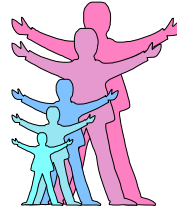


# Helpline



## November 2011 Holiday Newsletter

### Crime Doesn't Take A Holiday . . . Holiday Safety Is Important



The holiday season can be a wonderful time of year, lots of shopping, parties to attend, maybe even a little trip to visit relatives is on the

agenda. It is also the time to be just a little more careful so your holidays are safe as well as fun.

Here are some things to remember during the season or any time of year for that matter . . .

- ✓ Always exercise caution when using any ATM.
- ✓ Be alert if a stranger is standing too close.
- ✓ Try not to carry large sums of cash. Instead, use checks, travelers checks, debit cards or credit cards to make your purchases.
- ✓ Use a purse that is hard to open and/or carry your wallet in a front pocket, jacket or button down shirt.
- ✓ If you are traveling, never leave your luggage, briefcase, laptop or purse unattended.
- ✓ When you are leaving a shopping center, keep alert. Always have your keys in your hand; if you feel uncomfortable about something, go back to the store and ask for a security guard.
- ✓ Keep your vehicle doors locked.
- ✓ Always put purchases in the trunk. Never leave any thing on car seat.
- ✓ Automatic security lights that turn on at dusk can offer additional security.
- ✓ Be cautious when answering your door.
- ✓ Keep emergency numbers handy at home and when away from home.

*Have a Safe and Happy  
 Holiday Season!*

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**Kathie Roberts  
 4-H Extension Faculty**

## Don't Spoil Your Holidays —Handle Dinner with Care



Entertaining is a full-time job during the holidays, but don't let food safety get lost in the mix. If special care isn't taken in preparing that delicious holi-

day dinner — and preserving those beloved leftovers—it can make you or your loved ones sick, which can really put a damper on festivities.

### Here are some tips on preventing food-borne illness:

- Thaw the turkey in the refrigerator, not on the countertop; room temperatures promote bacteria growth. Allow one day of frosting for each five pounds of turkey weight.
- Cook the stuffing separate from the turkey. Stuffing put in an uncooked turkey is susceptible to bacteria growth. If you refuse to break with tradition, use a food thermometer to make sure the bird's internal temperature reaches at least 165 degrees.
- Don't interrupt the cooking process.
- Slice the leftover turkey before refrigerating. Whole turkeys do not store safely in the refrigerator.
- Carefully store leftovers. To speed up the cooling process, put leftovers into shallow covered containers and keep refrigerator temperature at 40 degrees or below. Perishable foods left at room temperature for more than two hours are susceptible to bacterial growth.
- Be careful with holiday buffets. Serving dishes should be kept small and replenished often, directly from the stove or refrigerator. Place cold dishes on a bed of ice.
- Thoroughly wash hands, cutting boards and utensils before and after contact with raw meat, poultry, seafood and eggs.

## Healthy Eating for the Holidays

### Treat Yourself To Healthy Holiday Options

Holidays are a time to enjoy being with friends and family and feasting on traditional meals. The temptation to over indulge yourself may be high, but with a little planning, your nutritional regimen need not be compromised.

For example, wise food selections can make a difference in the total number of calories consumed. Compare the following options below and keep these choices in mind when selecting your holiday meal.

	Calories		Calories
Turkey, light meat without skin (3.5 oz.)	157	Turkey, dark meat with skin (3.5 oz.)	221
Ham, smoked (3.5 oz.)	175	Duck, with skin (3.5 oz.)	337
Rice, plain (1 cup)	120	Stuffing, plain (1 cup)	296
Potato, baked (1 small) with 1 teaspoon margarine	130	Potatoes, mashed (1 cup) with gravy (1/3 cup)	217
Carrots, cooked (1cup)	45	Yams, candied (3.5 oz.)	168
French Bread (1 slice)	80	Cornbread (1 piece)	200
Total	707		1439

### Modifying Holiday Recipes

There are many ways that you can modify your favorite holiday desserts to reduce the fat and calories but still keep the flavor and texture. Try these ideas:

**Fruit puree.** Substitute an equal amount of fruit puree (e.g., applesauce) for oil in cake, brownie, bread, or muffin mixes. The fruit adds flavor, moisture, and tenderness to baked goods when the oil is omitted.

**Egg whites or egg substitutes.** Replace some of the whole eggs in a recipe with egg whites or a commercial egg substitute. 1 egg = 2 egg whites or 1/4 cup of egg substitute.

