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Next issue: Spring
Cleaning

RECIPES

Each issue will include **easy, tasty, healthy** recipes!

This issue features:

- Enchilada Casserole
- Smoothie Bowl
- Stewed Cabbage
- Cowboy Beans
- Tuna Casserole
- Kale Salad

Family & Consumer Sciences

Welcome to the second edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through

education, research and community outreach. Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Educator, Jennifer Dixon Cravens, pro-

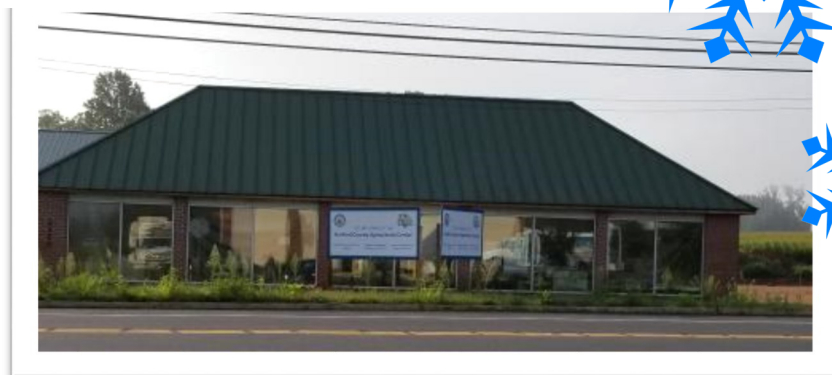
vides research based programs on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



We've Moved!

Our new location is in the
Harford County Agriculture Center
3525 Conowingo Rd., Suite 600, Street, MD 21154.

Our phone number and website remain the same:
410-638-3255 | www.extension.umd.edu/harford-county



Community Nutrition & Health

Environmental Education Clean Up & Greening Day



Pictured: Center of text— Jennifer Dixon Cravens, FCS Educator, Angela Peaker, Director of Center, Trace Webb Program Assistant, and Joyce Browning Horticulture Educator, community youth and volunteers.

Through the partnership of educators at the University of Maryland Extension Harford County Office and Village of Lakeview Neighborhood Network Center (VLNNV) a five thousand dollar grant was awarded from the Maryland Environmental Trust, “Keep Maryland Beautiful Grant” for the beautification of the Edgewood Community. The Village at Lakeview Community Center offer health and education programs to the community and afterschool programs, and summer camps for the youth.

In the past nutrition and gardening classes have been offered to the residents of the Village of Lakeview. With this new financial boost a Community Cleanup and Greening Day occurred on Saturday, September 16, 2017. The Village at Lakeview Neighborhood Community Center received new signage for entrance to Village at Lakeview Community Center. A scenic garden and sitting bench was added. Residents and youth worked and learned the value of environmental education and how to improve and sustain natural and build environments. The participant help to improve the appearance of

community, and to increase neighborhood participation and interests in environmental stewardship. Jennifer Dixon Cravens, UMD FCS Faculty Extension Educator, directed the anti-littering campaign and over 50 youth and adults signed an anti-littering pledge. Over 32 residents and helpers worked for over 2 hours cleaning up the neighborhood. 9 Master Gardeners, led by Joyce Browning UMD Extension Horticulturist, guided residents on proper planting techniques as new plants were installed in the enlarged flower bed. During cleanup day the youth participated in fun activities



like making garden craft grass-heads, face painting, and environmental and anti-littering message buttons. An Environmental Camp occurred over the summer, both Jennifer and Joyce taught two sessions with the youth summer campers. During the workshops the kids created their own buttons promoting environmental awareness and anti-littering. They created pressed flower bookmarks using natural plants and leaves. The Master Gardener's

provide 5 environmental workshop stations through which the kids rotated. Camp-



Community Outreach & Engagements -Healthy Living



Nutrition & Healthy Heart Education

ers learned about fun outdoor critters like insects and composting worms. They tasted herbs, nibbled on nutritional garden snacks and learned how easily the garden grows with watering and care from a gardener. stations through which the kids rotated. Campers learned about fun outdoor critters like insects and composting worms. They tasted herbs, had a Nutrition session with Vigi Zabala our FSNE Educator. They also got to nibbled on nutritional garden snacks ,and learned how easily the garden grows with watering and care from a gardener.

