

Lubbock County
Family Network



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Ice Cream

Ice Cream is the food made by stirring, while freezing, a pasteurized mix of 1 or more dairy ingredients, sweetening agents, flavorings, stabilizer, emulsifier and optional egg or egg solids.

How it all Started:

- Ice cream probably evolved in the fourth century before Christ, with Alexander the Great.
- In 62 A.D., the Roman Emperor, Nero, sent fleets of slaves to the mountains of the Apennines to fetch snow and ice which were then flavored with nectar, fruit pulp and honey.
- In the 13th century Marco Polo, brought water ices to Europe from the Far East.
- Frozen desserts found their way to American and in 1700, when Governor Bladen of Maryland was serving ice cream to his guests.
- Dolly Madison served ice cream as a dessert in the White House at the second inaugural ball in 1812.
- The first hand cranked freezer was invented by Nancy Johnson around 1842 to 1846.
- The first freezer was patented on May 30, 1848 by a Mr. Young.
- The first commercial ice cream plant was established in Baltimore in 1851 by Jacob Fussell.
- About 1874 in Philadelphia the ice cream soda was originated as a substitute for a cream syrup and carbonated water beverage.
- The ice cream sundae was developed between 1896-100 historians disagree as to exact times and place.
- One story involves the forbidden sale of ice cream sodas because soda could not be sold on Sunday. Ice cream was served minus the soda but with the syrup; the combination was named for the day but spelled "Sundae!"
- Italo Marchiony, who immigrated from Italy produced the first ice cream in 1896 in New York City.

- In 1904 the ice cream cone was introduced at the St. Louis World Fair as a waffle cone.
- The Eskimo pie was invented in 1921 and soft serve ice cream in 1939.

Nutrition: ½ cup vanilla ice cream has 133.6 calories; 2.4 grams protein; 7.1 grams fat; 15.7 grams carbohydrates and 87.2 mg calcium. ½ cup ice cream is a ⅓ serving of milk, yogurt or cheese group. 1 ¾ cup of ice cream for an adult and 1 ¼ cup of ice cream for children = 1 serving of calcium.

Freezer Storage: Ice cream, ice milk, sherbert and ices may be kept up to 2 months if stored at 0 degrees F or below. To avoid crystallization and volume loss, scoop ice cream, keeping surface as level as possible. Cover surface with plastic wrap before reclosing and return to freezer immediately.

Serving Suggestions: Ice cream may be molded, combined with sauces and fruits, served in a pie shell, on top of cake or as a beverage. Ice cream comes in more flavors than any other food ... 400+. Transfer ice cream to refrigerator 10 to 20 minutes before serving or microwave* on HIGH (100%) in carton: 1 pt. - 10-15 seconds; 1 qt = 15-25 seconds; ½ gallon = 30-40 seconds. *Microwave ovens vary and cooking times may also vary.

Food Safety: NEVER use raw or uncooked eggs due to salmonella food poisoning possibilities. Cooked egg custard bases or pasteurized egg substitutes may be used.

Source: Texas A&M AgriLife Extension Lubbock County, *In the Know About Nutrition*, Volume: 2 Issue: 7 Written by: Deana Sageser, MEd, CEA-FCH Hale County and E. Kay Davis, MS. LD, CEA-FCH Lubbock County

Surviving the Texas Heat -

Stop Heat Sickness

Heat sickness is caused by the hot Texas summer temperatures and sun. Heat sickness may happen suddenly. You may pass out, have a seizure, or even die if not helped right away.

What does it look like?

- Dissy
- Headache
- Nausea
- Extreme Sweating
- Rapid Heartbeat

What can you do?

- Get out of the sun.
- Drink cool water.
- Sit by a fan or air conditioner.

Heat Stroke

Untreated heat sickness can become heat stroke. This is very serious and needs fast emergency care.

What does it look like?

- High Body Temperature
- Shallow Breathing
- Confusion
- Throbbing Headache
- Rapid Heartbeat
- Grouchy
- Passout & Seizure
- Death

What can you do?

- Call 911.
- Get out of the sun.
- Remove your clothes.
- Hose off your body, and sit by a fan.

Texas Survival Tips

- Drink liquids all day long. Water is the best liquid to drink.
- Avoid caffeinated drinks, such as soda, coffee, tea, and energy drinks.
- Avoid alcohol, such as beer.
- Eat small, balanced meals.
- Have a buddy.
- Avoid direct sun.
- Avoid hard work from 3 to 6 p.m.
- Take many breaks in cool, shady places.
- Wear a hat.
- Wear light-colored clothes.

