

UNIVERSITY OF  
MARYLAND  
EXTENSION



# Health & Wellness

*"Solutions In Your Community"*

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## RECIPES

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

*This issue features:*

- Fall Veggie Tacos
- Pumpkin Pie Squares
- Cranberry Smoothie Bowl
- *And many more!*



## Family & Consumer Sciences

Welcome to the most recent edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

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

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

ness. Harford County Faculty Extension Educator, Jennifer Dixon Cravens, provides research based programs on Nutrition,

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



### Why Seasonal Produce?

- ✓ Eat when at its Peak freshness, and it is more nutritious
- ✓ Support local farmers and local economy

## FALL PRODUCE



APPLES



PEARS



FIGS



POMEGRANATES



GRAPES



KALE



CABBAGE



WINTER SQUASH



BROCCOLI



SWEET POTATOES



CELERY



CRANBERRIES



MUSHROOM



PLUMS



APRICOTS

Reference: [www.mayoclinic.org](http://www.mayoclinic.org)

## Educator's Corner



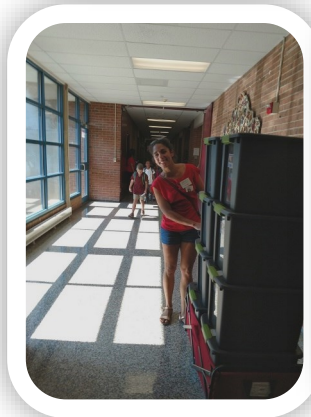
Virgilia (Vigi) Zabala, FSNE Educator, (Food Supplement Nutrition Education) recently graduated with her Masters degree, and will continue her Extension work as FCS Educator with the University of Florida. We'll miss you, Vigi!



Retiring after 25 years as a 4-H Assistant and Educator, Cynthia Warner has impacted countless Harford County children and families. She promises to return as a volunteer! Thank you, Cynthia!

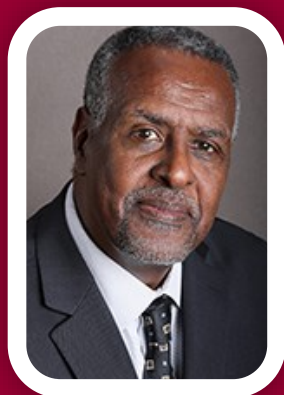
# Farewell and Congratulations

The Harford County Extension office recently wished "Happy Trails" to two of our educators, Cynthia Warner and Virgilia (Vigi) Zabala. Thank you both for your service and dedication to the citizens of Harford County.





Keynote Address:



Dr. Gebisa Ejeta,  
World Food Prize



## You're Invited!



COLLEGE OF  
AGRICULTURE &  
NATURAL RESOURCES

Global Challenges

# Building Healthy Food Systems

**OCTOBER 4, 2018**

University of Maryland, College Park  
STAMP Student Union

Keynote Speaker: **Dr. Gebisa Ejeta**, 2009 World Food Prize Winner

This October 4, you're invited to the college's major summit focused on issues related to domestic and international food safety and security. We are thrilled to feature Dr. Gebisa Ejeta, 2009 World Food Prize winner as our keynote speaker.

Come participate in our first-ever AGNR Cornerstone Event, a nod to our history as the University's founding institution. Hear from experts on family and food, combating food insecurity, water for food and agriculture and much more.

**Online registration will close at 11:59PM ET, Sunday, September 30, 2018**

**There is no fee to attend this event.** Please confirm your attendance by registering. Registration for the Global Challenges: Building Healthy Food Systems Summit includes attendance to program sessions, meeting materials and lunch.

# Hidden Hunger & Food Insecurity

**Food insecurity** is a term defined by the United States Department of Agriculture (USDA) that indicates that the availability of nutritionally adequate and safe food, or the ability to acquire such food, is limited or uncertain for a household. USDA also reports on very low food security, which occurs when one or more people in the household were hungry over the course of the year because they couldn't afford enough food. USDA monitors the extent and severity of food insecurity in U.S. households through an annual, nationally representative survey.

