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## RECIPES

Each issue includes easy, tasty, healthy recipes!

*This issue features:*

- *Slow Cooker Garlic & Honey Chicken*
- *Cherry and Walnut Quinoa*
- *Pumpkin Soup*
- *Turkey and Cranberry Hand Pies*

*And many more!*

## “Still Providing Solutions In Your Community”

Welcome to the Autumn 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,

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## Give Thanks for the Fall Harvest

**Fall means more than just pumpkins! Here are 3 examples of healthy fall produce.**

**Beets** are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure.

Roasting or steaming beets whole takes the fuss out of peeling — the skin easily slides off after cooking. They also are delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

**Sweet potatoes** charge ahead of white potatoes in terms of fiber and vitamin A. Sweet

potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

**Kale** is a nutrient powerhouse. We can't get enough of this luscious leafy green and with good reason. It tastes sweeter after a frost and can survive a snowstorm. If you plant kale in your garden, you can dig it out of the snow and serve fresh salad in January! One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad; simply remove tough stems, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.



## COVID-19 Safety: Tips for Staying Healthy During Re-Opening

If you are visiting public places in your community, it's important to keep taking steps to protect yourself from COVID-19. Here's what you need to know.



### Before you head out

The best way to protect yourself from the COVID-19 virus is to avoid exposure. If you go out, wear a cloth face covering. Keep a distance of about 6 feet from others if the COVID-19 virus is spreading in your community, especially if you have a higher risk of serious illness. Avoid close contact with anyone who is sick or has symptoms. Also, avoid large events and mass gatherings.

In addition, practice good hygiene. Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Cover your mouth and nose with your elbow or a tissue when you cough or sneeze and then wash your hands or use hand sanitizer. Also, avoid touching your eyes, nose and mouth.

If you feel sick, stay home. Don't visit public areas unless you're going to get medical care. Avoid taking public transportation if you're sick.

And if you're at higher risk of serious illness, avoid going out into the community when possible. It's safer to stay home. If other members of your household return to work or visit places where social distancing isn't possible, it's recommended that they isolate themselves from you.

### RESTAURANTS

Before you eat at a restaurant, check the restaurant's safety practices. Are the employees wearing cloth face coverings, regularly disinfecting high-touch surfaces and practicing social distancing? Is there good ventilation? Are tables set far enough apart from each other to allow for social distancing?

Ideally, the restaurant won't offer salad bars, buffets and drink-filling stations that require people to use common utensils or dispensers. If you need to wait in line for service, maintain a distance of at least 6 feet (2 meters) from others. Wear a face covering as much as possible when you are not eating. If possible, use touchless payment.

When ordering takeout, try to pay online or over the phone to limit contact with others. If you're having food delivered, ask for it to be left outside your home in a safe spot, such as the porch or your building's lobby. Otherwise, stay at least 6 feet (2 meters) away from the delivery person. If you're picking up your food at the restaurant, maintain social distancing while waiting in the pickup zone. After bringing home your food, wash your hands or use hand sanitizer.

### PLACES OF WORSHIP

Before going to a place of worship, check to see if the size of gatherings is being limited and how that might affect your visit. Seek out services held in large, well-ventilated areas or outdoors. Continue social distancing during services.

Also, avoid contact with frequently touched items, such as books. Place any donations in a stationary collection box. If food is offered at an event, look for pre-packaged options.

### GYMS

Before going to the gym, call to see if it's limiting how many members are allowed in at the same time. You might have to reserve a block of time in advance, with staff cleaning the facility between blocks. You might need to fill out additional health forms and have your temperature taken before entering the gym. Ask about the facility's cleaning and disinfecting policies and whether you'll be able to use the locker room or bathroom. If possible, check in electronically. Your gym will likely enforce social distancing by blocking access to every other cardio machine or by putting up barriers around equipment. Follow the gym's guidelines and stay at least 6



## COVID-19 Safety: Tips for Staying Healthy During Re-Opening

feet away from other members. Clean equipment before and after using it. Some equipment that's difficult to clean, such as foam rollers and yoga blocks, might not be available. Avoid giving high-fives or doing elbow bumps with others. Ask if your gym offers virtual classes or training.

### SALONS

When making a hair or nail appointment, ask about safety measures. You might be required to attend your appointment alone, wash your hair at home to reduce traffic near the shampoo area, and wait in your car or outside until your appointment begins. In addition, you might ask whether the salon is offering blow drying. Eliminating blow drying could reduce the spread of germs. Wear a face covering at all times when you are inside the salon. Also, look for touchless payment options.

### GROCERY STORES

To make social distancing easy, visit the grocery store early in the morning or late at night, when the store might be less crowded. If you're at higher risk of serious illness, find out if the store has special hours for people in your situation and shop during these times. You might also consider ordering your groceries online for home delivery or curbside pickup.

At the store, disinfect the handle of the shopping cart or basket. Stay at least 6 feet (2 meters) away from others while shopping and in lines. If possible, pay without touching money or a keypad or use hand sanitizer after paying. Also, apply hand sanitizer after you leave the store. When you get home, wash your hands.

### BANKS

During visits to the bank, use the ATM, if possible. Clean the ATM keyboard with a disinfecting wipe before using it. When you are done, apply hand sanitizer. Wash your hands when you get home.



### GAS STATIONS

Before pumping gas wipe down any handles or buttons you'll need to touch. After you finish fueling, apply hand sanitizer. Wash your hands when you get home or the next time you are near a sink.

### PHARMACY

Plan to order and pick up all of your prescriptions at the same time. If possible, call in prescription orders ahead of time and use a drive-thru window, curbside pickup, mail order or other delivery service. Ask your doctor or pharmacist if you can get a larger supply of medication so that you don't have to visit the pharmacy as often.

### MASSAGE THERAPY

Before having a massage, ask about what precautions your massage therapist is taking to prevent the spread of the COVID-19 virus. Massage rooms, communal areas and any objects you might touch should be thoroughly cleaned, disinfected and sanitized. Ask about the laundry policy for linens, towels and other washable items. Massage therapists should follow hand-washing and hygiene protocols and use equipment to protect themselves, such as gloves and masks.

### PARKS AND OUTDOOR SPACES

Choose a park that is close to home. Travel often involves stops, which can expose you to the COVID-19 virus. Keep space between yourself and others when using swimming pools. While at the park, look for open areas, trails and paths that allow you to keep a distance of 6 feet from others. Avoid crowded areas.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

**Note: These guidelines may change. So Stay Informed. Also, don't be afraid to ask questions. If you don't feel confident about a business's safety practices, postpone your visit. Protecting your health !**



## Children's Wellness



**Help your child deal with stress, boredom, isolation & loneliness during the pandemic.**



## Emotional Wellness For Children

### ENCOURAGE SPENDING TIME WITH FAMILY AND FRIENDS

Your child needs to spend quality time with family and friends to feel connected and supported. The safest way for your child to talk to or play with others during the COVID-19 pandemic is through video calls or phone calls. Older children might enjoy texting or playing online games with friends. This might require temporarily loosening your rules about your child's amount of daily screen time. Just be sure to continue ensuring quality screen time by previewing your child's games, using parental controls when needed and supervising your child's online activities.

### PROVIDE REASSURANCE AT HOME

Children need secure and reassuring relationships with their parents or other caregivers during stressful times. Helping younger children cope might involve a few more hugs and cuddles too. Be there for your child and regularly check on how he or she is doing. It can be helpful to agree on a regular time each day or week to do this. If possible, take advantage of this opportunity to spend more time together and come up with family activities that you all enjoy.

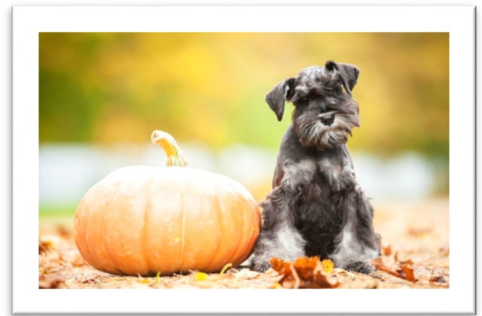
### TALK ABOUT FEELINGS

Your child might be sad about missing an important social event, such as a birthday party. Acknowledge your child's loss, ask about his or her feelings, and validate them by showing that you understand. Allow your child to lead the discussion, rather than making assumptions about how he or she thinks and feels. You also might consider giving your child an age-appropriate book that deals with loneliness. This can give your child words to describe his or her feelings. Or have your child write down what it is that he or she misses about certain people, places or events. Also, explore different ways he

or she might cope with these kinds of losses, such as having a different kind of birthday celebration or planning something for when social distancing is no longer needed.

