big difference down the road. Skin cancer is the most common type of cancer in the world, accounting for almost half of cancer cases.
- According to the American Cancer Society, about 3.5 million cases of skin cancer are diagnosed in the United States each year. Wearing sunscreen properly and consistently — applying broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more — can lower your risk.
- Stay out of the sun during the peak hours of 10 a.m. to 2 p.m.



Heat Stroke, Heat Exhaustion and Other Heat-Related Illness

- Heat-related illness are real risks in the summer months, especially when you are working or exercising. Learn the symptoms of [heat cramps, heat exhaustion and heat stroke](#), and be sure to stay hydrated with plenty of water when you are enjoying the outdoors on a hot day.



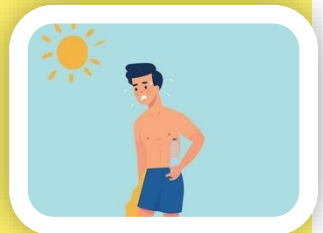
Sports Injuries

- If your bike, running shoes, skateboard, basketball, tennis racket or other sports equipment have been gathering dust all winter and you are ready to get moving again, remember to go slow at first and take other precautions to [prevent sports injuries](#).
- For instance, [overuse injuries](#) commonly affect both professional and amateur athletes, and may be prevented by warming up before exercise, using proper technique and avoiding overexertion.

Water Safety

Whether your family is spending time in the pool, at the beach or on a boat this summer, you should be aware of the proper safety precautions to follow. Parents of young children should:

- Never leave your child unsupervised near water at or in the home, or around any body of water, including a swimming pool.
- Remember that very young children can tumble headfirst into buckets, ice chests, tubs, outdoor water features, toilets and other containers of water.
- Make sure any boating activities include proper flotation devices, like U.S. Coast Guard-approved life jackets, in case of an emergency.
- Consider learning CPR, especially if your child regularly participates in water activities.



Source: www.hopkinsmedicine.org/health/wellness-and-prevention

June Recipes



Summer Stuffed Potato Salad

Ingredients:

- 1 (15 oz.) tub prepared potato salad
- 1 cup shredded sharp Cheddar cheese
- 1 stalk finely chopped celery
- ¼ cup finely chopped red onion
- 1 (½ oz.) pg Nature's Promise® Organic Chives, finely chopped, divided

Directions:

In a large bowl, combine potato salad, cheese, celery, red onion, and half of the chives. Stir

to combine. Refrigerate until ready to serve. To serve, garnish with the remaining chives.

Nutrition Information/Per Serving:

235 calories, 8 grams of protein, 16 grams of fat, 12 carbs, 5 grams, fiber, 320grams of sodium, .

Source: savoryonline.com



Summer Corn Kababs

Ingredients:

- 4 ears of corn , shucked
- 16 wooden skewers, soaked
- ¼ cup cilantro
- ½ cup mayonnaise low fat
- 2 limes, juiced
- ½ cup grated Parmesan cheese
- 1 tbsp. smoked paprika

Directions:

Set grill to medium-high. Trim pointed tip off each ear of corn and cut remaining cob into 4 pieces. Spear each corn piece with a skewer.

Place skewers on grill and cook 12 min., until charred in spots, turning occasionally.

Chop the cilantro and mix with the mayonnaise and lime juice in a bowl. When corn is cooked, remove from grill and brush generously with the mayonnaise mixture. Sprinkle with the Parmesan and paprika. Season with salt. Serve warm.

Nutrition Information: 162 calories; protein 3.5g; carbohydrates 30.5g; fat 4.5g; sodium 221.8mg

Source: foodiecrush.com

June Recipes

Watermelon Raspberry Lemonade

Ingredients:

1 (0.75 oz.) pkg fresh mint
1 (10 oz.) pkg watermelon chunks
1 pint raspberries
4 cups Nature's Promise lemonade

Directions:

Reserve 1 small sprig mint to use as a garnish and remove stems from remaining sprigs. Place leaves in a blender with the watermelon, raspberries, lemonade, and 1 cup ice cubes. Blend until mint and rasp-

berries are pureed and mixture is smooth.

Pour into a pitcher and garnish with remaining mint. Serve over ice, if desired.

Nutrition Information: 80 calories; protein 0.3g; carbohydrates 21.1g; fat 0.1g; sodium 2.1mg.

Source: savoryonline.com



Watermelon & Berry Salad

Ingredients:

½ lb. strawberries
4 cups small watermelon chunks
6 oz. blueberries
3 tbsp. olive oil
2 tbsp. white wine vinegar
4 oz. feta or ¾ cup crumbled feta

Directions:

Hull and quarter the strawberries. In a large bowl, toss the strawberries, watermelon, and blueberries. Arrange on a large platter.