Jennifer continues to provide community outreach and engagement through out Harford County by providing healthy living, nutrition and wellness education classes at W.A.G.E. Connection in Aberdeen Maryland. For the past year Jennifer has been, attending health fairs, and teaching healthy living, nutrition, chronic disease management , and green cleaning classes, and providing Health and Nutrition Education to the residents of Harford county and Marylanders.








Pictured: FCS Educator with Mrs. Wanda Williams, Program Coordinator W.A.G.E Connection , and class participants. Nutrition Education & Healthy Heart Events !



Delicious Winter Produce

Believe it or not, the winter months provide quite a bounty of fresh and healthy foods. Here are 5 delicious, in-season fruits and vegetables to keep you in good health during the winter.



FRUIT/VEGGIE	THE BENEFITS	DIET TIP
<p>Bananas This simple tasty fruit hits its peak in the winter months, though you can buy it all year.</p> 	<p>Vitamin B6—Maintains healthy brain function/mood regulation Vitamin C—Helps antioxidant function and iron absorption Potassium—Good for blood pressure/muscle performance.</p>	<p>Try fresh, ripe bananas in fruit smoothies. Overripe bananas are perfect for banana bread or banana muffins.</p>
<p>Blood Oranges It's not just blood oranges that are in season, but also clementines, oranges and grapefruit.</p> 	<p>Vitamin C—Helps antioxidant function and iron absorption Fiber—Aids digestion</p>	<p>A ripe blood orange will feel heavy for its size. It will keep at room temperature for several days. Its sweet flavor tastes great in salads and in smoothies.</p>
<p>Cabbage A healthy, extremely budget-friendly vegetable.</p> 	<p>Vitamin K—Aids blood coagulation Vitamin C—Helps antioxidant function and iron absorption Folate—Boosts cell renewal and fetal development. Fiber—Aids digestion</p>	<p>The nutritional benefits are most pronounced when eaten raw, so slice up a few leaves and add to salads or stir fries for extra crunch.</p>
<p>Rhubarb Strawberries may be out of the question this time of year, but rhubarb is a great alternative.</p> 	<p>Vitamin A—Aids growth and development Vitamin C—Helps antioxidant function and iron absorption Calcium—Strengthens bones and teeth</p>	<p>Rhubarb packs a tart flavor, making it pair well with honey, sugar or fruit juice. It's also great in sweet baked goods, like pies or muffins.</p>
<p>Turnips If you are looking to expand your flavor bank, try this pretty little root vegetable.</p> 	<p>Vitamin C—Helps antioxidant function and iron absorption. Magnesium—Aids bone health, blood pressure regulation & muscle performance. Potassium—Good for blood pressure and muscle performance.</p>	<p>Turnips stay fresh for a week or even longer if refrigerated. Look for turnips that are 2-3 inches in diameter. Try in soups and stews.</p>

Spotlight On... Healthy Tips for Seniors



Exercise, Even In Small Doses, Offers Big Benefits

It can be the key to mobility, which helps physical and mental health.

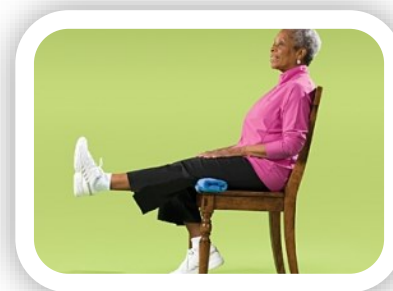
Retaining the ability to get up and about easily — to walk across a parking lot, climb a set of stairs, rise from a chair and maintain balance — is an under-appreciated component of good health later in life.

When mobility is compromised, older adults are more likely to lose their independence, become isolated, feel depressed, live in nursing homes and die earlier than people who don't have difficulty moving around.