### SEEK DAILY PURPOSE

Spending time doing activities of value can give your child's day structure and purpose. This can help your child cope with the change in his or her routine. Your child might find meaning through reading, biking, creating music, making movies, baking, dressing up, drawing, writing, planting a garden or building something. Encourage your child's unique creativity. To motivate your child, consider organizing a talent show on a videoconferencing platform. Invite family or your child's friends. Older kids might enjoy researching a topic that they're passionate about and sharing what they've learned with friends.



### ADOPT A PET

Finally, if you have the time, space and budget, research suggests that having a pet might help protect children from feelings of loneliness and social isolation. Pets offer children comfort, a sense of responsibility and social support that can help them feel good about themselves. Children can also have affectionate and nonjudgmental relationships with pets.

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

## Build A Balanced Lunch Box Meal

A lunchbox loaded with all the colors of the rainbow is more than just an eye-catching way to entice young eaters. Including a vibrant variety of veggies and fruit helps to ensure a wide range of nutrients for a well-balanced meal. It's also a great way to make lunchtime more fun!

Start by getting kids hands-on in the kitchen to pick out their favorite colors and healthy ingredients. Once you've chosen the menu, showcase colorful foods by grouping them separately inside the lunchbox (divided

lunch tins and bento boxes work well or DIY with paper cupcake liners). Keep foods finger-friendly by including bite-sized pieces and items that don't require utensils to eat. Remember to keep portion sizes small so little lunchers will be encouraged to eat everything you've packed.

Think inside the (lunch)box with these mouthwatering midday menus and get inspired to customize your own colorful combinations.



Red: Red bell pepper strips  
 Pink: Deli-sliced ham  
 Orange: Cheddar cheese cubes  
 Yellow: Pineapple chunks  
 Green: Celery sticks  
 Blue/Purple: Blackberries  
 Brown: Granola bites  
 White: Rice crackers

Red: Grape tomatoes  
 Pink: Salami, or Turkey  
 Orange: Mandarin oranges  
 Yellow: Golden raisins  
 Green: Broccoli florets  
 Blue/Purple: Sliced plums  
 Brown: Whole wheat pretzels  
 White: String cheese, cauliflower wings

*This is a great combination of sweet and savory!*

Red: Dried cranberries  
 Pink: Watermelon cubes  
 Orange: Carrot sticks  
 Yellow: Hummus snack cup  
 Green: Blanched sugar snap peas  
 Blue/Purple: Blue corn tortilla chips  
 Brown: Baked wheat snack crackers  
 White: Hardboiled egg

*The hardboiled egg gives a nice filling touch to this lunch box combination.*

## Physical Wellness



## Fun Recipes for Children



### Zesty Cheesy Zucchini Tots

Cooking spray  
 2 medium zucchini (about 12 oz.)  
 3/4 salt  
 2 large eggs, beaten  
 1/4 cup grated Parmesan cheese  
 1 cup grated mozzarella cheese  
 1 cup Italian-seasoned bread crumbs  
 Ketchup, for serving

#### Steps

Preheat oven to 425°F. Line a sheet pan with parchment. Coat parchment with cooking spray.

Coarsely grate the zucchini on a box grater to get 4 cups and add to a medium bowl with the salt. Toss to combine and let stand 20 min. for zucchini to release juices. Transfer zucchini to a clean dish towel or cheese-cloth and squeeze out excess liquid.

To a large bowl, add grated zucchini along

with the eggs, Parmesan cheese, mozzarella cheese, and bread crumbs. Season with pepper and mix to combine.

By the tablespoon, scoop and form mixture into small nuggets and place on prepared pan. Freeze 10 min.

Coat tops of tots with cooking spray. Bake 15 min., until well browned and crisp. Serve immediately with the ketchup.

Tips: Make these ahead through Step 4 and keep in the freezer for up to 2 months.

Without thawing, bake as directed in Step 5.

#### Nutrition information:

Calories 254, Fat 10.1g, Carbs 25.6g  
 Sodium 711mg, 4.7g sugar, 2.4g fiber  
 15.6g protein, 102mg cholesterol

Source: [Simplyrecipes.com](http://Simplyrecipes.com)



### Turkey Veggie Sloppy Joes

1 pound lean ground turkey or soy-based crumbles  
 1/2 medium onion, finely chopped  
 1 medium carrot, finely chopped  
 1/2 medium green bell pepper, chopped  
 1 1/2 cups zucchini, chopped  
 3 garlic cloves, minced  
 1 can low-sodium tomato paste (6 ounces)  
 1 1/2 cups water  
 1 tablespoon mild chili powder  
 1 teaspoon paprika  
 1 teaspoon dried oregano  
 1/2 teaspoon ground black pepper  
 5 ounces reduced-fat cheddar cheese  
 10 whole-wheat hamburger buns

In a large skillet over medium-high heat, sauté ground turkey until browned, about 7 minutes. Add onion and sauté 2 minutes. Add carrot and green pepper and sauté 2 minutes. Add zucchini and garlic and sauté

2 minutes more. Add tomato paste and water, stirring until the paste has dissolved. Add chili powder, paprika, oregano and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, about 10 minutes.

Preheat broiler. Divide cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the buns are toasted. Remove buns from the broiler and fill each sandwich with the meat-vegetable mixture. Serve immediately.

Serves 10. Serving size: 1 sandwich  
 Nutritional Information per serving:  
 Calories: 230, Total fat: 5 g, Sodium: 340 mg,  
 Carbohydrate: 29 g, Fiber: 5 g  
 Protein: 20 g

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

## Fun Recipes for Children

### Spinach Grilled Cheese

- 4 slices 15 Grain Bread
- 2 tbsp. olive oil
- 4 slices mozzarella cheese
- 1/2 cup loosely packed baby spinach
- 1/2 cup chopped roasted red bell peppers

#### Steps

Brush one side of the bread slices with the oil. Divide and layer the cheese, spinach, and peppers between 2 bread slices each (keeping the oil-brushed sides on the outside).

Heat a 12-inch skillet over medium-low heat. Cook the sandwiches for 2–3 min. or

until golden brown and cheese is melted, turning over once halfway through the cooking time.

#### Tips

Serving Suggestion: These sandwiches are perfect paired with vegetable soup

#### Nutrition information:

Calories 445 , Fat 28.6g, Carbs 27.2g, Sodium 585mg, 5.4g sugar, 5.4g fiber, 20.9g protein, 44mg cholesterol

Source: Food.com



### Chicken and Rice Casserole

*This cozy chicken casserole is a one-dish dinner the whole family will love.*

- 1 (15.9 oz.) Nature's Promise Free from Whole Grain Brown Rice
- 2 cups shredded rotisserie chicken
- 1 (12 oz.) bag frozen broccoli florets, thawed
- 1 (10.5 oz.) can cream of mushroom soup
- 1 1/2 cups shredded cheddar cheese

Preheat the oven to 350°F. Heat rice according to package directions.

In a large bowl, combine the chicken and rice. Add the broccoli. Stir in the mushroom soup until combined.

Transfer the chicken mixture to a greased 9x13-inch casserole dish. Sprinkle with Cheddar. Cover with foil and bake 15 min. Uncover and bake an additional 5 min. until cheese is melted

#### Nutrition information:

CALORIES 567, FAT 27.4g, SATURATED FAT 11.8g, CARBS 94.8g, SODIUM 607mg, 2.8g sugar, 6.6g fiber, 35.1g protein, 84mg cholesterol

Source: Allricepieces.com



### Crispy Broccoli Bites

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

#### Steps

Preheat oven to 425°F. Line a large rimmed baking sheet with foil. Cut any larger broccoli florets into smaller florets.

In a large bowl, whisk together the nutritional yeast and oil until well combined. Season with salt and pepper. Add the broccoli and toss until well coated. Arrange in

single layer on lined pan. Roast 15–20 min., until well browned and stems are tender.

Grate zest from the lemon all over broccoli. Serve immediately.

#### Nutrition information: Calories 136, Fat

7.9g, Carbs 13.6g, Sodium 58mg, 3.2g sugar, 5.6g fiber, 7.0g protein, 0mg cholesterol.

Source: Savoryonline.com





## September Wellness Themes

### Healthy Aging Month



What factors influence healthy aging? Research has identified action steps we can take to maintain our health and function as we get older. It is never too late to improve your health and quality of life.

