

INSIDE THIS ISSUE:

Stay Home,	4
Stay Healthy	
COVID-19 Info	6-9
Senior Wellness	5
Spring Green	20-
Cleaning	21
Boosting the	22-
Immune System	24
Financial Wellness	25
Children's	34-
Wellness	37
FCS Online	46
Resources	

RECIPES

Each issue includes
easy, tasty,
healthy recipes!

This issue features:

- *Colorful Quesadillas*
- *Swiss Chard Casserole*
- *Brown Rice and Orange Salad*
- *Children's Healthy Chicken Tacos*
- *Hearty Broccoli Soup*
- *Tuna Boats*
- *And many more!*

"Solutions In Your Community"

Welcome to the Spring 2020 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens. Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals

through education, research and community outreach. Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness. Harford County Faculty Extension Family & Consumer Sciences &

Nutrition Educator, Jennifer Dixon Cravens, MS, provides research based programs on Nutrition, Health, Wellness, Fitness Chronic Disease Management, Healthy Living, Health Literacy, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



From The Desk of the FCS/Nutrition Educator

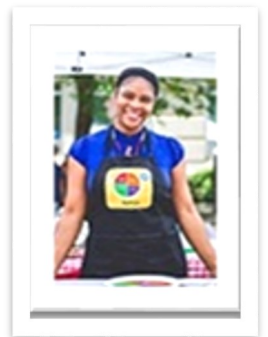
These are confounding and stressful times for all of us. The COVID 19 has impacted the World. We are all feeling uncertain about what could happen in the coming weeks, as we hope to slow the spread of this pandemic. Feelings of fear, doubt, anxiety and uncertainty are **completely normal** during times like this. It has altered our lives and changed our **social functioning**. This is the time for everyone to stay strong, positive, pull together and do our part by taking the necessary precautions and focusing on preventive measures to ensure our health, safety and long-term wellbeing. If you need support coping with this event, information and help available.

The Centers for Disease Control and Prevention (CDC) has a webpage with information on dealing with fear, anxiety, and stress brought on by the coronavirus pandemic. A section of this CDC page is specifically geared toward those of us with children, as they can be particularly sensitive to uncertainty. It is important to realize that social distancing does not have to

mean **social isolation**, especially with modern technologies available to many of us. Connecting with our friends and loved ones, whether by high tech means or through a simple text, phone calls, and emails can help us maintain ties during stressful days ahead.

Working together and staying connected will give us **strength** to weather this difficult process. We will continue to provide nutrition, health and well-

ness information to Harford citizens and Marylander on the UME website, through emails, PDF's and other online formats. Get the latest public health information from CDC: <https://www.coronavirus.gov> Get the latest research information from NIH: <https://www.nih.gov/coronavirus>.



Community Health Resilience



Community Health Resilience (CHR) is the ability of a community to use its assets to strengthen public health and healthcare systems and to improve the community’s physical, behavioral, and social health to withstand, adapt to, and recover from adversity.

Why is community resilience important?

Communities are increasingly complex, and so are the challenges they face. Human-caused and natural disasters are more frequent and costly. Factors like climate change, globalization, and increased urbanization can bring disaster related risks to greater numbers of people. The new pandemic has shown how it impact communities locally, nationally and globally.

Addressing these challenges calls for an approach that combines what we know about preparing for hardship with what we know about actions that strengthen communities every day.

Community resilience focuses on enhancing the day-to-day health and wellbeing of communities to reduce the negative impacts of disasters and challenges we cant control.

How are community resilience and disaster preparedness related? Developing community resilience benefits disaster planners and community members alike. Community resilience expands the traditional preparedness approach by encouraging actions that build preparedness while also promoting strong community systems and addressing the many factors that contribute to health. Key preparedness activities—such as continuity of operations plans for organizations, reunification plans for families, and compiling disaster kits and resources—continue

to be essential, recommended steps to take. A resilience approach adds features like building social connectedness and improving everyday **nutrition health, wellness,** and community systems.

How does health and wellness fit into community resilience?

Community resilience is the sustained ability of communities to withstand, adapt to, and recover from adversity. Health—meaning physical, behavioral, social, and environmental health and wellbeing—is a big part of overall resilience. In many ways, health is a key foundation of resilience because almost everything we do to prepare for disaster and protect infrastructure is ultimately in the interest of preserving human health and welfare. Lets all do our part by pulling together to support Harford families, communities, and local businesses and organization move toward normalcy in the coming weeks and months.

Source: phe.gov



COVID-19 (Coronavirus)

All non-essential Maryland businesses have been ordered to CLOSE.

Only essential functions remain open:

Banks/Insurance Companies

Food Delivery/Carryout

Gas Stations

Medical Care Facilities/Pharmacies

Grocery Stores

Law Enforcement/
Fire and Rescue

Veterinarian/
Pet Supply Stores

Utility Providers

Please Note!!

This is NOT a shelter in place order, however residents should remain home.

Stay Home & Stay Healthy



The best way to prevent illness is to avoid being exposed to the virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

Wash your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

Avoid close contact with people who are sick. Put distance between yourself and other people if COVID-19 is spreading in

your community. This is especially important for **people who are at higher risk of getting very sick.**

Clean and disinfect surfaces

Clean AND disinfect **frequently touched surfaces** daily. This includes tables, door-knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

Diluting your household bleach. To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. **Never mix household bleach with ammonia** or any other cleanser.

Unexpired household bleach will be effective against coronaviruses when properly diluted.

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





COVID-19 AND FOOD SAFETY FAQ

IS CORONAVIRUS A FOOD SAFETY ISSUE?

CDC and USDA are not aware of any reports at this time of human illnesses that suggest COVID-19 can be transmitted by food or food packaging. However, it is always important to follow good hygiene practices (i.e., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly) when handling or preparing foods.

IS FOOD IMPORTED FROM COUNTRIES AND STATES AFFECTED BY COVID-19 AT RISK OF SPREADING COVID-19?

- Currently, there is no evidence to support transmission of COVID-19 associated with imported goods and there are no reported cases of COVID-19 in the United States associated with imported goods.

IF AN EMPLOYEE AT A FOOD ESTABLISHMENT BECAME INFECTED WITH CORONAVIRUS, WOULD THE FOOD PRODUCED AT THAT FACILITY BE SAFE TO EAT?

- Food establishment personnel who are ill with COVID-19 or any other illness should be excluded from work activities that could create unsanitary conditions (i.e. coughing or sneezing on product).
- COVID-19 is thought to spread mainly from person to person through respiratory droplets that can land in the mouths or noses of people who are nearby.

CAN I GET SICK WITH COVID-19 FROM TOUCHING FOOD, THE FOOD PACKAGING, OR FOOD CONTACT SURFACES, IF THE CORONAVIRUS WAS PRESENT ON IT?

- Currently there is no evidence of food or food packaging being associated with transmission of COVID-19.
- Coronaviruses need a living host (animal or human) to grow in and cannot grow in food.
- Like other viruses, it is possible that the virus that causes COVID-19 can survive on surfaces or objects.

HOW SHOULD FOOD BE HANDLED DURING THE COVID-19 PANDEMIC?

- As always, follow good hygiene and food safety practices when preparing food:
 - Purchase food from reputable sources
 - Cook food thoroughly and maintain safe holding temperatures
 - Use good personal hygiene
 - Clean and sanitize surfaces and equipment



COVID-19 PREVENTATIVE MEASURES

WHAT TO DO IF YOU ARE SICK

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to others.

SEEKING MEDICAL ATTENTION

- If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.
- Call ahead for medical appointments to help the office take steps to keep other people from getting exposed.

STAYING AWAY FROM OTHERS

- Restrict activities outside your home, except for getting medical care.
- Restrict contact with pets and other animals while you are sick with COVID-19.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets.

AVOID INFECTING OTHERS

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid sharing dishes, cups, utensils, bedding, etc. with other people or pets in your home.



COVID-19 PREVENTATIVE MEASURES

CLEANING AND DISINFECTION

Current evidence suggests that novel coronavirus may remain viable for hours to days on surfaces. Cleaning followed by disinfection is recommended by the CDC as a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

SURFACES

- Clean surfaces using a detergent or soap and water prior to disinfection.
- CDC recommends diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and compounds on the EPA-recommended list, found here: go.ncsu.edu/epacovid-19

DILUTING BLEACH

- Follow manufacturer's instructions for application and proper ventilation.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3 cup) bleach per gallon of water **OR**
 - 4 teaspoons bleach per quart of water
- Use containers of bleach that have been opened no longer than 30 days.

IF CLEANING UP AFTER AN INFECTED INDIVIDUAL

- Wear disposable gloves while cleaning and discard after cleaning. Follow glove removal procedure to avoid contaminating hands (go.ncsu.edu/cdcgloves). Wash your hands after removing gloves.
- Clean any porous surfaces (carpets, clothing, linens, etc.) with appropriate cleaners and/or launder items using the warmest appropriate water setting. Dry completely.
- Do not shake dirty laundry. This will minimize the possibility of spreading virus through the air.



COVID-19 PREVENTATIVE MEASURES

HOMEMADE HAND SANITIZER

In the absence of the availability of commercial hand sanitizers, the World Health Organization recommends the following recipe for homemade hand sanitizer as part of their COVID-19 response.

These ingredients can typically be found at drugstores and some supermarkets.

WHAT YOU NEED

- Small spray bottle
- 1 teaspoon of 3% hydrogen peroxide
- 1 tablespoon of 98% glycerin
- Isopropyl alcohol and sterile distilled or boiled cold water in **ONE** of the following combinations:
 - 1 cup + 2 tablespoons of 99% isopropyl alcohol **PLUS** 1/4 cup + 1 teaspoon water
 - 1 cup + 3 tablespoons of 91% isopropyl alcohol **PLUS** 2 tablespoons + 2 and 1/2 teaspoons water

USING HAND SANITIZER

To use, spray on all surfaces of your hands and rub them together until they feel dry.



WHAT TO DO

- 1** Pour alcohol into a medium container, ideally with a pouring spout
- 2** Add hydrogen peroxide, then glycerin and stir
- 3** Measure and add water
- 4** Sanitize spray bottles by adding in a small amount of leftover alcohol, swirling around and allowing to air dry
- 5** Fill bottle with solution and label clearly with contents.

