

Lubbock County Family Network



Texas A&M AgriLife Extension Service-Lubbock County * PO Box 10536 * Lubbock, TX 79408
916 Main, Suite 201 Lubbock, TX 79401 * 775-1740 * Fax 775-1758 * <http://lubbock.agrilife.org/>

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Poison Alert-Halloween: Treats or not?

The Texas Poison Center Network receives more than 700 calls on Halloween. Many of these calls are concerning exposures to glow stick products. Here's what you need to know about glow sticks:

- Children of all ages can bite into these products or get the liquid into their eyes.
- The substance inside these glowing items is dibutyl phthalate—a clear, oily colorless liquid. It is low in toxicity but can irritate the eyes, skin, and mucous membranes.
- For Ingestion:
 - Don't be alarmed if your child's lips and tongue glow for a few minutes.
 - Wipe the mouth with a clean wet washcloth; go over the tongue and around the gum line.
 - Give the child a glass of water.
- For Eye Exposure:
 - Irrigate exposed eye(s) with a generous amount of room temperature water for at least 10 minutes.
- For Skin Exposure:
 - Remove any clothing that is wet with the liquid.
 - Wash the exposed skin areas thoroughly with soap and water.

Call and speak to the experts at 1-800-222-1222 for more treatment recommendations 24 hours a day.

Beware look-a-likes during Halloween

Many medicines can look, smell or even taste like candy. Halloween is a time to pay particularly close attention to the location of medicines.

One highly dangerous example of this is the Fentanyl Lollipop. Fentanyl is one of the strongest opiate drugs on the market. It is not a long-lasting drug so it is often used for surgery recovery and for breakthrough pain - meaning that when a person is already taking an opiate but has

temporary pain that breaks through the opiate barrier, they may be given fentanyl. Sometimes this drug can be given in the form of a lollipop.

Because children can easily mistake medicines such as this for candy, it's always best to keep medicines up and away out of the reach of children and never call medicines candy. Call your local Poison Center for more information at 1-800-222-1222.

Halloween Facts

Halloween can be a lot of fun for kids, but the holiday must be approached thoughtfully and with an eye on keeping children safe. On Halloween night, children are twice as likely to be struck by a vehicle than any other night of the year. Masks can limit visibility, and long costumes pose risk for tripping and falling. Children need adult supervision when trick or treating.

Did you know those who really fear Halloween have Samhainophobia (The Fear of Halloween.)

The world's largest chocolate bar weights 9,702 pounds; much too heavy for your average child to tote home in a candy bag. (Thank goodness!)

Poison Help

1-800-222-1222

Visit us Online; Contact Us; Order Free
Materials

The following are links to informative websites, as well as a Halloween Safety Video.

CDC Halloween Health and Safety Tips:
<http://www.cdc.gov/family/halloween/index.htm>

Safe Kids Worldwide Halloween Health and Safety Tips:
<http://www.safekids.org/tip/halloween-safety-tips>

Safe Kids Halloween Safety video:
<http://www.safekids.org/video/video-all-hallows-eve>

Source: Captain Steven Tellez, Texas Department of Public Safety, State Child Fatality Review Team Committee Chair, steven.tellez@dps.texas.gov 2013

Avoiding Identity Theft

What is Identity Theft?

Identity Theft is a serious crime. Identity theft happens when someone uses information about you without your permission. They could use your:

- Name and address
- Credit card or bank account numbers
- Social Security number
- Medical insurance account numbers

Why should I care if someone steals my identity?

You will be responsible for what the thief does while using your personal information. You might have to pay for what the thief buys. This is true even if you don't know about the bills. How can this happen?

- A thief might get a credit card using your name.
- He changes the address.
- The bills go to him, but he never pays them.
- That means the credit card company thinks you are not paying the bills.
- That will hurt your credit.

What can a thief do with my personal information?

An identity thief can use your name and information to:

- Buy things with your credit cards
- Get new credit cards
- Open a phone, electricity or gas account
- Steal your tax refund
- Get medical care
- Pretend to be you if they are arrested

How can I protect my identity?