From improving our diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health.

Source: <https://www.nia.nih.gov/health/>



### Cholesterol Education Month

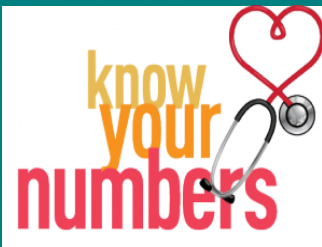
Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Your body makes all the blood cholesterol it needs, which is why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan.

Strong evidence shows that eating patterns that include less dietary cholesterol are associated with reduced risk of cardiovascular disease, but your overall risk depends on many factors. Dietary

cholesterol is found in animal foods, including meat, seafood, poultry, eggs, and dairy products.

Too much cholesterol puts you at risk for heart disease and stroke, two leading causes of death in the United States. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

Source: <https://www.cdc.gov/cholesterol/about.htm>



### Protect Your Heart – Control Your Cholesterol



Eat foods low in saturated fat



Get physically active



Take your medicine if prescribed



## Prostate Cancer Awareness

Prostate cancer is one of the most frequently diagnosed cancers in the world, despite it only being diagnosed in males (In fact, [more than 70 percent of men](#) over the age of 80 have some quantity of cancer cells in their prostate.

All men are at risk for prostate cancer.

Out of every 100 American men, about 13 will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer. The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer. Some men are at increased risk for prostate cancer. You are at increased risk for getting or dying from prostate cancer if you are African-American or have a family history of prostate cancer.

### Family History

You may have an increased risk of getting a type of prostate cancer caused by genetic changes that are inherited if—

- You have more than one first-degree relative (father, son, or brother) who had prostate cancer, including relatives in three generations on your mother's or father's side of the family.
- You were diagnosed with prostate cancer when you were 55 years old or younger.



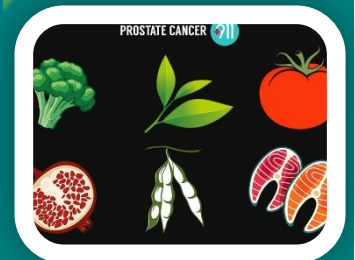
- You were diagnosed with prostate cancer, and other members of your family have been diagnosed with breast, ovarian, or pancreatic cancer.

The five-year survival rates for the disease are close to 100 percent, especially when talking about prostate cancer that is caught early on in the process—before it spreads.

Talk to your doctor about your family's health history. And improve your diet and health.

Source: [https://www.cdc.gov/cancer/prostate/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/prostate/basic_info/risk_factors.htm)

## Spotlight On: Men's Health



## National Women's Health and Fitness Day

National Women's Health and Fitness Day is observed on the last Wednesday of September, and it's a time to promote the importance of health and fitness for women of all ages. Healthy diet, daily exercise, and regular doctor visits are essential for maintaining your health, and that's true regardless of gender. However, what constitutes a healthy diet, how much exercise, and the type of exercise a person should get can be different for men and women. There are also health issues that are unique to women.

### ***So how should you celebrate National Women's Health and Fitness Day?***

Why not go ahead and make an appointment for your Well Woman Visit? That's an annual visit with your doctor to talk about your health, your lifestyle, and your concerns. Think of it as a way to pamper yourself! You deserve it!

Source: [mana.md](http://mana.md)



## September is Food Safety Month

 **CLEAN**



**Wash Hands with Soap  
and Water**



**Clean Surfaces**



**Rinse Produce**

### Wash Hands and Surfaces Often



**Foodborne bacteria can't be seen, tasted or smelled.** These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food – so ready, set, **CLEAN!**

### Wash your hands with warm water and soap for at least 20 seconds!

#### How?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds – about the time it takes to sing the “Happy Birthday” song twice.
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

#### When?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet



#### DID YOU KNOW?

In a recent study, 65 percent of consumers did not wash their hands before starting meal preparation.

Bruhn, C. (2014). *Chicken Preparation in the Home: An Observational Study*. Food Protection Trends, 34, 318-330.

### Partnership for Food Safety Education

We develop and promote effective education programs to reduce foodborne illness risk for consumers.

[WWW.FIGHTBAC.ORG](http://WWW.FIGHTBAC.ORG)

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## Food Safety Education

### CLEAN



## Clean Surfaces

### Keep Your Scene Clean

Bacteria that can cause illness can survive in many places around your kitchen. **Keep countertops and other kitchen surfaces clean** to prevent cross-contamination.

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this **after preparing each food item and before going on to the next food item**.
- **Keep your fridge clean, too:** Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- After cleaning, you may **SANITIZE SURFACES** as an extra precaution to kill germs. Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.



**Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.**

## Rinse Produce

**Rinse fresh fruits and veggies** under running water just before eating, even if you plan to cut or peel them, because bacteria can spread from the outside to the inside during cutting or peeling.

- Firm-skinned fruits and veggies should be rubbed by hand or scrubbed with a clean brush while rinsing under running water.
- Packaged fruits and veggies labeled “ready-to-eat,” “washed” or “triple-washed” should not be washed. Doing so may increase the risk for cross-contamination.
- Dry fruits and veggies with a clean cloth or paper towel.
- Do not use soap or bleach to wash produce. These products are not intended for consumption.
- For more information, check out our **ProducePro fact sheet** at [fightbac.org](http://fightbac.org).



THE FOUR WAYS TO FIGHT BAC!



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## Easy September Recipes

### Slow Cooker Garlic & Honey Chicken

*Slow cooked chicken in a sweet and tangy Asian inspired sauce.*

4 boneless skinless chicken breasts 2 pounds  
 1/2 cup low sodium soy sauce  
 1/2 cup honey  
 1/4 cup hoisin sauce  
 1 tablespoon rice wine vinegar  
 1 teaspoon sesame oil  
 1 teaspoon ginger grated  
 4 cloves garlic minced  
 1-2 teaspoons sriracha depending on how spicy you would like this  
 2 scallions sliced thin, divided (white parts for cooking, green for serving)  
 2 tablespoons water  
 sesame seeds for garnish if desired

Place chicken in the bottom of the slow cooker.

In a medium bowl whisk together soy sauce, honey, hoisin, vinegar, sesame oil, ginger, garlic, sriracha and the white parts only of the scallions.

Pour the sauce mixture on top of the chicken and cook for 2-3 hours on low. (Cooking time depends on the thickness of your chicken.

Remove the chicken from the liquid and place on a plate or cutting board. Allow the chicken to rest for a couple of minutes and then shred with two forks or slice it up with a knife.

Transfer the liquid from the slow cooker to a small saucepan.

Whisk 2 tablespoons of water with 1 tablespoon of cornstarch. Slowly add the cornstarch mixture to the sauce.

Cook on high until bubbly and thickened, whisking constantly. Pour the sauce back in the slow cooker along with the shredded chicken and toss to coat.

Serve immediately with sesame seeds and green onions for garnish.

*Nutrition Information: Calories 336, Fat 5g, Cholesterol 73mg, Sodium 1501mg, Carbohydrates 49g, Fiber 1g, Sugar 40g, Protein 27g*

*Source: Allrecipes.com*





## Easy September Recipes

### Baked Salmon with Lemon and Butter

1 lemon  
 5 tbsp. butter  
 4 green onions, finely chopped, plus more for garnish, if desired  
 1 - 2 tbsp. Louisiana-style hot sauce  
 4 (6 oz.) salmon fillets

Steps

Preheat oven to 425°F. From the lemon, grate 1 tsp zest and squeeze 1 tbsp. juice.

In a small saucepan, melt the butter on medium. Add the green onions. Cook 2 min., until golden, stirring often. Whisk in lemon juice, zest, and hot sauce until combined. Remove from heat. Season with salt and pepper to taste. Reserve 2 tbsp.

Arrange the salmon fillets in a baking dish. Season with salt and pepper. Pour remaining butter mixture over salmon. Bake 20–25 min., until salmon is cooked through. Drizzle reserved 2 tbsp. butter mixture over salmon before serving. Garnish with additional green onions, if desired

*Nutrition information :* Calories 487, Fat 37.0g, Carbs 2.0g, Sodium 310mg, 1.0g sugar, 0.0g fiber, 35.0g protein 132mg cholesterol

*Source: Allrecipes.com*

### Feta Stuffed Sweet Potatoes

4 medium sweet potatoes, scrubbed  
 1/4 cup packed fresh cilantro leaves  
 2 tbsp. olive oil  
 1 tsp chili powder  
 1/2 cup crumbled feta cheese

Preheat oven to 425°F. Pierce the sweet potatoes all over with a fork and place in a microwave-safe dish. Cover with vented plastic. Microwave on high 10–12 min., until tender, turning over once halfway through. Let stand until cool enough to handle.

