

In This Issue

Contents

Worried About Identity Theft? 1

Blueberries: Good things come in small packages 2

Blueberry Oat Bread 2

Egg Food Safety Q & A 3

Swallowing Disorders 3

Homemade Household Cleaner 4

Is It Safe to Eat? . . . 5

Prepare and Survive the Storm. 5

Family and Consumer Sciences education improves the quality of life by teaching people how to have healthy lifestyles, strengthen their families and communities, and manage their money.

Worried About Identity Theft? Julie England, UF/IFAS Extension Lake County

Recent security breaches of major retailers have brought identity theft back in the spotlight. Having your identity stolen can take years to fix. Taking steps to reduce your risk as well as acting quickly if you suspect a problem can help minimize the damage. Federal law and industry practices provide consumer protection but there are differences depending on the type of card.

In general, under the Truth in Lending Act, your cap for liability for unauthorized charges on a credit card is \$50. However, under the Electronic Fund Transfer Act, if your debit or ATM card is lost or stolen or you notice an unauthorized purchase or other transfer using your checking or savings account, your maximum liability is limited to \$50 only if you notify your bank within 2 business days. If you wait more than 2 business days, your losses under the law could go up to \$500 or more. If you have questions, check with the card issuer for their policies.

Protect Yourself

- Review your credit card and bank statements often. If you see any transaction, no matter how small, contact the bank or credit card provider immediately.
- If your bill or statement doesn't arrive as expected, contact provider. This may be a sign that your mail has been stolen or mailing address has been illegally changed.
- Periodically review your credit reports for warning signs of fraud. If there are credit cards or loans listed that are not yours, this is a possible sign of identity theft. To request your free report, go to www.AnnualCreditReport.com or

call toll-free 1-877-322-8228. This is the only site where you can get a free report from each of the three credit reporting agencies every 12 months. You can order them at the same time or spread them out over time.

- Be aware of scams both on-line and by telephone. Identity thieves are "trained professionals" and often very good at what they do. Never try to access your account information with the links in an email. Even though the links may look authentic, they can lead you to fraudulent sites. The same goes for telephone calls. If someone calls, often with a seemingly urgent situation, do not provide personal or account information. Contact the bank or credit card provider using information from your files not the information provided by the caller.

To learn more on protecting your identity

Federal Trade Commission (FTC) – a wide variety of information on identity theft including step-by-step instructions if your identity has been stolen, credit freezes and more information on keeping your credit safe. <http://www.consumer.ftc.gov/features/feature-0014-identity-theft>

Florida Department of Financial Services <http://www.myfloridacfo.com/yymm/creditanddebt/identitytheft/default.aspx>

Extension.org

Identity Theft: How to Reduce Your Risk <http://www.extension.org/pages/63433/identity-theft-how-to-reduce-your-risk>



Blueberries: Good things come in small packages Jill Taufer, UF/IFAS Extension Volusia County

Blueberries have risen to the top of the super food list after several studies measured their capacity as a powerful antioxidant. Antioxidants are disease fighting compounds that decrease damage to cells. A recent USDA study compared the antioxidant capacity of over 20 common fruits and ranked blueberries as number one. The deep blue pigment contains anti-inflammatory and other anti-aging compounds that inhibit oxidation. Oxidative damage is linked to chronic disease such as heart disease and cancer.

The peak blueberry season runs from April through May in Central Florida. We have a jump start on fresh blueberries as the northern varieties won't be on the market until July. This native fruit brings a delicious flavor along with well studied health benefits. When choosing blueberries, check to make sure they move freely in the container; if they do not, this may indicate that they are soft and damaged or moldy. Avoid berries that appear dull in color or are watery. Keep blueberries

in the refrigerator unwashed until ready to use.

Whether fresh, frozen or dried, blueberries will add a nutritional punch to any recipe.

Of course, there are many fruits that offer health benefits. Other choices that rank high in antioxidant capacity include: cranberries, blackberries, prunes, strawberries, red delicious apples, oranges, and red grapes. It's important to include a variety of fruits and vegetables in your diet daily with the goal of 5 to 9 servings a day.

If you really want fresh blueberries, consider growing your own. The Star, Emerald, and Jewel (southern highbush varieties) all grow well in our area. The UF/IFAS Extension publication *Blueberry Gardener's Guide* (<http://edis.ifas.ufl.edu/mg359>) as well as your local county extension office can help you get started growing delicious, nutritious blueberries.



