

# Jefferson County Family & Consumer Sciences Newsletter

March 2014



Hooray! Hooray! Spring is finally here! I don't know about you, but I have waited for this time of year since it ended last year! There's something magical about spring—everything is so fresh and new. I take it as a time to renew myself - learn a new skill, or try a new activity. Each of us could take a lesson from springtime. We should celebrate the beauty of it, and recognize the beauty in ourselves. What will you do that is fresh and new? *Barbara*

For Better Living



## Save Water While Dishwashing

How much water do you think you use per day? It may be much more than you think. According to the U.S. Geological Society's 2005 Water Census, the daily per person water use in the U.S. is 98 gallons for domestic use.

World Water Day is a good time to rethink your water use habits. The American Cleaning Institute offers these tips for saving water while washing dishes; they'll also save you time and money.

1. Scrape off excess food particles and let the dishwasher do the rest. Prerinsing dishes wastes water and is usually not necessary.
2. Wait until you have a full load to wash. A dishwasher uses the same amount of water whether it's half full or completely full.
3. Use the recommended amount of detergent. Effective cleaning prevents having to re-wash dishes in your dishwasher or prolonged rinsing of extra suds when hand washing your dishes (and saves time and energy).
4. Run the shortest dishwasher cycle that will clean your dishes satisfactorily. Try different cycles by starting at the shortest and working up to find which is best.
5. When washing dishes by hand, fill a dish pan or the sink with hot water and add the dish detergent to the water, instead of keeping the water running. Change the dishwashing solution if it becomes greasy, too cool, or if the suds disappear.
6. When dishes are lightly soiled, it's not necessary to use excess water. Use a "light-soil" cycle on your dishwasher since it requires the least amount of water.

Consider purchasing a new dishwasher. They use about half as much water compared to washing by hand. They also use about half the electricity of 25-year old.

[http://www.cleaninginstitute.org/clean\\_living/save\\_water\\_while\\_dishwashing.aspx](http://www.cleaninginstitute.org/clean_living/save_water_while_dishwashing.aspx)



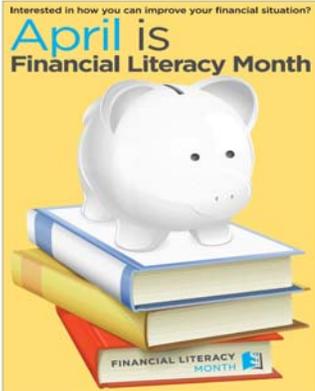
## Jump Start Your Spring Organizing 31 Days to an Organized Home

*Have nothing in your house that you do not know to be useful or believe to be beautiful.*

1. Any 31 items
2. Kitchen junk drawer
3. Under the Kitchen Sink
4. Refrigerator
5. Freezer
6. Spice cabinet
7. Laundry Room
8. Laundry room sink area
9. Pantry medicine basket
10. Paper goods
11. Pantry
12. Extra bags around the house
13. Computer or home office desk
14. Warranty and instruction books
15. Bookshelves and books
16. Technology
17. Under Bathroom Sink
18. Medicine Cabinet
19. Make up drawer
20. Undies, socks, jammies
21. Night stand drawers
22. Coat closet
23. Media cabinet
24. VHS movies
25. Linen Closet
26. Purses
27. Tops, tee shirts and dresses
28. Pants and skirts
29. Shoes
30. Car
31. Any 31 items

Ellen Delap, CPO ® Professional-Organizer.com Certified  
Professional Organizer and Family Manager Coach Make  
Time and Space for what's important to you!