**According to the latest USDA's report: Household Food Security in the United States, 2011:**

- 12.5 percent of all households in Maryland were food insecure in 2009-2011.
- Among the 12.5 percent of Maryland households struggling with hunger, 5.6 percent were considered to have "very low food security."



**Food Hardship:**

Food Hardship is a term defined by the Food Research and Action Center (FRAC). A respondent is defined to have experienced food hardship if he or she answers yes to the following question: Have there been times in the past twelve months when you did not have enough money to buy food that you

or your family needed? This question is asked as part of a survey conducted by Gallup.

**Senior Hunger-** Food insecurity and poverty are serious problems among seniors.

- 1/5 low income seniors in our state struggle with hunger.
- Maryland is the 8th highest in food insecurity rate among low-income seniors.
- Food insecure seniors are 27% less likely to be in excellent health
- Growing increase in resistance to infection, more inclined for depression , and experience longer hospital stays.
- Misses meals to pay for medication, which needs to be taken with food.

**Concern with Health & Hunger is growing concerns with working class and retired seniors.**

Having enough food, and health sustaining food is crucial to everyone, but especially children and seniors. Because they are most vulnerable to disease, because of low immune system, and limited mobility in seniors.

Reference: [www.mdhungersolutions.org/](http://www.mdhungersolutions.org/)

## Let's Stop Hunger

**Did you know?**

1 in 6 people in America face hunger. The USDA defines "food insecurity" as the lack of access, at times, to enough food for all household members.



Maintaining a Healthy sustainable food system integrates elements to enhance environmental, economic, social and nutritional health for all.

# September

## Environmental Wellness

### National Preparedness Month

National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now

and throughout the year. This NPM will focus on planning, with an overarching theme: **Disasters Happen. Prepare Now. Learn How.**

NATIONAL PREPAREDNESS MONTH 2018

**Disasters  
Happen**

**PREPARE NOW** **LEARN HOW**



Reference: <https://www.ready.gov/september>

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

## Emotional Wellness

### Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and

connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

#### CRISIS RESOURCES

**If you or someone you know is in an emergency, call 911 immediately.**

If you are in crisis or are experiencing difficult or suicidal thoughts, call the **National Suicide Hotline at 1-800-273 TALK (8255)**

If you're uncomfortable talking on the phone, you can also **text NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

Reference: <https://www.nami.org/Get-Involved/Raise-Awareness/Awareness-Events/Suicide-Prevention-Awareness-Month>



#### Be “Red Cross Ready” Checklist

- ✓ I know what emergencies or disasters are most likely to occur in my community.
- ✓ I have a family disaster plan and have practiced it.
- ✓ I have an emergency preparedness kit.
- ✓ At least one member of my household is trained in CPR/AED use.
- ✓ I have taken action to help my community prepare.

**Cure  
Stigma.**

Get tested at [CureStigma.org](http://CureStigma.org)

## MEATLESS MONDAY

### Benefits of Meatless Monday!

- Saves Money
- Supports a Nutritious Diet
- Help lower Blood Cholesterol
- Improves Overall Health
- Improves Health of Environment



# Healthy Fall Recipes

## Once a Week Cut the Meat

I invite you all to consider implementing a Meatless Monday! Studies show that eating too much red meat and processed meat can increase your risk of developing heart disease and cancer.

Since meatless meals are built around vegetables, beans, nuts, seeds and grains, they offer many nutrients, including protein.

Eggs and low-fat dairy foods also are good protein sources. Eating a variety of these foods throughout the day can give you all the essential amino acids — the building blocks of protein — that your body needs. In addition, protein from meatless sources can be just as filling.

**Another bonus:** Buying less meat can also help you spend less on food, as meat usually costs more than its healthy alternatives.

Meatless recipes can offer a world of enjoyable possibilities, including some fun ethnic meals. Start exploring your meatless options — and your cooking creativity — with these ideas:

- 1) Substitute part or all of the meat with extra vegetables when making lasagna, pasta and stews.
- 2) Order mushroom and cheese or veggie pizza.
- 3) Stir-fry vegetables with tofu instead of meat.
- 4) Make vegetable kebabs.
- 5) Choose bean burritos or tacos.
- 6) Make chili or spaghetti sauce with soy-based vegetable crumbles instead of ground meat.
- 7) Grill Portobello mushrooms in place of hamburgers.

