

HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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We are halfway through the year!

June's newsletter provides information on National Men's Health Month, how vacations create a positive impact, shopping smart at the farmer's market, and what foods cause food poisoning.

Recipe of the Month

Summer Breeze Smoothie

Enjoy this cool fruity drink in the summer heat.

Yield: 3 cups

Ingredients

- 1 cup yogurt (plain, nonfat)
- 6 medium strawberry
- 1 cup pineapple (crushed, canned in juice)
- 1 medium banana
- 1 teaspoon vanilla
- 4 medium ice cube

Steps

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Meal Type: Snack | Food group: Fruits, Dairy | Season: Spring, Summer

Real. Life. Solutions.

The latest on this month's issue:

Recipe of the Month

June is National Men's Health Month

Vacations have a Positive Impact on the Entire Family!

Tips for Shopping Smart at the Farmers Market

Foods That Can Cause Food Poisoning

Skill Up Tennessee

Dates To Remember

June is National Men's Health Month

Many men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke
- Drink too much alcohol
- Make unhealthy or risky choices
- Put off regular checkups and medical care

The good news is that you can start taking steps to improve your health today!

How can I take charge of my health?

See a doctor for regular checkups even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.

Here are some more things you can do to take care of your health:

- Eat healthy and get active
- If you drink alcohol, drink only in moderation
- Quit smoking
- Know your family's health history
- Get screening tests to check for health problems before you have symptoms
- Make sure you're up to date on your vaccines (shots)

Healthy Habits

Use these tips to take charge of your health.

Eat healthy and get active.

Remember, it's never too late to start healthier habits. A healthy eating routine and regular physical activity can help control your:

- Blood pressure
- Blood sugar
- Cholesterol
- Weight

By keeping these numbers in a healthy range, you can lower your risk of serious health problems like type 2 diabetes and heart disease.

Make eating healthy and being active part of your daily routine.

In addition:

- If you drink alcohol, drink only in moderation
- If you smoke, make a plan to quit



Small Changes

Make small changes every day. Small changes can add up to big results — like lowering your risk of type 2 diabetes or heart disease. Here are some examples of small changes you can make:

- Take a walk instead of watching TV
- Try a green salad instead of fries
- Drink water instead of soda or other sugary drinks

Talk about it.

You don't have to be embarrassed to talk about your health! Start by talking to family members to find out which diseases run in your family.

Get Preventive Care

Get preventive care to stay healthy.

Many people think of the doctor as someone to see when they're sick. But doctors also provide services — like screening tests and vaccines — that help keep you from getting sick in the first place.

Get screening tests to find problems early.

Screenings are medical tests that doctors use to check for diseases and health conditions before there are any signs or symptoms. Screenings help find problems early on, when they may be easier to treat.

Depending on your age and medical history, you may need to be screened (tested) for things like:

- Certain types of cancer
- High blood pressure or high cholesterol
- Diabetes
- STDs (sexually transmitted diseases)
- Mental health conditions, like depression

Stay up to date on your vaccines.

Everyone needs vaccines to stay healthy. Ask your doctor or nurse which vaccines you need to stay healthy — then make sure you stay up to date. For example, everyone age 6 months and older needs a seasonal flu vaccine every year.

Find out which vaccines you may need if you're:

- Ages 19 to 49
- Age 50 or older

Vacations have a Positive Impact on the Entire Family!

Do you recall that one summer vacation or that one family trip as a child that was etched into your mind as one of your best memories ever? Now consider this, are your children making the same kind of memories?

Family vacations not only build life long memories, they also break your family away from the usual routine, opening your minds to new cultures, foods and experiences, and according to research they are even good for your health!

One study found that people return from vacation happier and more relaxed. No surprise there, but the study also found these same folk were more productive and had closer family relationships. Consider this list of benefits the next time you consider whether to take a family vacation or not.

Family Fun

It's obvious, but vacations are fun. Life at home is filled with responsibilities. For parents, there are jobs to do, clothes to wash, errands to run and responsibilities to be kept. While on vacation, life can be filled with joy and worry free. That break from regular life can be a weekend camping trip or a weeklong stay in Europe. The key is to slow down and find your family's joy.