These small quantity recipes are derived from WHO's Guide to Local Production: WHO-recommended Handrub Formulations

Social Wellness



Stress Prevention Tips

Please take the time to practice mental and emotional wellness.: During these times everyone is home together. Practice Prayer, Meditation, **Deep Breathing**, Stretching, Yoga, Play Cards Board Games, listen to Music , Do arts and Crafts, and Exercise to keep children and self engaged and stress-free.

Deep Breathing—Strengthen the Lungs

1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees...
2. **Breathe** in through your nose. Let your belly fill with air.
3. **Breathe** out through your nose.
4. Place one hand on your belly. ...
5. As you **breathe** in, feel your belly rise. ...
6. Take three more full, **deep breaths**.



COVID-19

NOVEL CORONAVIRUS PREVENTION TIPS

Don't be scared, be prepared! Help prevent the spread of respiratory diseases like COVID-19.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand-sanitizer containing at least 60% alcohol. Thorough cleaning with soap and water will remove most microorganisms.



Avoid touching your mouth, nose, and eyes with unwashed hands.



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



Clean and disinfect frequently touched objects and surfaces including: desks, tables, counter-tops, sinks, door handles, faucets, railings, phones, bathrooms and rooms. Cleaning removes germs from surfaces, while disinfecting kills germs on surfaces. Use alcohol-based products to disinfect surfaces.



Stay home when you are sick, except to get medical care. Call your doctor before going in to get checked so they are aware of your condition. Avoid close contact with people who are sick. If a family member is sick, place them in a separate room and bathroom if possible.



Remember to stay calm and practice good hygiene. Reach out to your local health department or medical provider with any questions.

For more information please visit: <http://dphh.ny.gov/coronavirus/>



Brought to you by:
Nevada Department of Health and Human Services
Division of Public and Behavioral Health
Public Health Preparedness



5 COVID-19 PARENTING

Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

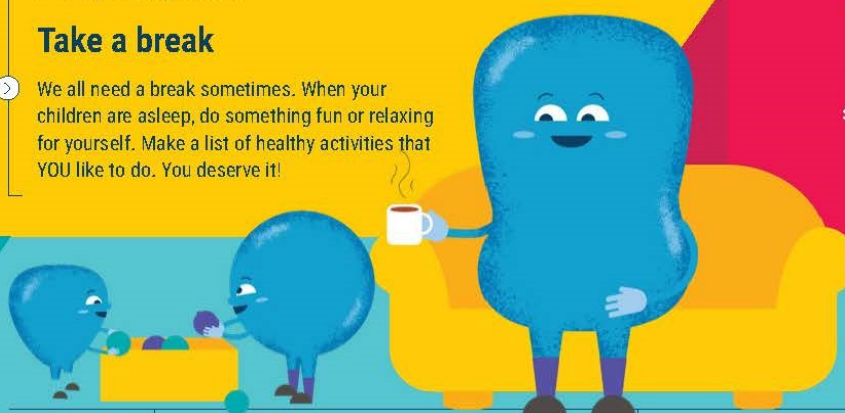
- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.

- Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- Step 5: Reflecting**
 - Think 'do I feel different at all?'
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



unicef
for every child



The mark CDC is owned by the US Dept. of Health and Human Services and is used in its operations. Use of this logo is not an endorsement by CDC or any of its products, services, or programs.

Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020 Research and Innovation Programme, Oxford University Innovation GCRF's Sustainable Impact Fund, UNICEF, the Leverhulme Trust, the Economic and Social Research Council, WHO, DfID, the National Research Foundation of South Africa, Ifiba Labantwana, Rand Merchant Bank Fund, the ApexCh Charitable Trust, the John Fell Fund, the Evaluation Fund, the URS Optimus Foundation, USAID-PEPFAR, the Wellcome Trust, Grand Challenges Canada and Wellspring Advisors.

Emotional Wellness



What Is Social Distancing?

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

What Is Quarantine?

Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?

Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Tips For Social Distancing, Quarantine and Isolation During An Infectious Disease Outbreak

In the event of an infectious disease outbreak, local officials may require the public to take measures to limit and control the spread of the disease. This tip sheet provides information about social distancing, quarantine, and isolation.

The government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

Everyone reacts differently to stressful situations such as an infectious disease

outbreak that requires social distancing, quarantine, or isolation. People may feel: *Anxiety, worry, or fear related to:*

- Your own health status
- The health status of others whom you may have exposed to the disease
- The resentment that your friends and family may feel if they need to go into quarantine as a result of contact with you
- The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
- Time taken off from work and the potential loss of income and job security
- The challenges of securing things you need, such as groceries and personal care items

Taking Care of Your Emotional And Mental Health

The outbreak of coronavirus disease (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. If you or your family members are feeling overwhelmed, try the following:

1. Take breaks from the news, including social media. Hearing about the pandemic repeatedly can be upsetting.
2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

3. Make time to unwind. Try to do some activities you enjoy. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911 or the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Source: samhsa.gov



Tips For Workplace, Families and Individuals

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



when you are preparing food for yourself or loved ones. Washing your hands frequently with soap and water is an easy way to prevent germs from spreading around your kitchen and to other foods. Washing hands is important **even if you're wearing gloves**. Be sure to wash your hands before and after using gloves to prevent the spread of germs. You can contaminate gloves with germs from your hands when you put on gloves. Contaminated gloves can spread germs to your hands when you remove the gloves. Don't let germs ruin your food plans.

Make handwashing a healthy habit while preparing food for yourself and your loved ones!

Handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

HELP YOUR CHILD DEVELOP HANDWASHING SKILLS

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a life-long healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—**wet, lather, scrub, rinse and dry**—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Give frequent reminders. Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially

important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

Lead by example by washing your hands.

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

Source: cdc.gov



Follow Five Steps to Wash Your Hands the Right Way!

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can't Use Soap and Water.

Source: cdc.gov

Senior Wellness



Older Adults and Elderly During This Time

The CDC has identified older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease at higher risk for more serious COVID-19. [According to the CDC](#), early data suggest older people are twice as likely to have serious COVID-19.

This is likely because as people age, their immune systems change, making it harder for their body to fight off diseases and infection, and because many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from. Age increases the risk that the respiratory system or lungs will shut down when an older person has COVID-19 disease.

The CDC has emphasized that the best way to prevent illness is to [avoid exposure](#). That's why the [CDC is recommending](#) that people at higher risk take the following actions:

- Stock up on supplies.
- Take everyday precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact, and wash your hands often.
- Avoid crowds as much as possible.
- Avoid [cruise travel](#) and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

[Anthony S. Faucet, M.D.](#), Director of the National Institute of Allergy and Infectious Diseases, said that people with serious chronic conditions, especially the elderly, should think twice about traveling or going to crowded places. He advised that these individuals take the simple steps of *“not putting yourself in a situation—whatever that might be—that might increase the risk given your situation.”*

Source: <https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/>



People At Higher Risk For Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

Other high-risk conditions could include:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised including cancer treatment

People of any age with severe obesity

(body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk. People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

Source cdc.gov



Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19. Some people with physical limitations or other disabilities might be at a higher risk of infection because of their underlying medical condition.

People with certain disabilities might experience higher rates of chronic health conditions that put them at higher risk of serious illness and poorer outcomes from COVID-19.

- Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities.

You should talk with your healthcare provider if you have a question about your health or how your health condition is being managed.



March Themes

National Nutrition Awareness Month



National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, we invite everyone to focus on the importance of making informed food choices, developing sound eating and physical activity habits. We also invite people to eat seasonal fruits and vegetables. Eating seasoning fruits and vegetables is sustainable, more nutritious and great for the ecosystem.



WebMD

In-Season

SPRING FRUITS & VEGGIES

Some popular picks are:



APPLES



STRAWBERRIES



BANANAS



CARROTS



CELERY



ASPARAGUS



MUSHROOMS



PINEAPPLE



SPINACH



BROCCOLI

Source: USDA



March Themes

Colon Cancer Awareness—Dress In Blue Day

Colorectal cancer is a potentially fatal disease that is mostly preventable. The Colorectal Cancer Alliance raises awareness of preventive measures; provides support for patients, caregivers, and survivors; and inspires the efforts that fund critical research—all to end colorectal cancer in our lifetime. Wear blue and support our mission to end this disease in

our lifetime. Blue is our color. It represents our nation of allies and all we do to end this disease within our lifetime. **March 6 was the official Dress in Blue Day, but we invite you to celebrate the whole month or on a day that's convenient for you., like Monday.**

For more information, visit <https://www.ccalliance.org/>



Water Transmission and COVID-19- Drinking Water, Recreational Water and Wastewater: **Can the COVID-19 virus spread through drinking water?** The COVID-19 virus has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

How to determine Water Needs-Store at least one gallon of water per person per day for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate. Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot

temperatures, water needs can double.

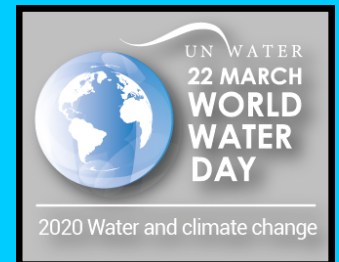
Water Tips:

Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.

Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible, but do not become dehydrated.

Do not drink carbonated or caffeinated beverages instead of drinking water. Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water.

Source:ready.gov/water



Methods	Kills Microbes	Removes other contaminants (heavy metals, salts, and most other chemicals)
Boiling	Yes	No
Chlorination	Yes	No
Distillation	Yes	Yes

Preventative Tips -Water is Essential



Water helps to carry oxygen to your body cells, which results in properly functioning **systems**. It also works in removing toxins from the body, so drinking more of it could help prevent toxins from building up and having a negative impact on your **immune system**. Getting enough water every day is important for your health. [Healthy people meet their fluid needs](#) by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, soups and foods with high water content such as celery, tomatoes, herbal teas, string beans, or melons can contribute to fluid intake. **Water helps your body:**

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Store water in glass or stainless steel container when possible for better quality .
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.

Source: www.allinahealth.org



Stay Hydrated! Drink Tea & Make Spa Water

Water is the ultimate **purifier, replenished, and hydrator** for all organs in our bodies. It aids in all functions of our body and helps to flush out toxins. It is recommended to drink at least 8 glasses of water which equals 64 ounces every single day!

