

*Lubbock County
 Family Network*



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**LOVING YOUR HEART —
 FOR THE HEALTH OF IT!**

While February is best known for Valentine’s Day, did you know that it is also American Heart Month? This February, Texas A&M AgriLife Extension Service recommends giving your heart love, too, by being aware of heart problems and the steps you can take to prevent them.

Coronary Heart Disease (CHD) is the leading cause of death in the United States, accounting for 610,000 deaths each year, according to the Center for Disease Control (CDC). The root cause of heart disease is plaque formation and buildup that occurs when coronary arteries become clogged by cholesterol, fatty deposits, and calcium. Buildup causes arteries to become narrow, making it difficult for oxygen and blood to flow through the body and to the organs.

Anyone is at risk for developing heart disease. However, people who have high blood pressure, high cholesterol, and smoke cigarettes are at higher risk. According to the CDC, about 47% of Americans have at least one of these risk factors. Additional factors that contribute to the progression of the disease include:

- Diabetes
- Being overweight or obese
- Poor diet
- Physical inactivity
- Excessive alcohol use
- Having a family history of heart disease
- Age, especially in women 55 and older

Dr. Sumathi Venkatesh, Extension Program Specialist with Healthy South Texas, recommends taking preventative measures by becoming aware of risk factors and consulting with a doctor on a regular basis. Developing a treatment plan with a physician can help stabilize blood pressure, blood sugar, and blood cholesterol levels. Other preventative measures include:

- Eating a healthy diet that includes fruits and vegetables
- Being physically active
- Stopping the use of cigarettes
- Limiting alcohol intake
- Reducing sodium intake

When it comes to pursuing a healthy lifestyle, try incorporating heart healthy foods into your diet such as green, leafy vegetables, avocados, whole grains, and seeds. Add these ingredients into meals like Quinoa Cakes, a Fresh Berry Caprese Salad, or an Avocado Mandarin Salad by using recipes from AgriLife Extension’s Dinner Tonight. To find more recipes, visit dinnertonight.tamu.edu.

Source: <https://www.cdc.gov/heartdisease/facts.htm>
 Contact: Dr. Sumathi Venkatesh, Extension Program Specialist, 979-864-1293 Email: sumathi.venkatesh@ag.tamu.edu

AMERICAN HEART MONTH
 Loving your heart - for the health of it!

TEXAS A&M
AGRI LIFE
 EXTENSION

CORONARY HEART DISEASE accounts for **61,000 DEATHS** each year taking the lives of **2,300** Americans every day.

CAUSE OF CORONARY HEART DISEASE
 PLAQUE FORMATION and BUILDUP occurs when CORONARY ARTERIES BECOME CLOGGED by CHOLESTEROL, FATTY DEPOSITS, and CALCIUM.

FACTORS THAT PROGRESS THE DISEASE:

- Being overweight or obese, physical inactivity, poor diet
- Excessive alcohol use, smoking cigarettes
- Diabetes, family history of heart disease, age

What CAN YOU DO?

- Eat a healthy diet full of fruits & vegetables
- Be physically active
- Stop smoking
- Limit alcohol intake
- Reduce sodium intake

For more information visit AgriLifeExtension.tamu.edu or CDC.gov

KEEPING YOUR FOOD SAFE DURING EMERGENCIES: POWER OUTAGES, FLOODS & FIRES

POWER OUTAGES AND FOOD SAFETY

Plan Ahead

- Keep an appliance thermometer in both the refrigerator and freezer. Make sure the refrigerator temperature is at 40°F or below and the freezer is at 0°F or below.
- Group foods together in both the refrigerator and freezer. This helps foods stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice, or gel packs.
- Freeze refrigerated items that you may not need immediately, such as leftovers, milk, and fresh meat and poultry. This will keep them at a safe temperature longer.
- Have a large, insulated cooler and frozen gel packs available. Perishable foods will stay safe in a refrigerator only 4 hours when the power goes out.
- Find out where dry ice and block ice can be purchased.

