



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

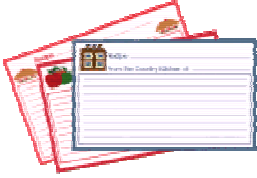
FAMILY AND CONSUMER SCIENCES HOTLINE

Okaloosa County Extension ■ 5479 Old Bethel Road, Crestview FL 32536 ■ 689-5850 ■ Fax 689-5727

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		<p><i>Glycemic Index and Carbohydrates</i></p> <p>but aren't recommended as the sole guide for meal planning. A major limitation is that GI scores are based on single foods eaten by themselves. When you eat a combination of foods, the fat, fiber, and protein in foods eaten with a carbohydrate-containing food all affect the GI score, usually lowering the overall GI score of a meal. Diet plans that rely solely on glycemic index for allowing or eliminating foods tend to be low in calories, limited in food choices, and low in overall nutrients. The net results is not necessarily a low – glycemic diet, but a diet that may be short on carbohydrates and high in fat, saturated fat, and protein.</p> <p>For managing diabetes, there's no definitive evidence that selecting foods based on glycemic index is any better than simply controlling total carbohydrates. It is wise to eat a variety of foods in moderation.</p>	
		<p>Glycemic index (GI) is a system that rates individual foods by how fast the carbohydrates are digested and converted to glucose, and how high they cause blood sugar to rise after a food is eaten. The higher the GI score, the greater the food's effect on blood sugar levels. However, a food's score is not necessarily related to the amount of carbohydrates it contains. For example, you might expect table sugar to have a high GI score and white bread to have a low GI score. In fact table sugar has a fairly low GI score, meaning it has less of an effect on blood sugar compared to white bread, which has a higher GI score, along with other unexpected foods such as potatoes, carrots, watermelon, and most breakfast cereals.</p> <p>GI scores are sometimes used as an additional tool for making food choices</p>	

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U.S. DEPARTMENT OF AGRICULTURE, COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, IFAS, Florida A. & M. UNIVERSITY COOPERATIVE EXTENSION PROGRAM, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.



Zucchini Corn Bread Pie

2 medium zucchini, quartered and thinly sliced
 1 small onion, chopped
 1/2 c. evaporated skim milk
 2 eggs
 1 package (8.5 ounces) corn muffin mix
 1/2 c. finely shredded reduced-fat sharp Cheddar cheese, divided

Preheat oven to 375°F.
 Coat a 9-inch pie plate with nonstick cooking spray. Coat a skillet with nonstick cooking spray. Heat the skillet to medium heat. Sauté the zucchini and onion for 3 to 4 minutes, or until the zucchini is crisp-tender; set aside. In a large bowl, beat together the evaporated milk and eggs. Stir in the corn muffin mix just until combined. Add the zucchini mixture and 1/4 cup cheese; mix well, then pour into the pie plate and sprinkle with the remaining 1/4 cup cheese. Bake at 25 to 30 minutes, or until golden and a wooden toothpick comes out clean. Cut into wedges and serve.

Serving size: 1 wedge,
 Total Servings: 8

Calories 154, Calories from Fat 52. Total Fat 6 g, Saturated Fat 3 g, Cholesterol 61 mg, Sodium 321 mg, Carbohydrate 26 g, Dietary Fiber 2g, Sugars 9 g, Protein 7 g.

Metabolic Syndrome Alert

If you have any three of these five risk factors, you probably have the metabolic syndrome (also known as insulin resistance), which raises your risk of heart disease and diabetes. The underlying cause: Too much weight and too little exercise.

1. Abdominal obesity

Women: more than 35-inch waist
 Men: more than 40-inch waist*

2. Triglycerides (mg/dL)

150 or higher

3. HDL cholesterol (mg/dL)

Women: under 50
 Men: under 40

4. Blood pressure (mm/Hg)

systolic: 130 or higher or
 diastolic: 85 or higher

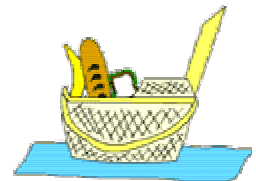
5. Fasting blood sugar (mg/dL) 110 or higher **

*For some men, a 37– to 39-inch waist can be a risk factor.