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# YOUR 30 STEP PATH TO FINANCIAL WELLNESS

- 1 Take the pledge
- 2 Assess your financial situation
- 3 Clearing out financial clutter
- 4 Set yourself up for success
- 5 Get copies of your credit reports
- 6 Clean up your credit report
- 7 Make your money count
- 8 Identify your starting point
- 9 Do you pass the debt test?
- 10 Set your priorities
- 11 Set smart financial goals
- 12 Set short-, mid-, and long-term goals
- 13 Paying down debt is a smart financial move
- 14 Expect the unexpected
- 15 Securing your financial future
- 16 Make a commitment
- 17 Save for your goals
- 18 Where does all the money go?
- 19 Identify and document your fixed monthly expenses
- 20 Identify and plan for periodic expenses
- 21 Document your spending
- 22 Identify ways to reduce spending
- 23 Save money on groceries
- 24 Share a tip for change
- 25 Document your desired spending
- 26 Protect yourself by performing financial check-ups
- 27 Understand the cost of credit
- 28 Assemble a financial team
- 29 Appreciate the benefits
- 30 Moving forward

## Commitment to change

The first and most important step in developing and following a financial plan is to examine your attitudes about money. You are definitely ready and able to start your path to financial wellness, if you are also willing to take the pledge!

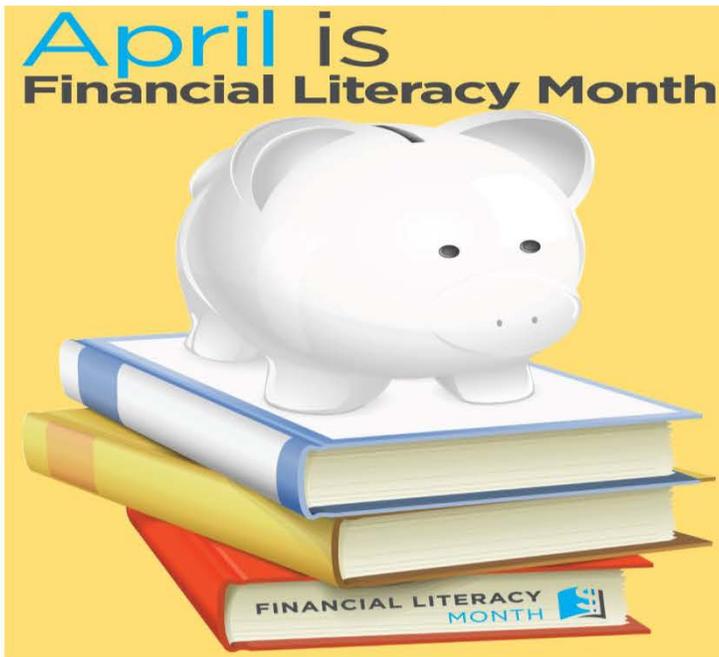
### **Take the pledge**.....

#### **Ready, Willing and Able to take financial responsibility**

Are you ready to accept responsibility for changing your financial situation? Do you believe that you can and will change the way you make financial decision? Can you identify at least one benefit you hope to gain by changing your money management behavior?

#### **If you consistently answered yes, pledge to continue on the path to financial wellness:**

- 1. I will make informed decisions, understanding the difference between wants and needs
- 2. I will communicate with my family about money matters so that we are all working toward the same goals
- 3. I will be aware of the effects of advertising on the financial decisions I make, and resolve not to be influenced by them
- 4. I will take care of my finances today by tracking expenses and creating a budget that is flexible and realistic
- 5. I will take care of my finances tomorrow by saving for my future
- 6. I will meet the credit obligations I have made on time and as agreed
- 7. I will continue my personal education about financial health, budgeting, credit and personal debt
- 8. I will plan for periodic expenses, including the next holiday season
- 9. By good example, I will teach my children the importance of budgeting, saving, and the wise use of credit
- 10. If I am over-obligated, I will take the necessary steps to seek assistance



*Interested in how you can improve your financial situation? Participate in an evening of discussion and training on all aspects of financial management with a Certified Personal & Family Financial Educator.*



**April 3, 2014 6:00 PM – 8:00 PM**  
**1225 Pearl Street, Suite 200 in Beaumont**  
**FEE: \$10.00 per person (\$15 per couple)**  
 (Fee is not refundable)

Programs conducted by the Texas A&M AgriLife Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating

## REGISTER TODAY !!!



Name	Address	City; Zip Code
<hr style="border: 0; border-top: 1px solid black;"/>		
Telephone: _____		Email: _____
<b style="color: red;">Make checks (\$10.00 OR \$15 per couple) payable to: FCS Committee of Jefferson County</b>		
<b>Return registration form with payment to: Texas A&amp;M AgriLife Extension 1225 Pearl Street, Suite 200, Beaumont, TX 77701 Attn: Barbara Evans (409-835-8461)</b>		