But trouble getting around after a fall or a hip replacement isn't a sign that your life is headed irreversibly downhill. If you start getting physical activity on a regular basis, you'll be more likely to recover strength and flexibility and less likely to develop long-term disability, new research published in the *Annals of Internal Medicine* shows.

Experts' practical advice:

- **It's never too late.**
- **Focus on activity, not exercise.**
- **Start slowly.**
- **Even small amounts make a difference.**
- **Make a plan and follow it consistently.**



The worst thing older adults can do is “sit down and take it easy,” said Susan Hughes, co-director of the Center for Research on Health and Aging at the University of Illinois at Chicago. “There's no threshold for benefit from physical activity,” she said. “Every little bit helps.”

Reference: National Institute on Aging at NIH <https://go4life.nia.nih.gov/>

The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, political affiliation or gender identity and expression.

Healthy Winter Recipes

Chicken Enchilada Casserole

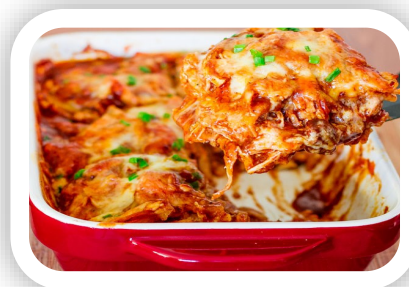
2 1/2 cups cooked chicken, shredded
 1/2 tsp. kosher salt
 1/4 tsp. freshly ground black pepper
 6 oz. Monterey Jack cheese, shredded & divided
 2 green onions, thinly sliced
 1 small garlic clove, minced
 1 cup chopped fresh cilantro
 5-6 tomatillos or green tomatoes, chopped
 4 oz. canned green chilies, with liquid
 1/3 cup half-and-half
 2 oz. cream cheese, softened
 Cooking spray
 15 small corn tortillas, halved

Preheat oven to 350°

Combine chicken, salt, pepper, green onions and half of the cheese in a large bowl.

Process garlic clove, cilantro, tomatillos and chilies in the bowl of a food processor until finely chopped. Add half-and-half, and cream cheese and

Process until smooth. Coat two 8-



ounce inch square baking dishes with cooking spray. Spread 1/2 cup of the tomatillo sauce in the bottom of each dish. Layer 5 tortilla halves over sauce in each dish. Top tortillas with 1/4 of the chicken mixture. Repeat layer with more sauce, tortillas and 1/4 of chicken mixture. Top with remaining tortilla halves and tomatillo sauce. Sprinkle remaining cheese and green onions on top. Bake at 350° for 20 minutes. **Nutrition Facts: Calories 353, Protein 35.5 grams, High in Vitamin C, B6, Calcium and Selenium.**

"Red Velvet Cheese-cake" Smoothie Bowl

1/2 cup reduced-fat ricotta cheese
 1/2 cup unsweetened frozen cherries
 1/2 frozen banana, chopped
 1/2 cup milk
 1 small cooked beet
 1 teaspoon orange zest
 1/4 teaspoon ground cinnamon
 1 tablespoon dark chocolate chips
 1 tablespoon chopped walnuts
 Mint leaves, Blend together ricotta



cheerries, banana, milk, beet, orange zest, and cinnamon. Pour into chilled bowl and top with chocolate chips, walnuts, and mint. **Nutrition Fact; Calories 230**



More Healthy Winter Recipes

Stewed Cabbage

Trim the cabbage, then shred. Boil for 5 minutes with diced red potatoes, strain, and Place in a large deep skillet with tablespoon of olive oil, add diced onions, and red potatoes, Turn the heat on medium- high and cover. When the cabbage starts to steam, lower heat to medium. Steam, covered, 5-710 minutes, or until just tender. Uncover and cook 2 more minutes to allow any remaining water to evaporate. Add, garlic, sea salt, black pepper, and red pepper flakes to taste and serve.

Nutrition Facts: Calories 84, High in Vitamin C, A, Potassium, Folate, and Calcium



Eating healthy
is a choice!