It's understandable that many families who consider taking a vacation may opt out due to finances. Fortunately, Tennessee is filled with beautiful state parks that can provide all the fun of a family vacation at no or little cost. Need a trip outside of Tennessee? There are a lot of affordable options available. While a quick Google search for "cheap family vacations" will drum up a lot of ads and results, MoneyCrashers.com has some great tips for finding affordable family trips.

Residents who are enrolled in SNAP are eligible for discounts at the Adventure Science Center in Nashville, Creative Discovery Center and the Hunter Museum of American Art in Chattanooga. Get help guiding through museum discounts!

Time to Unplug

Vacations provide the quality time and the quantity time that kids desire. Often times they feel loved and supported on vacation. Taking a vacation is a natural chance for every member of the family to unplug from all of your devices.

New Experiences

Vacations give families the opportunity to explore together. They provide the backdrop for shared memories between parents and their kids, which cultivates closer family bond. Vacations provide opportunities to teach your children about the world they live in, cultures different from their own, and the benefits of being open minded.

Happy vacationing!



Tips for Shopping Smart at the Farmers Market

Seek out the information booth. This is a great place to start if you plan to use your SNAP benefits. People at this booth can help you get a better understanding of the market and how you can redeem your benefits.

Arrive early. For the best selections, arrive close to opening.

Ask questions. Don't assume all foods are organic, grown in your community, or grown by the vendor. Ask the vendor to find the information you need.

Have fun! Take time to talk with fellow shoppers and vendors, though be sensitive to the fact that vendors need to keep the line moving.

Be prepared for choices — lots of them. For help, talk with the vendors and other shoppers.

Shop with others. Buy in bulk with friends and family. You can split up your food and even freeze, can or dry some to enjoy during the off-season.

Plan ahead. Buy only what you can eat in a few days or preserve. You will reduce waste and get the most nutrients.

Bring a cooler, preferably one with wheels. This will protect your perishables. You will want to keep meat and poultry items frozen.

Set a budget. Decide what you would like to spend at the market before you go. Be sure to think about how the market trip will fit in as part of your overall family food budget.

Be safe. Wash your hands before and after handling foods. If soap and water are not available, use hand sanitizer.

TENNESSEE GROWING SEASONS

WINTER (December, January, February)

Carrots, Herbs, Lettuce

SPRING (March, April, May)

Broccoli, Cabbage, Carrots, Collard Greens, Herbs, Kale, Spinach, Strawberries

SUMMER (June, July, August)

Apples, Beets, Blackberries, Blueberries, Broccoli, Cabbage, Cantaloupe, Carrots, Collard Greens, Corn, Cucumbers, Herbs, Kale, Beans, Peaches, Peppers, Potatoes, Spinach, Squash, Strawberries, Tomatoes, Watermelon

FALL (September, October, November)

Apples, Beets, Blackberries, Broccoli, Cantaloupes, Carrots, Cabbage, Collard Greens, Corn, Cucumbers, Herbs, Kale, Beans, Peaches, Peppers, Potatoes, Pumpkins, Sweet Potatoes, Squash, Tomatoes, Watermelon



Stretch your food dollar! In-season fruits and vegetables not only taste great but can be a great value as well.

Foods That Can Cause Food Poisoning

Some foods are more likely than others to contain germs that can make you sick.

These foods include:

- Raw and undercooked foods from animals, including meat, chicken and other poultry, eggs, raw (unpasteurized) milk and products made from it, and seafood.
- Raw vegetables, grains, and fruits or products made from them, including leafy greens, sprouts, and flour.

Although these foods are more likely than others to contain harmful germs, any food can get contaminated along the food production chain, including through cross-contamination in the kitchen. Following four simple steps at home—clean, separate, cook, and chill—can help protect you and your loved ones.

Foods That Are More Likely to Cause Food Poisoning

Meat and Poultry

Eating raw and undercooked meat and poultry can make you sick. Meat includes beef, pork, lamb, and goat. Some germs commonly found in meat include Salmonella, E. coli, and Yersinia.