Meanwhile, coarsely chop the cilantro. Halve potatoes lengthwise. Scoop out most of the sweet potato, leaving skins intact, and add scooped-out potato to a medium bowl.

To bowl, add the oil and chili powder. Mash until mostly smooth. Fold in the feta cheese and cilantro. Season with salt and pepper to taste.

Season sweet potato cavities with salt and stuff with sweet potato–feta mixture. Roast on a baking sheet 10 min., until tops are brown.

*Nutrition information:* Calories 223, Fat 11.0g, Carbs, 27.0g, Sodium, 263mg, 6.0g sugar, 4.0g fiber, 5.0g protein, 17mg cholesterol

*Source: www. Health.com*



## October Wellness Themes

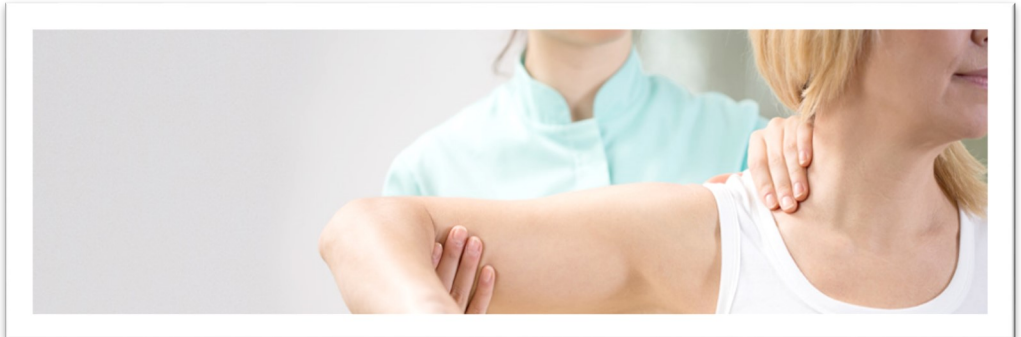
### Bone and Joint Health National Action Week



October 12 to 20 is Bone and Joint Health National Action Week. Bones support you and allow you to move. They protect your brain, heart, and other important organs from injury. Bones also store nutrients like calcium, which help keep our bones strong, and then release them into the body when you need them for other uses. If you don't keep your bones healthy, they can become weak and even break. Broken

ucts, vegetables, eggs, and salmon are great additions to your diet. Exercise to increase circulation in your joints and to maintain a healthy weight. Extra weight can add pressure to your joints, often causing pain and swelling.

If you have a sore joint, you can use an ice pack or a bag of frozen vegetables on the sore spot.



bones and fractures can be painful and even cause long-lasting health problems.

Joints are places where two bones in your body meet, such as your elbow or knee. Joints also have cartilage, which acts as a spongy shock absorber on the ends of the bones to prevent them from rubbing against each other. More importantly, your joints help you move and stay active.

#### **How can I keep my bones and joints healthy?**

Eat a balanced diet, while increasing your calcium and vitamin D intake. Dairy prod-

ucts, vegetables, eggs, and salmon are great additions to your diet. Exercise to increase circulation in your joints and to maintain a healthy weight. Extra weight can add pressure to your joints, often causing pain and swelling. If you have a sore joint, you can use an ice pack or a bag of frozen vegetables on the sore spot.

#### **Where can I find out more?**

For more information on keeping your bones and joints healthy, visit the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) Publication Ordering System at [catalog.niams.nih.gov/index.cfm](https://catalog.niams.nih.gov/index.cfm) or calling toll free at 877-226-4267 (TTY: 301-565-2966).

*Source: [niams.nih.gov](https://niams.nih.gov)*



## October Wellness Themes

### National Domestic Violence Awareness Month

Domestic Violence Awareness Month raises awareness about domestic and sexual violence. Across the country, advocates are joining health care providers, business leaders, policy makers, faith-based groups, college students and many others at events and activities designed to bring attention to this critical issue.



- More than one in three women and one in four men in the United States have experienced, rape, physical violence and/or stalking by an intimate partner in their lifetime (Black et al., 2011).
- One in five female high school students reports being physically and/or sexually abused by a dating partner (Silver et al., 2004).
- Intimate partner violence is the leading cause of female homicides and injury-related deaths during pregnancy (Violence Policy Center, 2006).
- Women with disabilities have a 40 percent greater risk of intimate partner violence, especially severe violence, than women without disabilities (Brownridge, 2006).

Intimate partner violence (IPV) occurs across age, ethnic and socioeconomic lines, and among heterosexual and same-sex couples.

Source: [cdc.gov](http://cdc.gov)

*If you are a victim of abuse or violence at the hands of someone you know or love, or you are recovering from an assault by a stranger, you are not alone.*

**Get immediate help and support.**

**The National Domestic Violence Hotline IS ALWAYS OPEN can be reached at (800) 799-SAFE (7233) and (800) 787-3224 (TTY). If you're unable to speak safely, visit [thehotline.org](http://thehotline.org) or text LOVEIS to 866-331-9474.**

Source: <https://www.thehotline.org/>

Emotional  
Wellness



**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

## October Wellness Themes

### WALKTOBER



### Welcome to Walktober!

Did you know walking is the [official Maryland State Exercise](#)? One foot in front of the other -- it's as simple as that! Walking is the easiest and most inexpensive way to get moving, get healthy and stay fit.

#### What is Walktober?

New in 2020, UME is partnering with the Maryland Department of Transportation to celebrate Walktober - a full month dedicated to health, safety and education for pedestrians and drivers, to build safer, more sustainable communities in Maryland. Walktober events include four Walkinars - online webinars about pedestrian-related topics in Maryland - and [WalkMaryland Day](#) on Oct. 7, 2020. Click on the walkinar title to register for that session. Go to UME website for details

Oct. 1 - [Get Maryland Walking: What Can We Do?](#)

Oct. 15 - [Pedestrian Infrastructure, Safety, and Health](#)

Oct. 22 - [New Trends and Technologies to Support Walkability and Walking](#)

Oct.. 29 - [Maryland Community Walk Initiatives](#)

#### Benefits of Walking & Walking Tips:

Note: If you have not walked a long distances for some time, you should start slowly. Increase the length and pace of your walk gradually. Here are some tips on

how to get started and how to prepare for walking.

1. Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.
2. Build activity slowly – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.
3. Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
4. Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
5. Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.
6. Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
7. Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.

Reference: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)





## How Well Are You? Take the Quiz !

### What does it mean to be Healthy?

Health is defined as the ability of a biological system to acquire, convert, allocate, distribute, and utilize energy sustainably. To be healthy means to be in good health, shape, fitness, and a body absent of disease.

According to the World Health Organization (WHO), health is defined as being in **“A state of complete, physical, mental, and social well-being; it is no longer just absence of disease or infirmity.”**

### What is Wellness?

Wellness is more than Health. Wellness is how you live and experience life to the fullest. Wellness is the act of practicing healthy habit on a daily basis to attain better physical and mental health outcomes. When you are well, you are not just getting by or surviving, you are actually striving in your life. These dimensions have an impact on your physical and mental health, which can reduce stress, improve social interactions, and assist you with achieving optimal wellness.

Wellness is being proactive, self-directed, and fully active in making good choices toward a healthy and fulfilling life.

There are eight key areas of your lifestyle that should be balanced for overall wellness.

### The 8 Dimensions of Wellness

Eight areas of your life should be in balance for overall wellness, and improvement in physical and mental health.