**Recent recommendations classify a fasting blood sugar of 100 to 125 mg/dL as “pre-diabetes.”
 Source: National Heart, Lung, and Blood Institute.

Source: Nutrition Action Healthletter, May 2004

Picnic for a Day



Clean fun without bacteria!

Picnicking can be fun! But, be sure to keep bacteria from crashing outdoor celebrations by handling foods properly. If harmful foodborne bacteria are consumed, they can cause foodborne illness. Here are proper food handling tips for *before*, *during*, and *after* your picnic.

Pre-picnic tips: Keep hands, utensils, preparation surfaces, and containers for transporting food clean. Use hand dishwashing detergent and hot water to get rid of bacteria. Rinse fruits and vegetables under running water before preparation and packing.

Picnic in the midst: Some picnic sites may not have a warm water source—or may not even have running water! So pack your picnic hamper with hand gel sanitizer or a packet of hand-cleaning wipes. Toss in some disinfecting or antibacterial wipes, too, so you can clean off dirty picnic tables and benches.

Post-picnic how-tos: If you take along reusable serving utensils and bowls, wash them with hand dishwashing detergent and hot water as soon as you return home.

Source: Cleaning Matters, May/June 2004

ELECTRONIC CHECK CONVERSION



Have you been shopping lately, paid by check, and had the cashier or clerk take your check (completely filled out, partially filled out or blank), run it through a machine and give the voided check back to you with a receipt? If so, you experienced an “electronic check conversion.” Electronic check conversion is a process whereby the check is used as a source of information—check number, account number, and financial institution routing number—rather than as a method of payment. The information from your check was then used to make an electronic debit from your account.

Always review your regular account statements from your bank. If you believe there is a problem contact your financial institution. You have 60 days from the date your statement was sent to tell the financial institution about the problem. The financial institution must conduct an investigation and notify you to results within 45 days. You may file a complaint to the Federal Trade Commission, Consumer Response Center, 600 Pennsylvania Ave., NW, Washington, DC 20580 or toll free 877-382-4357. A copy of your complaint should be sent to: Board of Governors of the Federal Reserve System, Division of Consumer and Community Affairs, Washington, DC 20551. For more information check out the following website: <http://www.federalreserve.gov/pubs/checkconv/>.

Source: Money Matters to Teens Volume 1, Issue 1 September 2003

Buying a Standby Generator

With hurricane season approaching many people start considering purchasing a portable generator for home use.



GENERATORS

According to the Leviton Institute, these devices, when used improperly can pose a serious hazard both to utility workers repairing power lines as well as to you and your family. Before running out to buy a standby generator, learn how to hook it up and safely use it to run critical loads.

Generator Basics

A generator produces alternating current (AC) compatible with the home's electricity. Serving as a miniaturized version of the utility's power plant, gas-powered generators distribute current to your loads through a connected power cord. A generator will run at maximum power for only a short period of time (1/2 hour) and at its rated capacity (90% of maximum power) far longer.

Size Consideration

During a power outage, you should use your generator to run critical lights and appliances. Incandescent lighting and appliances without motors (TVs, radios) are called resistive loads. Appliances with motors (refrigerators, fans) are called reactive loads and require additional power to get them started before

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Spinach & Turkey Skillet

6 ounces turkey breast tenderloin
 1/8 teaspoon salt
 2 teaspoons olive oil
 1/4 cup chopped onion
 2 cloves garlic, minced
 1/3 cup uncooked rice
 3/4 teaspoon dried Italian seasoning
 1/4 teaspoon black pepper
 1 cup fat-free reduced sodium chicken broth, divided
 2 cups torn fresh spinach leaves
 2/3 cup diced plum tomatoes
 3 tablespoons freshly grated Parmesan cheese

Cut turkey tenderloins into bite-size pieces; sprinkle with salt.

