

LAKE REFLECTIONS

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Lake County Extension Agents

Juanita Popenoe – Interim County Extension
Director & Commercial Horticulture

Julie England – Family and Consumer Sciences

Ryan Atwood – Multi-County Fruit Crops

Charles Fedunak – Residential Horticulture

Martha Thomas – Livestock & Natural Resources

Open– 4-H Youth Development

**Office Hours for UF/IFAS Lake County
Extension are 8 a.m. to 5 p.m. weekdays**

It has been a busy summer at UF/IFAS Lake County Extension. Deborah Boulware, County Extension Director, and Carla Mitchell, 4-H Program Assistant, retired June 30. We thank them both for their many years of dedicated service to Lake County. Dr. Juanita Popenoe is serving as the Interim Extension Director.

Looking for some interesting and educational television? Watch ***Growing Lake Sumter*** on Lake Sumter Community College TV. The program airs Thursday through Sunday on Comcast, Brighthouse and Florida Cable. The show presents a variety of topics on your home and garden. The program, hosted by Julie England and Juanita Popenoe, features extension agents from Lake and Sumter counties. Scheduling information available at: <http://www.lsc.edu/tvstudio/index.html>.

Upcoming programs include pre-diabetes education, osteoporosis prevention and financial management. See page six for more information.

Our faculty and staff are available to assist residents of all ages with reliable, research-based information on subjects including health, food safety, money management, home, home and commercial horticulture and livestock.



Julie England, Family and Consumer Sciences Agent I

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What's On Your Plate?

Julie England
UF/IFAS Lake County Extension



Deciding what and how much to eat can be a challenge. It can be especially difficult for those with diabetes, trying to lose weight, working to lower cholesterol or just wanting

to make meals healthier. Add in the challenges of eating away from home and it is even easier to overeat or eat too much of the wrong thing.

Try this simple way to improve the nutrition in your meals and watch the portion size at the same time. If you have special needs or concerns, be sure to contact your healthcare provider.

The first step is to look at the size of your plate. Portion sizes have gotten larger over time and so has the size of our plates. Find a plate where the area that holds the food is nine inches across. If your dinner plate is too large, try one of your lunch plates. If your plates are over nine inches, purchase smaller plates. Don't tell yourself that you won't put as much food on your bigger plates. It is very easy to serve extra food when using a larger size.

Next, you will need two bowls. Find a bowl that will hold one cup and another that holds 1/2 cup. Use dry rice or cereal to measure your bowls. If the bowl looks fairly full, you have the right size bowl.

Now that you have the right sized plates and bowls, what do you put on them? All of your favorite foods have a place in your meal plan, but some may need to be special occasion foods or eaten in moderation.

Your plate should contain:

- **Vegetables:** These go on 1/2 of your lunch or dinner plate. This may be more than you are used to eating. Vegetables provide a variety of nutrients and fiber. They also help you feel full. Don't just fill up half your plate with one type of vegetable – add variety such as a salad or a couple of different vegetables. Don't include starchy vegetables like corn, beans or potatoes in this part of the plate. They will go on your Bread./Starch section

- **Meat/Protein:** On this 1/4 of your plate, you can put any kind of meat, seafood, poultry, tofu, eggs or nuts. Choose lower fat items and cooking methods most often.
- **Bread/Starch/Grain:** Use the other 1/4 of your plate for this group. If you are having cereal or soup, use the bowl that holds one cup, it will fit right in the section of the plate. Foods that belong in this group include bread, noodles, potatoes, corn, peas and pasta.
- **Milk:** All adults should consume 3 cups of milk or milk products a day. Choose non-fat or low fat milk, yogurt, cottage cheese or cheese.
- **Fruit:** A serving of fresh fruit is one small piece, such as a small apple or orange; use the smaller 1/2 cup bowl for foods such as apple sauce and canned fruit. If you chose to enjoy fruit juice, consume 4 ounces.