During a Power Outage

- Keep refrigerator and freezer doors closed.
- The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs. Make sure there is enough ice to keep food in the cooler at 40°F or below. Add more ice to the cooler as it begins to melt.
- A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full).
- Obtain dry ice or block ice if your power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days. (Caution: Do not touch dry ice with bare hands or place it in direct contact with food.)
- In freezers, food in the front, in the door, or in small, thin packages will defrost faster than larger, thick items or food in the back or bottom of the unit.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer, or coolers.

After a Power Outage

- **Never** taste food to determine its safety. **When In Doubt, Throw It Out!**

REFRIGERATED FOODS

Unsafe Foods

- Discard the following if your refrigerator has been without power for more than 4 hours:
 - raw, cooked, or leftover meat, poultry, fish, eggs, and egg substitutes;
 - luncheon meat and hot dogs;

- casseroles, soups, stews, and pizza;
 - mixed salads (i.e., chicken, tuna, macaroni, potato);
 - gravy and stuffing;
 - milk, cream, yogurt, sour cream, and soft cheeses;
 - cut fruits and vegetables (fresh);
 - cooked vegetables;
 - fruit and vegetable juices (opened);
 - creamy-based salad dressing;
 - batters and doughs (i.e., pancake batter, cookie dough);
 - custard, chiffon, or cheese pies;
 - cream-filled pastries; and
 - garlic stored in oil.
- Discard opened mayonnaise, tarter sauce, and horseradish if they were held above 50°F for over 8 hours.
 - Discard any foods like bread or salad greens that may have become contaminated by juices dripping from raw meat, poultry, or fish.
 - In general, if any food has an unusual odor, color, or texture, **throw it out.**

Safe-to-Eat Foods

- High-acid foods such as mustard, ketchup, relishes, pickles, non-creamy salad dressings, jams, and jellies; however, they may spoil sooner.
- Foods that don't actually require refrigeration. These foods may be used unless they turn moldy or have an unusual odor;
 - whole fruits and vegetables (fresh);
 - fruit and vegetable juices (unopened);
 - dried fruits and coconut;
 - baked goods such as fruit pies, bread, rolls, muffins, and cakes (except those with cream cheese frosting or cream fillings);
 - hard and processed cheeses;
 - butter and margarine;
 - fresh herbs and spices;
 - flour; and
 - nuts.

FROZEN FOODS

Safe-to-Eat Foods

- Frozen foods that have thawed, but still contain ice crystals.
- Foods that have remained at refrigerator temperatures —40°F or below. They may be safely refrozen; however, their quality may suffer.
- Foods that don't actually need to be frozen. These foods may be used unless they turn moldy or have an unusual odor:
 - dried fruits and coconut;
 - baked goods including fruit pies, bread, rolls, muffins, and cakes (except for those with cream cheese frosting or cream fillings);
 - hard and processed cheeses;

- butter and margarine;
- fruit juices; and
- nuts.
- **Never** taste food to determine its safety.

WHEN IN DOUBT, THROW IT OUT!

REMOVING ODORS FROM REFRIGERATORS AND FREEZERS

The following steps may have to be repeated several times:

- Dispose of any spoiled or questionable food.
- Remove shelves, crispers, and ice trays. Wash them thoroughly with hot water and detergent. Then rinse with a sanitizing solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water.
- Wash the interior of the refrigerator and freezer, including the door and gaskets, with hot water and baking soda. Rinse with a sanitizing solution (see above.)
- Leave the door open for about 15 minutes.

If odor remains, try any or all of the following:

- Wipe the inside of the unit with equal parts of vinegar and water to destroy mildew.
- Leave the door open and allow to air out for several days.
- Stuff the refrigerator and freezer with rolled newspapers. Keep the door closed for several days. Remove the newspaper and clean with vinegar and water.
- Sprinkle fresh coffee grounds or baking soda loosely in a large, shallow container in the bottom of the unit.
- Use a commercial product available at hardware and housewares stores. Follow the manufacturer's instructions.