In a small bowl, whisk together the oil and vinegar. Season with salt and pepper to taste. Drizzle over fruit. Crumble feta all over fruit.

Nutrition Information: 236 calories, 10.4g sugar, 1.7g fiber, 3.6g protein, 17mg cholesterol

Source: savoryonline.com



Spicy Shrimp Skewers

Ingredients:

1 (14 oz.) pkg. kielbasa
1 small red onion
2 limes
1 lb. raw deveined extra jumbo shrimp, peeled
½ cup Thai sweet chili sauce, divided

Directions:

Grease the grill grates and set grill to medium-high. Slice the kielbasa into ½-inch-thick rounds.

Cut the red onion into chunks and the lime into wedges.

Curl each shrimp around a kielbasa slice. Thread onto parallel skewers, alternating with red onion chunks. Brush all over with ¼ cup sweet chili sauce.

Grill skewers 2–3 min. per side, until shrimp are cooked. Transfer to platter and brush with remaining ¼ cup sweet chili sauce. Serve with lime wedges.

Nutrition Information: Calories 399, 17.0g sugar, 2.2g fiber, 28.8g protein, 212mg cholesterol.

Source: homeplate.com





July Themes

Juvenile Arthritis Awareness Month

It is not just older people who are affected by arthritis, children get it too — that's why observing Juvenile Arthritis Awareness Month in July each year is so important. Founded by the Arthritis Foundation, this campaign aims to raise awareness about this condition and share resources to help those affected by it. Did you know, with kids, arthritis affects not just joints, but other organs too? Their immune system attacks their joints, causing swelling, stiffness, and sometimes permanent damage, which can get worse if left untreated.

Did you know...

- Types of arthritis for different age groups. Certain types of arthritis rarely affect adults and only occur in children — the reverse is also true.

- It is a chronic condition. Juvenile arthritis can last for months, years, or a lifetime.
- Treatment can have good results. Juvenile arthritis can be controlled by medications, among other treatments, and children can go into remission, which can last for months, years, or even a lifetime.
- Genes might determine risk. The siblings and first cousins of children with this illness are at an increased risk of developing juvenile arthritis, as studies done at the University of Utah indicated.

Reference:

<https://nationaltoday.com/juvenile-arthritis-awareness-month/>

National Sports Week

National Sport Week starts from July 20 to 26 — a time to showcase how communities can promote healthy lifestyles for children and families through sports. Research shows that participating in youth sports can lead to immediate and long-term benefits for youth, their families, and communities.

73 percent of parents believe that sports benefit their child's mental health. And they are right! Participating in sports is associated with:

- Lower rates of anxiety and depression
- Lower amounts of stress
- Higher self-esteem and confidence
- Reduced risk of suicide
- Less substance abuse and fewer risky behaviors
- Increased cognitive performance
- Increased creativity
- Greater enjoyment of all forms of physical activity
- Improved psychological and emotional well-being for individuals with disabilities
- Increased life satisfaction.

Source: health.gov



July Themes

Eat Your Beans Day

National Eat Your Beans Day is observed every year on July 3rd. This day celebrates the bean vegetable in all sizes, shapes, and colors. Not only are beans low in fat, but they are also great sources of protein and fiber, and they come packed with nutrients like iron, folate, calcium, and potassium. This can help protect against high cholesterol which may lead to heart disease. The recommended portion size of beans/lentils is 25-38 grams a day.

The top nine healthiest beans/legumes to eat are — chickpeas, lentils, peas, kidney beans, black beans, soybeans, pinto beans, navy beans, and peanuts.

Adding beans to the diet

The time it takes to cook beans will depend on the type of bean. When preparing dried beans, wash them before cooking and remove any that are shriveled or discolored. Soak beans overnight to soften them and shorten the cooking time. Discard water and rinse. Bring beans to a boil