Heat oil in medium skillet over medium-high heat. Add turkey pieces; cook and stir until lightly browned. Remove from skillet. Reduce heat to low. Add onion and garlic; cook and stir until tender.

Return turkey to skillet. Stir in rice, Italian seasoning and pepper.

Reserve 2 tablespoons chicken broth. Stir remaining broth into mixture in skillet. Bring to a boil. Reduce heat; simmer, covered, 14 minutes.

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Family & Consumer Hotline:

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689-5850 or 729-1400
ext. 5850
Prepared By:
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FCS Extension Agent
and
Larry Williams,
Horticulture Extension Agent

Layout: Ann Moss



Spinach & Turkey Skillet

Stir in spinach and reserved broth. Cover; cook 2 to 3 minutes or until liquid is absorbed and spinach is wilted. Stir in tomatoes; heat through. Serve with Parmesan cheese.

Makes 2 servings

Dietary Exchanges:

2 starch, 3 lean meat

Nutrients per servings;

Cal 316; Cal from Fat 26%; Total Fat 9 g; Sat. Fat 3 g; Carb 33g; Protein 25 g; Chol 39 mg; Sodium 309 mg; Fiber 3 g

they reach running speed.

Add up the wattage of all the resistive loads you intend to power as well as the start-up wattage of any reactive loads. For good measure, select a generator with a larger wattage than your total intended load.

Significance of the Transfer Switch

The transfer switch prevents the generator's power from back feeding through the utility lines where it can injure utility workers repairing the lines. It also prevents electrical current from the generator from causing a short circuit with your normal house current when the power is restored.

Some generators have an automatic transfer switch that detects when there's a power outage. Others can be switched on manually.

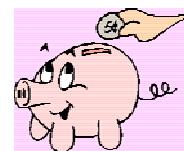
Test your generator before using it and know how to operate it and shut it off so you can discover problems before an emergency occurs.

- ❶ Use clean fuel and avoid contaminating the fuel tank with dirt or water.
- ❷ Always switch the engine off and allow it to cool before adding fuel. Only add fuel in a well-ventilated area.
- ❸ Be sure the voltage selector switch is in the correct position for the current you will be running (120V or 120/240V).
- ❹ Turn the generator's circuit breaker off before starting it so the load doesn't draw current until the generator is running smoothly. Turn off the breaker before stopping the generator.
- ❺ Review the procedures for using the transfer switch with your electrician so you won't be left to guess how it works when you need to use it.
- ❻ Read and follow the manufacturer's instruction for proper use.

As the demand for electricity increases every year, power outages seem inevitable. A standby generator might be just what you need for peace-of-mind.

Source: Leviton Manufacturing Co., Inc., Spring Safety Issue, Vol 9

Teach a Child to Save



The Okaloosa \$aves Coalition is sponsoring Teach a Child to Save project with an opportunity to win a \$100 Savings Bond. Youth 18 years or younger are eligible. Youth must set a savings goal and join Okaloosa \$aves then make a deposit into a Savings account before September 15th. Participating financial institutions are Beach Community Bank, Compass Bank, Eglin Federal Credit Union, First City Bank, First National Bank of Crestview, and Vanguard. Other banks may contact the Extension Office about submitting entries. At least six \$100 savings bonds will be awarded September 17th, the one year anniversary of Okaloosa \$aves (a community coalition to promote building wealth (save more, decrease debt). For more information, see <http://americasaves.org> or call the UF/IFAS Extension Office in Okaloosa County 850-689-5850.

Try Container Gardening to Brighten Bare Spots

You can't put a flowerbed on your backyard deck. Sometimes it's difficult or impossible to dig and plant under a large, old tree because of roots. But you can place a splash of color in those drab or difficult to grow areas by using container gardening.

Many times I'll forget about the option of using a decorative container with ornamental plants that can help brighten an area within a landscape. But sometimes, a container with appropriate plants can be one of the better options in difficult areas in a landscape.