Reference: Kemper, D.W. (2006). Healthwise Handbook. Boise: Healthwise. Written by: Josefa B. Pena, Extension Program Specialist - Health. March 2009.

Back to School: Tips and Tricks for Packing a Healthy Lunch

The hustle and bustle of the school year often makes it difficult to think of lunch ideas or pack lunches that are full of healthy and smart choices. However, Dinner Tonight has made it easy to send your kids to school with the correct foods that will keep them alert and energized throughout the day!

When deciding what to pack in your child's lunch, Elaine Montemayor-Gonzalez with AgriLife Extension Service recommends packing foods that fall into the five main food groups - dairy, fruit, grains, lean meats, and vegetables - which will provide balance throughout the school day. Providing lower fat options with a colorful variety of fruits and vegetables will also help keep your child's brain active during the afternoon.

To make the packing process easier, Dinner Tonight has developed a list of steps to ensure you prepare a nutritious lunch that your child will enjoy:

- Prep vegetables and fruits the night before - Not only will this save time, but research has shown that kids are more likely to eat fruits and veggies when they are already cut up.
- Add in healthy sides - Sides such as unsweetened applesauce, cheese sticks made with 2% milk, crackers, nuts, lowfat yogurt, and fruit or veggie cups are simple and easy ways to add variety to a meal.
- Use portion boxes - Not only do portion boxes help to keep servings in check, but they are also a great way to get your child involved by showing them what foods go in each compartment.
- Think outside the sandwich - While sandwiches are quick and easy, adding variety is key for both adults and kids when it comes to eating healthy. Instead of making a sandwich for lunch, try a wrap or pasta salad.

While what you pack in the lunch might appear to be the key component, Montemayor-Gonzalez says that the storing process is just as important if you want to keep the food and the health of your child safe. Be sure to keep these tips and tricks from Dinner Tonight in mind:

- Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.
- Before eating, children should wash their hands for 20 seconds (or sing the ABCs twice).
- If possible, your child's lunch should be stored in a refrigerator. However, if your child's school does not provide a refrigerated place to store their lunch, you can use ice packs to keep the food cool until lunchtime.
- If you're packing a hot lunch, like soup, chili, or stew, use an insulated container to keep it hot.

- After lunch, or when your child gets home from school, discard all leftover food, used food packaging, and paper bags.

To help sweeten up the lunch routine and add creativity to the process, allow your child to help you make a healthy dessert, such as Dinner Tonight's Banana Apple Muffins! Not only will this be a great way to bond, but it will also be a way for your child to take ownership of their lunch and let the other kids at school know that they help make the healthy treat. To learn more about the recipe, visit <https://dinnertonight.tamu.edu/recipe/banana-apple-muffins/>

Sources:

<https://dinnertonight.tamu.edu/start-the-school-year-off-right/>
<https://dinnertonight.tamu.edu/food-safety-back-school/>

Make Better Beverage Choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1. Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and few nutrients.



2. How much water is enough?

Let your thirst be your guide. Everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active or live or work in hot conditions.

3. A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4. Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages. Drinking water can help you manage your calories.

5. Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

*100% juice is part of the Fruit or Vegetable Group.

6. Don't forget your dairy**

Select low-fat or fat-free milk or fortified soy beverages. They offer key nutrient such as calcium, vitamin D, and potassium. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 ½ cups and children 2 to 3 years old need 2 cups.



** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese.

7. Enjoy your beverage

When water just won't do-enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8. Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

9. Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

Source:

<https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices>

Eye Health for Older Adults

Are you looking for ways to enhance your eye health? Well you're in luck, because with the help of proper nutrition you can maintain healthy eyes or even slow the progression of your current eye disease. This article is going to give you information on certain vitamins and other components of nutrition that could help you keep those healthy eyes!



Vision for Older Adults

It's a fact of life that our eye health and vision changes as we get older. However, it does not need to impact your lifestyle or what you do on a day to day basis. Knowing what to expect and when to seek a medical professional are key steps in protecting your vision. As you age you need to be aware of the warning signs of age-related eye health problems, because most eye diseases have no early symptoms. They may develop without pain and not noticed until the condition is advanced to a dangerous stage. With the help of good lifestyle choices, such as a healthy diet, and regular eye exams you can increase your chance of maintaining good eye health even as you age.