Reference: <https://www.northshore.org>

## Autumn Salad

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ⅓ cup low-fat raspberry vinaigrette dressing

Sprinkle lemon juice on the apple slices.

Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl. Toss with ½ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Nutrition Facts:

Yield: 6 servings Serving size: 1 cup Calories 138 Total Fat 7 g Saturated Fat 1 g Cholesterol 0 mg Sodium 41 mg Total Fiber 3 g Protein 3 g Carbohydrates 19 g Potassium 230 mg.

Reference: [Allrecipes.com](http://Allrecipes.com)



# Healthy Fall Recipes

## Roasted Fall Veggie Tacos

### Ingredients:

1 small butternut squash, diced into ½” cubes (about 4 cups)  
 1 small cauliflower, cut into medium florets.  
 2 tablespoons extra-virgin olive oil.  
 1 ripe avocado, cut into 12 slices.  
 12 small corn tortillas.  
 2 tablespoons minced cilantro.  
 salt and pepper to taste.  
 Lime wedges

Preheat oven to 375 degrees. Place butternut squash, and cauliflower. Drizzle with olive oil and sprinkle with salt and pepper. Bake for 30. Heat tortillas. Assemble tacos by placing a piece of avocado on each warm tortilla and smashing it onto bottom of the tortilla with a fork. Top with roasted vegetables and cilantro. Serve immediately with lime wedges.

Calories 250, Protein 7 grams , Total Fat 5 grams, Fiber 11 grams, Rich in B6, Folate, High in Calcium, High in magnesium

Reference: <https://www.cookforyourlife.org>

### Try Family Themed Meal Planning:

Helps reduce food waste, saves money, & increases family fun time!

### Try A:

- Meatless Monday
- Taco Tuesday
- Fish Wednesday
- Pasta Thursday
- Friday Night Out
- Saturday Seafood Night
- Sunday Pot Roast Night



## Taco Tuesday Easy Fish Tacos

### Ingredients:

White Fish  
 Taco shells/bowl  
 Olive Oil  
 Lemon Juice  
 Shredded cabbage slaw  
 Sliced jalapeno peppers (optional)  
 Cilantro (optional)  
 Shredded Mexican style cheese  
 Chopped mango, pineapple or peach

salsa.

Bake or pan fry white fish with a little lemon juice and olive oil. Flake it into your serving bowl. Now build your taco—and enjoy!

200 calories each. High in omega 3 fatty acids, potassium, b vitamins, 5 grams of protein.

Reference: [www.healthyharford.org](http://www.healthyharford.org)



**Take a friend to get checked today.**

**The CDC offers free or low-cost mammograms.**

To find out if you qualify visit:  
<https://www.cdc.gov/cancer/nbccedp/screenings.htm>

# October

Physical Wellness



## Breast Cancer Awareness Month

Breast cancer is still one of the leading cause of death in women.

Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to can help lower your

breast cancer risk.

Each year in the United States, more than 240,000 women get breast cancer and more than 40,450 women die from the disease.

Men also get breast cancer, but it is not very common. Less than 1% of breast cancers occur in men.



## October 16th—World Food Day

World Food Day is a day of action dedicated to tackling global hunger, people from hunger around the world coming together to declare their commitment to eradicating worldwide hunger from our lives.

# Our Actions are our Future.

A **#ZeroHunger** world by 2030 **is possible.**

World Food Day | 16 October 2018



Working for #ZeroHunger



## Healthy Fall Recipes



### Nutrition Facts:

Per Serving  
Calories 209  
Total Fat 8.2g  
Sodium 77.7mg  
Total Carbs 34.7g  
Dietary Fiber 4.2g  
Sugars 11.9g  
Protein 2.5g



### Nutrition Facts:

Per Serving  
Calories 158  
Total Fat 6.3g  
Cholesterol 15.9mg  
Sodium 50.2mg  
Total Carbs 22.5g  
Dietary Fiber 2g  
Sugars 12.1g  
Protein 1.2g

### Roasted Butternut Squash Brown Rice Holiday Salad

#### Ingredients

#### Dressing:

1/4 cup extra-virgin olive oil  
1 tablespoon pure maple syrup  
2 tablespoons apple cider vinegar  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper