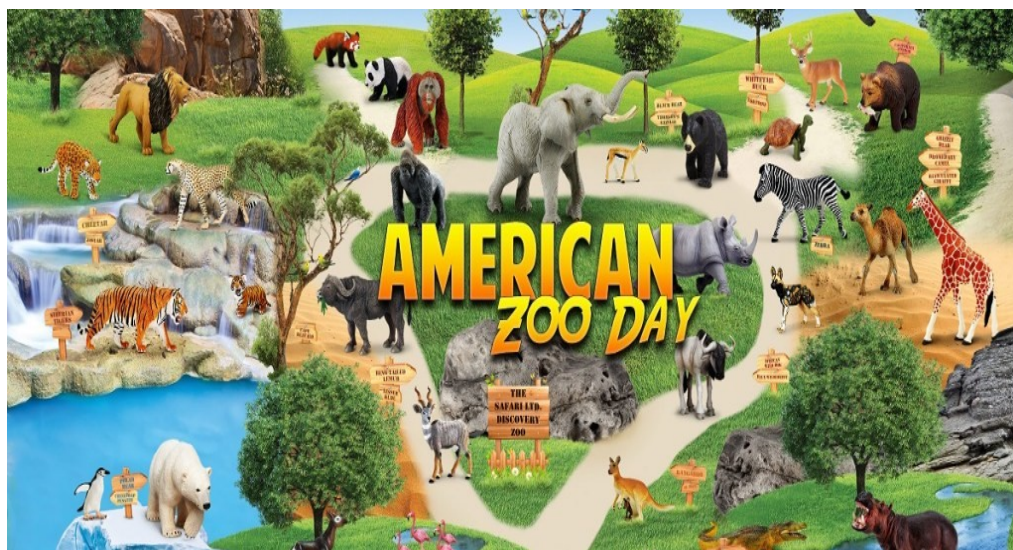
in plenty of fresh water, boil for at least 10 minutes, then simmer until they are soft.

Canned beans are precooked. People can add them to a variety of dishes without additional preparation. People should check the label before buying canned beans, however, as some cans contain a lot of added salt. Canned beans that contain no extra salt are available and are an excellent choice.

Some simple strategies for adding beans to a regular diet include:

- **Replacing meat with beans.** Try adding beans instead of meat to soups, casseroles, and pasta dishes.
- **Eating chilled bean salads.** Beans are tasty and filling as the main ingredient in a salad or as a garnish to other salads.

Source: <https://nationaltoday.com/-eat-beans-day/> and [medicalnewstoday.com](https://www.medicalnewstoday.com/)



American Zoo Day: July 1

Take the family to the zoo! There's more than just animals on display; they educate the public about animals and promote the conservation and protection of species

threatened with extinction. The first American zoo was in Philadelphia, Pennsylvania. It opened on July 1st, 1874, and the price of admission was just 25 cents!

July Recipes

Spicy Salmon Burgers



Ingredients:
 4 green onions
 1 lb. skinless salmon fillets
 1 tbsp. olive oil
 1 seedless English cucumber
 2 cups matchstick carrots
 1 cup coleslaw mix
 5 tbsp. chipotle mayonnaise, divided
 4 whole-grain hamburger buns

Directions:
 Thinly slice the green onions, separating the green and white parts. Add white parts to a food processor. Cut salmon into 1-inch chunks and add to food processor. Season with salt and pepper. Pulse until finely chopped but not pasty. Shape into 4 patties.

In a 12-inch nonstick skillet, heat the oil on medium-high. Add the patties and cook 3 min. per side, until desired doneness. Meanwhile, thinly slice the cucumber. In a large bowl, combine the carrots, coleslaw mix, green parts of green onions, and 3 tbsp. mayonnaise. Season with salt.

Spread remaining 2 tbsp. mayonnaise on bottoms of buns and top with slices of cucumber, patties, slaw, and tops of buns. Serve any remaining slaw on the side.

Nutrition info: Calories 400 , 9.0g sugar
 6.0g fiber, 32.0g protein, 69mg cholesterol

Source: savoryonline.com



Bow Tie Pasta with Summer Vegetables



Ingredients:
 12 oz. farfalle pasta
 3 large ears corn, shucked
 2 medium zucchinis
 3 plum tomatoes
 ½ cup prepared pesto

Directions:
 Preheat grill to medium-high. Cook the pasta according to package directions. Drain and transfer pasta to a large bowl.

Grill the corn 12 min., until lightly charred in spots. Cut the zucchini into ½-inch-thick slices on an angle. Season with salt and pepper. Grill 3–4 min. per side, until tender. Cut the tomatoes into halves and

grill 2-3 min. per side, until grill marks appear.

Transfer vegetables to cutting board and let cool slightly. Cut corn kernels from cob. Chop zucchini and tomatoes. Add vegetables and pesto to bowl with pasta and toss to coat. Season with salt and pepper to taste.