## Vegetable Enchiladas

### Ingredients:

Non-stick cooking spray  
 1 cup fresh tomatoes, diced  
 1 cup reduced fat shredded  
 Monterey Jack cheese  
 1/2 cup zucchini, finely sliced  
 1/2 cup carrots shredded  
 1/2 cup low fat ricotta cheese  
 1/3 cup green peppers, diced  
 1/2 teaspoon chili powder  
 1/4 cup onion, diced  
 1/4 teaspoon cumin  
 6 corn tortillas  
 1 cup chunky salsa



Serves 6.

### Directions:

1. Preheat oven to 350° and spray an 8x8 inch baking dish with nonstick cooking spray.
2. In a small mixing bowl, combine 3/4 cup Monterey Jack cheese, ricotta cheese, chili powder and cumin. Set aside.
3. In a separate microwave-safe mixing bowl, combine tomatoes, zucchini, carrots, green peppers and onion. Cover and cook in the microwave for 4 minutes.
4. Wrap tortillas in a damp paper towel, and microwave for 30-45 seconds or until warm.
5. Spoon cheese mixture evenly on all 6 warm tortillas, and top with vegetable mixture.
6. Roll tortillas up and place in a baking dish seam side down.
7. Spread salsa and remaining 1/4 cup shredded cheese evenly over enchiladas, and bake for 20 minutes.
8. Allow to cool for 5 minutes and serve.

Nutrition Facts per Serving Size: 1 enchilada, 160 Calories, 5g Fat, 15mg Cholesterol, 550mg Sodium, 20g Total Carbohydrate, 3g Dietary Fiber, 9g Protein



## 10 Benefits of Cooking with Your Kids

1. Cooking brings families together
2. Cooking builds self esteem
3. Cooking makes kids more willing to try new foods
4. Cooking teaches kids math skills
5. Cooking teaches kids reading skills
6. Cooking teaches kids chemistry skills
7. Kids who cook tend to eat more fruits and vegetables
8. When kids cook they learn about the origins of foods
9. Cooking teaches kids about different cultures
10. Cooking with kids gives them an important lifelong skill.

Source: Reprinted with permission from Thrive Magazine for Better Living;  
[www.thriveswla.com](http://www.thriveswla.com) March 2014



TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## JOIN US FOR A CULINARY EVENT!

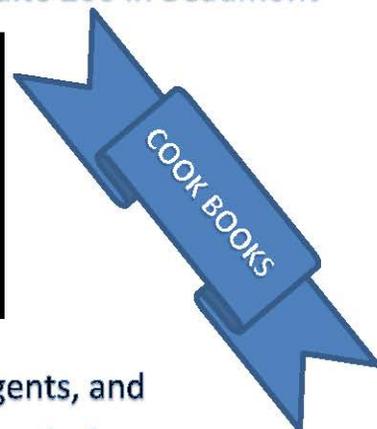
**THURSDAY, JUNE 12, 2014 at 6:00-8:00 PM**

Texas A&M AgriLife Extension Service: 1225 Pearl Street-Suite 200 in Beaumont



*Cooking school featuring:  
Easy "prepare-at-home" nutritious  
and economical meals for your family*

*Cost: \$20/person  
(includes food, drinks, recipe book, and more!)*



*Cooking demonstrations by County Extension Agents, and  
Certified Executive Chef, Charles Duit—Lamar University Chef Instructor*

Pre-registration is required by June 4, 2014. Make checks payable to: FCS Committee of Jefferson County and mail to: Texas A&M AgriLife Extension--Barbara Evans; 1225 Pearl Street, Suite 200, Beaumont, TX 77701

For more information, contact Barbara Evans, 409-835-8461; [baevans@ag.tamu.edu](mailto:baevans@ag.tamu.edu)



## All About The Beef: Tips for Buying Beef

By: Emilee Bean, CEA/Ag & Natural Resources-- Jefferson County



Shopping for fresh meat cuts at the local grocery store can be a little challenging if you are unsure of what you are looking for. Below are some tips to help you choose the right cut of meat, every time.

