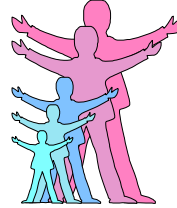


Helpline



**March 2014
 Newsletter**

The Family & Consumer Science Program and the 4-H Youth Development Program has a New Home!!

New Location: Amelia Earhart Park

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 Hialeah, FL 33013
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National Nutrition Month®2014

National Nutrition Month® is a nutrition and education campaign created annually in March by the Academy of Nutrition and Dietetics.

Initiated in 1973 as a week long event, “National Nutrition Week” became a month-long observance in 1980 in response to growing public interest in nutrition.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month. This year’s theme “Enjoy the Taste of Eating Right,” focuses on combining taste and nutrition to create

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healthy meals that follow the recommendations of 2010 Dietary Guidelines for Americans.

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right”, according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five My Plate food groups every day.



Nutrient-rich foods and beverages provided vitamins, minerals, protein and other essential nutrients that offer health benefits with relatively few calories.

“According to consumer research, taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most,” says registered dietitian and academy spokesperson Joy Dubest.” So make taste a priority when preparing nutritious meals.

Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Tips on How to Healthify Your Menu from Communicating Food for Health

Healthify Your Menu

Give your weekly menu a health boost! Consider substituting a few ingredients in one of your favorite recipes to improve the nutrient profile of your meal. Or try one new and balanced recipe per week. You can “healthify” your menu without having to think twice!

For **smart ingredient substitutions**, try. . .

- Replacing **butter with a neutral oil**. Yes, the calorie count will be similar, but the unsaturated fats in oils are way better for your heart than the saturated fat in butter.
- Switching in **egg whites for whole eggs**.
- Using **fresh herbs and spices to flavor foods instead of using salt**. Vinegar or lemon juice can add oomph to a dish too.
- Choose **lean ground meats instead of traditional ground beef**. If you’re going for ground poultry, try ground chicken breast without the skin.

For cooking inspiration, try...

- Mixing things up with one new and healthful dish per week. You never know when you might find your next home run meal!

- Getting recipes from an **online healthful cooking database** like <http://www.foodandhealth.com/recipes.php>.

Source: <http://www.communicatingfoodforhealth.com/enjoy-taste-eating/>



ID Theft and Fraud Prevention Tips from the Florida Department of Agriculture and Consumer Services

Keep Your Finances Monitored and Protected

According to the Federal Trade Commission, Florida has the highest rate of identify theft in the United States. It is important for consumers to review monthly bank and credit card statements to detect any unusual activity.

Unauthorized charges or deductions on your statement may be a sign of a simple error or possibly identify theft. Banks typically allow consumers to dispute any unauthorized charges within a certain period of time. If a statement inaccuracy is not detected and disputed timely, the consumer may be held responsible for the charges, regardless of how the charges ended up on an account.

Even though banks have become better at detecting fraudulent charges on their customers' accounts, the only foolproof means of protecting yourself is to review every single line of your monthly statement. Although this may seem like a tedious task at times, thoroughly reviewing your statement is an easy measure that can be taken to protect yourself.

- **Protect Personal Information and Finances**
Monitor Credit Card and Bank Statements
 Review all monthly account statements in detail as soon as they arrive to make sure that all transactions shown are ones that were authorized. Keep copies of receipts and audit them against the billing statement for any unauthorized charges or overcharges. Notify the card issuer immediately if

you suspect unauthorized use or fraudulent use of your card.

- **Keep Track of Statements**

If an anticipated credit card bill is late, call the card issuer right away. A missing statement may be a sign that a statement has been stolen or your identity has been compromised.

- **Properly Store and Dispose of Old Statements**

Store old statements and receipts in a secure place and cross-shred them before they are discarded. Identity thieves are not afraid to get their hands dirty by digging through trash for personal information.

- **Avoid Mail Fraud**

Notify the post office and the card issuer immediately if there is a change of address. Consumers are advised to never leave outgoing bill payments inside a residential mailbox. Instead, drop them off at the nearest post office or postal service mailbox. For additional information, contact the Florida Department of Agriculture and Consumer Services at www.800helpfla.com or call 1-800-HELP-FLA (434-7352) within Florida, (850) 410-3800 from outside of Florida or 1-800-FL-AYUDA (352-9832) en Español.