What's for Breakfast?

Choose any meat you want on 1/4 of your plate and anything from the Bread/Grain/Starch for the other 1/4. Also choose a fruit for the 1/2 cup bowl and a Milk serving.

For Lunch or Dinner Choose:

Put any meat you want on 1/4 of your plate and any Bread/Grain/Starch on 1/4 of the plate. Use the remaining 1/2 of your plate for any vegetables except starchy vegetables. Also choose a fruit for the 1/2 cup bowl and a Milk serving.

More Information:

You may occasionally trade a small dessert for your fruit serving. If you would like a snack, consider saving a fruit serving for a snack. Men generally need more calories than women, so they often can add an extra Bread/Starch/Grain serving at each meal and/or add an extra serving as a snack.

There is no one perfect meal plan. If you have a health condition or concern, consult your healthcare provider. He or she may refer you to a registered dietician. A good source of general nutrition information may be found at www.mypyramid.gov.

Adapted From:

The Idaho Plate Method www.platemethod.com

Don't Cut Corners on Preventative Healthcare During Tough Times



Pennywise can be pound-foolish when it comes to your health. People tend to cut corners when the economy is sluggish. However, skipping regular checkups and screenings is not the way to save money.

Although you might save the co-pay requirement, not finding health problems initially will cause the treatment costs to be much more when the symptoms become apparent. It is much better to begin early treatment.

Part of your healthy living checklist should include:

- Having a family primary care physician for treatment. Relying on the local emergency room is expensive.
- Ask for generics when filling prescriptions.

Prevention is also a strong strategy for tough economic times.

- Eat healthy - This is do-able even on a budget. Remember the ground rules: Take a list and don't ever go to the grocery store hungry.
- Never buy more perishables than the family can eat and buy what's in season.
- Buy what is on sale in the grocery store and stock up on non-perishables when you find a good buy.
- Non-fat dry milk, oatmeal and beans are nutritional bargains.
- Plan basic, healthy meals. Find recipes at your library or have a recipe swap with friends.
- Plant a garden. It will provide fresh produce and some extra physical activity.

For information on a health and nutrition topics, go to the UF/IFAS Extension Website at:

http://solutionsforyourlife.ufl.edu/families_and_consumers/health_and_nutrition

Source:

Don't Cut Corners on Preventative Healthcare During Tough Times, University of Arkansas Extension. Available at: http://www.uaex.edu/news/july2009/0717healthcare_savings.htm

Save Time and Money on Cleaning

According to a survey conducted by the Soap and Detergent Association (SDA), the economic downturn is having an effect on consumers' household cleaning habits and



purchases. The Spring 2009 survey shows 78% of respondents saying the current economic condition has influenced their cleaning habits. More than 44% say they're buying less expensive cleaning products and a third are buying fewer cleaning products.

“Consumers can get more bang for their buck by using the right product for the right job and by using the right amount of the product,” says Nancy Bock, Vice President of Education at the SDA

Try these ideas for reducing spending on cleaning products.

- **Look for multi-purpose cleaners.** They get the cleaning job done on a variety of surfaces. Just make sure you check the label to see what surfaces you can and can't clean. Supplement them with specialized cleaners as needed.
- **Use the right amount – read the label.** Using more of a product doesn't always mean you'll get the surface or fabric cleaner. With today's more concentrated products, you'll find more cleaning power packed into smaller doses. Reading labels ensures you're using the right amount to get the job done effectively.
- **Fill up on refillable products.** Save money and reduce waste by buying refillable cleaning products. Many bulk sizes are packaged with a corresponding smaller, refillable version of the product. If your choice doesn't come that way – and/or you want to keep the cleaner in multiple locations – purchase a smaller size and refill the container as necessary. That way, no matter where you use the product, it'll be properly labeled in case of an emergency.

Safety First

Remember to read product labels, use them as directed and store them properly. This goes a long way toward ensuring your home stays clean and safe.