Prepare dressing by vigorously whisking all ingredients

#### Salad:

5 cups butternut squash about 1 medium squash, peeled, seeded, and cut into 1-inch cubes\*  
1 large pear cut into 1/2-inch pieces  
1/2 cup dried cranberries  
1/4 cup finely chopped red onion  
2 1/2 cups chopped fresh spinach or other favorite green  
1 bag Success® Whole Grain Brown Rice

#### Instructions

Preheat oven to 425 degrees F. Place butternut squash on a rimmed baking sheet, spray with cooking spray and sprinkle on a dash of salt. Roast for about 30 minutes, and until tender.

Meanwhile, prepare all other ingredients. Cook brown Success® Rice according to package instructions and in a large bowl, combine pear, cranberries, onion and spinach.

Once squash and rice has cooked, transfer both to large bowl with other ingredients and stir so that spinach wilts slightly from the heat of the squash and rice.

Pour dressing over the salad and toss gently to combine. Salad can be served warm, at room temperature, or chilled. Garnish with fresh parsley, if desired.

Reference: Allrecipes.com

### Pumpkin Pie Squares

#### For the crust:

1 box Yellow Cake Mix 1 cup reserved  
1 egg  
1/2 cup Vegan Buttery Sticks melted

#### For the filling:

1 15 ounce can Organic Pumpkin Pie Mix (this is not the same as canned pumpkin puree)  
1 15 ounce can Organic Pumpkin Pie  
2 eggs  
3/4 cups dairy-free milk I used unsweetened vanilla almond milk.

#### For the topping:

1 cup reserved cake mix  
1/4 cup Swerve All Natural Sweetener  
1 teaspoon ground cinnamon  
1/4 cup Vegan Buttery Sticks melted

Preheat oven to 350 degrees F. and spray a 13 x 9 inch baking dish with non-stick cooking spray.

In a medium mixing bowl, combine the ingredients for the crust and press into the bottom of the pan.

Use the same bowl to combine the ingredients for the filling and pour over the crust.

Rinse the mixing bowl and combine the ingredients for the topping. Sprinkle topping over filling.

Bake at 350 degrees F. for 45 to 50 minutes.

Allow dessert squares to cool for about 20 minutes and then chill in the fridge (at least 3-4 hours) before serving. Serve COLD with a whipped topping.

# November

## Diabetes Awareness Month

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).

### Symptoms:

If you have any of the following diabetes symptoms, see your doctor about getting your blood sugar tested:

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

People who have type 1 diabetes may also have nausea, vomiting, or stomach pains. Type 1 diabetes symptoms can develop in just a few weeks or months and can be severe. Type 1 diabetes usually starts when you're a child, teen, or young adult but can happen at any age.

**Type 2 diabetes symptoms often develop over several years and can go on for a long time without being noticed (sometimes there aren't any noticeable symptoms at all).**

Type 2 diabetes usually starts when you're an adult, though more and more children, teens, and young adults

are developing it. Because symptoms are hard to spot, it's important to know the risk factors for type 2 diabetes and visit your doctor if you have any of them.

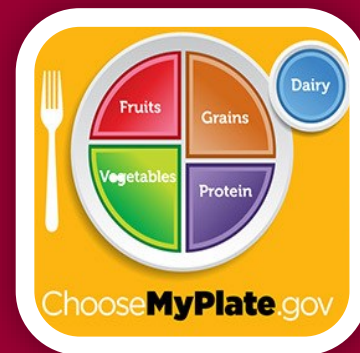
### Type 2 diabetes risk factors include:

- Having prediabetes (blood sugar levels that are higher than normal but not high enough to be diagnosed as diabetes).
- Being overweight.
- Being 45 years or older.
- Having a parent, brother, or sister with type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

Race and ethnicity also matter: African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk for type 2 diabetes.

You can lower your risk for developing type 2 diabetes by losing a small amount of weight if you're overweight and getting regular physical activity. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

*Reference: [cdc.gov/features/livingwithdiabetes](http://cdc.gov/features/livingwithdiabetes)*



### Diabetes by the Numbers:

- More than **30 million** US adults have diabetes—and **1 out of 4** of them **don't know** they have it.
- At least **1 out of 3** people will develop diabetes in their lifetime.
- Medical costs for people with diabetes are **twice as high** as for people without diabetes.
- Risk of death for adults with diabetes is **50% higher** than for adults without diabetes.