- **Look for cherry red color in beef cuts.** When choosing cuts of red meat a good rule of thumb to remember is that the idea color for beef cuts is cherry red. If the cuts at your local grocer are a little darker in color it doesn't necessarily mean that the meat has gone bad or is of lesser quality, it just reflects the packaging and the exposure to oxygen.
- **Know the Grades.** There are three main grades of beef that we see on our super market shelves; Select, Choice and Prime. The grading of these is primarily based on marbling (white specks of fat scattered throughout muscle). The higher the marbling content, the higher the grade, tenderness and palatability. Prime is usually sold directly to restaurants, etc. while Choice is the primary cut sold in grocery stores and supermarkets.
- **What's in my Ground Beef?** Ground beef is the most commonly bought beef product so understanding what we buy is important. Ground beef can be classified in different ways according to its content. Specialty ground meats, like ground chuck and ground sirloin can only contain meat and fat from that area of the carcass. Ground Sirloin will generally be the leanest form of ground beef with a fat content of 8 to 10 percent. Ground hamburger on the other hand can be comprised of a variety of cuts of meat and could contain up to 30 percent fat.
- **Beef IS Healthy.** The American Heart Association's Heart-Check program makes it easy to locate extra lean beef cuts that help keep you and the family healthy. This mark on beef products guarantees that the food has been certified to meet the American Heart Association's criteria for saturated fat and cholesterol making it an excellent source of lean protein and essential nutrients. Some of the most common choices of lean beef include tenderloin, flank steak, sirloin and over 25 other lean cuts. Ask your local butcher for more help in identifying lean choices.
- **Natural vs. Organic...What's the Difference?** USDA has several requirements that must be met before a product can be labeled "Natural" or "Organic". "Natural" means that there are no artificial ingredients or added color and is only minimally processed (ground beef is the limit on processing.) "Organic" labeled beef must come from cattle raised and certified according to the USDA's National Organic Program. Organic cattle must be free of antibiotics or hormones and fed a 100 percent organic diet. Both natural and organic beef can be either grass- or grain-finished.



- **Buy in Bulk to Save.** Although the family packs or super packs may be more meat than you need at the time, it often costs less per pound to buy these and then separate and freeze. If sealed and frozen properly the quality of different cuts of beef can last anywhere from 3 to 12 months.

# CHANGES TO NUTRITION LABELS: It's a matter of **new** facts.



A lot has changed in Americans' diets since the Nutrition Facts label first appeared in 1993. Rates of obesity, heart disease, and stroke are high and

serving sizes are generous. Nutrition science has made new discoveries and connections between food and health. The Food and Drug Adminis-

tration (FDA) is proposing to bring the familiar label up to date with changes to the design and content.

## CURRENT LABEL

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
	% Daily Value*
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Daily Values would be updated with current recommendations for nutrients. The % DV column would be moved to the left to help consumers quickly put this nutrient information into context.

## PROPOSED LABEL

Nutrition Facts	
<b>8 servings per container</b>	
Serving size 2/3 cup (55g)	
<b>Amount per 2/3 cup</b>	
<b>Calories</b>	<b>230</b>
% DV*	
12%	<b>Total Fat</b> 8g
5%	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
10%	<b>Vitamin D</b> 2 mcg
20%	<b>Calcium</b> 260 mg
45%	<b>Iron</b> 8 mg
5%	<b>Potassium</b> 235 mg

\* Footnote on Daily Values (DV) and calories reference to be inserted here.

The number of servings per package would be more prominent and "Amount per serving" would have the actual serving size listed.

The FDA proposes to emphasize with larger and bolder type the calories and number of servings per container.

The label would include "added sugars" for the first time. Americans eat 16% of their daily calories from added sugars.

FDA proposes requiring vitamin D and potassium on the label. Vitamin D is important for healthy bones, while potassium helps lower blood pressure and prevent hypertension. Vitamin A and C would no longer be required.