Give children water as a healthy alternative to sugar-sweetened beverages.

Add a wedge of lime or lemon or herbs to your water. This can add more vitamins and minerals to your water and improve the taste and help you drink more water than you usually nutritional benefits. It also makes it taste refreshing, slightly sweet, and Children love to try different teas and Make and Spa water too!



Try Herbal Tea :

Did you know ?

Chamomile is considered as a great re-hydrating agent, along with being an analgesic and de-stressing herb .

SPA WATER

Fill pitcher with water.

Add fresh fruits and herbs. (Herbs have a very strong flavor so a little goes a long way; use sparingly.) Let chill and infuse for at least 30 minutes in refrigerator.

Lasts for up to 2-3 days. Berries will start to disintegrate within 1-2 days.

Lemons, oranges, limes, and cucumbers will last longer.

Enjoy warm or ice cold.



Varieties:

Ultimate Detoxifier

Lemon + Oregano
Cucumber + Lemon + Mint Leaves

Sweet Watermelon:

Watermelon + Mint Leaves + Basil

Strawberry Basil:

Strawberry + Orange + Basil

Pineapple Mint:

Pineapple + Mint Leaves

Blueberry Peach:

Blueberries + Peaches

Raspberry Lime:

Raspberries + Lime + Basil

Cantaloupe Cucumber:

Cantaloupe + Cucumber

Fruit Virgin Sangria:

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

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

Prevention Starts with Good Nutrition

An Ounce of
Prevention
is Worth
A Pound of Cure



Good nutrition is essential to a strong immune system, which may offer protection from seasonal illness and other health problems. No one food or supplement can prevent illness but you may help support your immune system by including these nutrients in your overall eating plan on a regular basis.

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein foods including seafood, lean meat, poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots, eggs or foods labeled "vitamin A fortified," such as milk or some cereals.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, or

red bell pepper, papaya, strawberries, tomato juice or foods fortified with vitamin C, such as some cereals.

Vitamin E works as an antioxidant and may support immune function. Include vitamin E in your diet with fortified cereals, sunflower seeds, almonds, vegetable oils (such as sunflower or safflower oil), hazelnuts and peanut butter

Zinc helps the immune system work properly and may help wounds heal. Zinc can be found in lean meat, poultry, seafood, milk, whole grain products, beans, seeds and nuts.

Other nutrients, including vitamin B6, B12, copper, folate, selenium and iron also may support immune response and play a role in a healthful eating style.

Obtaining these nutrients from foods is preferred, so be sure to speak with your health care provider or a [registered dietitian nutritionist](#) before taking any supplements.

Source: Eatright.org



Immune Supporting Behaviors

Although you may not be able to fully prevent an illness this season, a healthy immune system is one way to give your body extra protection. Focusing on nutrient-rich foods and healthy lifestyle behaviors can help you and your family stay a step ahead.

IMMUNE-SUPPORTING NUTRIENTS

The following nutrients play a role in the immune system and can be found in a variety of foods:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.

PROTEIN COMES FROM BOTH ANIMAL AND PLANT-BASED SOURCES, SUCH AS MILK, YOGURT, EGGS, BEEF, CHICKEN, SEAFOOD, TOFU, NUTS, SEEDS, BEANS AND LENTILS.

FOCUS ON A BALANCED EATING PLAN, ADEQUATE SLEEP AND STRESS MANAGEMENT.

Aim for five to seven servings of vegetables and fruits daily to get vitamins, minerals and antioxidants that may support immune health.

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

Lack of sleep contributes to a variety of health concerns, such as a weakened immune system. Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age.

WHAT ABOUT HERBALS?

Many herbal remedies are marketed to help fight colds or shorten their duration but check with your health care provider before taking any supplements or medications. No one food or supplement can prevent illness.

Source: Eatright.org



Spring Cleaning

Environmental Wellness



While the kids are at home and helping in the kitchen, lessen your stress by having them help with some much-needed spring cleaning!

Wipe down countertops and all kitchen surfaces such as appliances, cutting boards and utensils. Remember to check the refrigerator and freezer and clean the shelving and drawers where bacteria can hide. Bacteria that can cause foodborne illness aren't always visible so be sure all surfaces including small crevices are cleaned well. Look for unnoticed spills and remove lingering odors. Wipe up spills and clean surfaces with hot, soapy water and rinse well. Be sure to clean under drawers and edges of glass shelves. Check that the refrigerator temperature is set to below 40°F.

To keep the refrigerator smelling fresh and help eliminate odors, place an opened box of baking soda on a shelf. Avoid using solvent cleaning agents, abrasives and any cleansers that may impart a chemical taste to food or ice cubes, or cause damage to the interior finish of your refrigerator.

Throw away foods that are losing their quality or have spoiled for both refrigerated and non-refrigerated items in the pantry. What's the difference between "use by" and "expiration?" "Use by" or "best if used by" date is not a safety-related date. It's the last date recommended for use of the product at optimal quality. "Expiration" date means don't consume the product after this date.

30 DAYS TO A CLEAN HOME

SPRING CLEANING CALENDAR

1 STOVE	2 OVEN	3 FRIDGE	4 MICROWAVE	5 KITCHEN SINK
6 PANTRY	7 KITCHEN COUNTERS	8 CUPBOARDS & DRAWERS	9 DISHWASHER	10 TOILET, SINK & TUB
11 MEDICINE CHEST & LINEN CLOSET	12 WINDOWS	13 WALLS	14 BASEBOARDS	15 DOORS
16 VENTS & LIGHT SWITCHES	17 BLINDS & CURTAINS	18 CEILING FANS & LIGHTS	19 MATTRESSES	20 MASTER BEDROOM CLOSET
21 KIDS CLOSETS	22 BEDDING	23 COAT CLOSET	24 LAUNDRY AREA	25 VACUUM FURNITURE
26 DUST FURNITURE	27 RUGS & MATS	28 FLOOR	29 PAPER CLUTTER	30 TRASH CANS



Green Cleaning

Why Use Green Cleaners? Of the hundreds of cleaning products on the market today, most contain ingredients you can't even pronounce. While it is likely that manufacturers have conducted extensive testing on these consumer products, the risks posed by their chemical content are uncertain, and, in many cases, probably low. Nevertheless, human health is always well-served by reducing exposure to chemicals. Decreased chemical use is also a pollution prevention measure. In short, green cleaning is good for you and good for the environment! **Reasons to Make and Use Your Own Green Cleaners:**

- Most of the ingredients you may already have in your home.
- You save money.
- Generally, green cleaners work as well as those with harsher chemicals.
- Green cleaning keeps dangerous toxins out of your home.

Where to Find Ingredients:

- Baking soda (sodium bicarbonate) — baking aisle of grocery store.
- Washing soda (sodium carbonate) — laundry aisle of grocery store.
- Borax (sodium borate) — laundry aisle of grocery store.
- Vegetable oil-based liquid soap (common name: Castile Soap) — big box stores, large grocery stores, home improvement stores, natural food stores).
- Essential oils — health food, natural food stores, drug stores, and some big box stores.

How Clean Is Clean? Most cleaning jobs only need soap or detergent, water, and a little elbow grease. Some surfaces may need extra attention to control germs:

- Sanitizers reduce, but do not totally eliminate germs but are usually safer to use.
- Disinfectants destroy or inactivate germs but tend to be more toxic and must be used with care. Always label all cleaners clearly!



Studies conducted by the Environmental Protection Agency (EPA) show levels of several common organic pollutants to be 2 to 5 times higher inside homes than outside. Many of these pollutants come from the volatile organic compounds (VOCs) released from household cleaning products.

Indoor pollutants can be reduced by limiting the number of chemicals used indoors. Simplify cleaning and reduce VOCs by using fewer cleaning products. Choose or make products that you can use for several purposes. If you use fewer cleaners then you are storing fewer chemicals in your home.

Source: UGA
Cooperative Extension



All-Purpose Cleaner

- 2 tablespoons borax
- ¼ cup vinegar
- 2 cups hot water

Mix ingredients in a spray bottle or bucket.

Apply and wipe clean.

Refrigerator Cleaner

- 1 tablespoon baking soda
- 1 quart warm water

Dissolve baking soda in water. Wipe all surfaces inside and out. For stubborn spots, rub with a paste made from baking soda and a little water.

Rinse well with a clean, wet cloth.

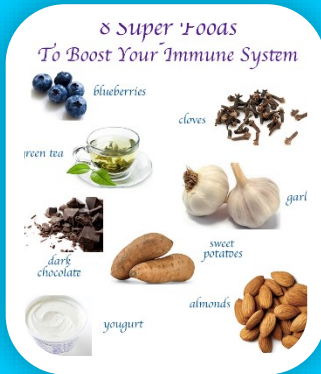
Glass Cleaner

- ¼ cup white vinegar
- 1 tablespoon cornstarch
- 1 quart warm water

Mix ingredients. Apply with a sponge or spray bottle. Wipe off with cotton or microfiber cloth.

Hint: For lint-free results, wipe dry with crumpled black and white newspaper

Physical Wellness



Foods that May Improve Immune System

Research shows that 80% of our immunity is in our Gut

1. Water

Essentially, water does not get processed in the liver, and gut only absorbs it. However, the fact that you re consuming more water and refrain from using alcohol and sweetened juices provides the liver with the possibility to rest, regenerate and process other substances that you take in. It will help flush out the harmful substances through kidneys and skin. Along with that, it aids the natural peristaltic of the colon, which is the bowel movement, and a regular bowel movement aids in toxin removal as well. If the bowel movement is not regular the toxins from the stool go back to the liver.

Doctors suggest drinking a minimum of eight and a maximum of 12 glasses of water a day is the best option, depending on your weight and activity during the day. You can absorb water through teas, natural vegetable or fruit juices and water-rich foods like cucumbers and watermelons as well.

2. Apple (juice) and Apple Cider Vinegar

An apple a day keeps the doctor away? Seems about right if you consider the effect they have on a digestive system and liver health. Apples are packed with fibers which help the bowel movement and provides for toxin break down. You can consume them raw or like a juice. They are rich in malic acid and pectin that help dispose of toxins and carcinogens, as well as polyphenols that are naturally found in the liver. They also have an anti-inflammatory characteristic that prevents you from developing a condition known as fatty liver.