Annuals will grow sensationally in those troublesome landscape areas – in containers. But annuals in containers are not foolproof. You still have to select the right plant for the right place, choose an appropriate container with drainage holes, use a good potting mixture and follow good maintenance practices.

You can use perennial plants in your containers but annuals provide seasonal color and then can be done away with. Attempting to grow perennial plants in containers in those difficult areas in a landscape year after year may be as disappointing as growing other plants you've attempted in those spots. Annuals give you the opportunity to get a fresh start each year. Of course, there are perennials that can be treated as annuals for seasonal color.

Impatiens and begonias do well in shaded places and remain in flower almost continuously. Caladiums also do well in containers in shaded places. They don't bloom but they have very colorful leaves.

It's hard to grow container plants in full sun. But there are some annuals that do well.

Annual vinca (periwinkle) and all types of portulaca are heat tolerant and do well in full sun.

Those are just a few annuals to consider. But there are others. You might like to try salvia or ageratum. And there are sun-tolerant begonia varieties and even sun type coleus that do well in full-sun places. Don't be afraid to try other plants. See what will work for you.

Plant annuals in a big enough container (three to five gallons) to allow the plants to grow. Be sure to plant them in a mixture – a commercial mix or your own – that drains well.

Good quality commercial mixes are excellent for growing annuals in containers. They have enough lime and fertilizer in them to get plants off to a good start. And they hold moisture and still provide good drainage.



Larry Williams
Extension Agent,
Horticulture

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Okaloosa FCS News



Our sympathy is extended to the family of Barbara Tillman on her recent death. Barbara was a longtime FCE member and had served as President of the state association. She was currently Okaloosa Council President.

"Thank you for your calls, cards, flowers, and visits during this difficult time. Mom loved her FCE work and her many friends in the organization. Your kindness is greatly appreciated."

Family of Barbara Tillman

COUNTRY STORE is almost here!!! June 19th is the day!! All FCE members and friends of Extension can help!! How? Clean out and donate good, usable, clean items for the "white elephant" sale (you could even price them!!).....Bake cookies, cake for the bake sale.....Donate books and magazines.....Take cuttings and divide plants for the plant sale.....Recruit craft and produce vendors.....Tell a friend about the big day....Come and volunteer on set up day June 18 or day of the sale.

As you can see there are lots of ways to be involved. This is **THE FUNDRAISER** for Okaloosa FCE, so try to be involved. Thanks to chairpersons: Gerry Metzner and La Juana Hooks.

4-H Money Camps to be held this summer: Three days of learning about Money, plus lots of fun stuff too!! These are scheduled for:

June 15-17; — Ft. Walton (Sylvania Heights/Combs School)
June 29-July 1 — Ft. Walton (Hedrick Recreation Center)
July 6-8 — Hurlburt AFB
July 13-15 — Eglin AFB

These camps are for middle school aged youth. Plus **volunteers are needed!!!** Please let us know if you can assist in some way---Providing refreshments, chaperoning a field trip, assisting with consumer activities, sponsor a child and many more opportunities.

Other Events planned:

June 4—Money Management—Jobs Plus, Crestview, 9:00-1:00 p.m.

June 15—Okaloosa \$aves Coalition-3:00 p.m., Niceville Community Center

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June-July Dates

28 Transferring Personal Possessions-or Grandma's Yellow Pie Plate -White Sands Center

July

2 Money Management, Jobs Plus, Crestview

8 Transferring Personal Possessions or "Who Gets Grandma's Yellow Pie Plate?", Ft. Walton Medical Center, Senior Friends

13 Is There A Miracle Diet? , Trinity Lutheran Church, Ft. Walton Beach

16 Money Management, Jobs Plus, Crestview

20 Okaloosa \$aves Coalition, Niceville Community Center

31 Money Management, Jobs Plus, Crestview

COUNTRY STORE

June 19th, 2004

8:00 a.m. – 2:00 p.m.

Walthall Agricultural Center

5479 Old Bethel Road

Crestview, Florida



Sponsored By: Okaloosa Council for Family & Consumer Education

Call (850) 689-5850 or 729-1400 for further information



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