**Cocoa powder.** Use 2 Tbsp. cocoa powder plus 1 Tbsp. regular or diet margarine in place of every 1 oz. of unsweetened baking chocolate.

**Fat-free milk, yogurt, sour cream, or cream cheese.** Use these in place of the whole-fat products. A dollop

of vanilla fat-free yogurt makes a nice substitute for whipped cream on some desserts.

**Light or diet margarines.** Be careful when using light or diet margarines to replace regular margarine or butter. These substitutes have a higher water content and can change the texture of your baked goods. Experiment--you may need to reduce some of the liquid in your recipe when you use light or diet margarine.

*How do you maintain your healthy eating habits during a family feast? How can you make sure that the turkey is the only one stuffed during the holiday season? These guidelines can help you make healthy food choices and limit tempting, high-calorie foods during the holidays and other special occasions.*

### **Think About People, Not Food!**

Concentrate on socializing, making new acquaintances, and having fun. Spend time conversing with relatives or reminiscing with old friends. Think about what you are celebrating, not just about how great the food is!



### **Plan Before You Eat**

When you arrive at celebrations, check out all the food options and develop a plan which will enable you to sample foods you enjoy without abandoning the good habits you've formed. Remember, it is OK to have some holiday treats, just spend your calories wisely and then enjoy the foods you choose!

### **Holiday Food Choices**

#### **Choose More Often:**

- Turkey breast
- Chicken breast
- Mineral water
- Plain potatoes
- Tossed salad
- Steamed vegetables
- Fresh fruit
- Plain rice

#### **Choose Less Often:**

- Beef prime rib
- Gravy
- Pie
- Cake
- Stuffing
- Sugar-sweetened beverages
- High-calorie alcoholic beverages
- Bread pudding
- Candy
- Eggnog

## **Tips for Avoiding Holiday Over-Indulgence**

### **1. Don't arrive on an empty stomach!**

Although you may be tempted to skip lunch so you can splurge on dessert, don't! Have a bowl of cereal, vegetable sticks, fresh fruit, a salad, a handful of nuts, or a small sandwich before you arrive. You'll be less likely to overindulge while you are out.

Skipping breakfast or lunch may cause you to overeat and consume more calories than you would if you had eaten something beforehand.

### **2. Offer to bring a healthy dish.**

This strategy not only provides you with a good menu option, but your host will greatly appreciate the help.

### **3. Avoid excess alcohol and snacks.**

Save your calories for the main meal. Alcohol provides many calories and virtually no nutrients. Also, try not to sit within arm's reach of tempting snack foods.

### **4. Select small portions.**

Moderation is the key. Selecting small portions allows you to control your calorie intake yet enjoy all the different items offered. If you really crave a high-calorie item, go ahead and treat yourself to a small serving.

### **5. Eat slowly.**

Take time and enjoy the taste of your meal. Pace yourself and try to be the last person to finish each course. Take small bites, and chew slowly. It usually takes about 20 minutes for your brain to get the message from your stomach that you are full. By eating slowly, you might be less likely to raid the dessert table.

### **6. Leave the table when you are done!**

If you linger at the table, you may be tempted to continue eating even if you are not hungry. Stay long enough to enjoy the meal, but leave the table while you are still ahead of the calorie game. Offer to help with dishes, clear the table, or take a walk.

For a wide variety of healthy holiday eating and gift-giving ideas please visit [www.snac.ucla.edu](http://www.snac.ucla.edu).

**Happy holidays!**

## GIFT-GIVING IDEAS

The holiday season is also a time to think of your friends and family. Consider including nutrition and fitness-themed gifts to help others focus on healthy lifestyles and enjoyable activities. The following is a sample of the possibilities.



- A spider plant to help fight indoor air pollution
- A favorite tape or compact disc
- Personalized gift certificates/IOUs you make yourself
- A mystery game to be played at a group dinner
- Monogrammed items (sweats, towels, etc.)
- A pasta machine
- A bread maker

## Some Friendly Freebies

- A gift of time and attention
- Take a friend out for a jog, a swim, a tennis game, or an aerobics class
- Offer to do your roommate's errands for a week

## Fun and Fitness

- Running shorts
- Sports socks
- A sweatshirt
- Tennis balls
- Racquet balls
- A scarf for skiing
- Exercise shoes
- Membership to a health club
- An exercise video tape
- Goggles
- A towel
- A swimsuit
- A kickboard
- An equipment bag

## Holiday Food

- Herbal teas
- Gourmet fruit spread
- A basket of fresh fruit
- Dried fruit plates
- Decaffeinated coffees
- A fruit tree
- Fresh herbs
- Favorite healthy recipes
- Mulled spices
- Zucchini bread
- Carrot bread
- Cranberry bread
- Smoked fish
- Bran muffins
- Popcorn
- Hot cider with cinnamon sticks