Nutrition info: Calories 400 , 9.0g sugar
 6.0g fiber, 32.0g protein, 69mg cholesterol

Source: Allrecipes.com

July Recipes

Avocado and Strawberry Salad

Ingredients:

1 cup strawberries
1 avocado
1 lime
2 tbsp. light mayonnaise
1 tbsp. olive oil
½ (8 oz.) pkg feta cheese
1 (4 oz.) bag watercress
½ cup lima beans, rinsed and drained
½ pint raspberries

Directions:

Hull and quarter the strawberries. Slice the avocado. Zest and juice the lime. Mix lime

zest and juice in a bowl with the mayonnaise and oil. Cut the feta into cubes. Arrange the watercress on a serving plate. Place the beans, strawberries, avocado, feta, and raspberries on top. Drizzle salad with lime dressing. Season with freshly ground black pepper. Tips: Serve with toasted or grilled whole wheat bread.

Nutrition Information: 298 calories, 20 carbs, 9 grams of protein, 22 grams of fat, 10 grams of fiber, High in Vitamin A, and Potassium.

Allrecipes.com



Strawberry Salsa

½ (16 oz.) pkg strawberries
1 medium tomato, chopped
¼ cup chopped red onion
½ cup chopped cilantro
2 tbsp. lime juice
1 tbsp. olive oil
1 jalapeño

Directions:

Hull and finely dice the strawberries. Add strawberries to a medium bowl with the

tomato, red onion, cilantro, lime juice, and olive oil. Finely chop the jalapeño and add to bowl. Season with salt and pepper to taste. Gently toss to combine. It is delicious with tortilla chips or serve it on top of your favorite grilled chicken or fish.

Nutrition info: Calories 400 , 9.0g sugar
6.0g fiber, 32.0g protein, 69mg cholesterol

Source Guidingstar.com



Chicken Salad

Ingredients:

2 boneless skinless chicken breasts, fully cooked
1 medium white or red onion
¼ cup flat leaf parsley
½ cup light mayonnaise

Directions:

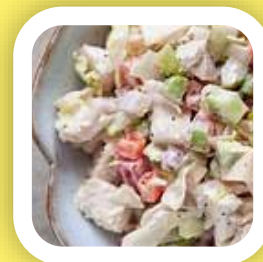
Coarsely chop the chicken breasts and set aside. Quarter and chop the onion and the parsley.

Add chicken and mayonnaise. Season with

salt (in moderation) and pepper. Serve chicken salad on lettuce or in sandwiches.

Nutrition information: 168 Calories, 420 grams of fat, 12 grams of saturated fat, 3.5 grams of cholesterol, 110 Carbohydrates (g) 40 Dietary Fiber (g) 4 Total Sugars (g) 5 Protein (g) 47 Sodium (mg)

Source: Allrecipes.com



July Recipes



Braised Artichokes

Ingredients:

2 tbsp. olive oil
 4 fresh artichokes, trimmed, halved, and choke removed
 1 tbsp. minced garlic
 2 cups water
 ½ tsp salt
 2 lemons
 4 tbsp. (½ stick) butter
 1 tbsp. finely chopped parsley

Directions:

In a deep 12-inch skillet, heat the oil on medium-high. Pat the artichokes dry and place in skillet, cut-sides down. Cook 2 min., until browned. Transfer to plate.

To same skillet, add the garlic. Cook 30 sec., stirring. Add the water and salt. Squeeze juice from the lemons into skillet. Return the artichokes to the skillet.

Heat to a simmer on high. Reduce heat to medium-low, cover, and cook 20 min., until stems are tender.

Meanwhile, in a medium bowl, microwave the butter, covered, until melted. Season with salt and pepper to taste.

Transfer the artichokes to a serving platter. Stir 3 tbsp. cooking liquid into melted butter, along with the parsley. Drizzle butter over artichokes.

Source: Healthynibbles.com



Sliced Heirloom Tomatoes with Mozzarella

Ingredients:

3 large heirloom tomatoes
 Olive oil cooking spray
 1 (8 oz.) ball fresh mozzarella
 ½ cup fresh basil
 2 tbsp. balsamic vinegar
 2 tbsp. extra virgin olive oil

Directions:

Set grill to high. Slice tomatoes and spray each side with cooking spray. Grill 2 min., until warmed through and slightly charred, flipping once.

Slice the fresh mozzarella into even slices and arrange on a large platter. Top with the grilled tomatoes. Garnish with fresh basil and drizzle with balsamic vinegar

and extra virgin olive oil. Sprinkle with salt and pepper.