**1**
**2**
**3**



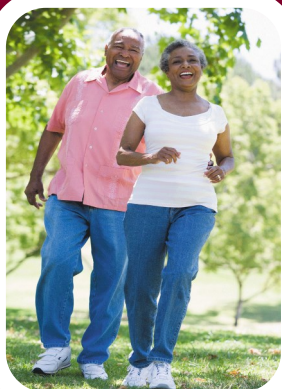
## Pre-Diabetes Screening Test

### COULD YOU HAVE PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness,

kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

Yes	No	Answer these seven simple questions. For each "Yes" answer, add the number of points listed. All "No" answers are 0 points.
1	0	Are you a woman who has had a baby weighing more than 9 pounds at birth?
1	0	Do you have a sister or brother with diabetes?
1	0	Do you have a parent with diabetes?
5	0	Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
5	0	Are you younger than 65 years of age and get little or no exercise in a typical day?
5	0	Are you between 45 and 64 years of age?
9	0	Are you 65 years of age or older?



### AT-RISK WEIGHT CHART

Height	Weight Pounds	Height	Weight Pounds
4'10"	129	5'7"	172
4'11"	133	5'8"	177
5'0"	138	5'9"	182
5'1"	143	5'10"	188
5'2"	147	5'11"	193
5'3"	152	6'0"	199
5'4"	157	6'1"	204
5'5"	162	6'2"	210
5'6"	167	6'3"	216
		6'4"	221

### Check Your Score

**IF YOUR SCORE IS 3 TO 8 POINTS** This means your risk is probably low for having prediabetes now. Keep your risk low. If you're overweight, lose weight. Be active most days, and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

**IF YOUR SCORE IS 9 OR MORE POINTS** This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

**HOW CAN I GET TESTED FOR PREDIABETES?** See your health care provider. No insurance? Contact your local health department for more information about where you could be tested or call your local health clinic.







# Healthy Fall Recipes



## Smoked Turkey and Kale Casserole

### Ingredients :

- 1 tablespoon extra-virgin olive oil
- 2 cups thinly sliced leeks, white and light green parts only
- 1 cup thinly sliced celery
- 4 cups slivered kale leaves
- 1 28-ounce can diced tomatoes
- 1 cup low-fat, no-salt-added cottage cheese
- 1 cup instant or quick-cooking brown rice
- 6 ounces smoked turkey breast or smoked tofu, chopped (1½ cups)
- ¼ cup water
- 1 teaspoon freshly ground pepper, or to taste
- 1 cup shredded extra-sharp Cheddar cheese

### Directions

Heat oil in a large, ovenproof skillet over medium-high heat. Add leeks and celery and cook, stirring frequently, until beginning to soften, 2 to 3 minutes. Add kale and toma-

toes and cook, stirring, until the kale begins to wilt, 1 to 2 minutes. Stir in cottage cheese, rice, turkey (or tofu), water and pepper. Bring to a simmer. Reduce heat to medium-low, cover and cook for 10 minutes.

Stir the rice mixture, increase the heat to medium and cook, uncovered, until most of the liquid has evaporated, 10 to 12 minutes.

Spread cheese on top. Broil until the cheese is bubbling, 2 to 3 minutes.

*Nutrition Facts:* 266 calories; 11 g fat(4 g sat); 4 g fiber; 25 g carbohydrates; 18 g protein; 51 mcg folate; 33 mg cholesterol; 6 g sugars; 0 g added sugars; 7,703 IU vitamin A; 40 mg vitamin C; 256 mg calcium; 2 mg iron; 573 mg sodium; 596 mg potassium

*Reference:* Eating Well Test Kitchen



## Maple Butternut Squash and Brussel Sprouts

- 3 Cups of Brussel spouts
- 1/cup of red potatoes
- 1/2 cups of cubed butternut squash
- 1/2 cup of pumpkin seeds
- 1/2 cup of dried cranberries
- 1 tablespoon of maple syrup (optional)
- 3 tablespoons olive oil, Salt to taste

Pre-heat oven to 400, and Roast vegetables with olive oil and salt and pepper to taste for 25 minutes.