Poultry includes chicken and turkey. Some germs commonly found in poultry include Salmonella, Campylobacter, and Clostridium perfringens.



- Raw poultry is ready to cook. It doesn't need to be washed first. According to a USDA study, 1 in 7 people who cleaned their sink after washing chicken still had germs in the sink.
- If you choose to wash poultry, do so as safely as possible:
 - i. Run the water gently over the poultry to reduce splashing.
 - ii. Then immediately clean the sink and area around the sink with hot soapy water and sanitize them thoroughly.
 - iii. Wash your hands for 20 seconds with soap and warm or cold water.
- Always cook meat and poultry to a safe internal temperature to kill harmful germs.
 - a. Use a food thermometer to check the temperature. You can't tell if meat or poultry is fully cooked by looking at its color or juices.
- Use one cutting board or plate for raw meat and poultry, and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each meat and poultry item.
- Refrigerate leftovers at 40° F or colder within 2 hours after preparation (or within 1 hour if the food is exposed to a temperature over 90° F, like at a picnic or in a hot car).
- Large cuts of meat, such as roasts or a whole turkey, should be divided into small quantities for refrigeration to help them cool faster.

Foods That Can Cause Food Poisoning

Eggs

Eggs can contain Salmonella, even if the egg looks clean and is uncracked.

- Do not eat foods that contain raw or undercooked eggs, such as homemade Caesar salad dressing and eggnog.
- Use pasteurized eggs and egg products when preparing foods that include raw or undercooked eggs.
- Cook eggs until the yolks and whites are firm.
- Cook egg dishes, such as quiches and frittatas, to a safe internal temperature: 165° F if they contain meat or poultry and 160° F if they do not contain meat or poultry.
- Keep eggs refrigerated at 40° F or colder.
- Do not taste or eat raw batter or dough.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing items that contain eggs.

Fruits and Vegetables

Sometimes raw fruits and vegetables can be contaminated with harmful germs, such as Salmonella, E. coli, and Listeria. The safest fruits, vegetables, and fresh herbs are cooked; the next safest are washed.

- To help prevent food poisoning, do not eat unwashed fresh produce.
 - Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel. Germs on the peel or skin can get inside fruits and vegetables when you cut them.

- Cut away any damaged or bruised areas before preparing or eating. Germs can more easily get into fruits and vegetables if the peel or skin is damaged or bruised.
- Dry fruit or vegetables with a clean paper towel.
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them (or within 1 hour if they are exposed to temperatures above 90° F, like in a hot car or at a picnic). Chill them at 40° F or colder in a clean container.

Raw Milk, Raw Milk Soft Cheeses, and Other Raw Milk Products

You can get very sick from raw (unpasteurized) milk and products made with raw milk, including soft cheeses (such as queso fresco, blue-veined, feta, brie, and camembert), ice cream, and yogurt. That's because raw milk can carry harmful germs, such as Salmonella, Campylobacter, Cryptosporidium, E. coli, Listeria, and Brucella.

- Milk is made safe for drinking through a process called pasteurization, which heats raw milk to a high enough temperature for a long enough time to kill harmful germs.
- If you drink pasteurized milk, you get most of the nutritional benefits of drinking raw milk, but without the risk.

Foods That Can Cause Food Poisoning

- Although *Listeria* infection is very uncommon, it can sicken pregnant women and their newborns, older adults, and people with weakened immune systems.
 - *Listeria* infection can cause miscarriages, stillbirths, preterm labor, and serious illness and even death in newborns.
- Drink pasteurized milk instead of raw milk, and eat foods made with pasteurized milk instead of raw milk.

Seafood

Raw seafood, which includes fish with fins and shellfish (especially oysters), can contain harmful germs, such as norovirus and Vibrio.

- To avoid food poisoning, do not eat raw or undercooked fish or shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.
 - Cook fish with fins to 145° F or until the flesh is opaque and separates easily with a fork.
 - Cook shrimp, lobster, crab, and scallops until the flesh is opaque and pearly or white.
 - Boil clams, mussels, and oysters until the shells open, and keep boiling for another 3–5 minutes.
 - Heat leftover seafood to 165° F.
- Keep raw seafood away from ready-to-eat food in the grocery cart, refrigerator, and on cutting boards.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each seafood item.
- Refrigerate leftovers at 40° F or colder within 2 hours after preparation (or within 1 hour if the food is exposed to a temperature over 90° F, like at a picnic or in a hot car).

