



A Family Life and Resource
Management Newsletter

Spring 2007

EGG-CELLENT EGGS
Celebrating Easter Safety



Eggs are a year 'round food but when springtime comes, they move from everyday fare to celebratory cuisine. At Easter, jewel-colored eggs nest side-by-side with chocolate bunnies in cheerful baskets, or lurk in hiding places waiting to be discovered.

Eggs should be handled properly to prevent foodborne illness. Raw eggs with cracked shells should be discarded.

(Continued on Page 4)



Inside this issue:

EGG-CELLENT EGGS	1, 4
Cleaning Solutions	2
Spring Cleaning the Refrigerator	2
Snack Attack! How to Snack Smart	3

Chatting with Kathy

Hello and happy Spring!

Your time is the single most important gift that you can give to your children. When they are grown up and busy in their own lives, the memories you made with them today is the thing that will give them those "warm fuzzies." Setting aside time with children tells them that they are important to you and helps them grow into confident individuals. Here are some tips for how to spend quality time with your kids in an otherwise hectic world.

Make the most of waiting time and daily routines.

- ▲ As you run errands, catch up on your child's life.
- ▲ Sing songs instead of getting frustrated with traffic.
- ▲ If you're waiting for a doctor's appointment, read a book or draw a picture together.

Schedule regular family activities.

- ▲ Go on a picnic or to the park, play board games or bake cookies.
- ▲ Involve the kids in planning activities.
- ▲ Have a family movie night with popcorn or go to a ballgame.

Celebrate family traditions.

- ▲ Plan once-a-year events and make a BIG deal out of them, such as a family camping trip.
- ▲ Enjoy simple, more frequent events, like Sunday morning breakfast or evening walks.

The special times you spend with your children will stay with you and them for a lifetime, and possibly even beyond.

Quotable Quote

One of the things about equality is not just that you be treated equally to a man, but that you treat yourself equally to the way you treat a man.

Marlo Thomas

Kathy M. Bryant

Extension Agent
Family & Consumer Sciences

Cleaning Solutions

When it comes to cleaning, getting organized can be half the battle. Here are some easy-to-implement ideas for getting and staying organized around the house.

Clutter makes a spotless home look less than clean. If cleaning house isn't your strong point, clutter only makes it more difficult to get the job done. Here are some tips to control clutter and help lighten your cleaning load:

Manage the Mail

- ▲ Open the mail over a wastebasket or recycle bin. That way, anything you don't need will never even hit the countertop.
- ▲ Sort the remainder of the mail so it's easier to handle. A sturdy, accordion-style file box is a useful way to store the sorted mail until you are ready to tackle it.
- ▲ Keep those catalogs under control. Throw out the ones you don't need and put the rest in a storage basket. If you're unsure about some of them, remember that you can always consult the online version. If necessary, save the front or back cover (the one with the website) and store it in a section of your file box labeled "catalogs."

Lasso the Laundry

- ▲ If space allows, replace the conventional laundry hamper with one that has three sections. Presort wash loads before heading for the washing machine.
- ▲ Get each family member his or her own laundry basket. Color-code the baskets or clearly label each basket with the name. The laundry can go right from the dryer to the appropriate basket. The basket can then be deposited in its owner's bedroom.



Help the Helpers

Clutter is easier to control when everyone pitches in. To get younger family members more involved, some adjustments may be in order.

- ▲ Be sure coat racks and pegs are within easy reach.
- ▲ Get rid of fussy bedspreads. Bed making is easier if all they have to do is smooth the sheets and pull up a comforter.
- ▲ Want older children to help with the laundry and dishes? Laundry and dishwasher detergent tablets mean they don't have to guess how much product to use.
- ▲ A hand-held cordless vacuum is easy for small hands to use. With it, the little ones can easily take on the job of vacuuming up crumbs after meals and food preparation.

Control Central

- ▲ "Sweep" the house before bedtime. Put newspapers in the recycle bin, toss out the junk mail, return food to the cupboards, put dirty dishes in the dishwasher, hang up coats, mittens, sweaters, towels, etc.
- ▲ Hot, steamy water helps loosen bathroom grime - so the best time to clean the shower or tub is right after you've used it. Choose a shower cleaner that will help prevent mold and mildew growth.
- ▲ Choose a dusting product or a special cloth that attracts dust, rather than a dry or untreated cloth that just spreads dust around.

Spring Cleaning the Refrigerator

While spring isn't the only time refrigerators should be cleaned, it's a good starting point. The first step would be to discard anything that smells or looks bad! Check the expiration dates on remaining items.

For major cleaning, unplug the refrigerator and remove everything. Put perishable foods in a cooler or ice chest to keep them at a safe temperature. Give the interior walls a gentle scrubbing, using warm water and a mild detergent; rinse and wipe dry. Wash the walls again, this time with a solution of two tablespoons of baking soda in a quart of warm water; rinse and wipe dry. Use the same two-step process to clean removable drawer and shelves.

With the refrigerator unplugged, clean the condenser coils located underneath the refrigerator. Pet hair and dust accumulate here, causing the condenser to work harder. To clean, removed the base grill and vacuum the coils with the vacuum's long, narrow attachment.

Finally, wash the rubber gasket around the door with warm water and mild dish detergent. Then wipe down bottles, jars and other containers before putting them back in the refrigerator. Plug in the refrigerator and you're ready for spring!