Assemble: In a large bowl , combine Brussel sprouts, roasted butternut squash, red potatoes, pumpkins seed, and add cranberries. Mix to combine. Serve immediately.

*Nutrition:* 354 calories, 4 g protein, high in fiber, Vitamin A and Vitamin C

*Reference:* allrecipes.com



# Healthy Fall Recipes



## Sweet Potato & Black Bean Chili

### Ingredients:

1 medium-large sweet potato, peeled and diced  
 1 large onion, diced  
 4 cloves garlic, minced 1 tablespoon plus  
 2 teaspoons extra-virgin olive oil  
 ¼ teaspoon salt to taste  
 2½ cups water  
 2 15-ounce cans black beans, rinsed  
 1 14-ounce can diced tomatoes  
 4 teaspoons lime juice  
 ½ cup chopped fresh cilantro  
 2 tablespoons chili powder  
 4 teaspoons ground cumin  
 ½ teaspoon ground chipotle chile

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce

heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Make Ahead Tip:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

### Nutrition information

323 calories; 8 g fat(1 g sat); 16 g fiber; 55 g carbohydrates; 13 g protein; 118 mcg folate; 0 mg cholesterol; 13 g sugars; 0 g added sugars; 12,409 IU vitamin A; 24 mg vitamin C; 163 mg calcium; 5 mg iron; 573 mg sodium; 1,072 mg potassium

Reference: Allrecipes.com



## Cranberry Smoothie Bowl

### For smoothie bowl:

2 cups almond milk (more may be needed)  
 1-1/2 cups fresh frozen cranberries  
 1 cup frozen mixed berries  
 1 banana  
 1/2 teaspoon Truvia brown sugar blend (more if desired)

### For topping:

1/4 cup dried coconut  
 1/4 cup chopped almonds  
 1/4 cup pumpkin seeds  
 1/4 cup chopped dried cranberries  
 2 tablespoons chia seeds

In a high powered blender add almond milk, frozen cranberries, mixed berries, banana and brown sugar blends to the mixer.

Start off blending your mixture slowly and once it starts to break up slowly blend faster until the mixture is completely smooth. if the mixture is too thick add in a little more almond milk until you have reached desired consistency. Pour your smoothie into 2 bowls and top with desired toppings.

Reference: <https://www.nutmegnanny.com/cranberry-smoothie-bowl/>

Total Fat: 0.6 g	Total Carbs: 29.9 g
Cholesterol: 3.1 mg	Dietary Fiber: 2.1 g
Sodium: 76.7 mg	Protein: 4.4 g



# Healthy Fall Recipes



References:

FCS Educator

## Spiced Cranberry Punch

1. Dilute 3 cups of 100% cranberry juice,
  2. Add 1 cup of pineapple juice diluted with water.
  3. Add 1 cup of sparkling water,
  4. Add spices, cloves, nutmeg, and cinnamon
  5. Add Sliced oranges
  6. Serve hot or cold.
- 100 calories per serving

## Simple Sweet Potato Pie

- 1 14-oz container soft (silken) tofu
- 1 14-oz container firm or extra-firm tofu
- 1 24-oz can sweet potatoes in syrup or 4-6 large baked sweet potatoes
- 2 tsp. cinnamon, 1 tsp. ginger
- 1/2 tsp. nutmeg, 1 tsp. salt
- 2 tsp. vanilla extract
- 1/2 cup sugar
- 1 pie crust

Preheat the oven to 350 degrees and thaw your prepared pie crust if it's frozen and needs to thaw. Next, drain most of the liquid from the sweet potatoes in syrup, reserving about two tablespoons of the liquid to use. Place the silken tofu, extra firm tofu, the sweet potatoes and the reserved liquid

in a blender or a food processor and process until smooth, creamy and free of lumps. Add the cinnamon, ginger, nutmeg, salt, vanilla extract and the sugar and process again (you'll probably need to stop and scrape the sides down a couple times in order to get everything fully incorporated). Once the batter is fully smooth, feel free to give it a quick taste, then adjust the spices to taste. Pour into the pie shell and bake for 1 1/2 hours, or until toothpick inserted in the center comes out clean.