Apple cider vinegar is a traditional medicine for all kinds of ailments. It can help digestion if the environment is not acid enough. Due to various enzymes, minerals and specific acids it is great for any detox. The acids can attach to the toxins and allow them to leave your body. Mix a tablespoon or two in a glass of lukewarm water in the morning to help digestion and flush out toxins.

3. Flaxseed

The flaxseed is a high-fiber food which in itself helps in cleansing the large intestine through the bowel movements. What is interesting is that it has two types of fiber: soluble (up to 40 percent) and insoluble (up to 80 percent). Both types of fiber have their own respective effects on the colon – they increase the bowel movement and prevent and cure constipation. In turn, this aids the liver in doing its job as it is not overworked by processing toxins from the stool that remains in your body. The flaxseed is rich in antioxidants and omega:3 fatty acids which also helps the liver and colon cleansing.

Since it is rich in fiber, a single tablespoon of flaxseeds makes up a 13 percent of the body's desired daily fiber intake. Mix a tablespoon with a glass of yogurt and leave in the fridge overnight for the seeds to swell, eat it in the morning, it will keep you full for a long time.

4. Leafy Green and Cruciferous Vegetables

Leafy green vegetables are spinach, lettuce, chicory and so on. Why are they beneficial? They protect your liver by neutralizing chemicals, metals, and pesticides that you get in touch with either through food or through air and water. They soak up the harmful substances and help your liver function properly. Another thing they do is that they aid bile excretion which is crucial for digestion and breaking down fats. You can eat them raw, steamed and prepared in a juicer. They go well with cruciferous vegetables like cabbage, cauliflower, and broccoli.

The two types of vegetables combined in a smoothie or a juice and mixed with a little lemon juice supply you with a powerful ally in the detoxing process.

Removing the environmental toxins with leafy greens and providing a better peristaltic to the colon keeps the harmful toxins out of your body.

Continued next page

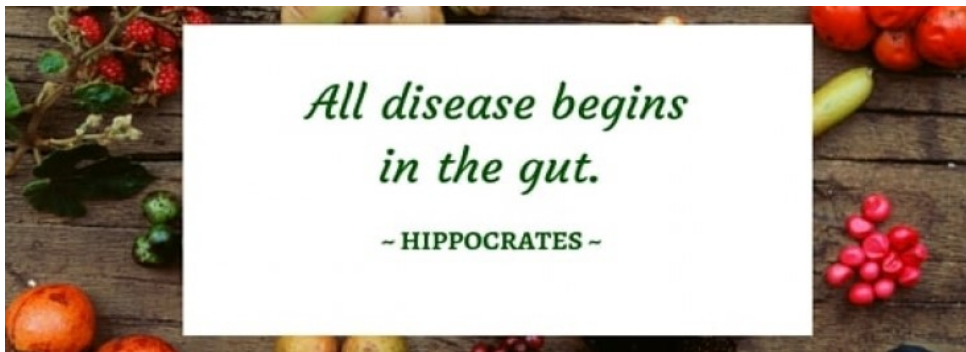
Continued from prior page

5. Garlic

Garlic has several effects on your liver. Firstly, it contains amino acids that dilate blood vessels which lower blood pressure in the liver and the liver contains a lot of blood. Secondly, it is full of selenium which helps antioxidants perform their detoxing role. Lastly, the vitamin B6 in the garlic acts as an anti-inflammatory agent for your liver. Consume it daily in your diet, and if you are reluctant to use it due to the garlic breath it causes, there are dehydrated garlic cap-

Some people claim that it has the same effect as coffee in waking them up in the morning.

Note: After you have thoroughly detoxed your body, you should strive to keep the organs healthy. Yogurt and kefir are foods that help with that. They are rich in probiotics that protect the colon's mucus and prevent bad bacteria from inhabiting it. (We mentioned before that processed milk is on the 'don't use' category, however, if yogurts have less sugar and more active agents they are actually great for your co-



sules for odorless use.

6. Citruses Like Lemons, Limes, and Grapefruits

Citruses are rich in antioxidants and vitamin C and as such, they are a great addition to forcing out toxins from your liver and colon. Grapefruits also contain a substance named glutathione which the liver naturally produces as well. Why is it important? Glutathione plays a significant part in strengthening your immune system, building and repairing of tissue and producing proteins that are of necessity for the body. Eat whole oranges and grapefruits or juice them, it is your choice. A smaller glass of grapefruit juice a day is enough (juice of one or two grapefruits) to get you started. You can even choose to add a little lemon juice to a glass of lukewarm water in the morning to cause bowel movements and colon cleansing.

lon.

Curd is what you should use to regenerate the liver's hepatocytes.

Easily digested and mild it is used as a regenerating treatment for hepatitis, fatty liver, and cirrhosis patients.

WHAT ELSE CAN YOU DO?

So we went through produce you can consume during the spring-cleanse of your liver and gut. But is that the only thing that can help you detox?

As the matter of fact is, it is not.

There are other things that you can do to improve your overall health and help more toxins leave your body.

Exercise – participating in a sweating-out session does wonders for your body and for your mind. The water you are taking in comes out through your bowels and urine, however, a part of it comes out through sweat as well. *Source: Verywellhealth.com*



Physical Wellness

IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU



How Exercise Can Boost Your Immunity

Lifestyle changes like **exercise** and a healthy diet bump up your levels of IgA, a protein in your immune system that fights infections. It helps keep threats out of your body -- and zaps any that do get in. Research shows that Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness. **Exercise** causes change in antibodies and white blood cells (WBC). WBCs are the body's **immune system** cells that fight disease .

Exercising will make more toxins come out and even faster than if you are not exercising. The physical activity will leave you craving even more water, so it all conveniently works for you.. **Exercise** helps balance stress hormones such as cortisol. When cortisol is too high, it suppresses your immune function The physical movement can improve a sluggish bowel and help poor circulation.

You will experience the benefits very soon. If you are not big on exercising, walk or try yoga, it is a low impact activity and offers poses that are specifically designed to help your digestion problems.

Detox your mind – medicine, especially ancient medicine like Greek and Chinese, deals with the connection of the physical illnesses and the mind.

They explore how the mind affects the body, and vice versa.

It is logical to us that a painful sensation that lasts long can affect our mood making us irritable or sad, however, there is a process that goes the other way round.

When you feel a certain emotion it reflects on your body. If you are happy you are more energetic and so on.

So how does this apply to liver and gut? Have you ever felt afraid of something and experienced a sensation of 'gut tied in a knot' (like get constipated or even get diarrhea before an important exam)?

When you are angry, for example, it reflects badly on your liver ('stir up bile').

This is employed in the four types of people's personality where choleric (fast, short-tempered, irritable) and melancholic (analytical, quiet, anxious) are related to yellow and black bile respectively.

Get rid of any negative emotional influence, forgive and forget, manage your stress. Remember that negative emotions hurt you and your organs.

FINAL WORD

To sum up, your liver and your gut do more than pull their weight to keep you healthy and happy. They remove and break down toxins and help your metabolism work perfectly. Exercise is a great way to boost your health and immunity. We need to eat immune boosting food, increase water consumption and exercise for optimal for disease prevention , and to properly manage chronic diseases.

Eat light and eat cleansing foods, to help you feel more energized, and lighter.

So, why not do that this spring why you have time a home.

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



Small Steps to Health and Wealth

Here are some examples of practical financial strategies for spending less or saving more: Preserve resources by buying what you need. Purchase cleaning supplies, medication, water, healthy and nutritious food.

Use the 24 Hour Rule: For any expense over \$50, delay spending to give yourself a day to think about it. Ask yourself: "Is this expense a need or a want?" and "How do I plan to pay for it?"

Convert Spending into Labor: To help with decision-making, calculate how many hours of work are needed to earn the net (after-tax) income required to buy some-

thing.

"Rubber band" receipts to your debit card. This will give you a good visual of the amount of spending you are doing and make you think twice before using it again! **Save the money earned on "extra" pay days.** At the beginning of every year, mark paydays on a calendar and highlight the months with "extra" pay days. Use at least $\frac{1}{2}$ of the "extra" income to pay down debt.

Source: O'Neill, Barbara, & Ensle, Karen (2006). Small Steps to Health and Wealth. Ithaca, NY: NRAES (Natural Resource, Agriculture, and Engineering Services).

Financial Wellness



Teaching Young People About Money

It's never too early or too late to introduce everyday financial concepts to a young person. And, you don't have to be a financial expert. Here are tips to help parents and caregivers show a child why and how to become responsible with money.

Engage in regular conversations about money-related topics: That includes discussing with your child what you are doing, and why, when you manage money at home, around town or with the bank. For example, consider talking about similar products that have noticeably different prices at a store, and how you decide what is a good deal.

"If you are using plastic to pay for purchases, consider explaining the difference between a debit card, which is like writing an electronic check, and a credit card, which requires the consumer to make a payment in the future," said Luke W. Reynolds, Chief of the FDIC's Outreach and Program Development Section.

Consider giving an allowance as a teaching tool. It can be a positive way to teach kids, even those who are preschool age, about money management. But before you give the first allowance, help your child decide how much he or she will spend now and how much to save for future goals. Then,

help your youngster see whether that target is being reached by looking at a bank statement online or a paper copy. Also talk through the tradeoffs involved with spending decisions, such as how buying one toy may mean forgoing the opportunity to purchase another item the child also wants.

"There are many approaches to how best to structure an allowance, particularly whether to tie it to work such as household chores, so each family will need to decide what is best for them," Reynolds added.

Think twice before giving a child more money if he or she runs out of funds before the next allowance payment. That's because part of the purpose of an allowance is to teach savings skills, self-control and the benefits of waiting to enjoy a bigger reward.

Help your kids develop a healthy skepticism of advertising and unsolicited inquiries: In general, teach children how to analyze advertisements; they need to know that "special offers" often are not the great deal they appear to be. Even young consumers are targets for identity thieves and among the victims of scams and rip-offs. Information for parents on protecting children's personal information from identity theft is available at consumer.ftc.gov.



Pantry Items

Basic staples to have in the home pantry on hand o prepare quick and nutritious meals. Please follow food safety guidelines.

Canned & Dried Foods (Items to have in Pantry and stock up on.)