Note: If odors still remain, the unit may need to be discarded.

FLOODING AND FOOD SAFETY

Plan Ahead

- If possible, raise refrigerators and freezers off the floor, putting cement blocks under their corners.
- Move canned goods and other foods that are kept in the basement or low cabinets to a higher area.

After a Flood

- Use bottled drinking water that has not come in contact with flood water.
- Do not eat any food that may have come in contact with flood water.
- Discard any food that is not in a waterproof container if there is any chance it may have come in contact with flood water. Food containers that are *not* waterproof include those with screw-caps, snap lids, pull tops, and

crimped caps.

- Also discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood waters. They cannot be effectively cleaned and sanitized.
- Inspect canned foods; discard any food in damaged cans. Can damage is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener.
- Discard wooden cutting boards, plastic utensils, baby bottle nipples, and pacifiers that may have come in contact with flood waters. There is no way to safely clean them.
- Thoroughly wash metal pans, ceramic dishes, utensils (including can openers) with soap and water (hot water if available). Rinse and sanitize them by boiling in clean water *or* immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water.
- Thoroughly wash countertops with soap and water (hot water if available). Rinse and then sanitize them by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water. Allow to air-day.
- Note: If your refrigerator or freezer was submerged by floodwaters — even partially — it is unsafe to use and must be discarded.

Salvaging All-Metal Cans & Retort Pouches

Undamaged, commercially prepared food in all-metal cans and retort pouches (for example, flexible, shelf-stable juice or seafood pouches) can be saved if you do the following:

1. Remove the labels if possible. They can harbor dirt and bacteria.
2. Thoroughly wash the cans or retort pouches with soap and water (use hot water if available).
3. Brush or wipe away any dirt or silt.
4. Rinse the cans or retort pouches with water that is safe for drinking (if available).
5. Then sanitize them by immersion in one of the following ways:
 - Place in water. Allow the water to come to a boil for 2 minutes.
 - Or
 - Place in a freshly made solution consisting of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes.
6. Allow to air-dry for a minimum of 1 hour before opening or storing.
7. Relabel the cans or retort pouches with a marker. Include the expiration date if available.
8. Use the food in these reconditioned cans and retort pouches as soon as possible.

9. Any concentrated baby formula in reconditioned, all-metal containers must be diluted with clean, drinking water.

Fires & Food Safety

- Discard all food that has been near a fire. Food exposed to fire can be damaged by the heat of the fire, smoke fumes, and fire-fighting chemicals. These fumes and chemicals cannot be washed off. These include:
 - Foods stored outside of the refrigerator, such as bread, fruits, and vegetables.
 - Raw food or food in permeable packaging (cardboard, plastic wrap, etc.)
 - All foods in cans, bottles, and jars. While they may appear to be okay, the heat from a fire can damage the containers and can activate food spoilage bacteria.
 - Foods stored in refrigerators or freezers. Refrigerator seals are not airtight and fumes can get inside.
- Sanitize cookware exposed to fire-fighting chemicals by washing in soap and hot water. Then submerge for 15 minutes in a solution for 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water.

For additional information about food safety during an emergency, in English and Spanish, call:
USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)

Open Monday through Friday from 10 a.m. to 4 p.m. ET; a live chat is available (English or Spanish). Listen to timely recorded food safety messages at the same number 24 hours a day. Recorded food safety messages are available 24 hours a day.

Go to m.AskKaren.gov

“Ask Karen” a food safety question: askkaren.gov

USDA Food Safety and Inspection Service

www.fsis.usda.gov

Other sources of emergency food safety information:

U.S. Food and Drug Administration

www.fda.gov/Food/default.htm

Centers for Disease Control and Prevention

www.cdc.gov

Federal Emergency Management Agency

www.fema.gov

Your local chapter of the American Red Cross or Civil Defense can also offer additional information about emergency management.