*This vegan sweet potato pie recipe is reprinted with permission from The Compassionate Cook Cookbook.*



Calories: 257.3	Total
Total Fat: 12.6 g	Carbs: 34.2 g
Cholesterol: 0.0 mg	Dietary Fiber: 2.6 g
Sodium: 66.0 mg	Protein: 4.8 g

## Easy Holiday Stuffing

- 1 sticks salted butter
- 3 tablespoons fresh, chopped sage
- 1 large, white onion, chopped
- 1 carrot, finely chopped
- 3 stalks celery finely chopped
- 2 apples, chopped (with skins)
- 3 cloves garlic, chopped
- 1/2 cups of mushrooms
- 1 can vegetable broth
- 1/4 teaspoon cayenne pepper
- 1 loaf day-old french bread
- 1/2 cup Craisins or dried cranberries
- Salt & pepper

Preheat oven to 350°F. Melt butter in a

large sauté pan over medium heat. Add sage, the onion, celery and carrot. Once the onions are translucent, add the garlic, apples and salt and pepper to taste. Cook and stir for about 2 minutes. Pour the vegetable broth into the pan, season with the cayenne and more salt and pepper as needed, and let the mixture sauté for 1 to 2 more minutes. Tear the bread into approximately 1/2-inch squares and place in a 2-3/4-quart casserole dish. Add the cranberries. Remove the mixture from the stove and pour it over the bread. Mix well and bake uncovered at 350°F for about 45 minutes to an hour. For best results, stir at least once.



Calories 507	Saturated Fat
Carbohydrates	20g
51g	Sodium 350 mg
Fat 33g	Fiber 6g
Protein 7g	



## Children's Health



### Tips For Staying Active During the School Year

## 7 Fall Family Fun-Fitness Ideas

For many students the school day offers limited options for physical activity, and evenings are spent with homework and video games. To keep your kids active, try these ideas:

1. **Be silly.** Let younger children see how much fun you can have while being physically active. Run like a gorilla. Walk like a spider. Hop like a bunny.
2. **Schedule game time.** Play catch, get the whole family involved in a game of tag or have a rope-jumping contest.
3. **Make chores a friendly challenge.** Who can pull the most weeds in the garden? Who can collect the most litter around the neighborhood?
4. **Try an activity party.** For your child's next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.
5. **Put your kids in charge.** Let each child take a turn choosing the physical activity of the day or week. The key is to find things that your children like to do.
6. **Explore non-traditional sports.** Instead of baseball or basketball, look into activities such as badminton, dance, ice skating or martial arts.
7. **Ask your school about access to intramural sports programs.** If the school doesn't offer them, encourage the administration to do so, and offer ideas on how you can get such programs started.

**Bonus tip:** Don't forget to get in the game yourself! If you set the example, it's more likely that everyone else will join in.

**When physical activity is fun and entertaining, you get a great workout without realizing it!**

*Reference: [www.mayoclinic.org](http://www.mayoclinic.org)*



## Spotlight On... Seniors



### 10 Ways to Improve Sleep Quality for Seniors

Sleep experts recommend 7-8 hours on average is adequate for seniors. As you age, you may find yourself waking up throughout the night. Rest assured that tossing and turning is nothing to be alarmed about. One of the most common and pronounced sleep changes that come with aging is waking up more frequently. The most likely cause is some type of physical discomfort, such as the need to use the bathroom or reposition an achy joint.

Luckily, older folks are generally able to fall back asleep just as quickly as younger people do. Plus, most age-dependent changes in sleep occur before age 60, including the time it takes to fall asleep, which doesn't increase much later in life. Getting older isn't necessarily a sentence to restless sleep for the rest of your life.

#### Try these 10 Tips:

1. Review your medications and supplements with your doctor or pharmacist and consider changes to their use that could be affecting sleep quality.
2. Stop drinking fluids within two hours of bedtime to minimize trips to the bathroom.
3. If pain keeps you awake at night, talk to your doctor to see if taking an over-the-counter pain medication before bed may help.