- Beans – dried or canned
- Crackers, Cereal
- Pasta(Macaroni) with Pasta Sauce
- Miscellaneous fruit and vegetables
- Mushrooms
- Flour, Butter, Oats
- Peanut Butter
- Pizza
- Tuna/Mackerel/Sardines/Salmon
- Rice
- Tomatoes- diced, whole, juice, stewed
- Vegetable broth and chicken broth
- Bread
- Fish (tuna, salmon, mackerel)
- Frozen Vegetable and fruits
- Water, Juice
- Lean Ground Beef

What does a healthy meal start with? It starts with more vegetables and fruits and smaller portions of protein and grains.

Half your plate fresh fruits and vegetables – choose red, orange, and dark green vegetables such as carrots, tomatoes, sweet potatoes and broccoli Add lean protein and eat seafood twice a week when possible.



Include whole grain – Make half of your grains whole grains. Look for the word “100 % Whole grain” or “100 % Whole wheat”

Don’t forget the dairy and calcium rich foods – Pair your meal with a cup of a fat-free or low-fat milk, soy milk, almond milk, or fat-free yogurt .

Avoid extra fat- avoid using heavy gravies or sauces that add more fat and calories .

Take your time- Savor and chew your food properly, and eat slow to enjoy the taste and textures; eating very quickly may cause you to eat too much.

Use a smaller plate; helps with portion control . Take control , make better food choices. Plan a weekly menu in advance to save money and to cut down on cost.

Try new foods; keep it interesting by picking out new foods you have never tried before; like mangos, lentils, kale. Trade fun and tasty recipes with friends and find healthy new recipes online.

Satisfy your sweet tooth in a healthy way; indulge in a naturally sweet dessert - like fruit. Serve a fresh fruit cocktail or fruit parfait made with yogurt; for hot dessert, bake apples and top with cinnamon .

Reference: Harvard School of Public Health www.hsph.harvard.edu/nutritionsource

Tuna Boats

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15 ½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small

spoon. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.

Rinse and chop green onions. Drain tuna. In a colander, drain and rinse beans. In a medium bowl, mash beans lightly with a fork. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and two Tablespoons of the lemon juice to beans. Mix with a fork.

Fill each cucumber half with ¼ tuna mixture. Serve.

Nutrition per serving: Calories 380, Carbohydrates 52g, Protein 8g, Fat 18g, Sodium 10mg, Fiber 6g. High in Vitamin C.

Source: usda.gov



March Recipes

Penne Pasta & Chicken

- 1 box whole-wheat penne pasta (14 ounces)
- 3 cups of raw broccoli florets
- 3/4 cup of precooked chicken strips (4 ounces)
- 1/2 cup reduced-fat cheddar cheese, shredded (2 ounces)
- 1/2 cup mozzarella cheese, shredded (2 ounces)
- 3 tablespoons skim milk (1.5 oz.)
- 2 tablespoons low-sodium chicken broth
- 3/4 teaspoon salt
- 3/4 teaspoon ground black pepper

Preheat oven to 350°F.

Cook pasta according to directions until crisp-tender. Drain pasta.

Place drained pasta in a 13x9 baking dish.

Place broccoli in a stockpot of boiling water or a steamer for about 5 minutes.

Rinse with cool water.

Add the drained broccoli and the precooked chicken strips to the pasta.

Sprinkle shredded cheeses over pasta mixture.

In a mixing bowl, combine milk, chicken broth, salt, and pepper.

Pour milk mixture evenly over the pasta mixture and mix in with a spoon.

Cover baking dish with foil.

Bake 30 minutes, until mixture is bubbly and cheese is melted.

Nutritional Information per serving:

310 calories, 21g protein, 4g fat, 53g carbohydrate, 7g fiber. 20mg cholesterol
430mg sodium. 4g sugars

Source: usda.gov



Quesadillas

- 8 ounce cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (6" across)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cup spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

In a small bowl, mix the cream cheese and garlic powder.

2. Spread about 2 tablespoons of the cheese mixture on each tortilla.

3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.

4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.

5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.

6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.

7. Cut each quesadilla into 4 wedges. Serve warm.

Nutritional Information per serving:

156 calories, 11g protein, 4g fat, 19g carbohydrate, 1g fiber. 6mg cholesterol
483mg sodium. 3g sugars

Source: usda.gov



March Recipes

Swiss Chard Casserole

Ingredients 4 teaspoons olive oil, divided 1 cup thinly sliced onion 4 cups trimmed and thinly sliced Swiss chard 1/2 teaspoon kosher salt, divided 1/4 teaspoon freshly ground black pepper 2 tablespoons chopped fresh flat-leaf parsley 4 tablespoons small fresh basil leaves, divided 1 teaspoon minced garlic 4 large eggs, lightly beaten 1.5 ounces Gruyere cheese, shredded and divided (about 1/3 cup) 2 tablespoons grated vegetarian Parmesan cheese

How to Make It Step 1 Heat a 10-inch ovenproof nonstick skillet over medium-low heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add thinly sliced onion; cook 12 minutes or until onion is tender, stirring occasionally. Add chard; cook 10 minutes or until chard is tender, stirring occasionally. Sprinkle with 1/4 teaspoon salt and black pepper. Step 2 Combine parsley, 2 tablespoons basil, garlic, eggs, and remaining 1/4 teaspoon salt, stirring with a whisk. Add chard mixture to egg

mixture. Stir in 1 ounce Gruyere cheese. Step 3 Preheat broiler to high. Step 4 Wipe pan clean with a paper towel. Return pan to medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Add egg mixture to pan; cook 30 seconds. Reduce heat to low; cook, without stirring, for 4 minutes or until eggs are partially cooked. Sprinkle egg mixture with Parmesan cheese and remaining 5 ounce.

Place pan under broiler. Broil 1 minute or until eggs are thoroughly cooked and cheese is browned. Remove pan from oven. Run a silicone spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board. Sprinkle with remaining 2 tablespoons basil. Cut frittata into 4 wedges.

Nutrition Information per serving: Calories 191, Fat 13.6g, Protein 12g, Carbohydrate 6g, Fiber 2g, Cholesterol 200mg, Iron 2mg, Sodium 508mg, Calcium 208mg
Source: Allrecipes.com



March Recipes

Onion Soup

Onions are a very good source of vitamin C and B6, iron, folate, and potassium and are known to provide cold and flu relief with its anti-inflammatory properties .

2 teaspoons olive oil
 2 medium washed and chopped onions
 2 cups low-sodium beef broth
 2 cups water
 2 tablespoons fresh thyme
 2 tablespoons low-sodium soy sauce
 2 bay leaves
 1/4 teaspoon ground black pepper
 2 ounces shredded gruyere cheese is optional

Heat the olive oil over medium-high heat in a large soup pot. Add the onions and sauté for 5 minutes, stirring constantly. Reduce heat to medium and continue to cook for 15 to 20 minutes until caramelized. Add the broth, water, thyme, soy sauce, bay leaves and pepper. Simmer for 20 minutes. Remove the bay leaves.

Preheat the oven to broil. Pour soup into 8 individual oven-proof soup bowls and top with cheese. Place bowls on a baking sheet. Broil soup for about 1 minute until cheese is melted; serve.

Nutritional Information per serving:

1 cup
 Calories 58
 Total fat 3g
 Sodium 217 mg
 Total carbohydrate 4 g
 Dietary fiber 2 g
 Protein 2g
 Source: TheGraciousPantry.com



Garlic Pasta

1 1/2 pounds pasta
 1/4 cup olive oil
 2 cloves garlic, crushed, or more to taste
 salt and pepper to taste
 1/4 cup grated Parmesan cheese

Directions

In a large pot of salted water boil pasta until al dente. Drain well.

In a small saucepan heat oil slightly, add garlic. Sauté garlic until it is lightly browned. Be careful not to burn garlic.

Combine pasta and garlic, salt and pepper to taste. Top with Parmesan or Romano cheese and serve.

Nutrition Information per serving:

Calories 340
 Total fat 4 g
 Total carbohydrate 12 g
 Protein 4.1 g
 Rich in potassium, and selenium



April Themes

National World Health Day



April 7 of each year marks the celebration of World Health Day. From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

Over the past 50 years this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities which extend beyond the day itself and serves as an opportunity to focus worldwide attention on these important aspects of global health.

Source: who.org

**“Without health
and long life,
all else fails.”**

– Dr. Booker T. Washington



The world is facing an unprecedented challenge with communities and economies everywhere affected by the growing COVID-19 pandemic. The world is coming together to combat the COVID-19 pandemic bringing governments, organizations from across industries and sectors and individuals together to help respond to this global outbreak. The outpouring of global solidarity and support sparked by this shared challenge has been phenomenal.

The World Health Organization (WHO) is leading and coordinating the global effort, supporting countries to **prevent, detect, and respond** to the pandemic.

5 Things to do at Home on World Health day:

- 1) Set Exercise Goals and Incentivise. One of the best things that you can do for your health is to engage in regular exercise that raises the heart rate. ...
- 2) Ban the Bad Snacks (and Celebrate the Good Ones) ...
- 3) Host a Health & Wellbeing Event. Online or on Zoom
- 4) Train Your Family in First Aid. ...
- 5) Support a Good Cause.



April Themes

Stress Awareness Month

During this annual thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic.

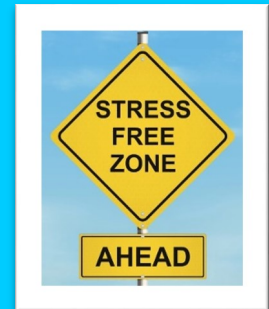
Sponsored by The Health Resource Network (HRN), a non-profit health education organization, Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society.

This month, we are all challenged to keep our stress levels low, and our peace levels high. Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed.

1. Exercise. You've probably heard this one before, and even though it's probably not exactly what you want to do when you're feeling stressed (because laying on the couch and watching movies sounds more appealing), exercising gets

endorphins pumping through your brain, which triggers a happy feeling. Exercise lowers your body's stress hormones like cortisol, and releases chemicals that make you feel more at peace.