Protect your personal information. That helps you protect your identity. Here are some things you can do:

- At Home
 - ⇒ Keep your financial records, Social Security and Medicare cards in a safe place.
 - ⇒ Shred papers that have your personal or medical information.
 - ⇒ Take mail out of your mailbox as soon as you can.

- As you do business
 - ⇒ Only give your Social Security number if you must. Ask if you can use another kind of identification.
 - ⇒ Do not give your personal information to someone who calls you or emails you.
- On the computer
 - ⇒ Use passwords that are not easy to guess. Use numbers and symbols when you can
 - ⇒ Do not respond to emails or other messages that ask for personal information.
 - ⇒ Do not put personal information on a computer in a public place, like the library.

How will I know if someone steals my identity?

Read your bills and account statements. Watch for:

- Things you did not buy
- Withdrawals you did not make
- A change of your address that you did not expect
- Bills that stop coming
- Look at medical statements. You might see changes you do not recognize. That might mean someone stole your identity.

Get your credit report. You get one free credit report every year from each credit reporting company. To order:

- Call Annual Credit Report at 1-877-322-8228.
- Answer questions from a recorded system. You have to give your address, Social Security number and birth date.
- Choose to only show the last four numbers of your Social Security number. It is safer than showing the full number on your report.
- Choose which reporting company you want a report from. (You get one report free from each company every year, so get one from a different company every quarter.)
- The company mails your report to you. It should arrive two to three weeks after you call.

Read your credit report carefully. Look for mistakes or accounts you do not recognize. This could mean that someone stole your identity.

If someone stole your identity, act fast. Fast action can help reduce the damage identity theft can cause.

What should I do if a thief uses my information?

Step 1: Place an initial fraud alert on your three credit reports

- Call any one of the three credit reporting companies. that company must tell the other two.
- Fraud departments of the credit reporting companies are: Equifax 1-800-525-6285; Experian 1-888-397-3742; and Transunion 1-800-680-7289

Step 2: Order your credit reports

Call all three credit reporting companies and order your credit report from each. Identity theft victims can get the reports for free.

You might know that some of your accounts are affected by identity theft. Contact those accounts now. Talk to someone in the fraud department of the company. then write the company a letter.

Step 3: Create an Identity Theft Report

Submit a complaint to the FTC. You can call or do it online.

- By phone: Call 1-877-438=4338
- Online: Go to ftc.gov/complain

File a police report. Take your FTC Identity Theft Affidavit with you. Attach your FTC Identity Theft Affidavit to your police report. That is your Identity Theft Report. Keep it in a safe place.

Source: Programs Serving Families, Extension Home Economics Newsletter by Connie Moyers, Roosevelt County, NM Extension Home Economist, Oct. 2014

Slow Cooker

It seems like slow cookers are fool-proof. Plug it in, fill it up and go, right? Almost. According to the USDA Food Safety and Inspection Service, there are several food safety rules that need to be followed:

Start clean and make cleanup a little easier...

Always begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation, especially after handling raw meat and poultry.

To make clean up easier, spray the inside of the crock with non-stick cooking spray before adding any ingredients or use the special plastic Slow Cooker liner bags.

Handle you ingredients safely...

Keep perishable foods refrigerated until preparation time. It is okay to cut up meat and vegetables in advance, but they should be stored separately in the refrigerator in covered containers.

Always defrost meat or poultry before putting it into a slow cooker.

Never put frozen meat or chicken in a slow cooker. Until recently, it was advised to cut large pieces of meat/poultry into smaller sizes when cooking them in slow cooker. Placing a whole roast or chicken in a slow cooker was not a recommended practice.

GOOD NEWS! New research conducted by USDA FSIS suggests that it is safe to cook large cuts of meat and poultry in a slow cooker **IF** you have a newer model. The newer models of slow cookers are larger and more powerful than the older ones, so it is safe to cook larger pieces of meat and poultry. What is meant by “newer model?” FSIS doesn’t say specifically, but their best guess is that if a slow cooker has been purchased within the last 5 years, then it is a newer model.

Check the instructions that came with the cooker. If the recipes that came with the slow cooker say you can place a whole roast in the slow cooker, then it is probably safe to do so. Other-wise, cut up large pieces of meat or poultry. As long as you have enough liquid in the slow cooker, the steam and liquid will cause it to reach a safe temperature quickly. You can cup up a roast or chicken into smaller pieces but the food will probably cook faster.