Source:

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keep-your-food-safe-during-emergencies/ct_index

Last Modified Aug 7, 2013

REDUCING FAT CONTENT OF GROUND BEEF

Purchasing lean, ground beef in grocery stores can be costly, especially if you have many family members to feed. Purchasing a higher fat percentage ground beef is more economical, however the amount of fat is unhealthy to consume. Fortunately, there are ways to reduce the fat content of higher fat ground beef while also spending less money, and enjoying a leaner fat product. Use the steps below to reduce the fat content of ground beef by half.



Reducing fat in ground beef by cooking and blotting

- **Brown ground beef** in a skillet over medium heat for 8-10 minutes until it reaches an internal temperature of 160°F.
- **Using a slotted spoon**, remove cooked beef from skillet. Place onto a plate lined with about 3 layers of paper towels. Let sit 30 seconds to a minute while also blotting top of beef with additional paper towels.

Draining of cooked and blotted ground beef

*This step is not necessary; however, it does reduce the fat content of ground beef even further.

- After blotting ground beef, **microwave 4 cups of water** on high for 5-6 minutes or until very hot, but not boiling.
- **Place blotted beef** in a strainer and set in a bowl to catch the water and fat.
- **Pour hot water** over ground beef to rinse the remaining fat. Drain for 5 minutes.
- Once this is complete, proceed with cooking as recipe directs.

Discarding of remaining fat

- **Chill the bowl** of waste water and fat in the refrigerator until there are 2 distinct layers.
- **Remove the fat layer** by wrapping in paper towels, newspaper, etc. and discard in trash. Remaining water can be poured down the drain.
- Be sure to **not pour fat down the drain** as it can stick to the inside of the pipes and cause blockages, which can be costly to repair.

Source: Adapted from the Beef Council and Iowa State University Extension.

Sincerely,

E. Kay Davis, M.S.
County Extension Agent - Family and Community Health
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

Be Well, Live Well: Be Creative

Be Aware! Eating alone can contribute to:

- A "why bother" mindset
- Less time spent on cooking
- Skipped meals which leads to snacking
- Decrease in diet quality and variety
- Changes in weight



Tips for when eating alone:

- Make mealtimes consistent
- Set an attractive place setting
- Multitask- try eating while listening to music or reading!
- Eat in a different location such as at a desk, on a tray in the living room, or outdoors if the weather permits.



When downsizing the kitchen, consider the following!



Convenience

Keep easy to prepare foods on hand to improve diet quality and food variety in a pinch!



Nutrition

Pre-prepared and pre-packaged foods are often high in sodium and added sugars. Read the nutrition facts label and select brands with the lowest amount!



Cost

The best value may no longer be the best choice. Purchasing items in smaller quantities instead of bulk can reduce food waste, save money, and enhance food variety!



Food Safety

If you purchase items in bulk, or prepare a large quantity of food, make sure to promptly portion and freeze to ensure safe food!

Saving food for later:

- When food will not be eaten in 2-3, days it should be frozen or thrown out.
- When making large recipes, prepare as directed. Then, promptly portion into small servings, label, and freeze!
- Planning to use a frozen food item you just made? Make sure to thaw the food item in the refrigerator and heat thoroughly to a safe internal temperature before eating!



Build Your Own: Overnight Oats

Build your Base! In a jar, add:



1/2 cup dried old-fashioned oats



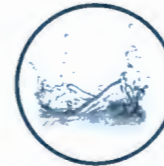
150 Calories
27 g Carbohydrates



1/2 cup liquid of your choice



2% Milk
62 Calories
6 g Carbohydrates



Water
0 Calories
0 g Carbohydrates



Light Cranberry Juice
25 Calories
5 g Carbohydrates

Pick your toppings!

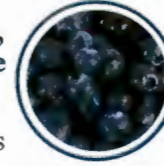
Get Fruity: Add fiber!