Nutrition Info:

Source: Americanheartiagecooking.com

July Recipes

Summer Chili

Ingredients:

½ cup sun dried tomatoes
 1 red onion
 1 ½ cloves garlic
 2 tbsp. olive oil
 2 ½ tsp chili powder
 4 oz. ham
 1 green bell pepper
 3 (15.5 oz.) cans cannellini beans
 3 tomatoes
 2 tbsp. flat-leaf parsley

Directions:

Slice the sun-dried tomatoes and place in bowl. Cover with boiling water and set aside. Roughly chop the onion and finely chop the garlic. Heat the olive oil in a heavy saucepan over medium heat. Sauté the onion, garlic and chili powder for 5 min, or until the onion is translucent.

Slice the ham into strips and dice the pepper. Add both to the onion mixture and cook an additional 5 min.

Drain and rinse the beans. Roughly chop the tomatoes. Drain the sun-dried tomatoes, reserving ½ cup liquid. Add the tomatoes, sun-dried tomatoes and reserved liquid and beans to the pan and simmer for 5 min. Season with salt (in moderation) and pepper and garnish with parsley.



No-Bake Berry Good Trifle

Ingredients:

1 Pound cake or Angel Food cake, cut into cubes
 2 quarts fresh Strawberries, washed, hulled and halved
 2 pints fresh blueberries, washed
 2 tubs of non-dairy whipped topping such as cool whip or whipped cream

Directions:

You can make your own pound cake or just buy one pre-made to make it easy. In a trifle bowl or other large glass dish put a layer of pound cake. Second a layer of whipped topping. Then strawberries and blueberries. Finish with cool whip and berries on top. You can also make these in individual glasses or bowls.

Cover and refrigerate until serving. Keeps up to 3 days.

Nutrition Information:

YIELD:

12

SERVING SIZE:

1

Amount Per Serving: CALORIES: 88
 TOTAL FAT: 2gSATURATED FAT: 1gTRANS
 FAT: 0gUNSATURATED
 FAT: 1gCHOLESTEROL: 3mgSODIUM: 21mg
 CARBOHYDRATES: 19gFIBER: 4gSUGAR: 13g
 PROTEIN: 1g

Source: kellysthoughtsonthings.com





August Themes

Children's Eye and Safety Month

[Children's Eye Health and Safety Month](#) is in August to highlight the importance of protecting children's vision.

Even if children don't show signs of eye problems, they still need their vision checked. Finding and treating eye problems early on can save a child's sight.

To prepare students and their families for the new school year, the American Academy of Ophthalmology is sharing tips to help prevent digital eye strain.

The simple fact behind the headaches, blurry vision, and tired, dry eyes is that we don't blink as often while using computers and other digital devices, leaving eyes dry and irritated. And when we focus at the same distance for a long time, it can cause our vision to blur temporarily, and the muscles around the eye to tire, which can cause headaches.

Extended reading, writing or other intensive near work can also cause eye strain. Ophthalmologists — physicians specializing in medical and surgical eye care — recommend taking a 20 second break from near work every 20 minutes.

Also, make sure to spend some time outdoors. Computer use and other near work activities may be driving a worldwide epidemic of nearsightedness in children, although this is not yet proven. However, several studies suggest that spending time outdoors, especially in early childhood, can slow the progression of nearsightedness.

Source: health.gov



National Breastfeeding Month

The United States Breastfeeding Committee celebrates [National Breastfeeding Month](#) each August. Breastfeeding has many benefits for moms and babies.

For example, breastfeeding can:

- Help protect your baby from infections and illnesses, like ear infections and asthma
- Lower your risk of some diseases like type 2 diabetes, ovarian cancer, and breast cancer

Breastfeeding is natural, but that doesn't mean it's always easy. You and your baby

may need practice — and almost all moms need a little help, especially in the beginning. The good news is that it gets easier with time.

Making healthy food choices while you're breastfeeding will help you and your baby get the nutrients you both need. Try to get most of the nutrients you need by following a healthy eating routine. Ask your doctor if you need to take a daily supplement (like a multivitamin) to get enough of nutrients.

Source: health.gov

Back to School Tips

How to Pack a Lunch

How to pack a lunch box in four steps



Step 1: main course

pb & j	cheese & crackers
tortilla roll-up	tuna salad
hummus & pita	soup {in thermos}
turkey sandwich	grilled chicken
pizza muffins	hard boiled egg
bagel sandwich	pasta salad

Step 2: fruits & veggies

applesauce	dried fruit	snap peas
apple slices	raspberries	broccoli
raisins	strawberries	salad
oranges	blueberries	celery sticks
banana	watermelon	carrot sticks

Step 3: snacks & treats

cheese stick	cheese crackers	fruit snacks
cottage cheese	pretzels	cookie
granola bar	graham crackers	pudding
dry cereal	popcorn	chips w/salsa