Source: Florida Consumer E-Newsletter

FLORIDA eALERT

Florida Department of Agriculture and Consumer Services 1-800-HELP-FLA (435-7352) 1-800-FL-AYUDA (352-9832)



Return Call Telephone Scam Alert

A telephone scam that has been around for many years has appeared again. This scam involves returning calls to the 268, 809, 284 and 876 area codes that originate from Antigua, Jamaica or another Caribbean island.

Sometimes it just appears as a missed call, also known as a "one-ring scam." Other times, the caller leaves a message on your answering machine, gives their first name and leaves a message such as "Sorry

I missed your call...please call me back I have something important to tell you.” The reasons you are asked to call back vary and can include such things as a family member is ill, someone has been arrested, died or to let you know you have won a prize. The overseas area codes can be used as pay-per-call numbers, similar to the more familiar 900 numbers. Consumers that have returned the calls have reported being charged a \$19.95 connection fee and an additional \$9 per minute.

The practice of third parties placing unauthorized charges on wireless accounts is called “cramming.” If you don’t recognize an out-of-state telephone number on your caller ID, ignore it, and if you do answer, do not call back.

If you think you’ve received a call from a potential scammer, immediately report it to your telephone or cellular provider.

Get Your Taxes Done For Free!



Where: Branches/United Way Center for Financial Stability
Voluntary Income Tax Assistance (VITA) Sites

If you earn less than \$52,000 and wish to get your taxes done in person, please choose one of the following sites, and to make an appointment call 305-688-64211:

North Location

Branches Fulford

1900 NE 164th St NMB, FL 33162
Open January to April

South Location

Branches South Miami

6565 S. Red Rd Miami, FL 33146
Open January to April

Florida City Location

Branches Florida City

129 SW 5th Ave, FL City, FL 33034
Open January to April

Branches Main Office & United Way Center for Financial Stability

11500 NW 12th Ave, Miami, FL 33168

Open Year Round

Call to make an Appointment 305-688-3551

If you earn less than \$58,000, get your taxes done For Free at: www.myfreetaxes.com/uwcf

Why Families Who Eat Together are Healthier

A new review of data adds to the evidence that families who eat together most often are healthier.



Problem is, many families aren’t sitting down together at home very often at all. According to the research team from Rutgers, the State University of New Jersey, about 40% of the average family’s budget is spent eating out, typically not together. This is particularly concerning because eating out is linked with poorer food choices — restaurant and prepared foods tend to be much fattier, saltier and higher in calories than meals made at home.

Increasingly, obesity and public health experts believe that such eating behavior fuels Americans’ risk of obesity and nutrition deficiencies. To find out more, Rutgers researchers reviewed 68 studies on the issue. They looked specifically at studies that measured the frequency and atmosphere of family meals and compared that to the quality of children’s food consumption and risk of weight gain.

The data suggested that family mealtime has a wealth of health benefits, especially for children. Kids who ate more meals together with their families tended to eat more fruits, vegetables, fiber, calcium-rich foods, and vitamins, and ate less junk food.

Social improvements were also linked to frequency of family meals. Teens who ate at the family table more often were more likely to show fewer signs of depression and feel that their family was more supportive, compared with teens who dined less often at home.

“It is very interesting that something as simple as frequently eating meals together may contribute to so many different types of benefits to all family members,” says study author Jennifer Martin-Biggers, a doctoral student in the department of nutritional sciences at Rutgers.

Children in families who frequently shared meals also tended to have a lower body mass index than those who didn’t, although the research did not find a conclusive between family meals and obesity.

Researchers found also that it’s not just the time spent together or the act of consuming food simultaneously that matters. The quality of the interactions are important too. The data showed that families who spent time watching TV together or ate fast food out together did not have the same improved dietary intakes as families who ate meals together at home.

“We believe that spending that family time together may provide a platform allowing parents and children to interact and for parents to teach children healthy habits,” says Martin-Biggers. “The increased focus on food and eating may be a mechanism behind the improved diets families tend to show when they eat together.”