1/4 cup Dried Cranberries, Reduced Sugar
100 Calories
31 g Carbohydrates



1/2 cup Peaches, Canned, in Juice
55 Calories
14 g Carbohydrates



1/2 cup Blueberries
42 Calories
11 g Carbohydrates

Get Nutty: Add healthy fat!



1/4 cup Almond Slivers
156 Calories
14 g Total Fat



2 tablespoons Peanut Butter
188 Calories
16 g Total Fat



1/4 cup Pecan Halves
171 Calories
18 g Total Fat

Get Sweet: Add a little flavor!



1/2 tablespoon Honey
30 Calories
9 g Added Sugars



1/2 tablespoon Brown Sugar
17 Calories
5 g Added Sugars



1/2 tablespoon Maple Syrup
17 Calories
5 g Added Sugars

Get Creative: Add some spice!



Vanilla Extract
0 Calories



Ground Cinnamon
0 Calories



Ground Nutmeg
0 Calories



Use this as a guide to be creative and think of your own unique combinations!
Make sure to add up your nutrient information along the way!

Be Well, Live Well: Be Fit

Benefits of Physical Activity

Prolongs life

Maintain a healthy weight

Build strength

Meet new people

Fight depression

Sleep better

Reduce your risk for chronic disease

Improve mobility

Continue activities of daily living

Gives a sense of accomplishment

Physical Activity Recommendations:



- Be physically active for at least **30 minutes** each day.
- Avoid sitting for prolonged periods of time. With each hour of sitting, stand to stretch or take a short walk.

Types of Physical Activity:

Endurance: This type of physical activity will help you to keep up with your grandchildren, dance to your favorite song at the next family wedding, rake the yard, and more!

Example: Brisk walking

Strength: This type of physical activity will help you to carry groceries in from the car, lift your carry-on bag into the overhead bin of an airplane, pick up bags of mulch, and more!

Example: Light weights or resistance bands

Balance: This type of physical activity will help you to turn around quickly, walk along a cobblestone path without losing your balance, stand on tiptoe to reach something on a top shelf.

Example: Tai Chi or yoga

Flexibility: This type of physical activity will help you to bend down and tie your shoes, look over your shoulder as your backing out of the driveway, stretch to clean hard-to-reach areas of the house.

Example: Yoga

Recipe: Slow Cooker Quinoa and Black Bean Stuffed Bell Peppers



Stuffed Peppers

Nutrition Facts

2 servings per container
Serving size 1 stuffed pepper

Amount per serving

Calories 490

% Daily Value*

Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 410mg	18%
Total Carbohydrate 67g	24%
Dietary Fiber 17g	61%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 642mg	50%
Iron 7mg	40%
Potassium 1336mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 2 bell peppers (green, orange, red, or yellow)
- 1/3 cup uncooked quinoa, rinsed
- 1 can (14 ounces) black beans, no salt added, rinsed and drained
- 1 can (8 ounces) tomato sauce, no salt added
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 3/4 cup shredded low-fat cheese
- 1/4 cup yellow onion, diced
- Cilantro for garnish (optional)

Directions

Makes: 2 servings

- 1) Wash hands, preparation area, and vegetables.
- 2) Cut the tops off of the peppers and scrape out the ribs and seeds.
- 3) In a bowl, combine quinoa, beans, tomato sauce, spices, and 1/2 cup of the cheese. Fill each pepper with the mixture.
- 4) Pour 1/4 cup water into the bottom of a 1.5 quart slow cooker. Place the peppers in the water. Cover and cook on low for 4-5 hours, or on high for 2 hours.
- 5) Remove lid, distribute remaining cheese on top of peppers, and cover again until the cheese is melted. Serve. Add salt and pepper to taste.

**Note: This recipe uses a 1.5 quart slow cooker. If you have a larger slow cooker, try doubling the recipe and saving leftovers!*