**Emotional**—The ability to cope effectively with life and creating satisfying and harmonious relationships

**Environmental**—Maintaining good health by occupying, safe, pleasant, and stimulating environments that support our well-being

**Financial**—Having adequate resources and being satisfied with current and future financial situations

**Intellectual**—Recognizing creative abilities and finding ways to expand and enhance knowledge and skills (reading, arts, cultural events, travel)

**Occupational**—Personal satisfaction and enrichment from one’s work and profession

**Physical**—Recognizing the need for physical activity, healthy foods, water, rest, and sleep

**Social**—Developing a sense of connection, belonging, and a well-developed support system, having quality and productive friendship and interactions

**Spiritual**—Expanding a sense of purpose and meaning in life

### Rate Your Wellness:

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Emotional    | <input type="checkbox"/> Spiritual     |
| <input type="checkbox"/> Social       | <input type="checkbox"/> Intellectual  |
| <input type="checkbox"/> Occupational | <input type="checkbox"/> Physical      |
| <input type="checkbox"/> Financial    | <input type="checkbox"/> Environmental |

/ 8

### Percentages of Wellness:

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> 1/8 = 12% | <input type="checkbox"/> 5/8 = 62%  |
| <input type="checkbox"/> 2/8 = 25% | <input type="checkbox"/> 6/8 = 75%  |
| <input type="checkbox"/> 3/8 = 37% | <input type="checkbox"/> 7/8 = 87%  |
| <input type="checkbox"/> 4/8 = 50% | <input type="checkbox"/> 8/8 = 100% |



Source: <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

## Health and Wellness



## October Recipes

### Slow Cooker Mushroom Mac and Cheese



16 oz. Macaroni, cooked 4 minutes shy of doneness  
 2oz. Gruyere or Swiss cheese, grated  
 2 oz. Sharp cheddar cheese, grated  
 2 oz. Parmesan cheese, grated  
 3 Garlic cloves  
 1 Small onion, chopped  
 2 cups Milk  
 4 oz. Cream cheese, cut into small pieces  
 6 tbsp. Butter, divided  
 1/2 tsp Nutmeg  
 1/2 tsp Freshly ground pepper  
 1 tsp Sea salt  
 1 lb. Cremini mushrooms stems removed  
 1 tbsp. Chive  
 1 tbsp. Flat leaf parsley

In a large crockpot add the pasta, cheese, garlic, onion, cream cheese, 4 tbsp. of the butter, nutmeg, salt and pepper.

Pour the milk over the top of all the ingredients and stir to roughly combine. Pasta should be mostly submerged under the milk.

Cook on low for 2 hours.

After 2 hours, remove lid and stir all ingredients together.

Arrange mushroom caps upside down all over the top of the mac and cheese.

Fill each stem hole with a pat of butter from the reserved butter.

Close the crock pot and cook for 1 hour.

Top dish with chives and flat leaf parsley and serve hot.

**Nutrition Information:** 52.6 calories; protein 23.6g 47% DV; carbohydrates 28.8g 9% DV; fat 18.1g, cholesterol 109.8mg 37% DV; sodium 336mg

Source: Allrecipes.com

### Minestrone Soup



1 medium zucchini  
 1 (15 oz.) can low-sodium cannellini beans  
 1 (15 oz.) can low-sodium kidney beans  
 2 tbsp. olive oil  
 1 cup diced onion  
 4 cups chopped kale  
 1 tbsp. minced garlic  
 4 cups low-sodium vegetable broth  
 1 (14 oz.) can crushed tomatoes  
 1 cup ditalini pasta

Chop the zucchini into ½-inch pieces. Drain and rinse the cannellini and kidney beans. In a large pot, heat the oil on medium. Add the onion and cook 2 min., until soft, stirring often. Add the zucchini, kale, and garlic. Cook 5 min., until the vegetables begin to soften, stirring occasionally.

Add the vegetable broth, crushed tomatoes, and beans. Heat to a simmer and cook 5 min. Stir in the pasta. Cover pot and cook until pasta is al dente, 7–8 min. Season with salt (in moderation) and pepper.

Top bowls of minestrone with a sprinkle of grated Parmesan.

**Nutrition information** CALORIES 532, FAT9.0g, CARBS92.3g, SODIUM547mg, 12.7g sugar, 16.0g fiber, 23.0g protein, 0mg cholesterol

Source: Allrecipes.com

## October Recipes

### Slow Cooker Spiced Cider

3 oranges, plus 1 for garnish  
 1 (2-inch) piece ginger  
 1 gallon apple cider  
 4 cinnamon sticks  
 1 tbsp. whole cloves  
 4 whole star anise

Halve 3 oranges. Wash, dry, and thinly slice the ginger. Place the halved oranges, ginger, cider, cinnamon, cloves, and star anise in a 7-quart slow cooker. Cover and cook on low 2 hours. Meanwhile, cut the

remaining orange into thin slices. Ladle cider into glasses and garnish with sliced orange.

*Nutrition information:*

*Calories 128, Fat 0.4g, Carbs 31.5g  
 Sodium 11mg, 22.8g sugar, 2.1g fiber,  
 0.6g protein, 0mg cholesterol*

*Source: Allrecipes.com*



### Spinach and Peppers Omelet Muffins

Cooking spray  
 10 large eggs  
 1 red bell pepper, seeded and finely chopped  
 1 cup frozen cut spinach, thawed and squeezed dry  
 2 green onions, finely chopped  
 1/4 tsp salt

**Steps**

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper.

Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin.

Tip: Wrap omelets individually in plastic wrap and refrigerate up to 4–5 days. Remove from plastic wrap and microwave 1–2 min., until warm.

*Nutrition information*

*Calories 52, Fat 3.6g, Carbs 1.8g, Sodium 116m, 0.7g sugar, 0.8g fiber, 5.5g protein  
 136mg cholesterol*

*Source: Savoryonline.com*



## Senior Wellness



# Healthy Eating Plans for Older Adults

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets.

## The Dash Diet

### DASH Diet Sample Menu

#### Breakfast Menu

- Banana
- Cinnamon toast
- Oatmeal with blueberries and granola



#### Lunch Menu

- Turkey, cheese, spinach, tomato, cucumber sandwich on whole grain bread
- Cottage cheese with fruit
- Baby carrots with hummus or alternate dip



#### Dinner Menu

- Spinach, tomato, olive and walnut salad
- Baked potato
- Baked and seasoned chicken breast
- Green beans
- Whole grain dinner roll
- 1 cup fruit salad (healthy dessert)





## The Mediterranean Diet

The Med or Mediterranean diet is an eating approach that people who live in regions around the Mediterranean Sea have naturally developed. It's rich in fresh, whole foods (olive oil, nuts, seeds, veggies, fruits, and fish), and low in red meat and processed fare. The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy compared to Americans and had a low risk of many lifestyle diseases.

If you look at a Mediterranean diet food pyramid, sweets are up top (indicating they should make up only a small part of your diet), followed by meat and dairy, and then fish. Last are fruit, veggies, and whole grains (suggesting they can be eaten liberally). Also, enjoying food with friends and family is a tenet of the eating approach, so make your meals a social affair! They emphasize a

plant-based eating approach, loaded with vegetables and healthy fats, including olive oil and omega-3 fatty acids from fish. It's a diet known for being heart-healthy. On this plan, you'll limit or avoid red meat, sugary foods, and dairy (though small amounts like yogurt and cheese are allowed).

### Basic Steps to the Eating Plan

**Eat:** Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil. **Eat in moderation:** Poultry, eggs, cheese and yogurt. **Eat only rarely:** Red meat. **Don't eat:** Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods.

### Source:

<https://www.everydayhealth.com/mediterranean-diet/guide/>

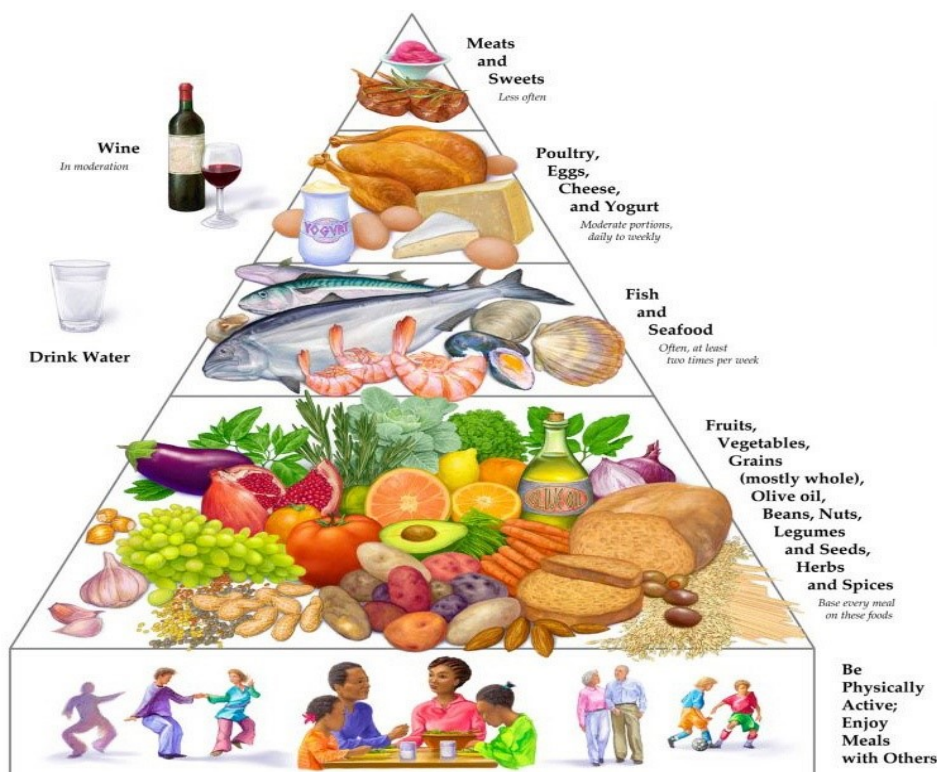


Illustration by George Middleton

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[www.oldwayspt.org](http://www.oldwayspt.org)