Blueberry Oat Bread



- $\frac{3}{4}$ cup packed brown sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup vegetable oil
- 2 eggs
- $2\frac{1}{4}$ cups all-purpose flour
- 1 cup quick-cooking oats
- 1 tablespoon baking powder

- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- 1 cup fresh or frozen blueberries

1. Heat oven to 350°F. Grease bottom only of 8 or 9-inch loaf pan.
2. In large bowl, mix brown sugar, milk, oil and eggs with spoon. Stir in remaining ingredients except blueberries; beat 30 seconds. Fold in blueberries. Pour into pan. Sprinkle with additional oats if desired.
3. Bake 45 to 55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing.

Source: University of Nebraska - Lincoln Extension
<http://food.unl.edu/youth/recipes>



Egg Food Safety Q & A Gabriela Murza, UF/IFAS Extension Osceola County

What do you look for when buying eggs?

You want to make sure they are refrigerated when you buy them. Look for any cracks, discoloration, uncleanliness, or leaking. Most of these issues are found during processing and those eggs are taken out, but a few sneak through. Plus, eggs can crack or leak during transport.

What is the best way to store eggs?

Keep eggs in the carton and on the refrigerator shelf, not in the door. Use raw eggs within 3-5 weeks; hard cooked eggs within 1 week. It is not necessary to wash eggs before storing them, as they are already washed during processing.

What is the difference between hardboiled and hard cooked eggs?

This refers to the difference in cooking methods. Hard boiling means the egg is boiled for the entire amount of time before it is placed in cold water and chilled. Hard cooking means the egg is brought to a boil, then left to sit for up to 18 minutes before it is placed in cold water and chilled.

Is there any nutritional difference between brown eggs and white eggs?

No. the color of the egg is determined by the breed of hen.

What should one keep in mind when coloring eggs or having an egg hunt?

Keep the same things in mind regarding refrigeration and quality of the egg. Make sure to wash your hands before and

after handling eggs. Do not color cracked eggs. Refrigerate them after dyeing. If you're going to eat them, use food coloring or food-grade egg dyes, and refrigerate them within 2 hours. The same food safety information applies to egg hunts. They should not be kept out for more than 2 hours; 1 hour if the outside temperature is 90 degrees or above. If more than 2 hours pass, discard the egg.



Helpful Publications from University of Florida/IFAS Extension:
A Consumer's Guide to Eggs <https://edis.ifas.ufl.edu/fy1357>
Food Safety: Play it Safe With Eggs <https://edis.ifas.ufl.edu/fy193>

Swallowing Disorders

Chewing and swallowing difficulties can keep people from getting proper nutrition. Although more common in older adults, a number of medical conditions may cause swallowing difficulties. These conditions include stroke, ALS, Parkinson's disease, multiple sclerosis (MS), cerebral palsy and Alzheimer's disease. Many older adults have problems with chewing their food due to missing or broken teeth, poor fitting dentures, sore mouth or toothache.

Swallowing problems can be a serious health concern. The most serious risk is aspiration - when food or liquid gets into the airway or lungs. This can cause immediate choking and death if the airway is blocked. Smaller amounts of food or liquid in the lung can lead to pneumonia.

Older adults with signs and symptoms of swallowing problems should consult their doctor. Speech Language Pathologists are specially trained to assess and recommend treatment for swallowing problems. A Registered Dietitian (RD) can provide reliable information regarding foods and diets for older adults with swallowing problems.

Older adults with swallowing problems may begin to eat less. This may lead to dehydration and weight loss. As weight loss progresses, malnutrition may be the result. Some older adults, especially those with dementia, may have problems communicating their symptoms. Caregivers can be on the lookout for signs of swallowing problems. They include:

- Coughing while eating
- Gargling voice quality
- Drooling while eating
- Food pieces in the cheeks or under the tongue
- Very slow eating or swallowing

To learn more on nutrition for older adults including those with swallowing disorders, visit: http://edis.ifas.ufl.edu/topic_elder_nutrition

Homemade Household Cleaners

Sharon Treen, UF/IFAS Extension Flagler County

There are many reasons to replace your current cleaning products with healthier alternatives. You can choose to go green for health reasons or to conserve natural resources. Homemade cleaning products usually cost less than commercial cleaners. They also allow you to use familiar, less toxic ingredients. They require time for preparation and you may need to expend more energy to clean. However, remember that the terms natural and green do not imply that the product is completely nontoxic. All cleaning products should be used safely.