Step 4: drink

water, milk, or juice



August Recipes



Summer Veggie Wraps

- 4 cups Tyson® Grilled & Ready® Frozen Fully Cooked Roasted Diced Chicken Breasts
 - 1 bunch cilantro, chopped
 - 1 ½ cups sun dried tomatoes, drained and chopped
 - 3 stalks celery, chopped
 - salt, to taste
 - 1 tbsp. poultry seasoning
 - 1 tbsp. dried oregano
 - Olive oil, to taste
 - 2 lemons juiced
 - 6 spinach tortillas
- Steps

Prepare Tyson® Grilled & Ready® chicken according to package directions. Chop into small pieces.

Combine the cilantro, tomatoes, celery, chicken and seasonings together in a large bowl. Drizzle with olive oil and lemon juice to desired moistness.

Cover and refrigerate until ready to serve. When ready to serve, warm fresh tortillas, fill and roll tortillas.



Grilled Chicken and Summer Vegetables

- Ingredients
- 1 zucchini
 - 1 yellow bell pepper
 - 1 red bell pepper
 - 2 small red onions
 - 2 cloves garlic
 - 4 tbsp olive oil
 - 3 roasted chicken breasts (about ¾ lb.)
 - 2 tbsp dried herbs de Provence

Steps

Fire up the grill. Cut the zucchini into diagonal slices, the peppers into chunks, the onions into rings.

Mix the cut vegetables with the oil and transfer to a grill basket. Cook 15 min. on the grill.

Cut the chicken breasts in big chunks.

Put the vegetables on a platter, top with the chicken and sprinkle with the herbs.

Comments

Serving Suggestion: Serve with ciabatta or baguette toasted on the barbecue.

Nutrition Information : 173 calories, Total fat 5.5 grams, 73 cholesterol, 5 carbs, 15 grams of dietary fiber, 20 grams of protein.

Source:

<https://recipes.heart.org/en/recipes/grilled-chicken-with-vegetables>



August Recipes

Quick and Easy Texas Caviar (Beans)

Ingredients:

1 (15.5 oz.) can black-eye beans, drained and rinsed
 1 (15.5 oz.) can black beans, drained and rinsed
 2 cups frozen (thawed) or fresh corn kernels
 2 small green and/or red bell peppers, seeded and finely chopped
 ½ small red onion, finely chopped
 1 - 2 jalapenos, seeded and very thinly chopped
 ½ cup red wine vinegar
 2 tbsp. sugar
 1 medium clove garlic, finely chopped
 ¼ cup finely chopped fresh cilantro
 1 (9 oz.) pg Nature's Promise Organic Yellow Corn Tortilla Chips (optional)

Directions:

In a large heatproof bowl, combine the black-eyed peas, black beans, corn, bell peppers, red onion, and jalapeño. Set aside.

In a small saucepan, combine the vinegar, oil, sugar, and garlic. Heat on medium, until sugar dissolves, stirring occasionally. Cool slightly.

Pour warm dressing over bean mixture. Stir to combine, then stir in the cilantro. Season with salt and pepper to taste. Cover and refrigerate at least 4 hours or up to 1 day. Serve as a side dish or with the tortilla chips for scooping.

Nutrition Information: 262 calories, 6.8 grams of protein, 20 grams of fat, 230 mg of sodium, 28 carbs.

Source: FCS Educator



Salmon with Horseradish Yogurt Sauce

Ingredients

Cooking spray
 4 (5 oz. each) salmon fillets
 ¼ cup grainy Dijon mustard
 ¼ tsp dried dill
 1 seedless (English) cucumber
 ¼ cup Nature's Promise® Organic White Balsamic Vinaigrette
 2 tbsp. horseradish, drained
 ¼ cup plain whole-milk Greek yogurt

Steps

Heat broiler on high. Line a baking sheet with foil. Coat foil with the cooking spray. Place the salmon on prepared pan, skin-sides down. Season with salt. Brush tops and sides with the mustard and sprinkle with the dill. Broil 6–8 min., until cooked through.

Meanwhile, thinly slice the cucumber and

add to a medium bowl, along with the balsamic vinaigrette. Toss until well coated. In a small bowl, combine the horseradish and yogurt. Season with salt and pepper to taste.