Source: TIME, Health and Family,
<http://healthland.time.com>

Slow Cooker Chicken and Dumplings



Servings: 6 | Serving Size: 1-2/3 Cups | Calories: 339 | Previous Points: 7 | Points Plus: 10 | Total Fat: 9 gm | Saturated Fats: 1.5 gm | Trans Fats: 0 gm | Cholesterol: 51.5 mg | Sodium: 435 mg | Carbohydrates: 38 gm | Dietary Fiber: 4 gm | Sugars: 4 gm | Protein: 40 gm

Ingredients

Stew Ingredients

6 cups low-sodium chicken broth, fat-free

4 boneless, skinless chicken breast fillets – cut into 1" chunks
1 medium onion, peeled and diced
2 cloves minced garlic
4 large carrots, peeled and sliced into 1/2" pieces
1 cup frozen green beans
2 stalks celery, sliced
1/2 teaspoon black pepper
Kosher or sea salt to taste
2 bay leaves

Dumpling Ingredients

1-1/2 cups white whole wheat flour
2 teaspoon baking powder
1/2 teaspoon kosher or sea salt
2 tablespoons canola oil
3/4 cup low-fat milk

Directions

Stew Instructions: Add all stew ingredients to the slow cooker, stir to combine. Cook on low for 5 hours.

After 5 hours, turn slow cooker to high and be sure the broth is boiling slightly before adding the dumplings to the slow cooker. Using a tablespoon, drop dumplings on top of stew mixture. Be careful to place the dumplings on top and not into the stew. After adding dumplings, cook for 1 hour on high, or until dumplings are cooked through and no longer raw in the center.

Dumpling Instructions: In a large mixing bowl, combine the flour, baking powder and salt, whisk to combine. Pour in the oil and cut into the flour mixture with a fork. Add milk and stir with a large spoon just until flour is moist.

Total cooking time 6 hours. Remove bay leaves before serving.

Creating Creative Storage

In the last edition of Helpline I wrote about reusing wooden pallets to make raised veggie beds. This month I am extending the theme, with some ideas on how to “upcycle” things we find lying around and use them to create storage solutions for your home.

Let’s say you read the last edition, went out and got a wooden pallet, but haven’t gotten around to making your garden yet... Look at this creative way to create coffee table storage by giving that old pallet a coat of glossy wood stain and attaching some wheels. Books or games slot perfectly inside. With the wheels on the bottom this would also make a great TV stand.



Kids’ books are hard to store in a way that makes them accessible. As a school teacher, I used to line the lower part of my classroom walls with rain gutters (left). and have the books face outwards.

At home I painted Ikea spice racks like these on the right. At \$4 each it was a great deal and allowed me to place them wherever I wanted.



Kitchens, unless you are the lucky one with acres of storage, seem purposefully designed so that you have to stack the menu from the Chinese take-out with the rolls of aluminum foil and sandwich bags and put them next to that jar of super-hot pepper sauce you thought might be fun to try three years ago. The menu and coupon dilemma can be solved by sticking clear plastic document holders to the inside of the pantry door.

A magazine rack works wonders for the foil and parchment situation. As for the spicy sauce – you’re on your own!

I’ve come across some unique and fun ways to store jewelry; an old rake-head put on the wall to hang necklaces, a brightly painted cheese-grater to hang earrings or a bamboo placemat used for the same thing, but my favorite has to be these painted glass bottles for storing bracelets.

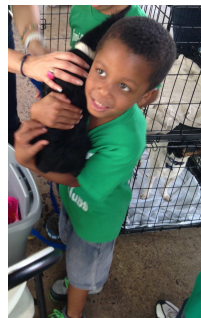


From using old plastic CD cases to neatly store cables, to decorating old Kleenex boxes as plastic bag dispensers, or using old cardboard wine boxes with the dividers for shoe storage, there are a million and one ways out there to help us organize our homes using just our imaginations and a can of spray paint!

Miami-Dade County 4-H Supports Pet Adoption and Spay/Neuter Event with a “Bandana-thon!”



4-H/Miami Dade County Cooperative Extension, supported Commissioner Bovo, the Miami-Dade County Animal Services Department, The Humane Society of Greater Miami, and The Cat Network in an “Open your Heart and your Home,” event at Amelia Earhart Park in Hialeah, on Saturday 8th February. Using fabric and old sheets donated by the community, 4-H members created over 350 bandanas to donate to the local shelters. 4-H was happy to be part of the solution to Miami-Dade County’s pet over-population problem by supporting this free spay/neuter and adoption event. Dogs and puppies everywhere looked very stylish in their bright neckwear, many of them heading happily to their new homes!



ABOUT 4-H

4-H is a positive youth development organization (5 to 19 years old) that enables youth to emerge as leaders through hands-on learning, research-based 4-H youth programs and adult mentorship. Youth are able to build self-esteem, connect with and give back to their community, develop leadership skills, make friends, share interests and gain valuable knowledge that will help guide them through life and make the best better.