Choose or make products that you can use for several purposes. If you use fewer cleaners, that can mean you are storing fewer chemicals in your home. Basic supplies for making your own cleaning products include baking soda, washing soda, vinegar, lemon juice, liquid soap, cornstarch and salt. Consider these uses.

All-Purpose Cleaner

3 tbsp. white vinegar

½ tsp. washing soda

½ tsp. vegetable oil based liquid soap

2 cups hot water

Mix ingredients in spray bottle or small bucket. Apply and wipe clean.

Non-Abrasive Soft Scrubber

¼ cup borax

Vegetable oil based liquid soap

½ tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend well. Scoop a small amount of the mixture onto a sponge, wash the surface, and then rinse well.

Toilet Bowl Cleaner

1 cup borax

½ cup white vinegar

Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, spray with vinegar. Let sit for a while, and then scrub with a toilet brush.

No-Streak Glass Cleaner

¼ cup white vinegar

1 tbsp. cornstarch

1 quart warm water

Mix the ingredients and apply with a sponge or pour into spray bottle and spray on surface. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

Whether you make them yourself or use commercial cleaners, you should follow some routine protective measures.

1. Read the labels of cleaning products to see if respiratory masks, rubber gloves, goggles, or other protective measures are recommended.
2. Be careful mixing products. Some chemicals, such as chlorine bleach and ammonia produce a toxic gas when mixed.
3. Mix only what you need or no more than a month's supply. They may lose their effectiveness over time.
4. Mix solutions in a well-ventilated area.
5. Place mixed products in unused new containers. Never use containers that previously held food, beverages or chemicals.
6. Store out of reach of children.
7. Label containers with ingredients and date made.

For additional information on making cleaners, visit the University of Georgia Extension home maintenance website at http://www.fcs.uga.edu/ext/housing/home_maint.php



Is It Safe to Eat? LuAnn Duncan, UF/IFAS Extension Orange County

As the weather changes and it starts to get warmer outside, the rules about keeping food out of the refrigerator change too. The general rule is food should not be sitting out of the refrigerator for more than two hours. But, when the temperature outside reaches higher than 80°F it is best to limit the time out of the refrigerator to one hour.

For family celebrations, holidays, and picnics, keep hot foods hot (by making sure they stay at 140°F or hotter), and keep cold foods cold (keeping them under 40°F). Use electric warming trays or crock pots to keep foods hot and use ice to keep things cold. Ice may need to be changed on a regular basis or fresh ice added to make sure the food stays cool.

For everyday meals, use leftovers within one or two days or freeze extra food for later. Not all foods freeze well, but it is better to freeze leftovers than use old food and get a food borne illness.

The worst illness-causing toxins have no odor or taste.



Things that spoil and have a bad odor or taste can still make you sick, but remember you cannot always tell if something is good to eat because of how it smells. The only way to be sure is putting leftovers in the refrigerator immediately after serving and to heat leftovers to 165°F degrees and use them within two days. Using a thermometer is the only way to be sure your food is safe.

There is new information on keeping foods safe. As time passes, some of the bacteria and toxins that make people sick from food are getting stronger. The new suggestions are for at risk individuals to avoid all deli foods that cannot be reheated.

The most common illness from deli foods is called Listeriosis. Listeria bacteria can survive in the refrigerator and can also continue to grow at the cooler temperatures. It is most commonly found in deli foods and sliced deli meats. The Centers for Disease Control (CDC) estimates that approximately 1600 illnesses and 260 deaths due to listeriosis occur annually in the United States.

If you like hot dogs or sliced deli meats, new recommendations suggest that elders, people with weakened immune systems and pregnant women heat any of these before using them. Because it is very difficult to take an accurate temperature on a thinly sliced piece of deli meat, it is suggested that it be heated in the microwave, skillet or oven until it is "steaming." Also use these meats within two days or freeze them.

For more information on Listeria: <http://www.cdc.gov/listeria/index.html>

Special Food Safety Issues during Pregnancy: <http://edis.ifas.ufl.edu/fy1136>

Prepare and Survive the Storm Kathleen M. Bryant, UF/IFAS Extension Volusia County

Disasters can happen any time of the year and the key to survival is to be prepared. Disasters include storms, flooding and fires. Hurricane season is around the corner and it's time to get ready. Pay attention to the following things when preparing for your disaster needs.