## Other Interesting Options

- A healthy cookbook
- A subscription to a health and fitness magazine
- A wok
- A steamer

## 10 Healthy Ways to Survive a Holiday Eating Frenzy



As the majority of us know only too well, any attempt at healthy eating goes sailing out of the window during the holiday season. We tend to conveniently forget about our health and diet, and instead, take the opportunity to over-indulge in every way possible. "According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day." This is through pure over-indulgence and gluttony. Moreover, much of this weight is maintained from then on, despite our promises (as we help ourselves to another dollop of pudding) to go on a diet in January.


Food and festivity will always be a major part of the holiday season - and there is certainly nothing wrong in that. However, the holiday season is also a stressful time for many of us, and we need plenty of energy and stamina to cope with it. It is therefore essential that we eat the right type of food with the necessary nutrients to give us energy and reduce stress levels. This is not to say that we shouldn't allow ourselves to indulge a little, but we should eat in moderation and maintain a varied diet if we allow ourselves to lose control completely over the holiday season, there is a high risk that we will continue to eat unhealthily long after the holiday season has gone. Falling into the trap of unhealthy eating is a hard habit to break. Despite millions of New Year's resolutions that are made each year regarding our diets, many people never get around to breaking the habit at all.



*In fact, researchers at Washington University have reported that only around 22% of New Year's diet resolutions make it to February.*

Being health-conscious doesn't necessarily mean that you can't enjoy the holiday season and have a little bit of what you fancy. It simply means that you should continue to be vigilant and be prepared for the festivities.

There are many ways in which you can help to strike a balance between maintaining a healthy diet and joining in with the fun and festivities.

1. **Exercise:** Most people have a little extra time available over the holiday season when they are not at work. Take this opportunity to develop a regular exercise regime. This will help to burn off the excess calories and fat consumed over this period. It will also get you into the habit of exercising, and you can continue the regime after the holiday season is over.
  2. **Review your cooking methods:** These days there is no excuse for not utilizing the many healthy ways in which food can be prepared. Instead of frying, grill your food. If you're roasting, use one of the many available low-calorie spray oils. Try steaming vegetables to retain nutrients and flavor.
  3. **Invest in lower fat ingredients for cooking:** If you're preparing a big dinner, why not use half-fat ingredients whenever possible? It is often difficult to tell the difference where taste and flavor are concerned. You can even get low-calorie beers, wines and soft drinks. By simply swapping regular ingredients, foods and drinks for their half-fat alternatives you can make a big cut-back on fat and calorie consumption.
  4. **Prepare for outings:** If you have some big nights out and meals planned over the holiday season, try and compensate by having some healthy eating days leading up to the event. Many of us are only too keen to think that we may as well forget about healthy eating over the holidays. However, it should not be a case of forgetting about your diet, but simply managing it a little more carefully over the holidays.
  5. **Balance your meals out:** Don't be tempted to fill up your plate with purely rich, calorie-laden food. Instead, have a little of everything including fruit and vegetables. This way, you'll still get to indulge as well as receive valuable nutrients and vitamins.
  6. **Be wary of sugary foods:** Always remember that rich, sugary foods have a nasty habit of making us crave yet more rich and sugary foods. We've all been there...over-indulging in sweet or rich food...feeling bloated, sick, and making rash promises to never eat again...and, a couple of hours later, finding ourselves back in the kitchen, picking at leftovers. By ensuring that you practice healthy eating over the holidays, and throw in some form of regular exercise, you can expect to have more energy and fewer cravings.
  7. **Stock up on healthy snacks:** When you go shopping, be sure to throw some healthy snacking items in to your trolley. Fill up on raw vegetables, such as carrots or celery, which can make a simple snack in times of temptation.
 
  8. **Be aware of food allergies:** It is quite possible that you may have an allergy or intolerance to a food, which you may not even be aware of. Because there is a mountain of food waiting around every corner during the holiday season, we sometimes find ourselves gorging on food that we don't even know the ingredients of. Then we wonder why we're feeling so ill the next morning! By having a food allergy test, you can identify any foods that you need to avoid during the holiday season in order to maintain your health and enjoy the festivities without suffering.
  9. **Be assertive:** Don't feel as though you have to say yes to everyone that offers you food and drink. If you are not hungry, then simply say so. Do not let yourself be bullied into eating something that you really don't want.
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10. **Leave what you don't want:** Despite what your parents may have drummed into you as a child, don't feel obliged to clear your plate. When you feel full, stop eating. Simple.