If you have an older slow cooker, then the newer recipes that call for cooking a whole roast or chicken (such as those found in the cookbooks or on the internet) should not be used (for food safety reasons). In this case, cut the meat or poultry into smaller pieces so it cooks safely.

Cooking foods with multiple ingredients in a slow cooker is like selling real estate. The key to success is location, location, location...

Vegetables cook the slowest so place them closest to the heat which is usually at the bottom and on the sides of the slow cooker.

Don’t skimp or over-stuff your slow cooker...

Fill slow cookers between one-half and two-thirds full. It is important to make sure that the liquid almost cover the ingredients to make sure there is proper heat transfer throughout the crock. Remember, the liquid is needed to generate the steam that cooks the food.

Pick the right setting...

Slow cookers generally have two or more settings. The LOW setting is recommended for all day cooking or for preparing the less tender cuts of meat.

No Peeking...

Each time the lid is raised, the internal temperature drops 10-15 degrees and the cooking process is slowed by 20 to 30 minutes.

It’s not done ‘till the thermometer says it is done!

Use a calibrated food thermometer to make sure that meat and poultry dishes have reached a safe internal temperature.

Handle leftovers carefully...

Do not leave cooked foods to cool down in a slow cooker. Eat it right away or make sure that it is stored in shallow covered containers and refrigerated within two hours of cooking.

Source: <http://fcs.tamu.edu> For more slow cooker information and recipes for, visit <http://fcs.tamu.edu>
Reported in TX A&M AgriLife Extension Service, Terry Co. FCS Newsletter

Slow Cooker Enchilada Casserole

- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 2 pounds lean ground beef
- 1 package taco seasoning
- 1 cup condensed cream of mushroom soup
- 1 4-oz can diced green chilies
- 12 corn tortillas, torn into 2-inch pieces
- 1 cup shredded Jack cheese
- 1 cup shredded cheddar cheese
- 1 cup sour cream
- 1 cup salsa
- ¼ cup thinly sliced green onions (optional)
- ¼ cup sliced black olives (optional)

1. Wash hands; make sure the slow cooker, cooking utensils and countertops are clean.
2. In a medium skillet, saute onion and garlic in oil.
3. Add ground beef and brown; drain excess fat.
4. Add taco seasoning and mix thoroughly.
5. In a mixing bowl, combine soup with diced chilies.
6. Spoon 3 tablespoons of the soup mixture into the bottom of the slow cooker. Create the next layer with 3 tortillas, ¼ cup soup mixture, ⅓ cup ground beef mixture, ½ cup of the shredded cheese (both mixed together). Keep layering until all ingredients are in the cooker.
7. Cover; cook on LOW for 6-8 hours or HIGH for 3-4 hours).
8. Mix together sour cream, salsa, and olives.
Garnish casserole with this mixture; top with onions

Source: Family and Consumer Sciences Newsletter, Mary Collier, CEA-FCS, Texas AgriLife Extension Service - terry County; fcs.tamu.edu

Pumpkins



The pumpkin was already a staple in the neighborhood before Plymouth Rock, cultivated by the native American tribes and eaten roasted, boiled and stewed. At the first Thanksgiving feast in 1621, pumpkins - named for the medieval European squash “pompion” - were on the menu along with the turkey, corn and other American dishes.

Pumpkins come in all sizes from the Jack Be Littles’ (8 ounces) to the Atlantic Giants (over 100 pounds). Also popular varieties include sugar or pie pumpkins, jack o’lantern and big mac. Some of the more unusual varieties include the pink banana and the white ghost.

Pumpkin is rich in a vitamin A and contains valuable other nutrients such as potassium, vitamin C, iron, riboflavin, calcium, protein, phosphorous and magnesium. Pumpkin is a good source of dietary fiber, is low in sodium and fat and has only about 80 calories in one cup.

Store fresh pumpkins in a cool, dry place between 50-60 degrees. Storing in a refrigerator is not recommended because of the humidity.

Sources: Libby’s; Whirlpool Report; The Good Housekeeping Illustrated Cookbook

Season: October

Look for: Firm, bright pumpkins, free from blemishes.