4. Keep your sleep environment as dark as possible. This includes limiting lights from the television, computer screen and mobile devices. Light disrupts your body's natural sleep rhythm.

5. **Limit caffeine** intake, particularly in the eight hours before bedtime.

6. **Avoid alcohol** near bedtime — alcohol may help you fall asleep, but once it wears off, it makes you more likely to wake up in the night.

7. **Limit daytime napping** to just 10 to 20 minutes.

8. If you have trouble falling asleep, try taking 1 to 2 milligrams of **melatonin** (look for the sustained-release tablets) about two hours before bed. ( check with health care professional before taking).

9. Try sleep inducing foods like; Almonds, prunes, figs, sweet potatoes, watermelon, oatmeal, peanut butter, which are all rich in magnesium and Tryptophan which has a natural sedative effect on body.

10. Try nerve relaxing teas like chamomile, and stomach soothing tea like ginger.

It's important to aim for seven to eight hours of sleep each night.

If you experience poor quality sleep despite taking these steps, or you are tired or sleepy on most days, talk to your doctor.

Reference: [www.mayoclinic.org](http://www.mayoclinic.org)



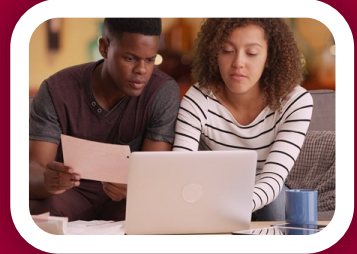
# Financial Wellness

It is never too late to start thinking about how to spend less and save more.

## 10 Tips on How to Save Money in the Fall Months

1. Cook more at home
2. Take advantage of Autumn produce at local farmer markets
3. Prep home for winter weather
4. Reduce use of AC/Heater and service heater for efficiency
5. Hold Gym membership to January—Exercise Outside
6. Reevaluate your Internet, Phone, and Cable Bill
7. Turn off equipment when not in use
8. Unsubscribe to Marketing emails with sale advertising
9. Look for fall sale events
10. Plan spring break and summer trips now

Reference: [www.unh.edu/health/ohep/financial-wellness](http://www.unh.edu/health/ohep/financial-wellness)



Jennifer Dixon Cravens  
FCS & Nutrition Educator



# VOLUNTEER



- **Family & Consumer Science/ Nutrition Educator needs volunteers.** Contact Jennifer Dixon Cravens at 410-638-3255 or email [jdixoncr@umd.edu](mailto:jdixoncr@umd.edu)
- **Tree Planning Day at Camp Conowingo** October 10th, contact Bari Klein—[bari.klein@maryland.gov](mailto:bari.klein@maryland.gov)
- **Havre De Grace Green Team Project** Building a New Community Garden  
Contact Carol Zimmerman at [zimmermanc@comcast.net](mailto:zimmermanc@comcast.net) or Kirk Smith at [kirksmith626@gmail.com](mailto:kirksmith626@gmail.com)



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<b>Class</b>	<b>When</b>	<b>Cost</b>	<b>Location/Contact</b>
<b>Healthy Holiday Meal Planning</b>	10:15 am—11:45 am November 15	FREE	Harford Co. Extension Office / Dublin, MD Jennifer Dixon Cravens 410-638-3255
<b>Healthy Home Green Cleaning</b>	11:45 am—1:00pm November 13 or 29	FREE	Harford Co. Extension Office / Dublin, MD Jennifer Dixon Cravens 410-638-3255
<b>Grow It, Eat It, Preserve It Canning</b>	11 am—2 pm Nov. 27- Apple Butter Dec. 4— Berries	\$20	Harford Co. Extension Office / Dublin, MD Jennifer Dixon Cravens 410-638-3255 Dr. Shauna Henley
<b>Nutrition &amp; Wellness Educa- tion</b>	Oct. 30 or 31 , Nov. 1 1:00 pm	FREE	Village at Lakeview Community Center 833 Fisherman Lane Edgewood, MD Tracy Miller 410-679-0473
<b>Financial Wellness</b>	December 7 1:00 pm	FREE	Village at Lakeview Community Center 833 Fisherman Lane Edgewood, MD Tracy Miller 410-679-0473

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