Stay Cool and Cut Your Energy Costs

It's summertime and it's hot. That's not news to anyone. Keeping your air conditioner in top shape can help reduce your power bills. Air conditioning and heating account for about 40 percent of average Florida home's utility bill. If you skipped your annual maintenance call to save money, you may want to reconsider. When not serviced annually, air conditioning units can lose up to 5 percent of their efficiency. Seasonal check-ups can catch trouble spots before they become problems.

Try these low cost ways to lower your cooling bill.

- Set your thermostat to 78°F or higher, every degree lower can increase cooling cost by up to 8%.
- Check your air conditioner air filter monthly. Replace or clean regularly.
- If you are going to be out of your home for several hours, raise the thermostat three to four degrees.
- Consider purchasing a programmable thermostat. It can be programmed to adjust temperatures at night and for when you are away from home.
- Use ceiling fans. While ceiling fans don't actually reduce the temperature, they can make the room feel up to 4° cooler. Turn off fans when you are not in the room. During the summertime, your ceiling fans should rotate counter-clockwise.
- Close blinds and curtains in east and west facing windows during the day.
- Try not to use a dehumidifier at the same time your air conditioner is operating. This increases the cooling load and forces the air conditioner to work harder.
- Whenever possible, delay using heat producing appliances such as the dryer and dishwasher during the day.
- Maintain good air flow around the outside unit by not planting shrubbery to close.

If your air conditioner is more than 10 years old, you may want to consider replacing it. Homeowners may be eligible for a 30% tax credit (up to \$1500) on qualified units. More information on tax credits is available at www.irs.gov.

Do some research before spending your money. Be sure your contractor is licensed, well-trained and experienced. Ask to see a valid contractor's license. See if they are licensed by referring to the web site:

<http://www.myfloridalicense.com/dbpr/index.html>



Looking for More Information on Energy Efficiency?

The Energy Efficient Homes series from University of Florida Extension has 20 publications to help you learn more about saving energy and money.

Topics include: lighting, irrigation, appliances, duct systems, windows and home inspections. To learn more contact your local extension office or view the Energy Efficient Home series from UF/IFAS Extension at

http://edis.ifas.ufl.edu/topic_series_energy_efficient_homes

Conduct a Home Energy Audit

Looking for more ways to reduce your energy costs? Look around your home and find sources of wasted energy. Turn off lights when leaving a room for more than 15 minutes. Turn off your computer when not in use and unplug electrical appliances that use power even when they are not turned on.

For people who use the internet there are a number of online energy audits where you enter specifics about your home, appliances, general usage and the program will come up with suggestions. Most energy companies have this tool on their websites or go to the The Home Energy Saver™ calculator at <http://hes.lbl.gov>. The site is part of a Department of Energy program to improve energy efficiency. Enter details about your home, type and age of appliances and heating/cooling systems. The calculator then gives suggestions and estimated cost to make improvements.



Give Your Child a Boost

Gayle Whitworth
UF/IFAS Brevard County Extension



Buckling up is the most effective way to save lives and reduce injuries from motor vehicle crashes. According to the National Highway Traffic Safety

Administration, motor vehicle crashes are the leading cause of death for children ages 4 to 14. So, while buckling up is vital, knowing how to properly buckle up is vital to reducing injuries and death as well as keeping all passengers safe. For children between the ages of 4 and 8 years (sometimes even up to 12 years old), the safest way to travel is with the assistance of a booster seat.

Booster seats provide a transition from restraints with an internal harness to the vehicle lap and shoulder belt. The function of a booster seat is to lift a child up so that the lap belt fits properly across the hips and to help properly place the shoulder belt across the collar bone. When children are moved prematurely to a vehicle seat with a lap and shoulder belt, the lap belt rides up into the abdominal area and the shoulder belt rubs up against the child's neck. When this happens, children often place the shoulder belt under their arm or behind their backs, thereby leaving their upper body unprotected. By keeping the lap belt down across the hips and helping to properly position the shoulder belt across the collar bone, booster seats provide a better fit for children and help to prevent internal injuries, neck, head and spinal injuries, and even ejection and death in the event of a crash.