- **Water:** 1 gallon per person per day for drinking. You want to have at least three days worth on hand. Dehydration could be a serious health problem, so you may want to plan on storing more than the recommended amount. Also, gallon jugs can be heavy, so consider containers that are small enough to handle easily. Be certain the caps are easy to remove, especially if you have an arthritic condition or experience difficulty in opening caps. Don't forget to store extra drinking water if you have pets. An additional one to two gallons of water per person is needed for food preparation and brushing teeth. Water contained in swimming pools and spas

or bathtubs is useful for sanitation and personal hygiene purposes.

- **Plan ahead** and begin to freeze blocks of ice. Use plastic containers or gallon-size plastic bags. This ice can help keep refrigerated foods cold and when melted can be used for drinking or cooking.
- **Food:** Store a three-day supply of non-perishable food for each person. Plan for any special dietary needs and be sure to have a manual can opener on hand. Some ideas for food items might be individual size packages of crackers, cereal, snack bars, small cans of fruit and/or vegetables, fruit juice, dried fruit, ready-to-eat meats, and shelf-stable packages of cheeses, puddings and milk.
- **First-Aid Supplies:** Include the basics and anything different that you might need. Don't forget the sunscreen and insect repellent, as you may find yourself outside for extended periods

of time. Other items that could come in handy include extra eyeglasses and hearing aid batteries.

- **Prescription and non-prescription medications:** Keep several days worth of all medications that you use daily. Include pain relief and stomach response drugs. Information on all prescription drugs such as dosages, directions for taking, interactions and refill dates, would be useful for anyone caring for you. A minimum of two weeks supply of essential medications is recommended.
- **Emergency Contacts:** Prepare a list of all doctor names and phone numbers, addresses and conditions for which they treat you. Have a written list of phone numbers with both in-town and out-of-town relatives and close friends inside a plastic bag that seals.
- **Important Papers:** Place important papers in a waterproof bag. Include

Prepare and Survive the Storm cont.

insurance policies, Medicare and/or Medicaid cards, birth certificates, bank account and credit card information, Veteran's documents, Living Wills and medical power of attorney. Also, it is important to have cash available. When power is out, credit cards and debit cards will not work.

- **Cell Phones:** You may want to have a cell phone available in case land-based phone service is not working. Be sure to have the battery charged.
- **Flashlights, extra batteries and candles, and a battery-operated radio** may be necessary if power is out. Listen to local reports for up-to-date information.
- **Time passers:** Collect paperback books, board games, puzzles, paper and pens for letters, envelopes and stamps, playing cards, and other items that could help you pass the time and take your mind off the storm outside.
- **Have a Grab 'N Go Bag** ready in case you are ordered to evacuate.

Remember to include items necessary for pets, as well.

- Let others know how they can help you. Give someone you trust a key to your home and tell them where you store your emergency supplies. Put your name on the county/city emergency information management list of people with disabilities or special needs. To avoid unnecessary searches, be sure to notify them if you leave your home.
- Notify your utility company if you need electricity to operate medical equipment.
- Make arrangements early for an evacuation destination, especially if pets will be accompanying you. Be sure and leave contact information for your evacuation location.



Take time to prepare now and avoid the pre-storm rush. Being prepared gives you the best chances of surviving a disaster. For further information check out the UF/IFAS web site, <http://solutionsforyour-life.com>

No-Cook Meal Ideas

Don't feel like cooking or have you lost power due to a disaster? Try these no-cook recipes.

Southwestern Bean Salad

Drain and combine one cup each of canned black beans and corn kernels. Mix with 1/2 cup salsa (may use diced tomatoes instead). Spoon onto salad greens and top with 1/4 cup shredded low-fat cheese. Garnish with a dollop of low-fat sour cream or low-fat plain yogurt, if desired. Serve with whole-grain crackers.

Bean and Veggie Sandwich

Rinse and mash canned white beans. Mix with low-fat plain yogurt. Add spices as desired (mustard, dill, parsley, garlic, onion, or pepper). Spread on whole-wheat bread or toast and top with romaine lettuce or spinach, as well as cucumber and tomato slices.

Spicy Chicken Sandwich

Mix leftover cooked (or canned) shredded chicken with low-fat mayonnaise or low-fat plain yogurt. Add chopped celery, chopped bell pepper (green or red), and curry powder to taste. Serve on whole-grain bread with tomato slices and spinach leaves or romaine lettuce.

Source: UF/IFAS Extension: Healthy Eating: No-Cook Recipes <http://edis.ifas.ufl.edu/fy694>