These recipes
offer ways to save
time and money
to make it easier
to eat healthy.

Enjoy!

Sweet Potato Pie

Boil 4 sweet potato until tender, cool, and peel the sweet potato before proceeding; I boiled mine until tender (about 25 minutes) but you could also roast them. Add sweet potato's ,3 tablespoon of corn-starch, egg replacer, 3/4 brown sugar, 3/4 vanilla almond milk or rice milk, 1 teaspoon, nutmeg, cinnamon, 1/2 teaspoon vanilla extract, 1/2 teaspoon sea salt, vegan margarine, whisk and blend. Pour into prebaked pie crust, or make your own. Bake 1 hour. Let Stand 1 hour before your serve.

Nutrition Facts: High in Vitamin C, A, Iron, and Calcium. Calories– 350 , Protein



Kale Salad

Wash and chop the Kale into very small bite sized pieces, drain excess water. .

Make a dressings, using a pinch of sea salt, olive oil, garlic powder, balsamic vignette.

Add, diced red onion, tomatoes, and avocado.

Chill and let marinate for 15 minutes before serving.

Add roasted nuts, or feta cheese to the top, and serve cold.

Nutrition Facts: Calories : 250, Dietary Fiber—9.9, Protein 5.9,. Fat—14 grams

: Rich in Vitamin B, A, C, K, Iron, Manganese.

Recipes , Jennifer Dixon Cravens, 2017-2018 (Images -allrecipes.com)

Nutrition Facts: (Nutritionfacts.org), Images– (allrecipes.com)





Heart Healthy Foods :

- Beans, Nuts,
- Berries, Salmon,
- Broccoli, Tuna,
- Avocado, Sweet



Healthy Heart Recipes

Tuna Casserole

- 8 oz. medium noodles/pasta
- 1 T. vegan margarine
- 1 T. flour
- 1 sm..can sliced mushrooms, drained
- 1 bag frozen peas
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 t. sea salt
- ½ t. pepper
- 1 t. lemon juice
- 1 can tuna, drained
- ½ cup shredded cheese or French fried onions for topping

Cook pasta according to package directions until al dente, approximately 10 minutes. Preheat oven to 350°
 Drain and return pasta to the pot.
 In a medium soup pot, melt vegan mar-

garine, add flour, broth, mushrooms, peas, onions, celery mix, sea salt, pepper, and lemon juice.

Add sauce, vegetables & tuna to the pasta and stir gently to combine. Transfer the mixture to a lightly greased 8X8 baking dish.

Cover tightly with foil and bake for 15-20 minutes. Uncover the dish and sprinkle cheese or french-fried onions on top and bake for another 5-6 minutes or so or until the top is browned and crispy.

Nutrition Facts: Calories : 350 , 16 grams of Protein, High in Iron , and Calcium.



Healthy Heart Cowboys Beans

In a crock pot or large saucepan, bring soaked beans, or 3 (15-ounce) cans rinsed and drained pinto beans, and 2 -15 ounce vegetarian baked beans. Add 1 diced green pepper, bay leaf, 2 diced garlic cloves, 1 chopped jalapeno, add tomato paste, 1 cup of tomatoes, 1 yellow or red onions chopped, and 5 cups of water to a boil over high heat. Cover the pan, reduce the heat to medium and simmer for 1 hours or until beans are tender.

Brown one pound lean ground beef, and drain, add chopped onion and green pepper, mix all ingredients together and add to the crock pot or large sauce pan, cook on high for 1 hour and low for 2 hours.

Add onion and cook for about 3 minutes or until translucent. Transfer and onion mixture to the pot with the beans. Stir the beans over medium-high heat until heated through. Remove the bay leaf, add 1 tablespoon of brown sugar, barbeque sauce, and 2 tablespoons of yellow mustard, 2 tablespoon of apple cider vinegar. Add Spice to taste, ladle into bowls and serve.