## November Wellness Themes

### American Diabetes Month– Take the Risk Test !

# Prediabetes Risk Test



**1. How old are you?** Write your score in the boxes below

Younger than 40 years (0 points) \_\_\_\_\_

40–49 years (1 point) \_\_\_\_\_

50–59 years (2 points) \_\_\_\_\_

60 years or older (3 points) \_\_\_\_\_

**2. Are you a man or a woman?**

Man (1 point) Woman (0 points) \_\_\_\_\_

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point) No (0 points) \_\_\_\_\_

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point) No (0 points) \_\_\_\_\_

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point) No (0 points) \_\_\_\_\_

**6. Are you physically active?**

Yes (0 points) No (1 point) \_\_\_\_\_

**7. What is your weight category?**

(See chart at right) \_\_\_\_\_

**Total score:**

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

*If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.*

**You can reduce your risk for type 2 diabetes**

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.



## November Wellness Themes

### Lung Cancer Awareness

Lung Cancer Awareness Month — observed every November — is intended to educate the public about the potential causes and risk factors of the disease. It also promotes the need for screening among eligible populations, and promotes the importance of research underway to identify more effective treatments .

With COVID-19 being a serious respiratory illness (and one that's still running rampant), it's no surprise that so many of us are suddenly working that much harder to keep our lungs healthy, strong and protected from intruders. No one food can protect you from the novel coronavirus (it's washing your hands regularly, practicing social distancing and wearing a mask that will), but how does food relate to how well our lungs operate, exactly?

"Our breathing is the action that pulls oxygen into our lungs, and our lungs pick up

that oxygen and deliver it to the rest of our body," explains William Li, MD, author of Eat to Beat Disease. "This simple path relies on both the tubes in our airways and blood vessels being clear and wide open."

Eating healthy foods to protect and improve lung functioning.

The foods we eat can affect these tubes and vessels, keeping them open and clear—or narrowing them. "Foods that lower inflammation and vasodilate our blood vessels (keep them wide open) can be beneficial for that part of lung health," says Dr. Li.

To give your lungs—and breathing—a boost, here are the best foods to add to the menu, according to experts.

**Green Leafy Greens, Walnuts, Apples, Tomatoes, Mushrooms, Red peppers, Salmon, Oranges, Broccoli, Eggs.**

Source: *The American Lung Association*



### Trivia Fact

#### Did you Know:

*For more than 40 years, the American Cancer Society has hosted the Great American Smoke Out on the third Thursday of November.*

 <b>20MINUTES</b> Your heart rate drops.	 <b>12HOURS</b> The carbon monoxide level in your blood drops to normal.	 <b>2WEEKS</b> Your heart attack risk begins to drop. Your lung function begins to improve.	 <b>1-9MONTHS</b> Your coughing and shortness of breath decrease.
 <b>ONEYEAR</b> Your added risk of coronary heart disease is half that of a smoker's.	 <b>FIVEYEARS</b> Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.	 <b>TENYEARS</b> Your risk of dying from lung cancer is about half that of a smoker's.	 <b>15YEARS</b> Your risk of coronary heart disease is the same as that of a non-smoker.

## November Recipes

### Simple Pumpkin Soup



1 tbsp. butter  
 1 large onion, diced  
 2.5 lb. diced fresh pumpkin, or 3 cups pumpkin puree  
 3 cup chicken stock or vegetable stock  
 3 tbsp. all-purpose flour  
 1/2 tsp salt  
 1/4 cup chopped fresh parsley  
 croutons

In a large saucepan, melt the butter and sauté the onion for 4 - 6 minutes or until golden.

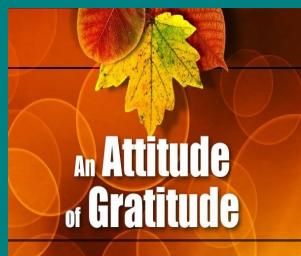
Mix in the pumpkin and chicken stock and cook on medium heat for 10 minutes.

Remove 1 cup of liquid and whisk in the flour.

Return the flour mixture to the soup and cook, stirring occasionally, for 5 minutes.

*Nutrition information: Calories 114.5 protein 2.7g 5% DV; carbohydrates 13.5g 4% DV; fat 6.3g 10% DV; cholesterol 24.1mg 8% DV; sodium 1458.1mg*

*Source: healthyrecipes.com*



### Turkey and Cranberry Hand Pies

1 (17.3 oz.) box frozen puff pastry  
 2 tbsp. flour, for dusting  
 4 oz. piece Brie cheese  
 2 cups chopped cooked turkey breast  
 1/2 cup cranberry sauce  
 1 large egg

Preheat the oven to 375°F. Roll out the pastry on a lightly floured surface until 1/8-inch thick. Cut each sheet of dough into 9 (3-inch) squares. Cut Brie into 9 slices.

Divide the turkey between half the squares. Top each with 1 slice Brie and 1 tbsp. cranberry sauce. In a bowl, whisk the egg and brush around the edges of the topped squares. Place remaining dough squares over topped squares and press the edges together with a fork to seal.

Place pies on a parchment-lined baking sheet. Brush the tops with any remaining egg, then prick tops with a fork. Bake for 20 min., until golden brown.

Sunday prep steps: Roll out the pastry on a lightly floured surface until 1/8-inch thick. Cut each sheet of dough into nine 3-inch squares. Cut Brie into 9 slices. Divide the turkey between half the squares. Top with 1 slice Brie and 1 tbsp. cranberry sauce. In a bowl, whisk the egg and brush around the edges of the topped squares. Place remaining dough squares over topped squares and press the edges together with a fork to seal.

Night before serving: Thaw hand pies in refrigerator. 20 min. before serving: Pre-heat oven to 375°F. Remove plastic wrap from baking sheet. Prick tops with a fork and brush with beaten egg. Bake 20 min., until golden brown.

*Nutrition information:*

*Calories 413, Fat 25.5g, Carbs 31.2g, Sodium, 258mg, 5.5g sugar, 1.0g fiber, 15.1g protein, 58mg cholesterol*

*Source: Bellyful.net*





## November Recipes

### Cherry and Walnut Quinoa

8 tsp olive oil (2 tbsp. plus 2 tsp, divided)  
 3 tbsp. finely chopped shallots  
 2 cups water  
 1/3 cup white grape juice  
 1/2 tsp salt  
 1 3/4 cups uncooked, rinsed quinoa  
 1/2 cup toasted walnuts, chopped  
 3 tbsp. lemon juice  
 1/4 tsp ground pepper  
 1/2 cup dried cherries, chopped

Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan, sauté 2 minutes or until tender.

Add water, juice and salt to pan. Bring to boil. Add quinoa, cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove

from heat and set aside.

To toast walnuts, heat a non-stick skillet over medium heat. Add walnuts and cook, stirring frequently, until lightly browned and fragrant. Set aside to cool slightly.

Combine remaining 2 tablespoons of olive oil, lemon juice and pepper in a large bowl. Add quinoa, cherries and walnuts to bowl and toss gently to combine. Serve warm.

*Nutrition information:*

*Calories 238 FAT8.7g, Carbs34.7g, Sodium, 153mg, 8.6g sugar, 3.2g fiber, 6.0g protein, 0mg cholesterol*

*Source: Savoryonline.com*



### Post Thanksgiving Turkey Vegetable Soup

*Get cozy and dig into this big pot of comforting soup. Freeze any leftovers in individual portions for an easy lunch or dinner.*

2 large carrots  
 1 (12 oz.) pg green beans  
 1 medium onion  
 1 tbsp. olive oil  
 1 (16 oz.) pg frozen butternut squash, thawed  
 6 cups turkey broth  
 2 cups shredded cooked turkey breast  
 2 tbsp. chopped fresh parsley

Thinly slice the carrots. Cut the green beans into 1-inch pieces. Dice the onion. In a large pot or Dutch oven, heat oil over medium-high. Add the carrots, green beans, and onion and cook for 5 min., until slightly soft.