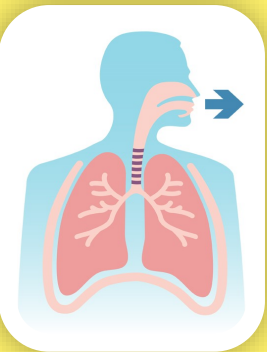
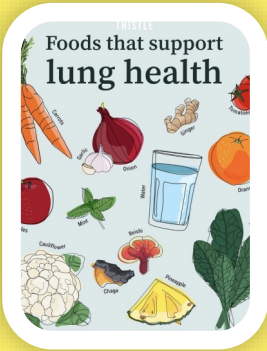
Serve salmon with cucumber salad and horseradish yogurt sauce.

Nutrition Information:

Calories (kcal) 520 Fat (g) 22 Saturated Fat (g) 3.5 Cholesterol (mg) 110 Carbohydrates (g) 40 Dietary Fiber (g) 4 Total Sugars (g) 5 Protein (g) 47 Sodium (mg) 250 .

Source: Savoy.com





September Themes

National Yoga Awareness Month

September is official National Yoga Month (a national observance designated by the Department of Health & Human Services) designed to educate about the health benefits of yoga and to inspire a healthy lifestyle.

Hit Your Mat! Of course, you can hop on your yoga mat to commemorate National Yoga Awareness Month. Gather a group of your closest friends for a live or virtual yoga practice together.

The Harford County FCS Educator will be offering a live and virtual “Your Health & Mindful Nutrition” - a beginner friendly yoga and nutrition class on September 21.

The session will provide a basic overview of yoga and nutrition and the link to positive health outcomes. Participants will learn mindful eating techniques, basic stress reduction and relaxation techniques and beginning yoga and stretching movements.

To register visit: www.jenniferdc.eventbrite.com



World Lung Day

World Lung Day (WLD) on **September 25** is a day of awareness and action for lung health, around the world. Hundreds of millions of people around the world are affected by lung diseases.

Breathing is essential to life, and lung health impacts every part of the body. Despite our efforts, 1.6 million people still die from lung cancer each year, making it the number one cancer killer in the U.S.

Other lung diseases like chronic obstructive pulmonary disease (COPD), which kills 3 million people each year, is the fourth leading cause of death nationwide. Addi-

tionally, 1 in 13 people suffer from asthma according to the CDC, meaning that more than 25 million Americans struggle every day to breathe because of the disease.

World Lung Day is a time for us all to take a hard look at what we can do, individually and as a society, to work toward clean air and healthy lungs for all.

Reference- <https://www.kaimaging.com/blog/world-lung-day-2021-keep-your-lungs-healthy/> and <https://www.lung.org/blog/world-lung-day>

September Themes

Pain Awareness Month

The month of September has been declared Pain Awareness Month, a time when various organizations work to raise public awareness of issues in the area of pain and pain management.

What Is Chronic Pain and Why Is It Important?

Chronic pain is pain that lasts more than several months (variously defined as 3 to 6 months, but longer than “normal healing”). It’s a very common problem. Results from the 2012 National Health Interview Survey show that:

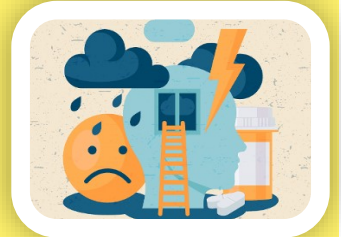
- About 25.3 million U.S. adults (11.2 percent) had pain every day for the previous 3 months.
- Nearly 40 million adults (17.6 percent) had severe pain.

Individuals with severe pain had worse health, used more health care, and had more disability than those with less severe pain.

A 2017 review looked at **complementary approaches** with the opioid crisis in mind, to see which ones might be helpful for relieving chronic pain and reducing the need for opioid therapy to manage pain. There was evidence that **acupuncture, yoga, relaxation techniques, tai chi, massage, and osteopathic or spinal manipulation** may have some benefit for chronic pain.

- Research shows that **hypnosis** is moderately effective in managing chronic pain, when compared to usual medical care. However, the effectiveness of hypnosis can vary from one person to another.
- A 2017 review of studies of **mindfulness meditation** for chronic pain showed that it is associated with a small improvement in pain symptoms.
- Studies have shown that **music** can reduce self-reported pain and depression symptoms in people with chronic pain.

Source: www.nccih.nih.gov



6 Best Foods for Joint Pain Relief

Olive Oil



Ginger



Salmon



Kiwi



Garlic



Probiotics



Image source—
Sapname.com



September Recipes

Lemon Brownies

Ingredients:

1 cup granulated sugar
 8 Tbsp. unsalted butter, at room temperature
 2 large eggs, ideally at room temperature
 zest of 1 large lemon
 4 Tbsp. fresh lemon juice
 1 1/4 cups all purpose flour
 1/2 tsp salt

Directions:

Glaze

1 1/4 cup sifted confectioner's sugar
 2-3 Tbsp. lemon juice

Directions:

Preheat the oven to 350F. Lightly spray or butter your 8x8 9r 9x9 baking pan. I like to line it with parchment paper so I can remove the brownies easily for glazing and slicing, but that's optional.