Older Adults Should Be Concerned With Diabetes  
 Andrew B. Crocker, Extension Program Specialist  
 Gerontology Health

Diabetes is a serious disease at any age but is especially serious for older adults. It happens when the level of sugar in your blood, also known as glucose, is too high. High glucose levels may be managed to help control the disease and prevent or delay future problems.

Your body changes the food you eat into glucose to feed the cells that make up your body. The cells cannot process the sugar alone so you produce a hormone called insulin to help. People with diabetes either do not make insulin, do not use insulin properly or both. As a result, they often feel tired, hungry or thirsty; they may lose weight, urinate often or have trouble with their eyes. It may also cause heart disease, strokes and even the need to remove all or part of a limb.

There are two types of diabetes. In Type-1 Diabetes, formerly known as juvenile diabetes, the body does not produce insulin. In the other kind of diabetes, the body produces insulin but does not use it in the right way. This is called Type-2 Diabetes, formerly called adult-onset diabetes.

Diabetes tends to run in families but other factors may add to the risk of developing diabetes, such as being overweight and/or underactive. There are many unknowns surrounding diabetes and research is constantly looking at what causes diabetes and how best to manage it. While questions continue to persist, there is a lot that is known. For example, we know that careful control of blood glucose, blood pressure and cholesterol can help prevent or delay diabetes and its complications.

Research shows that some increase in blood glucose levels often comes with age. This may be caused by weight gain, especially when fat builds up around the waist. Many people with Type-2 Diabetes have few or no symptoms. For some people, feeling run down is their only symptom. Other people may feel thirsty, urinate often, lose weight, have blurred vision, get skin infections or heal slowly from cuts and bruises. It is very important to tell your health provider right away about any of these problems.

Your health provider may diagnose diabetes by reviewing your symptoms and checking your blood glucose levels. One test measures your blood glucose level after eating or drinking nothing for at least 8 hours, usually overnight. In another test, your blood glucose is checked and then you drink a sugary beverage. Diagnosis is confirmed after a repeat test on a different day.

There are many things you may do to take control of your diabetes, among others:

Meal planning and eating correctly are key to managing blood glucose, blood pressure, and cholesterol levels. To plan meals and eat right, you need to understand how different foods affect your glucose levels. Ask your health provider to help you plan your meals or find another professional who can help you.

Physical activity is very important in dealing with diabetes. Taking part in a regular fitness program may improve blood glucose levels. A health professional may help you plan an exercise routine.

Medications may also be central to controlling diabetes for many people. Your health provider may prescribe oral medicines, insulin, or a combination of both.

You should regularly check blood glucose levels and monitor your blood pressure and cholesterol. Additionally, there are some other checks your health provider should perform regularly.

**Eye Exams.** People with diabetes should have an eye exam every year. Finding and treating eye problems early can help prevent more serious conditions later on.

**Kidney Check.** A yearly urine test for a protein called albumin will show whether your kidneys are affected by diabetes.

**Foot Care.** Diabetes can reduce blood supply to arms and legs and cause numbness in the feet. People with diabetes should check their feet every day and watch for any redness or patches of heat. Sores, blisters, breaks in the skin, infections, or build-up of calluses should be checked right away by your health provider.

**Skin Care.** People with diabetes can protect their skin by keeping it clean, using skin softeners to treat dryness and taking care of minor cuts and bruises to prevent infections and other problems.

**Teeth and Gums.** Working closely with a dentist is very important. Teeth and gums need special attention to avoid serious infections.

Medicare may cover tests to check for diabetes. Medicare may also cover supplies such as glucose monitors, test strips and lancets. It may also pay for educational programs, foot exams and other services for diabetics. For more information about coverage, call 1.800.MEDICARE (1.800.633.4227) or visit Medicare's website: <http://www.medicare.gov>.

For more information, contact your County Extension Agent. You may also visit the National Diabetes Information Clearinghouse, a service of the National Institute for Diabetes and Digestive and Kidney Diseases: <http://www.diabetes.niddk.nih.gov>.

Spring is God's way of saying,  
"One more time!"

Robert Orben

#### JEFFERSON COUNTY



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Catch Us on the Web!  
<http://Jefferson-tx.tamu.edu>