Nutrition Facts: ¾ cup: 330 calories, 5 grams of fat (2grams of saturated fat) 22 grams of protein, High in fiber, iron, magnesium, potassium and zinc.



February is American Heart Month

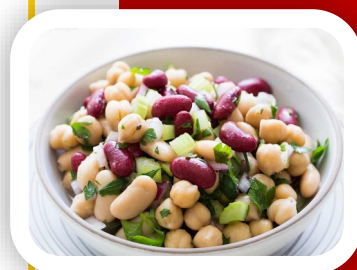
Heart disease is the number one killer of men and women in the United States, claiming more lives than all forms of cancer combined! Don't become a statistic! Heart disease is preventable and controllable. The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack. A healthy lifestyle includes the following:



- Eating a healthy diet.
- Maintaining a healthy weight.
- Getting enough physical activity.
- Not smoking or using other forms of tobacco.
- Limiting alcohol use.

Sources:

**American Heart Association
Center for Disease Control (CDC)**



March is National Nutrition Month

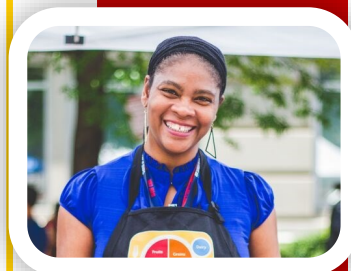
National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose

March is National Nutrition Month



Source: National Institute of Food & Agriculture



Educator's Corner
Jennifer Dixon Cravens
FCS Educator

Children's Health



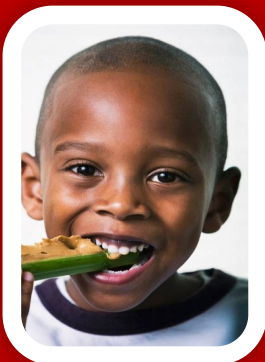
It's important for children to get 60 minutes of activity each day, even in winter. Why?



- Only 1 in 3 children are physically active every day.
- Less than 50% of the time spent in sports practice, games, and physical education class involves moving enough to be considered physical activity.
- Children and teens spend more than 7 hours per day on average using TVs, computers, phones, and other electronic devices for entertainment.
- About 1 out of 3 children is either overweight or obese in the United States.
- Overweight teens have a 70% chance of becoming overweight or obese adults.

Source: American Academy of Pediatrics

Four Golden Eating Rules



1. Every parent knows that you can't force a child to eat; the best thing to do is stop trying. Let mealtime be about feeding your body. If your children don't eat much, **wait until the next meal** to offer food. Children eat for themselves, not for their parents. They have a way of balancing their intake naturally.
2. **Turn the TV off so they can focus on the meal**, and let children feel their fullness when it arrives.
3. **Eat when your body is hungry. Stop when your body is full.** This skill of responding to natural hunger and normal cues of satiety can be a huge asset for children for their entire lives. Do your best to stop engineering how much your children eat and let them learn to feel necessities.
4. **Don't make children "clean the plate."** There's absolutely no reason to provide pressure for children with normal development and health to eat. Don't reward children for finishing their dinner with more food (ie, dessert), as children will often eat past their fullness. New research also finds that using smaller plates can help control portion sizes and ultimately will reduce the number of calories eaten.
5. **Eat together.** Make a goal for at least one meal a day, and it doesn't need to be dinner. The most potent education we give our children comes from our modeling habits and behaviors we think are most important. There's no reason to cook special food for your children. Involve them in any part of meal preparation you can, eat the same foods, and share your love of eating.

Source: American Academy of Pediatrics

Mark Your Calendar!

Healthy Living Learning Series Classes



Healthy Homes

January 26

February 9

March 5

March 23

Free to Public



Healthy Living Professional

Development Training ,

March 28-29 10: 00—2:00pm

Class Fee \$120.00

Class Location:

Village at Lakeview
Community Center
833 Fisherman Lane
Edgewood, MD

Contact:

Trace Miller @ 410-679-0473
OR Jennifer Dixon Cravens ,
FCS Educator
@ 410-638-3255

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