Cream the butter and sugar together in a mixing bowl until light and fluffy. Blend in the eggs, one at a time.

Mix in the lemon juice and zest. Note: the batter may look curdled at this point, but no worries, that's normal and it will resolve itself when you blend in the flour.

Stir in the salt, and then fold in the flour, stirring just until everything is well incorpo-

rated, but don't over mix.

Spread into your prepared pan, smoothing out the surface. Bake for 25-30 minutes, or just until set in center.

Note: Try not to over bake these, you want that fudgy texture! The surface will not be a 'springy' as a cake is when these brownies are done.

Let the pan cool for about 20 minutes before lifting the brownies out using the parchment paper 'sling' to finish cooling on a rack. If you didn't use parchment, let the brownies cool in the pan on a rack.

Mix the sugar and enough lemon juice to make a thick but pourable glaze. Spread over the top of the completely cooled brownies. Top with a little lemon zest if you like. Let the glaze harden before slicing.

Nutrition Information: 132 calories; protein 2g; carbohydrates 16g; dietary fiber 1g; sugars 12g; fat 7g; saturated fat 4g; cholesterol 50mg; .

Source: Eatingwell.com



September Recipes

Lunch Box Roll Ups

Ingredients :

4 (8-inch) whole-wheat tortilla wraps
 ½ cup hummus
 4 slices Cheddar cheese
 1 cup shredded carrots
 1 (4 oz.) pkg alfalfa sprouts
 8 slices low- sodium turkey breast

Directions:

Warm wraps in the microwave according to package directions.

Arrange tortillas on a flat surface and spread each with 2 tbsp. of hummus. Add a slice of cheese to each tortilla.

Divide carrots, sprouts, and turkey slices evenly among the tortillas, arranging ingredients in the center of the wrap.

Roll tightly, slice in half, and serve.

Nutrition Information: 337 calories; protein 24.5g; carbohydrates 34.3g; dietary fiber 6.1g; sugars 16.2g; fat 21.7g; saturated fat 16.9g; cholesterol 107.3mg; ; sodium 325.6mg;

Source: Allrecipes.com



Study Hard.

Pizza Chicken Tacos

Ingredients:

2 whole-wheat pita bread rounds, split horizontally
 1 teaspoon olive oil or canola oil
 2 5-ounce can no-salt-added chunk chicken breast, drained
 ¼ cup bottled salsa
 1 cup shredded reduced-fat Monterey Jack and/or cheddar cheese (4 ounces)
 1 ½ cups shredded lettuce
 ⅔ cup halved grape tomatoes or chopped tomato
 ¼ cup light sour cream (see Tip)
 1 to 2 teaspoons fat-free milk or low fat

Directions:

Instructions

Step 1: Preheat oven to 425 degrees F. Place pita bread pieces, cut sides up, on an ungreased baking sheet lined with parchment paper or foil. Lightly brush cut sides of each piece with oil. Bake about 4 minutes or until lightly browned and crisp.

Step 2: Meanwhile, in a small bowl, stir together drained chicken and salsa. Evenly spoon chicken mixture over pita bread pieces. Sprinkle with cheese. **Step 3**

Bake about 5 minutes more or until chicken is heated through and cheese melts.

Nutrition Information : Serving Size: 1/2 pita Per Serving:

249 calories; protein 23.1g; carbohydrates 22.2g; dietary fiber 3.2g; sugars 2.1g; fat 9g; saturated fat 4.3g; cholesterol 69.2mg;

Source: Eating well.com





Save The Dates!

Upcoming Virtual Classes



Date	Class Description	Cost
Jun 30	Nutrition, Health & Wellness: Nutrition 101– Functional Foods	FREE
Jul 14	Nutrition, Health & Wellness Meal Planning and Food Prep	FREE
Aug 4	Nutrition, Health & Wellness The Mediterranean Diet	FREE
Aug 17	Nutrition, Health & Wellness Nutrition and Stress	FREE
Sep 7	Nutrition, Health & Wellness Meal Planning and Food Prep	FREE
Sep 21	Yoga! Your Health & Mindful Nutrition	FREE

Register at
Agnr.umd.edu/events
or
www.jenniferdc.eventbrite.com

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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 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**

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