Dear Friends,

As summer approaches, many thoughts turn to emergency preparedness, keeping cool, and eating well to fit into that favorite swimsuit. Remember that sunshine provides our Vitamin D and is very important to our health. We also have the new 2010 Dietary Guidelines with a few new instructions for eating well. Double check your emergency kit for fresh foods and water, and follow healthy guidelines for maintaining your weight.

Have a wonderful Spring, hope you can attend some of our upcoming trainings, or join me on Facebook (LuAnn Duncan FCSagent).

LuAnn

Emergency Preparedness

An emergency food supply can be helpful when transportation, weather, health or other problems prevent you from getting your usual supply of groceries or meals. This supply should be stored in a separate part of your cupboard from your regular groceries. Choose foods that store well from each of the food groups to provide the nutrients you need.

Store foods in a cool place away from any direct source of heat. Date the foods as you buy them. Check the use date on packages to determine the recommended shelf life for the foods. Generally, crackers and cereals should be used within three months. Dried fruit, peanut butter, dry milk, instant coffee, and cocoa mix should be used within six months. Canned foods may keep indefinitely, but it is a good idea to use and replace them within a year.

The following is a suggested list of foods that might be stored for an emergency supply. Add others to replace the foods you prefer. If there is no electricity or gas, be prepared with small cans of fruit, fruit juice boxes, cans of tuna, canned meat, pudding cups, peanut butter, cereals, crackers, and nonfat dry milk.

1 pkg. dry cereal
1 pkg. crackers
1 loaf bread
1 small bag rice
Peanut butter
Canned juice 6-packs
1 Can of pork and beans
3 Cans of variety vegetables
3 Cans of variety fruit
1 Can of tuna
1 gallon of water, per person, per day

Source: Nassau County / UF IFAS Extension
Clearing Out & Cleaning Up

“Attack dirt, dust and grime”, declares The Soap and Detergent Association. Here are some easy-to-follow cleaning resolutions to get everything back under control.

Restock  Take inventory of your cleaning supplies. Store most frequently used items in a container that’s easy to carry from room to room. Keep disinfectant wipes next to kitchen, bathroom and laundry sinks for quick and easy cleanups.

Refresh  Free up the fridge by discarding leftovers. Use fabric refreshers to help remove odors from carpets, upholstery and curtains.

Re-evaluate  Small changes can make a big difference. Confine snacks to certain areas of the house to cut down on clutter and eliminate crumbs that might attract unwanted visitors.

Recruit  Enlist family members to take part in everyday pickup.

Review  Before heading off to bed each night, do a quick walk-through. Recycle old newspapers, put dirty dishes in the dishwasher, hang up wayward wardrobe items. This way, each new day will be a fresh start!

A Simple Solution

Using Nylon or wooden utensils is recommended for non-stick skillets, fry pans and sauté pans to avoid scratching them. What precautions can you take to avoid chips and scratches when stacking them in your cupboard?

The simplest solution is to place inexpensive paper plates between them. In fact, the least expensive paper plates -- which are flexible -- work better than the more expensive rigid plates.

Source: [http://lancaster.unl.edu/food/ciq-pans-plates.htm](http://lancaster.unl.edu/food/ciq-pans-plates.htm)

COOK IT QUICK!, University of Nebraska Cooperative Extension (lancaster.unl.edu/food/ciq.htm)

Have a Sweet Tooth? Nibble a Sweet Potato!

Think about this. One-half cup of sweet potatoes delivers more beta-carotene (antioxidant) than 12 cups of broccoli. Sweet potatoes also supply vitamin E, another antioxidant, and potassium, too. Raw sweet potatoes make an easy low-calorie, nearly fat-free snack. They deliver lots of fiber; even more with the peel on. Sweet potatoes give a no-sugar-added sweetness to a meal, and cooking makes them sweeter yet. Sometime this week, do this with sweet potatoes:

- Blend cooked and chilled sweet potatoes in breakfast smoothies. (Quick tip: Use canned sweet potato puree.)
- Cut them in strips for oven-baked fries.
- Substitute sweet potatoes for white potatoes or apples in recipes.

Source: 365 Days of Healthy Eating from the American Dietetic Association (Wiley 2004), Roberta Larson Duyff, MS, RD, FADA, CFCS

Watch for upcoming programs and events at our website:
http://orange.ifas.ufl.edu