Snack Attack! How to Snack Smart

By Jill Taufer RD, LD/N - Extension Agent, Family & Consumer Sciences

Your Grandmother probably heard the phrase “No snacking, it will spoil your appetite” countless times. Americans today clearly have a different attitude. 95% of us snack daily and our snack choices add up to 18% of daily calories. Hectic lifestyles cause inconsistent meal times and the occasional, “I just don’t have time for breakfast.” Clearly snacking is here to stay.

Should I Snack?

If it’s been 3-4 hours since your last meal it’s time for a snack, for children snack attacks will come even sooner. The right snack will keep your energy level high, your blood sugar steady and hunger in check. The best snacks are combination foods. They should provide a mix of carbs and protein to help you feel satisfied. Also, a little fat and fiber helps slow digestion and steadies blood sugar.



Nutritious Snacks

- ▲ Apple or celery with peanut butter
- ▲ Whole grain cereal with milk
- ▲ 100% juice with whole grain crackers
- ▲ Fresh veggies with dressing for dipping
- ▲ Granola bar
- ▲ Nutri-grain cereal bar
- ▲ Nature Valley Trail Mix bar
- ▲ Yogurt with fruit
- ▲ Any fruit with a handful of nuts
- ▲ Vegetable sticks with sunflower seeds
- ▲ Trail mix with dried fruit and nuts (1/3 c.)
- ▲ Mini muffin with fruit
- ▲ Popcorn with low-fat chocolate milk
- ▲ Cottage cheese with fruit
- ▲ A slice of breakfast bread (contains fruit and nuts)
- ▲ Soy milk and graham crackers
- ▲ Bread dipped in olive oil



Positive Changes



Change your perception of snacks, they should not be thought of as treats and desserts. Don’t be fooled by those T.V. ads. We know candy bars have zero nutritional value and the “energy” they provide is an unhealthy sugar rush which could lead to drops in blood sugar, cravings and a greater appetite. The same goes for American’s favorite liquid snack, soda.

Think about it

Avoid mindless snacking. If you are eating while driving, on the internet, watching T.V. or elbow-deep in a bag of chips, you’ll never know how many calories you have consumed.

- ▲ Take control
- ▲ Plan ahead
- ▲ Have your favorite snack ready and available
- ▲ Portion size needs to be appropriate
- ▲ Read labels and know how many calories you are eating
- ▲ 150-200 calories should satisfy your snack attack



**VOLUSIA COUNTY
UNIVERSITY OF FLORIDA
COOPERATIVE EXTENSION SERVICE**

3100 E New York Avenue
DeLand, Florida 32724

386-257-6012 - Daytona Beach
386-822-5778 - DeLand
386-423-3368 - New Smyrna Beach

**Building Family
Strengths!**

Volusia County/University of Florida Extension gives leadership to family-focused informal education through the Family and Consumer Sciences program. Dedicated to strengthening families through education, we believe the family is the most effective unit for building strong communities. The family has the right to meet basic needs and to make choices about its future, and is inter-dependent within communities and their environment. Extension strives to achieve this through a variety of formats, including:

- *Workshops & presentations*
- *Newsletters and fact sheets*
- *Telephone consultations*
- *Learn-by-mail correspondence courses*



(Continued from Page 1)

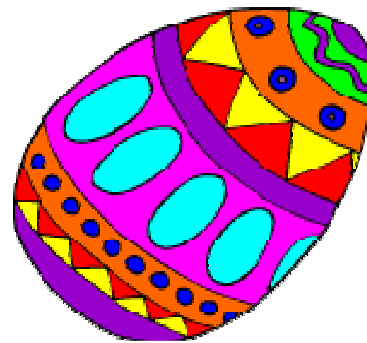
However, even eggs with clean, uncracked shells can occasionally contain bacteria. Proper cooking will destroy the harmful bacteria. Proper handling will prevent bacteria from developing and multiplying.

Cleanliness is key. Wash hands with hot, soapy water before handling the eggs. Do this at every preparation step, including cooking, cooling, and dyeing, as well as, before hiding them for an Easter egg hunt. Kitchen surfaces and cooking equipment should receive the same careful cleaning; otherwise, cross contamination can spread bacteria from one food or surface to another.

To reduce the risk of cracked shells, use this method to hard boil the eggs. Place a single layer of eggs in a saucepan. Add water to at least one inch above the eggs. Cover the pan, bring the water to a boil, and carefully remove the pan from the heat. Let the eggs stand (18 minutes for extra large eggs, 15 minutes for large, 12 minutes for medium). Immediately run cold water over the eggs. When they are cool enough

to handle, place them in an uncovered container in the refrigerator where they can air dry.

When handling the eggs for dyeing, be careful not to crack them, as bacteria can enter the eggs through the cracks. Use food grade dyes, such as commercial egg dyes, liquid food coloring, or fruit drink powders. Hard-cooked eggs should not sit out unrefrigerated for more than two hours. Refrigerate eggs until just before distributing Easter baskets. Store them on a shelf inside the refrigerator, rather than on the refrigerator door, so they stay fully chilled. If this is



not possible, buy one set of eggs for decorating and hunting, another set for eating. To keep small hunters happy, exchange found eggs for trinkets or safe-to-eat goodies.