William Connor, M.D., who is Professor of Medicine at OHSU School of Medicine, states that: "The overall clinical impression is that people, after the holidays, weigh more than before because of feasting and lack of physical activity." **Professor Connor goes on to recommend the following: use low-fat recipes; eat smaller portion sizes; use a small plate to regulate food portions; and exercise regularly and even more so when eating high-fat foods.**

### Wine & Tomato Braised Chicken

Here chicken thighs cook in a simple herb-infused tomato-and-wine sauce. The bone-in thighs give it plenty of hearty flavor, and since you cook them without the skin, it keeps the dish healthy. There's plenty of sauce, so serve it over pappardelle or brown rice. Steamed broccoli or sautéed broccoli rabe tossed with olive oil and a splash of lemon juice complete the meal.

**10 servings** | **Active Time:** 45 minutes | **Total Time:** 3 3/4-6 3/4 hours

#### Ingredients

- 4 slices turkey bacon
- 1 large onion, thinly sliced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon fennel seeds
- 1 teaspoon freshly ground pepper
- 1 bay leaf
- 1 cup dry white wine (see Tip)
- 1 28-ounce can tomatoes, with juice, coarsely chopped
- 1 teaspoon salt
- 10 bone-in chicken thighs (about 3 3/4 pounds), skin removed, trimmed
- 1/4 cup finely chopped fresh parsley
- 3 tablespoons canola oil



#### Preparation

1. Cook bacon in oil in a large skillet over medium heat until crisp, about 4 minutes. Transfer to paper towels to drain. Crumble when cool.
2. Drain off all but 2 tablespoons oil from the pan. Add onion and cook over medium heat, stirring, until softened, 3 to 6 minutes. Add garlic, thyme, fennel seeds, pepper and bay leaf and cook, stirring, for 1 minute. Add wine, bring to a boil and boil for 2 minutes, scraping up any browned bits. Add tomatoes and their juice and salt; stir well.
3. Place chicken thighs in a 4-quart (or larger) slow cooker. Sprinkle the bacon over the chicken. Pour the tomato mixture over the chicken. Cover and cook 3 hours on High or 6 hours on Low. Remove the bay leaf. Serve sprinkled with parsley.
4. **Variation:** Turn 2 cups each of leftover chicken and sauce into Braised Chicken Gumbo. Heat 1 tablespoon extra-virgin olive oil in a large saucepan over medium heat. Add 1 diced medium red or green bell pepper and 2 tablespoons all-purpose flour and cook, stirring, until the pepper is beginning to soften and the flour is golden brown, about 2 minutes. Add 2 cups shredded chicken, 2 cups sauce, 2 cups reduced-sodium chicken broth, 1 cup sliced okra (fresh or frozen, thawed), 3/4 cup instant brown rice (see Tip) and 1/8-1/4 teaspoon cayenne pepper. Bring to a boil. Reduce the heat and simmer until the flavors meld and the okra is tender, about 10 minutes.

#### Nutrition

Per serving : 260 Calories; 13 g Fat; 4 g Saturated fat; 5 g Monosaturated fat; 88 mg Cholesterol; 6 g Carbohydrates; 25 g Protein; 1 g Fiber; 492 mg Sodium; 392 mg Potassium

#### Tips & Notes

- **Make Ahead Tip:** Prepare Steps 1 & 2, cover and refrigerate bacon and sauce separately for up to 1 day. To finish, bring the sauce to a simmer and continue with Step 3. The cooked chicken and sauce can be refrigerated for up to 3 days. | **Equipment:** 4-quart or larger slow cooker.

## Green Bean Casserole

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. Our white sauce with sliced fresh mushrooms, sweet onions and low-fat milk makes a creamy, rich casserole.

**6 servings, about 3/4 cup each | Active Time:** 30 minutes | **Total Time:** 45 minutes

### Ingredients

- 3 tablespoons canola oil, divided (see prep.)
- 1 medium sweet onion, (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided
- 1 cup low-fat milk
- 3 tablespoons dry sherry, (see Ingredient Note)
- 1 pound frozen French-cut green beans, (about 4 cups)
- 1/3 cup reduced-fat sour cream
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder



### Preparation

1. Preheat oven to 400°F. Coat a 2 1/2-quart baking dish with cooking spray.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.
3. Whisk the remaining 1/3 cup flour, paprika, garlic powder and the remaining 1/4 teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.
4. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

### Nutrition

**Per serving :** 212 Calories; 10 g Fat; 2 g Saturated fat; 5 g Monosaturated fat; 10 mg Cholesterol; 23 g Carbohydrates; 7 g Protein; 3 g Fiber; 533 mg Sodium; 259 mg Potassium

### Tips & Notes

- **Ingredient notes:**
- Don't use the high-sodium "cooking sherry" sold in many supermarkets. Instead, purchase dry sherry sold with other fortified wines.