To store: Store in cool, dry place. Use within 1 month.

To cook: Microwave, bake or broil until pulp is tender.

Seasonings: Cook with allspice, cinnamon, cloves, ginger, nutmeg.

To serve: Eat hot as a vegetable, in pies or bread.

Boiling Method: Clean out the seeds and membrane. Cut the pumpkin in pieces, cover with water in a kettle or large saucepan and cook until tender. Then drain and peel outer skin. Put pumpkin meat through a food mill, sieve, food processor, or blender.

To Bake: Slice pumpkin in half and clean out seeds and membrane. Place halves face down (cut side down) in a baking dish. Bake in a 325° F over 45-50 minutes. Peel outer skin and put pumpkin meat through a food processor blender. You may also mash it easily with a potato masher.

Microwave Method: Cut in half, scoop out the seeds and place one half, rind-side up, on a glass pie plate or utility dish. Cook in the microwave on high for 20-25 minutes, or until tender in the center.



Recipe Corner

PUMPKIN PEANUTTY SPREAD

- ½ cup solid pack canned pumpkin
- 2 tablespoons chopped peanuts
- ½ cup peanut butter
- Celery sticks
- 2 tablespoons honey
- Carrot sticks
- ¼ teaspoon cinnamon

Combine pumpkin, peanut butter, honey, and cinnamon; mix well. Chill. Before serving, top with nuts. Serve with vegetable and fruit dippers.

PUMPKIN SHELL CASSEROLE

- 1 small pumpkin about seven inches in diameter
- ⅓ cup sugar
- 2 cups peeled chopped apples
- 1 teaspoon lemon juice
- 1 cup raisins
- ¼ teaspoon cinnamon
- 1 cup chopped pecans
- ¼ teaspoon nutmeg

Preheat oven to 350 degrees. Wash and dry pumpkin, slice off top and use for lid. Scrape out seeds, fill with fruit. Add sugar, lemon juice, cinnamon and nutmeg. Mix well. Return lid to pumpkin. Place pumpkin on cookie sheet. Bake until apples are tender. Begin checking doneness after forty minutes. May take 1 hour and forty-five minutes.

PUMPKIN PARTY PUNCH

- 46 ounces apple juice or cider
- 1 quart vanilla ice cream or frozen yogurt
- 1 can (30 oz.) pumpkin pie mix (NOT regular canned pumpkin)
- 1 quart lemon-lime soda, chilled (regular or diet)

Combine apple juice and pumpkin pie mix; mix well. Chill. Just before serving, combine pumpkin mixture and ice cream in punch bowl; stir until smooth. Gently stir in soda. Makes 4¼ quarts.

PUMPKIN MUESLI

- 1 cup oatmeal, quick or regular (uncooked)
- 1 cup skim milk
- 1 cup canned pumpkin (NOT pumpkin pie mix)
- ½ teaspoon pumpkin spice (or substitute cinnamon)
- sugar or sweetener to taste (usually 2 to 3 individual packets of sweetener or ¼ cup sugar)
- Optional toppings: chopped nuts, raisins, or dates

Mix all ingredients together. Cover and refrigerate for 24 hours. Optional: When ready to serve, top with your favorite chopped nuts and raisins or chopped dates. Serves 2-3. For ⅓ of total recipe made with artificial sweetener and no toppings, per serving: 159 calories, 5 grams dietary fiber.

PUMPKIN WHIP

- 1 package butterscotch instant pudding mix (small box - 4 servings) (could use artificially sweetened)
- 1½ cups cold skim milk (or 2%)
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice (or ½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, & ⅛ teaspoon ground cloves)
- 1½ cups whipped topping

In a bowl, blend pudding mix and milk following package directions. Blend in pumpkin and pie spice. Fold in whipped topping. Chill until ready to serve. Serves 6.

Source: *Simply Good Food*, Prepared by: Melissa Long, former CEA-FCS, Floyd County, 806-983-4912; Joan Chandler, M.Ed., former CEA-FCS, Lubbock County, 806-775-1740 .

Happy Halloween and Thanksgiving

Sincerely,

E. Kay Davis, M.S., L.D.
County Extension Agent -Family and Consumer Science
Lubbock County

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