Add the squash and season with salt (in moderation) and pepper. Add the turkey broth and cooked turkey. Heat to a boil over high, then reduce heat to a simmer.

Cook for 15 min. Divide soup between 4 bowls and garnish with parsley.

*Nutritional Information:*

*Calories 182, Fat4.4g, Carbs 22.9g, Sodium, 692mg, 8.4g sugar, 4.4g fiber, 15.1g protein, 31mg cholesterol*

*Source: Tasteofhome.com*



## November Recipes

### Pumpkin Pound Cake



- 2-1/2 cups sugar
- 1 cup canola oil
- 3 large eggs, room temperature
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 1 can (15 ounces) solid-pack pumpkin
- Confectioners' sugar

Preheat oven to 350°. In a large bowl, combine sugar and oil until blended. Add eggs, one at a time, beating well after each addition. Combine flour, baking soda, cinnamon, nutmeg, salt and cloves; add to egg mixture alternately with pumpkin, beating well after each addition.

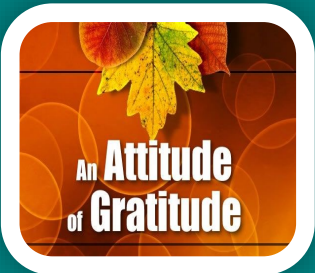
Transfer to a greased 10-in. fluted tube pan. Bake 60-65 minutes or until toothpick inserted in the center comes out clean. Cool 10 minutes before inverting onto a wire rack. Remove pan and cool completely. Dust with confectioners' sugar.

NOTES- Canola oil is high in monounsaturated fat, a type that helps to decrease blood cholesterol levels, and low in saturated fat, which can increase blood cholesterol. Olive oil would also taste great in this recipe and has the same healthy-fat properties.

*Nutrition Information:*

*1 slice: 351 calories, 15g fat (2g saturated fat), 40mg cholesterol, 245mg sodium, 51g carbohydrate (32g sugars, 2g fiber), 4g protein.*

*Source: healthyliving.com*



### Beef Pot Roast

- 4 lbs. beef bottom roast
- 1/4 cup all purpose flour PLUS 2 tbsp.
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 tsp garlic powder
- 1 tsp crush basil
- 1 tsp rosemary leaves
- 1 tsp onion powder
- 2 tsp celery flakes
- 32 oz. chicken or beef broth whatever is your preference
- 2 tbsp. vegetable oil
- 4 medium russet potatoes washed and chopped
- 1 cup baby carrots washed & peeled
- 2 medium sized onion chopped

**Directions:**

1. In a small bowl, put the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth.
2. In a medium bowl, stir together the broth,

- orange juice, allspice, and pepper.
  3. Peel and chop the onion, to make 1/2 cup chopped onion.
  4. Put 2 tablespoons water in the skillet. Heat on medium.
  5. Put the onion in the skillet. Simmer it until tender.
  6. Add the roast to the skillet. Brown it on all sides.
  7. Pour the broth mix over the meat in the skillet.
  8. Add the potatoes, carrots, onion, and garlic to the slow cooker. Season with salt and pepper.
- Cover and Simmer for 3-4hours.  
Use celeriac, parsnips, or sweet potatoes for lower carb effect. Leave out the cornstarch or use arrowroot for lower carb .

*Nutrition Information: Calories 331, Carbs, 17g, Fat 30g, Total fat 11g.2*

*Source: Allrecipes.com*



## November Recipes

### Cherry and Walnut Quinoa

8 tsp olive oil (2 tbsp. plus 2 tsp, divided)  
 3 tbsp. finely chopped shallots  
 2 cups water  
 1/3 cup white grape juice  
 1/2 tsp salt  
 1 3/4 cups uncooked, rinsed quinoa  
 1/2 cup toasted walnuts, chopped  
 3 tbsp. lemon juice  
 1/4 tsp ground pepper  
 1/2 cup dried cherries, chopped

Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan, sauté 2 minutes or until tender.

Add water, juice and salt to pan. Bring to boil. Add quinoa, cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove

from heat and set aside.

To toast walnuts, heat a non-stick skillet over medium heat. Add walnuts and cook, stirring frequently, until lightly browned and fragrant. Set aside to cool slightly.

Combine remaining 2 tablespoons of olive oil, lemon juice and pepper in a large bowl. Add quinoa, cherries and walnuts to bowl and toss gently to combine. Serve warm.

*Nutrition information:*

*Calories 238, Fat 8.7g, Carbs 34.7g, Sodium 153mg, 8.6g sugar, 3.2g fiber, 6.0g protein, 0mg cholesterol*

*Source: allrecipes.com*



### Turkey Vegetable Soup

*Get cozy and dig into this big pot of comforting soup. Freeze any leftovers in individual portions for an easy lunch or dinner.*

2 large carrots  
 1 (12 oz.) pkg. green beans  
 1 medium onion  
 1 tbsp. olive oil  
 1 (16 oz.) pg frozen butternut squash, thawed  
 6 cups turkey broth  
 2 cups shredded cooked turkey breast  
 2 tbsp. chopped fresh parsley

Thinly slice the carrots. Cut the green beans into 1-inch pieces. Dice the onion. In a large pot or Dutch oven, heat oil over medium-high. Add the carrots, green beans, and onion and cook for 5 min., until slightly soft.

Add the squash and season with salt (in moderation) and pepper. Add the turkey broth and cooked turkey. Heat to a boil over high, then reduce heat to a simmer.

Cook for 15 min. Divide soup between 4 bowls and garnish with parsley.

*Nutritional Information:*

*Calories 182, Fat 4.4g, Carbs 22.9g, Sodium 692mg, 8.4g sugar, 4.4g fiber, 15.1g protein, 31mg cholesterol*

*Source: allrecipes.com*



## Great Side Recipes

### Grapefruit, Endive, and Arugula Salad



**Ingredients** 2 medium red grapefruit 2 tablespoons fresh lemon juice 2 teaspoons honey 1 teaspoon Dijon mustard 1/4 teaspoon kosher salt 1/8 teaspoon freshly ground black pepper 1/4 cup olive oil 4 small heads endive, trimmed, leaves separated 1 (5-oz.) container baby arugula

bowl; add endive. Let stand 10 minutes. **Step 3** Arrange half of arugula on a serving platter, and top with endive mixture, remaining half of Arugula, walnuts, cheese, and reserved grapefruit sections. Drizzle with remaining vinaigrette.

- **How to Make It** **Step 1** Peel and section grapefruit over a bowl; squeeze membranes over a bowl to extract juice. **Step 2** Combine lemon juice, honey, mustard, salt, pepper, and 3 tablespoons reserved grapefruit juice in a bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Place 1/4 cup vinaigrette in a

**Nutrition Information:** Calories 153, Fat 11.4g, Sat fat 2.7g, Nonfat 5.3g, Poly fat 2.5g, Protein 4g, Carbohydrate 11g, Fiber 4g, Cholesterol 6mg, Iron 1mg, Sodium 238mg, Calcium 92mg, Sugars 7g.

Source: [Cookinglight.com](http://Cookinglight.com)



### Oven Roasted Brussel Sprouts



**Ingredients:**  
 1pound Brussels sprouts, rinsed, ends trimmed, removed  
 1 tablespoon minced garlic (about 3 cloves)  
 1 teaspoon lemon juice (can sub apple cider vinegar)  
 2 tablespoons extra virgin olive oil  
 Salt  
 Freshly ground black pepper  
 1/4 cup freshly grated Parmesan cheese

**Nutrition Information:** 59 calories; protein 3.5g other carbs 0.5; dietary fiber 3.9g 16% DV; sugars 2.2g; fat 2g 3% DV; saturated fat 0.3g 2% DV; cholesterol mg; Source: [healthyliving.org](http://healthyliving.org)

#### METHOD

**1 Preheat oven to 400°F.**

**2 Prep the Brussels sprouts:** Place the trimmed Brussels sprouts in a large bowl. Toss with garlic and lemon juice. Toss the sprouts with olive oil to coat them well.

Spread the Brussels sprouts out in a large cast iron frying pan or roasting pan in a single layer with plenty of space between them. Sprinkle generously with salt (at least half a teaspoon) and a few turns of black pepper.