2. Think about taking natural supplements to help you feel more at ease. Natural remedies like lemon balm, omega-3 fatty acids, green tea, and essential oils are very helpful.
3. Light a candle or turn on the oil diffusers, put on some soft, soothing music and dim the lights. Take a deep breath and count your blessings.
4. Caffeine intake reduction can help (even though it's tough to kick the coffee!) because caffeine tends to make us jittery, which can cause stress and anxiety.
5. Spend time laughing with friends and family. Let yourself have a good time and get your mind off the busy-ness of the real world.



TAKE TIME
TO UNWIND



Stress , Nutrition & Health

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. The fact that stress can impact food choices is not news. However, are there also foods or nutrients that can help you to reduce stress?

OUR BODY'S FIGHT OR FLIGHT RESPONSE

Your central nervous system releases stress hormones such as adrenaline and cortisol when you feel anxious or stressed. These hormones trigger the fight or flight response, which gets your body ready for action. For example, your heart can beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long term health problems. In addition to feeling anxious, many may become depressed, struggle to get a good night's sleep or experience digestive issues?

CAN CERTAIN NUTRIENTS EASE STRESS?

Research linking certain nutrients to stress management is limited. Recent studies have focused on nutrients the brain needs to function normally. This can include nutrients like antioxidants or B vitamins. Studies have looked at how supplements may help manage stress but results have been limited. As these nutrients are already important in a healthy eating pattern, the best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that may work together to promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

Some studies also report a potential link between low levels of nutrients in the body such as vitamin D and stress. These studies did not prove that inadequate in-

take of foods with this nutrient causes stress or that increased intake of foods with this nutrients ease stress. However, your body does need it to function normally. And there are lots of foods that contain vitamin D including fatty fish and fortified dairy and soy products.

DO VITAMIN AND MINERAL SUPPLEMENTS COMBAT STRESS?

Some supplements claim to help manage stress. At this time, however, the evidence supporting these supplements is limited and much more research is needed. Talk with your health care provider before taking any vitamin and mineral supplements.

STRESS-BUSTERS

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity is also beneficial for managing stress. As little five minutes of exercise a day can be beneficial. A [Registered Dietitian Nutritionist](#) can help you establish an individualized healthy eating plan that includes specific food preferences and goals for physical activity.

Other ways to help ease stress include:

- Relaxation activities, such as meditation, guided imagery or breathing exercises.
- Socializing with friends and loved ones for emotional support during stressful situations.
- If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery or plain popcorn.

Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

Source: [eatright.org](#)

9 SIMPLE WAYS TO REDUCE STRESS

1. Shut off electronics for an hour
2. Breathe deeply
3. Buy a coloring book
4. Take a nap
5. Drink a cup of tea
6. Walk in nature
7. Listen to ocean wave sounds
8. Meditate for 10 minutes
9. Stretch your body

© Lifehack

Asthma and diet: What's the connection?

If you have asthma, you may be curious about whether certain foods and diet choices could help you manage your condition. There's no conclusive evidence that a specific diet has an effect on the frequency or severity of asthma attacks. At the same time, eating fresh, nutritious foods may improve your overall health as well as your asthma symptoms. According to research in some research, a shift from eating fresh foods, such as fruits and vegetables, to processed foods may be linked to an increase in asthma cases in recent decades. Although more study is needed, early evidence suggests that there's no single food or nutrient that improves asthma symptoms on its own. Instead, people with asthma may benefit from eating a well-rounded diet high in fresh fruits and vegetables.

Food also comes into play as it relates to allergies. Food allergies and food intolerances occur when your immune system overreacts to specific proteins in foods. In some cases, this can result in asthma symptoms. Foods to add to your diet:

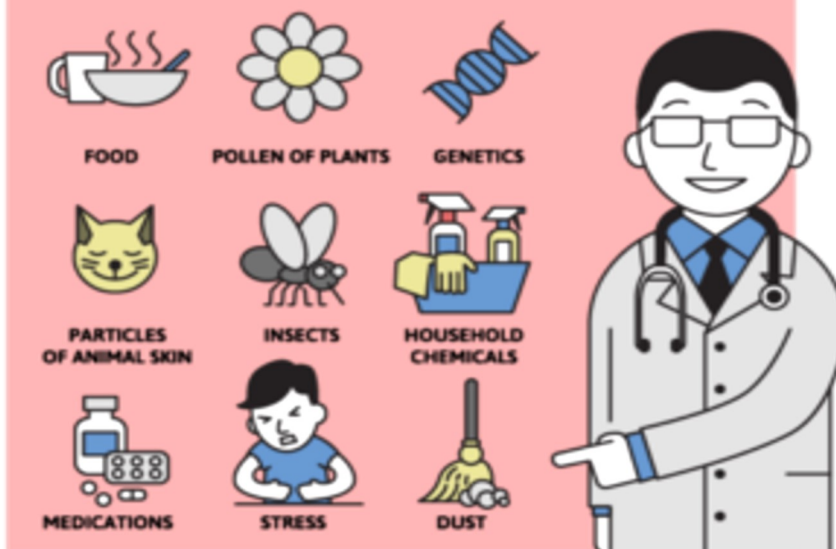
1. [Vitamin D-rich foods](#), such as fish, mushrooms, fortified orange juice, soy milk .
2. Vitamin A and Beta carotene-rich vegetables, such as carrots and leafy greens.
3. [Magnesium-rich foods](#), such as spinach ,almonds, avocados, dark chocolate.



Source: Healthline.com

ASTHMA

TRIGGERS



Spotlight On Children's Wellness

Children and Prevention

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. You can learn more about who is most at risk for health problems if they have COVID-19 infection on [Are you at higher risk for severe illness](#).

Steps to protect children from getting sick

- **Clean hands often** using soap and water or alcohol-based hand sanitizer
- **Avoid people who are sick** (coughing and sneezing)
- **Clean and disinfect high-touch surfaces daily** in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- **Launder items** including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water

setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

You can find additional information on preventing COVID-19 at [Prevention for 2019 Novel Coronavirus](#) and at [Preventing COVID-19 Spread in Communities](#). Additional information on how COVID-19 is spread is available at [How COVID-19 Spreads](#).

Children may present with mild symptoms

The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is more to learn about how the disease impacts children.

Source: cdc.gov/coronavirus



Managing a Full House

Talk about a full house! If you've suddenly found yourself and your children stuck at home, find productive and healthy ways to fill the time. Here are some ideas to make the most of your family time at home:

Unplug and Connect

Children spend on average almost 7.5 hours each day with media while many adults spend 11 hours a day with media. Reducing the amount of time your child or teen (and you) spends with media will have a positive lifestyle impact. Take this time to reconnect as a family rather than increasing screen time.

Limit junk food and processed food. Clean the refrigerator and eat fresh produce first to aid in building a stronger immune system first. Then eat pantry items.

Family Meals

Gathering around the table to eat as a family has all kinds of benefits. Family meals allow parents to be role models who create a supportive environment that promotes healthy eating.

Family meals don't just mean better nutrition. Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight and are less likely to have behavior problems or use drugs, cigarettes or alcohol when they get older. Plus, they're closer to their parents.

Keep meals simple and make extra so you can reheat leftovers later in the week for a quick family meal. Ingredients you can use for more than one meal can be a major time saver. Instead of making just three chicken breasts, consider making six. This way, you can use the extras in other dishes such as chicken salad or fajitas.



Get the Kids Cooking

When you're preparing family meals, get the kids involved! Here are some ideas depending on your child's age and ability:

- Three to five-year-olds: mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- Six to seven-year-olds: peel raw fruits and vegetables, shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- Eight to nine-year-olds: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, beat eggs, pound chicken on a cutting board
- Children ages ten and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove

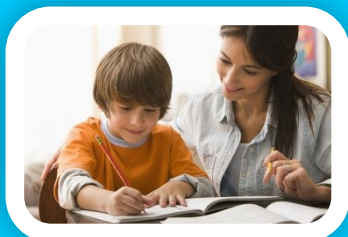
Start slow and give your child time to master each task.

Make family meals even more fun by letting your child choose nightly themes and menus. Or switch things up by taking it from the table to the floor – put a blanket on the ground to have an indoor picnic!



Children's Wellness

Help Children Continue Learning



Stay in touch with your child's school.

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let the school know.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

School meal services

- Check with your school on plans to continue meal services during the school dismissal. Many schools are keeping school facilities open to allow families to pick up meals or are providing grab-and-go meals at a central location.



Create a schedule and routine for learning at home, but remain flexible.

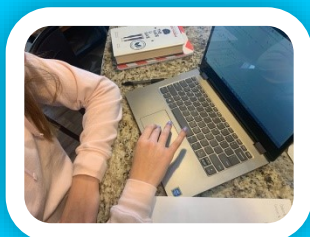
- Have consistent bedtimes and get up at the same time, Monday through Friday.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.

Consider the needs and adjustment required for your child's age group.

- The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Consider ways your child can stay connected with their friends without spending time in person.

Look for ways to make learning fun.

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to build a fort from sheets or practice counting by stacking blocks.



Watch your child for any signs of illness.

- If you see any sign of illness consistent with [symptoms of COVID-19](#), particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible. Follow CDC's guidance on "[What to do if you are sick.](#)"

Watch for signs of stress in your child.

- Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration. For more information, see the "For Parents" section on CDC's website, [Manage Anxiety and Stress](#).
- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.

Go to CDC's [Helping Children Cope with Emergencies](#) or [Talking with Children](#)

Children's Wellness

[About COVID-19](#) for more information.

Teach and reinforce [everyday preventive actions](#).

Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.

- Be a good role model—if you wash your hands often, they're more likely to do the same.
- Make [handwashing a family activity](#).

Help your child stay active.

- Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (e.g., stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused.

Help your child stay socially connected.

- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.
- Some schools and non-profits, such as the Collaborative for Academic, Social, and Emotional Learning and The Yale Center for Emotional Intelligence, have resources for social and emotional

learning. Check to see if your school has tips and guidelines to help support social and emotional needs of your child.

Limit time with older adults, relatives, and people with serious underlying medical conditions

- [Older adults and people who have serious underlying medical conditions](#) are at highest risk of getting sick from COVID-19.
- If others in your home are at particularly [high risk for severe illness from COVID-19](#), consider extra precautions to **separate your child from those people**.
- If you are unable to stay home with your child during school dismissals, carefully consider who might be best positioned to provide child care. If someone at higher risk for COVID-19 will be providing care (older adult, such as a grandparent or someone with a chronic medical condition), **limit your children's contact with other people**.
- Consider **postponing visits or trip to see older family members and grandparents**. Connect virtually or by writing letters and sending via mail.