Sources: Eating Well, Better Health USA & Student Nutrition Awareness Campaign.

## 4-H is.....

The youth education component of the University of Florida/ Miami-Dade County Cooperative Extension Service. 4-H is open to all children ages 5 – 18. 4-H members complete 6 hours or more of a subject study and community service is encouraged. 4-H began over 100 years ago as an agriculture program. Miami-Dade County has over 700 volunteers supporting over 10,000 members, but has only one animal club. The popular subjects of study related to science, nutrition, plants, insects, plants and the marine environment. No matter what subject members study, they increase skills to enhance their lives, especially in leadership, citizenship and public speaking.

To learn more about 4-H participation, email [roberts@ufl.edu](mailto:roberts@ufl.edu). 4-H office is located in the Miami International Mall (next to Kohl's), 1455 NW 107 Ave, 305-592-8044.



## Congratulations Corner

**4-H State Legislature:**..... was attended by Jeremy Arce, John Coolidge, Rebekah Diaz, Candice Drake, Emily Garcia, Lynette Herbert, Daniel Ledon, and Audrey Sanchez. All participants have been involved in a year long government study where 70 bills were developed, researched, and debated. A mock legislature was held for participants at Junior Congress. At the event in June, participants served in the roles of lobbyist, reporter, senators, and representatives. Candice Drake had the honor of being selected to serve as President of the Senate. Lynette Herbert was honored as outstanding reporter. Daniel Ledon was nominated for the Chris Allen Award as outstanding representative.



A special thanks to our chaperones Julie Diaz and Debra Arce; and Robbie Drake who served as our state nurse.



**4-H State Congress:**..... was attended by John Coolidge, Rebekah Diaz, Candice Drake, and Lynette Herbert. John Coolidge and Lynette Herbert represented our county in the Construction, Fashion category. John entered in the dressed for play category and placed 2<sup>nd</sup> in Construction. Lynette entered in the dressed for work category receiving first place in the Construction Category.

John and Rebekah represented our District in Illustrated Talks in with John winning a blue ribbon in the Natural Resources category, and Rebekah winning a blue ribbon and first place in the Civic and Leadership Development category.

Congress is a week long event held on the University of Florida campus and not only serves as the forum for state competition but also has educational tracks. One track is the annual state council meeting to which our voting delegates were Rebekah Diaz and Lynette Herbert.

State officer elections were held and congratulations go to Rebekah Diaz who won the state vice president position.

Our county appreciates our Congress chaperone, Julie Diaz, and our state nurse, Robbie Drake. They willingly gave up many hours of sleep to make sure our participants were cared for.



**National award winner:** ..... Rebekah Diaz, was selected as one of only four from senior-age 4-H'ers throughout the State to attend National 4-H Conference in Washington, D.C., and further had the distinct honor of scoring perfect scores from both judges on her senior portfolio, which is a summary of all her accomplishments during her 4-H career. The selection also includes an interview before a panel of judges. Rebekah looks forward to her week-long trip next April.

## 4-H Awards and Recognition



On September 16th, 4-H honored the achievements made during the year by 4-H members and volunteers in their pursuit of "Learning by Doing" and "Making the Best Better."



### Teaching children to save energy

A Mom shared her story of how she taught her children to conserve energy in the October 2011 issue of Family Fun Magazine. Her children would often go to school and forget to turn off the lights, television, and other electronic devices. The family normally went out to eat twice a month on paydays. A certain amount of the family budget was allocated for the meal. Because the electric bill had been increasing in the last few months, due to the children's forgetfulness, she decided to deduct one dollar from the meal budget each time a child forgot to turn off a device.

Everyone remembered to turn off lights and devices the first day, but as days passed, they soon forgot. When it came time for family night out, there was money remaining. However, there was not as much as before. The children met and decided Chinese food would be the most economical. The total allocation was divided by the number of family members and most had to choose an appetizer or soup only. They also had to factor in the cost of beverages. Of course, water was free.

The next two weeks found the children not only remembering their own lights but also turning off for their siblings. They even went one step further to find online coupons for additional saving at certain restaurants.

This method not only helped the family save on electricity but served as a valuable lesson in budgeting.