Lettuce and Other Leafy Greens

Leafy greens are sometimes contaminated with harmful germs like Salmonella, E. coli, Cyclospora, Listeria, and norovirus. If you eat contaminated leafy greens without cooking them first, such as in a salad or on a sandwich, you might get sick. To reduce your chance of getting sick:

- Wash your hands for at least 20 seconds with soap and water before and after preparing leafy greens.
- Get rid of any torn or bruised leaves. Also, get rid of the outer leaves of cabbages and lettuce heads because they are likely to have more dirt and germs on them.
- Rinse the remaining leaves under running water. Use your hands to gently rub them to help get rid of germs and dirt.
- Dry leafy greens with a clean cloth or paper towel.
- Refrigerate cooked or cut produce, including salads, within 2 hours (1 hour if the food is exposed to temperatures above 90° F, like in a hot car or at a picnic).



Foods That Can Cause Food Poisoning

Sprouts

The warm, humid conditions needed to grow sprouts are also ideal for germs, such as Salmonella, E. coli, and Listeria, to grow. Eating raw or lightly cooked sprouts—including alfalfa sprouts, bean sprouts, and clover sprouts—can make you sick.

- Cook sprouts until steaming hot to kill harmful germs and reduce the chance of food poisoning.



Raw Flour

Most flour bought at the store is raw, meaning it has not been treated to kill germs. Harmful germs, including E. coli and Salmonella, can contaminate grain while it's still in the field or flour while it's being made. Cooking food made with flour kills the germs.

- Bake raw dough and batter before eating.
- Never taste raw dough or batter.
- Wash your hands, bowls, utensils, and countertops after handling raw flour.





In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.

WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

HOW CAN WE HELP?

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

Supportive Services

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

AVAILABLE AT NO COST TO PARTICIPANTS:

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

Sign Up Today!

Follow this link to see if you are eligible and preregister:



tiny.utk.edu/SkillUpTN

To learn more about Tennessee Association for Family and Community Education

TAFCE Webpage:
<https://www.tafce.org>

Central Region Webpage:
<https://tafcecr.wixsite.com/2020crfce>

Eastern Region Webpage:
<https://eastern.tennessee.edu/eastern-region-fce/>

Western Region Webpage:
<https://western.tennessee.edu/family-and-community-education/>

Facebook Groups:

Tennessee Association for Family and Community Education (TAFCE)

TAFCE Masks of Love Volunteers

TAFCE, Central Region

Eastern Region FCE

Western Region Family & Community Education

Typically TAFCE designates an "issue or cause" to educate the members and to support at the local, county, region and/or state level. Most recently, members have become more knowledgeable about human trafficking awareness, the opioid epidemic, and suicide awareness and prevention.

If you are interested in becoming more involved in your community, learn new skills and make new friends.... check out FCE!

Tennessee Association for Family and Community Education is in partnership with the University of Tennessee Extension.



For information regarding local FCE Clubs, please contact:

Tennessee Association for Family and Community Education



What is TAFCE?

The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!



Strengthening Families

TAFCE Mission: To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.



To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

State Projects

TAFCE encourages participation in state projects in the areas of education, community action and leadership. A long-time emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program.

A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.



TAFCE member, sewing facemasks.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

Holidays and Observances: 14: Flag Day, 18: Father's Day, 19: Juneteenth

Homemade
COFFEE MADE EASY

Dates to Remember

- 06/01/2023: Chair Yoga
- 06/07/2023: FCE Cultural Arts due.
- 06/07/2023: Friendship FCE Club Meeting
- 06/14/2023: Buffalo FCE Club Meeting
- 06/18/2023: Father's Day!
- 06/19/2023: Juneteenth
- 06/20/2023: Youth Jams Canning Class
- 06/20/2023: FCS Skillathon Practice
- 06/22/2023: Youth Salsa Canning Class
- 06/22/2023: FCS Skillathon Practice