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\)](#), [Division of Viral Diseases](#)



April Recipes

Brown Rice and Orange Salad



- 1 cup brown rice
- 4 small clementine's, or 1 cup mandarin oranges, canned in juice
- 3 green onions
- 1 large lemon
- 1 cup almonds
- 1 cup frozen shelled edamame beans
- 1 cup dried cranberries
- 1 Tablespoon honey
- 1/8 teaspoon ground black pepper
- ¼ cup canola oil
- Optional Ingredients:
- ½ cup feta or farmer's cheese

Cook rice following package instructions. Remove from heat. Let stand covered for ten minutes. Scoop out into a large bowl to cool. While rice is cooking, prepare rest of salad.

Preheat oven to 350 degrees Fahrenheit.

Peel clementine's and tear into segments or, if using canned oranges, rinse and drain. Rinse and chop green onions. Rinse lemon and cut in half. In a small bowl, squeeze juice from both halves. Discard

seeds. Slice almonds. On a baking sheet, spread slivered almonds. Bake until golden brown, about eight to ten minutes. Watch closely so they do not burn. Fill a small pot with about two inches of water. Bring to a boil. Add edamame. Cook for three minutes, or until tender. Drain and set aside. Add clementine's or mandarin oranges, edamame, green onions, almonds, and dried cranberries to bowl with rice. Mix together. In a second small bowl, use a fork to whisk together lemon juice, honey, and ground black pepper. While still whisking, slowly drizzle in the oil until a dressing forms. Pour the dressing over the salad. Mix well. Let salad rest at room temperature for ten minutes so flavors can combine. If using, top with crumbled feta or farmer's cheese.

Nutritional information per serving: Calories 380, Carbohydrates 52g, Protein 8g, Fat 18g, Sodium 10mg, Fiber 6g. High in Vitamin C.

Source: <https://extension.msu.edu/experts>

Barley Lentil Soup



- 3 medium carrots
- 2 medium onions
- 3 large cloves garlic
- 4 cups fresh spinach
- ¼ cup pearl barley
- 1 Tablespoon canola oil
- 1 teaspoon ground paprika
- ½ teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken broth
- 1 cup dried lentils
- 1 (14½-ounce) can diced tomatoes
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese, optional

Rinse, peel, and dice carrots and onions. Peel and mince garlic. Rinse and chop spin-

ach. Rinse barley with cold water. In a large pot, add oil. Heat over medium-high heat. Add carrots and onions. Cook until slightly soft, about 5 minutes. Add garlic, paprika, and cayenne pepper to pot. Stir and cook for 30 seconds. Add barley, water, and broth to pot. Bring to a boil. Reduce heat to low. Partially cover with a lid and simmer for 15 minutes. In a colander, rinse lentils with cold water. Add lentils to pot, along with tomatoes. Cover and simmer for 30 minutes. Add spinach to soup and stir. Cover and simmer for 5 more minutes. Add salt and pepper and stir. If using Parmesan cheese, add now.

Nutrition Information per serving: Calories 210, Fat 3g, Sodium 370mg, Carbohydrates 38g, Fiber 10g, Protein 11g

Source: cookingmatters.org

April Recipes

Baked Asparagus

1 bunch thin asparagus spears, washed and trimmed
 3 tablespoons olive oil
 1 1/2 tablespoons grated Parmesan cheese (optional)
 1 clove garlic, minced (optional)
 1 teaspoon sea salt
 1/2 teaspoon ground black pepper
 1 tablespoon lemon juice (optional)

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange

the asparagus onto a baking sheet in a single layer.

Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

Nutrition Information per serving : 123 calories; 10.8 g fat; 5.2 g carbohydrates; 3.3 g protein; 2 mg cholesterol; 217 mg sodium. Rich in vitamin A-

Source: Allrecipes.com



Herbed New Potatoes

Nutritional Bonus: *Potatoes are definitely not empty calories. In fact, they're a good source of vitamins B6 and C, as well as potassium, an essential mineral that helps regulate heart function, blood pressure and nerve and muscle activity. Enjoy a 4-ounce serving of potatoes today for 12% of your potassium intake!*

1 lb. small potatoes (red, white or a combination), halved
 2 tbsp. fresh flat-leaf parsley leaves, chopped
 6 chives, chopped
 4 tsp extra-virgin olive oil
 1/4 tsp fine sea salt
 1/8 tsp ground black pepper

Preparation

Fill a pot with 1 inch of water and fit with a steamer basket. Place potatoes in steamer basket and bring water to a boil over high heat. Cover and cook until potatoes are tender, 10 to 15 minutes.

Transfer potatoes to a large bowl. Add parsley, chives, oil, salt and pepper and toss gently. Serve hot.

Nutrition Information per serving:

*Serving Size: 4 oz. potatoes
 Calories: 140
 Carbohydrate Content: 20 g
 Fat Content: 4.5 g
 Fiber Content: 2 g
 Protein Content: 3 g
 Saturated Fat Content: 0.5 g
 Sodium Content: 130 mg*

Source: USDA.gov



April Recipes

Bean and Cheese Quesadilla



Place the tortillas on a clean work surface. Sprinkle some cheese on one half, then beans, then cheese. Use about 1/4 each on each tortilla. (It doesn't have to be precise though!)

Warm a skillet over medium heat. Grease lightly with a little neutral oil like canola or nonstick spray. If using oil, wipe it with a paper towel so there's a very thin coating. Place two tortillas with fillings on the skillet. After about a minute, fold over the empty side to make a half moon shape. Press down. Add another tortilla or two as you can fit them and repeat to make half moon shapes.

Let each quesadilla cook for 3-4 minutes. Flip and cook for an additional 3-4 minutes.

Serve warm with optional dippers.

Sure you can add beans, chicken or meat, and sprinkle cumin or chili powder for more flavor.

Nutrition Information per serving: Calories 241. Protein 7.80 g Carbohydrate 37.92 g Total Fat 7.90 g Saturated Fat 1.10 mg Cholesterol 0 mg Vitamin A 3324.60 IU (158.85 RAE) Vitamin C 6.53 mg Iron 2.22 mg Calcium 93.35 mg Sodium 156.06 mg Dietary Fiber 5.62 g

Source: Allrecipes.com

Chickpea Stew



Olive oil 3 tablespoons
 Minced garlic 2 teaspoons
 Chopped yellow onions 2 cups
 Sweet paprika 2 teaspoons
 Chopped spinach 12 ounces
 Rinsed chickpeas 15.5 ounces
 Chicken and veggies 1.5 cups
 Diced tomatoes 0.75 cups
 Golden raisins 0.75 cups
 Red wine vinegar 2 teaspoons
 Salt 0.25 teaspoon
 Ground pepper 0.25 teaspoon

8. Cook approximately 15 minutes
 9. Add vinegar, salt and pepper, toss

Nutrition Information per serving: Calories 241.00 Protein 7.80 g Carbohydrate 37.92 g Total Fat 7.90 g Saturated Fat 1.10 mg Cholesterol 0 mg Vitamin A 3324.60 IU (158.85 RAE) Vitamin C 6.53 mg Iron 2.22 mg Calcium 93.35 mg Sodium 156.06 mg Dietary Fiber 5.62 g

Source: usda.gov

Take out a large stock pot, add and heat oil
 2. Add garlic and sauté, stir-fry
 3. Add onions and sauté until smell fragrant
 4. Add paprika and cumin
 5. Add spinach and sauté until utterly heated
 6. Add chickpeas, raisins, tomatoes and stock
 7. Boil and turn to simmer

April Recipes

Children's Healthy Chicken Tacos

2 cups diced veggies such as onion, carrot, red/yellow/orange bell pepper, and/or sweet potato
 3/4 cup mild salsa
 1 teaspoon cumin
 1/2 teaspoon salt
 1 pound chicken thighs
 2 cups (or one 14.5 ounce can) garbanzo, black, or pinto beans
 8 small corn or flour tortillas
 Cheese, salsa, guacamole, avocado for serving

Instructions

Add the vegetables, salsa, cumin, and salt to the slow cooker. Stir to combine.

Spread the chicken thighs over the top in a single layer.

In the slow cooker: Cover and cook on LOW for 7-8 hours or on HIGH for 4-5 hours in the slow cooker. In the Instant Pot: Add 1/4 water to the vegetable mixture. Seal and cook on HIGH for 8 minutes, naturally release the pressure for 5 minutes, then quick release.

Remove chicken, set aside on a plate, and shred with 2 forks.

Puree the vegetable mixture with an immersion blender or by transferring to a regular blender.

Return to the slow cooker with the chicken. Add the beans and stir to combine. Cover and let sit on warm until ready to serve.

Serve with tortillas and any taco toppings your family likes.

Notes

Use a mild salsa you like the flavor of. (You can use a medium spice one if your kids like spiciness more!)

Place the chicken in an even layer.

Use chicken tenders instead of chicken thighs if you'd like.

Try pinto beans, chickpeas, or black beans depending on what your family likes.

Serve the chicken mixture over rice for an easy take on burrito bowls.

Serve with tortillas, shredded cheese, and any other taco toppings you like.

Serve deconstructed with the taco ingredients side by side for younger toddlers who may not be able to hold and eat a taco just yet.

Serves 6: Nutrition Information per serving:

Calories Per Serving: 521

Total Fat 6.5g

Saturated Fat 0.9g

Polyunsaturated Fat 2.6g

0% Monounsaturated Fat 1.5g

8% Cholesterol 23.3mg

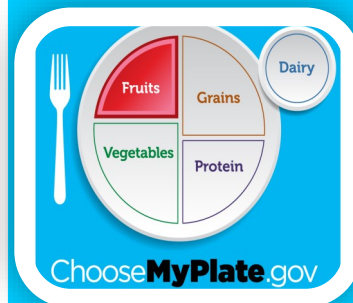
39% Sodium 932.6mg

Total Carbohydrate 91.9g

Dietary Fiber 12.2g

Sugars 12.2g

Protein 25.3g

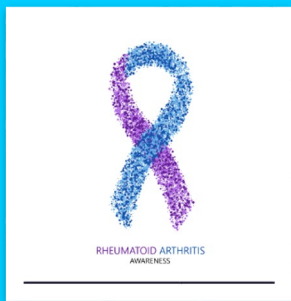


Choose **MyPlate**.gov



TACO TUESDAY





May Themes

Arthritis Awareness Month

May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis.