**3 Roast in oven:** Put the sprouts in oven on the top rack, roast for 25-30 minutes,



## Great Side Recipes

### Mom's Smashed Mashed Potatoes

Ingredients 1 1/2 pounds baking potatoes, peeled and cut into 1-inch pieces 1 1/2 pounds Yukon gold potatoes, peeled and cut into 1-inch pieces 1 tablespoon extra-virgin olive oil 2 cups chopped onion 1 teaspoon kosher salt, divided.

**How to Make It** Step 1 Place potatoes in a large saucepan; cover with water to 2 inches above potatoes. Bring to a boil; reduce heat, and simmer 15 minutes or until tender. Drain. Return potatoes to pan. Mash potatoes with a potato masher until coarsely mashed (not smooth). Step 2 Heat a medium nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add on-

ion;. Add 1 cup of 1 % milk. cook 10 minutes or until golden brown, stirring occasionally. Stir in 1/4 teaspoon salt and white pepper. Step 3 Heat milk and butter in a small saucepan over medium heat until butter is melted. Add onion mixture, remaining 3/4 teaspoon salt, and milk mixture to mashed potatoes, stirring to combine. Nutrition Information: Calories 152, Fat 5.6g, Sat fat 3g, Nonfat 2g, Poly fat 0.3g, Protein 3g, Carbohydrate 23g, Fiber 2g, Cholesterol 12mg, Iron 1mg, Sodium 187mg, Source: Calcium 51mg, Source: Allrecipes.com



### Triple Mushroom Stuffing

Ingredients 12 ounces whole-grain bread, cut into 3/4-in. cubes 3 tablespoons unsalted butter, divided 2 tablespoons canola oil, divided 8 ounces cremini mushrooms, chopped 8 ounces shiitake mushroom caps, chopped 4 ounces white mushrooms, chopped. 1 tablespoon sherry vinegar 1 1/2 cups chopped yellow onion 1/2 cup chopped celery 2 tablespoons chopped fresh thyme 1 tablespoon minced garlic 1/4 cup chopped fresh flat-leaf parsley 3/4 teaspoon freshly ground black pepper 1/4 teaspoon kosher salt 2 1/2 cups unsalted chicken stock (such as Swanson) 2 large eggs.

**How to Make It :** Step 1 Preheat oven to 400°F. Step 2 Arrange bread cubes in a single layer on a rimmed baking sheet. Bake at 400°F for 20 minutes or until golden, stirring after 10 minutes. Place the bread cubes in a large bowl. Step 3 Reduce the oven temperature to 350°F. Step 4 Heat a large

skillet over medium-high. Add 1 tablespoon butter and 1 tablespoon oil; swirl until butter melts. Add mushrooms; cook 10 minutes or until browned and liquid evaporates. Add mushroom mixture to bread cubes; toss to combine. Step 5 Return skillet to medium-high. Add remaining 1 tablespoon oil; swirl. Add onion, celery, thyme, and garlic; sauté 10 minutes. Remove pan from heat; stir in parsley, pepper, and salt. Add onion mixture to bread mixture; toss to combine. Combine butter, stock, and eggs in a bowl, stirring with a whisk. Drizzle stock mixture over bread mixture; toss. Let stand 10 minutes or until liquid is absorbed, stirring occasionally. Spoon bread mixture into a 2-quart glass or ceramic baking dish coated with cooking spray. Bake at 350°F for 25 minutes or until browned. Nutrition Information: Calories 214, Fat 8.9g, Sat fat 3g, Mono fat 3.3g, Poly fat 1.8g, Protein 13g, Carbohydrate 21g, Fiber 4g, Cholesterol 46mg, Iron



## December Recipes



### Jazzy Cherry Pie

½ cup butter  
1 teaspoon baking powder  
1 cup milk  
2 cups pitted sour cherries  
¾ cup white sugar  
1 tablespoon all-purpose flour

Preheat the oven to 350 degrees F. Place the butter in a 9x13 inch baking dish, and place in the oven to melt while the oven is preheating. Remove as soon as butter has melted, about 5 minutes. In a medium bowl, stir together 1 cup of flour, 1 cup of sugar, and baking powder. Mix in the milk until well blended, then pour the batter into the pan over the butter. Do not stir.

Rinse out the bowl from the batter, and dry. Place cherries into the bowl, and toss with the remaining ¾ cup of sugar and 1 tablespoon of flour. Distribute the cherry mixture evenly over the batter. Do not stir. Bake for 50 to 60 minutes in the preheated oven, until golden brown.

#### Nutrition Information:

*Per Serving: 244.2 calories; protein 2.2g; carbohydrates 41.8g; fat 8.3g; cholesterol 22mg; sodium 93.8mg.*

Source: [Myrecipes.com](http://Myrecipes.com)



### Holiday Cookies

Ingredients: 3 ¾ cups all-purpose flour, 1 teaspoon baking powder, ½ teaspoon salt, 1 cup margarine, softened, 1 ½ cups white sugar, 2 large eggs, 2 teaspoons vanilla extract.

Directions: Sift flour, baking powder, and salt together, set aside. In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually blend in the sifted ingredients until fully absorbed. Cover dough, and chill for 2 hours.

Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets. On a clean floured surface, roll out small portions of chilled dough to 1/4 inch thickness. Cut out shapes using cookie cutters.

Nutrition Facts : Calories 96.7; protein 1.3g 3% DV; carbohydrates 13.8g 5% DV; fat 4g 6% DV; cholesterol 7.8mg 3% DV; sodium 81.3mg 3% DV.

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



## December recipes

### Portabella Pizzas

#### Ingredients:

4 medium portabella mushroom caps

2 tbsp. olive oil

½ cup cherry tomatoes

1 cup chunky pasta sauce

1 cup shredded mozzarella cheese

**Directions:** Preheat oven to 425 Preheat oven to 425°F. Trim stems of the mushrooms. With spoon, scrape and discard gills from mushroom caps. Brush with the oil and season

with salt and pepper. Arrange gill-sides up on foil-lined baking sheet. Roast 10 min.

Meanwhile, slice or halve the cherry tomatoes.

Carefully remove mushrooms from oven. Drain off any excess liquid in mushroom caps.

Divide the pasta sauce among mushrooms. Top with the shredded mozzarella and cherry tomatoes. Roast 8–10 min., until mushrooms are tender and cheese is melty. pasta sauce among mushrooms. Top with the shredded mozzarella and cherry tomatoes. Roast 8–10 min., until mushrooms are tender and cheese is melty.

**Nutrition Information.** Calories 156 , fat 13 grams, Sat fat 3.0 , protein 6.7 grams, Source: Allrecipes.com



### Green Beans and Garlic Potatoes Recipe

#### Ingredients:

olive oil cooking spray

1 pound baby red potatoes washed

1 pound fresh green beans, trimmed

1 teaspoon salt,

1 teaspoon garlic powder

½ teaspoon ground black pepper

½ teaspoon dried parsley

#### Directions:

Preheat the oven to 350 degrees F (175

degrees C). Spray a rimmed baking sheet with cooking spray. Cut potatoes in half if they are golf-ball-sized or larger. Lay potatoes and green beans in a single layer on the prepared baking sheet and spray with cooking spray. Sprinkle salt, garlic powder, pepper, and parsley on top.

Bake in the preheated oven until potatoes are tender, 25 to 30 minutes

**Nutrition Information:** Calories 9; protein 2.9g 6% DV; carbohydrates 17.9g 6% DV; fat 0.3g; cholesterol mg; sodium 397mg 16% DV.

Source: Alre ciepes.com



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October 26th

November 2nd

November 9th



## **DASH Diet - Healthy Eating Plan for Hypertension**

November-7th 10:00- 11:00am

December 2nd -10:00am- 11:00am

## **Nutrition 101 & Healthy Cooking for Holidays**

November 18th 11:30am- 1:00pm

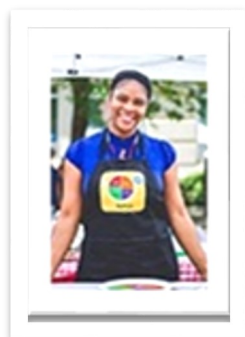
December 14th 11:30- 1:00pm

## **Capture the Flavor- How to use Herbs and Spices to Improve Health**

October 7th 11:30 - 1:00pm

November 9th 11:30am- 1:00pm

December 2nd -1:30- 1:00pm



*FCS/Nutrition Educator*

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