Research has shown that incorrect use of an adult lap/shoulder belt increases the risk of serious injury. Using a booster seat lowers the risk of injury to children in crashes by 59% (Children's Hospital of Philadelphia). Unfortunately, nationwide, only 10% - 20% of the children who should be using booster seats are using them.

The general rule for moving a child to a vehicle seat with lap and shoulder belt is that the child be 4'9" tall and between 80 and 100 pounds.

To determine if your child is ready for the vehicle seat position with a lap and shoulder belt, take the Safety Belt Fit Test.

Have your child sit all the way back in the vehicle and answer the following questions.

- Do his knees bend at the front edge of the seat?
- Does the lap belt stay low on the hips or thighs?
- Does the shoulder belt stay on the shoulder or collarbone?
- Does she sit upright and maintain the correct seating position for as long as you are in the car?

If you answered "YES" to all of these, then your child is ready to move. If you answer "NO" to any of these, your child needs to remain in a booster seat.

Importance of Sleep for Teens

Experts recommend that young children and teens get at least 9 hours of sleep every night. For many reasons, teens don't usually get the recommended amount. These include a preference for later bedtimes, a changing biological clock, demands of homework, extracurricular and social activities, and less enforcement of bedtime by parents.

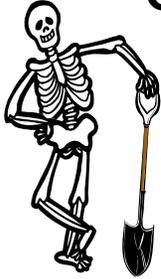
Without the recommended 9 hours of sleep, teens may perform worse in school because they have trouble paying attention. They may not perform well or may be injured in after school sports and other activities. Teens may also experience depressed moods and problems in their relationships with friends and family. Like adults, teens are also at risk for car accidents if driving while sleepy; and young drivers are at the wheel of half of traffic accidents each year.

Studies have found that most teenagers and young adults don't get the recommended amount of sleep and complain of being tired during the day. If getting enough sleep is a problem for your teen, try helping them establish a regular bedtime schedule and make sure they are comfortable. They may need to try going to bed 15 minutes earlier each night for four nights until the desired bedtime is attained. Help them cut their caffeine intake, especially late in the day, and to keep a regular sleep/wake schedule.

Source: Topic: Importance of Sleep for Teens by Suzanna Smith and Bianca Beckbissinger, University of Florida/IFAS

Upcoming Programs

Build Your Bones! Osteoporosis Education



August 4 & 11
10:00 a.m. to noon
Or
October 22 and 29
6:30 to 8:30 p.m.

You are never too young or too old to improve your bone health

Attend the two part series to learn:

- **Osteoporosis risk factors** - heredity and lifestyle.
- How to improve bone health through nutrition and activity
- Practical steps you can take to improve your bone health.

Cost: \$5.00 for program materials and supplies

Presented by: Julie England, Family and Consumer Sciences Agent

Location For All Programs:

UF/IFAS Lake County Agriculture Center
1951 Woodlea Road, Tavares, Florida

Pre-registration is required

To register or for more information, please contact Rene Bass
(352) 343-4101 or rcbass@ufl.edu

*Watch for UF/IFAS Lake County
Extension Programs Coming to
Your Local Library this Fall!*



Small lifestyle changes can prevent or postpone type 2 Diabetes.

Learn:

- What is diabetes
- What is your risk
- Steps to take to prevent or delay the disease

The 3-part series is offered on:

August 5, 12 & 19 - 10 a.m. to noon

August 6, 13 & 20 - 6:30 to 8:30 p.m.

October 13, 20 & 27 - 10 a.m. to noon

November 3, 10 & 17 - 6:30 to 8:30 p.m.

Cost: \$10.00 for program materials and supplies