Arthritis by the Numbers:

- Nearly 53 million adults have doctor-diagnosed arthritis; that number is expected to grow to 67 million by 2030.
- Almost 300,000 babies, kids and teens have arthritis or a rheumatic condition.
- Arthritis is the nation's No. 1 cause of disability.

No matter if you live in a rural area, suburb, or urban neighborhood, walking has been shown to improve arthritis pain, fatigue, function, and quality of life. There is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness

Month. Walking is a great way for people with arthritis who live in rural areas to be physically active.

Walking is recommended—All adults, including adults with arthritis, should get 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) per week and do muscle-strengthening activities two or more days a week. If you take brisk walks for 30 minutes a day, 5 days a week, you will meet the aerobic activity recommendations from the Physical Activity Guidelines for Americans external icon.

Don't think you can walk for 30 minutes at one time? You can break it up into 10 minute sessions and spread it out during the day—walk the dog 10 minutes in the morning, take a 10 minute walk to the post office, coffee shop, or grocery store in the afternoon, and then take a 10 minute walk after dinner.

Sources: arthritis.org and cdc.gov/features/arthritis awareness

2019 National ASTHMA & ALLERGY Awareness Month

Since 1984, the Asthma and Allergy Foundation of America (AAFA) has declared May to be "National Asthma and Allergy Awareness Month." It's a peak season for people with asthma and allergies, and a perfect time to educate patients, family, friends, co-workers and others about these diseases.

More than 60 million Americans overall have asthma and allergies. About 25 million Americans have asthma (19 million adults

and 6.2 million children.) About 32 million Americans have food allergies (26 million adults and 6 million children.) About 21 million Americans have hay fever, rhinitis or nasal allergies (20 million adults and 5.6 million children.)

Need information about asthma and allergies? Call toll-free for more information: 1-800-7-ASTHMA (1-800-727-8462).

Source: aafa.org

May Recipes

Brown Rice & Chicken

3 cups hot cooked brown rice
 3 tablespoons low-sodium soy sauce
 ¼ cup water
 1 tablespoon honey
 1 tablespoon cornstarch
 1½ tablespoons canola or corn oil
 1 lb. boneless chicken breast, cut into 1-inch cubes
 cloves garlic, minced
 1 small white onion, cut into small wedges (about ⅜-inch thick wedges)
 3 medium carrots, peeled and thinly sliced diagonally
 (1 cup total)
 1½ cup small broccoli florets
 1 medium red bell pepper, cut into 1-inch pieces

Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
 Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side.

Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side.

Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

CHEF'S NOTES

Use whatever leftover veggies you have on hand. Or look for veggies in season or on sale.

Use leftover brown rice from a meal cooked earlier in the week. Or make a big batch on the weekend to use in this dish and for other easy weeknight meals.

Serves 4. Nutrition Information per serving: Calories 420, Total Fat 10g, Cholesterol 75mg, Sodium 470mg, Total Carbohydrate 53g, Dietary Fiber 6g,, Sugars 11g, Protein 30g

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

Pasta Salad with Herb Vinaigrette

6 oz. whole-wheat pasta, cooked, drained
 1 cup chopped fresh broccoli
 ¾ cup chopped tomato
 ½ cup shredded carrot
 6 hard-boiled eggs, cut into wedges

Dressing

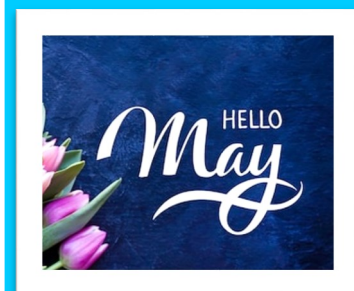
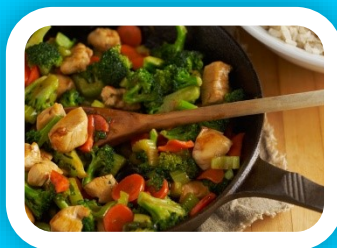
⅓ cup white wine vinegar
 2 tablespoons olive oil
 2 tablespoons water
 1 teaspoon dried basil leaves
 1 teaspoon dried oregano leaves
 ¾ teaspoon garlic salt

Whisk dressing ingredients in small bowl until blended.

Combine pasta, broccoli, tomato and carrot in large bowl. Add dressing, toss. Garnish with egg wedges.

Serves 6. Nutrition Information per serving: Calories 220, Total Fat 10 g, Cholesterol 185mg, Sodium 200mg, Fiber 4g, Sugars 1g, Protein 11g

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



May Recipes

Kale & Apple salad



- 3 – 4 cups kale salad , rinsed
- 1 Royal Gala apple, diced
- 1 handful dried cranberries
- 3 tablespoons chopped almonds
- 1/2 cup feta cheese, crumbled
- The honey-apple cider dressing
- 1/4 cup olive oil
- 1/4 honey
- 1/4 cup apple cider vinegar
- 2 teaspoons mustard (Dijon or whole-grain)

Toss all ingredients together in a large bowl or directly in serving plates. Drizzle with the dressing and serve immediately. Enjoy!

Nutrition Information per serving: Calories 200, Carbohydrates 35g, Protein 5g, Fat 2, , Fiber 4g. Rich in Vitamin A, and C..

Source: allrecipes.com

To make the honey-apple cider dressing, whisk all ingredients together in a small jar until combined. Adjust seasoning with salt and pepper, if necessary.

Hearty Broccoli Soup



- 2 1/2 cup fat-free, low-sodium chicken broth or vegetable broth
- 6 oz. washed and chopped, fresh broccoli
- OR
- 10 oz. frozen, chopped broccoli (thawed)
- 1 medium carrot (chopped)
- 1 medium rib of celery (chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup fat-free half-and-half
- 3 tablespoon all-purpose flour
- 3 slices low-fat sharp Cheddar cheese (torn into pieces) OR 1/2 cup shredded, low-fat sharp Cheddar cheese

Simmer for 1 to 2 minutes, or until thickened, stirring occasionally. Add the cheese. Remove from the heat. Stir until the cheese is melted.

Quick Tips

Tip: One of the best ways to reheat this soup and keep it from being scorched is to use a double boiler. Pour the soup into the top pan of the double boiler and heat over simmering water. If you don't have a double boiler, place a medium stainless steel bowl over a pan of simmering water. In either case, be sure the water in the bottom pan doesn't touch the top pan.

In a large saucepan, stir together the broth, broccoli, carrot, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the vegetables are tender. In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan.

Nutrition Information per serving:
 Calories 119 Total Fat 1.5 g, Cholesterol 3 mg, Sodium 375 mg, Total Carbohydrate 18 g, Dietary Fiber 2 g, Sugars 6 g, Protein 11 g

This recipe is reprinted from American Heart Association Low-Fat, Low-Cholesterol Cookbook, Fourth Edition,

May Recipes

Baked Salmon

3/4 lb. salmon piece
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/8 teaspoon thyme
 3/4 tablespoon butter
 3/4 onion sliced
 1 parsley sprig
 1 garlic cloves, quartered
 1/4 bay leaf
 1/2 cucumber peeled, cut in strips

Combine salt, pepper and thyme then rub all sides of the salmon. Use butter or olive oil in baking dish then add salmon and coat with the margarine. Add light cream, onion slices, parsley, garlic and bayleaf and ar-

range cucumber strips around the fish.

Bake covered for forty minutes at 350° F or until center bone can be easily removed. Remove and discard bay leaf, onion, parsley and garlic before serving.

Nutrition Information per serving: Calories 205, Carbohydrates 4g, Protein 22.9g, Fat 10g, Sodium 135mg, Fiber 0.6g. Rich in B12 and selenium

Source: recipes.sparkpeople.com



Strawberry and Spinach Salad

Makes 4 Servings

Washed baby spinach, lightly packed (6 cups)

Wash and slice 1 cup of strawberries

Add walnuts, pecans, or sliced almonds (1/4 cup)

To make salad dressing:

Add nondairy plain yogurt (1/4 cup)

apple cider vinegar (2 tbsp.)

all-fruit raspberry jam (1/4 cup)

Dijon mustard (2 tsp.)

Place baby spinach, strawberries, and walnuts in a large salad bowl.

In a small bowl, whisk together yogurt, apple cider vinegar, raspberry jam, Dijon mustard, and sea salt.

Just before serving, pour dressing over the salad and toss. Serve .

*Nutrition Information per serving:
 Calories: 168, Fat: 6 g, Protein: 4 g
 Carbohydrates: 28 g, Sugar: 20 g,
 Rich in vitamin A, and C
 Fiber: 5 g, Sodium: 176 mg*

Source: Allrecipes.com



FCS Online Resources: Online Classes in April

General Resources for Individuals and Partnerships:

1. <https://extension.umd.edu/learn/covid-19-resources>
2. <https://extension.umd.edu/news/ume-covid-19-response-0>
3. <https://virtual.extension.org/extension-responses-to-covid-19/>
4. <https://extension.umd.edu/foodsafety>
5. [sell by date information](#)
6. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
7. <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>
8. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
9. <https://suicidepreventionlifeline.org/wp-content/uploads/2020/03/sma14-4885.pdf>



Resources for Children:

scquinn@umd.edu

<https://sph.umd.edu/department/fmsc/faculty/people/sandra-c-quinn>

<http://sph.umd.edu/center/che>

<http://www.buildingtrustumd.org/>

<http://www.socialmediaforpublichealth.org/>



Financial resource Information:

<https://commerce.maryland.gov/fund/maryland-small-business-covid-19-emergency-relief-fund-programs>

**University of Maryland Extension
Harford County Office
3525 Congowingo Rd., Suite 600
Street, MD 21154**

The University of Maryland Extension is an Equal Opportunity Employer and Equal Access Programs. If you need assistance to participate in any of our programs, please contact the Extension Office, 410-638-3255, 2-4 weeks before the program. The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, political affiliation or gender identity and expression.