Proper Nutrition and Eye Health

Although vision loss or certain eye diseases come with age, a balanced diet full of vitamins and minerals can help maintain healthy eyes. There are several different eye disorders that could impact your eyes as you age, such as:

- Age-related macular degeneration (AMD), which is an eye disease affecting the center of the light sensitive retina at the back of the eye, causing loss of central vision.
- Cataracts, which are cloudy or non transparent areas in the normally clear lens of the eye.
- Glaucoma, which is a group of eye diseases characterized by damage to the optic nerve, resulting in vision loss.

So how does nutrition play a role in these diseases? Through many studies done on eye health and nutrition, it has been found that a diet rich in fruits and vegetables that contain high amounts of antioxidants may help prevent, or at least slow the progression, of age-related eye conditions. The Age-Related Eye Disease Study (AREDS) reported that **vitamin E, vitamin C, vitamin A, beta carotene, and zinc** slowed the progression of age-related macular degeneration (AMD) from intermediate to advanced. As a reference, here are some healthy food options that contain these nutrients: Nuts, Spinach, Oranges, Strawberries, Bell peppers, **Sweet potatoes, Carrots**, Collard greens, Seafood or Beef

Lutein and Zeaxanthin are carotenoid vitamins related to beta-carotene and vitamin A. These vitamins act as antioxidants in the eye and help protect and maintain healthy eye cells that have also been shown to be beneficial in the eye health of older adults. They have been linked to lower the risk of AMD and cataracts.



Green leafy vegetables have been found to contain the

largest amounts of lutein and zeaxanthin along with the vitamins and minerals mentioned above. Due to decreased intake of certain fruits and vegetables, a lot of individuals who do not consume enough of these vitamins or minerals

in their every day diet are recommended to take a supplement prescribed by their doctor. However, before beginning any type of supplement or treatment you need to consult your doctor or registered dietitian to determine if it would be right for you.

Source: *In the Know About Nutrition, Volume 3: Issue 6*
Created by: Emily Kornegay, TTU Dietetic Intern 2013-14

Texas Consumers Should Know Farmers Market Regulations, Buying Tips

While the popularity of farmers markets has grown, there is still a lot of misunderstanding about what certain terms mean and what is allowed to be sold there, said a Texas A&M AgriLife Extension Service program specialist.

“A lot of the terms used to describe foods are subject to misinterpretation and definitions may vary,” said Rebecca Dittmar, AgriLife Extension program specialist for food protection management based in Kerrville.

“For example, a farmers market is a designated location used primarily for the distribution and sale of food directly to consumers by farmers and other producers. But a certified farmers market is one that has met the requirements set by the Texas Department of Agriculture and has applied to become certified.”

She said while the term “locally grown” is often a consumer draw, the definition adopted by the 2008 Farm Act considers a locally or regionally produced agricultural food product to be one sold less than 400 miles from its origin, or within the state in which it was produced.

“Then there’s the term ‘organic,’ which refers to meat, poultry, eggs and dairy products from animals that are given no antibiotics or growth hormones,” she said. “Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering or ionizing radiation.”

She said before a product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet U.S. Department of Agriculture organic standards.



With farmers markets growing in popularity, consumers should be aware of the regulations governing what vendors are allowed to sell and how to ensure food safety. (Texas A&M AgriLife Extension Service photo by Rod Santa Ana)

On the other hand, a product labeled “natural” is one containing no artificial ingredients or added color and is only minimally processed, she explained.

“Minimal means that the product was processed in a manner that does not fundamentally alter the product,” Dittmar said. “And the product label must include a statement explaining the meaning of the term natural, like ‘contains no artificial ingredients’ or such.”

She said if a meat product is labeled certified it implies that both the USDA’s Food Safety and Inspection Service and the Agriculture Marketing Service have officially evaluated the product for class, grade or other quality characteristics.

“However, if a product is labeled as ‘certified naturally grown’ that means it is certified by a nonprofit organization tailored to small-scale farmers and beekeepers,” Dittmar said. “Certified Naturally Grown is an independent program not affiliated with the USDA-National Organic Program, or NOP. The CNG producers do not use any synthetic fertilizers, pesticides, herbicides, fungicides or GMO seeds, just like organic farmers, but their farms are certified by other CNG farmers instead of a government agency.”

Dittmar said some of the products allowed to be sold at farmers markets include whole, uncut produce; meat and meat products; canned items such as tomatoes, relishes, salsas and pickled squash; honey, eggs and some non-food items.

“If they are selling whole, intact, unprocessed fruits and vegetables, there is no permit required in Texas,” she said. “But if selling cut tomatoes, leafy greens or melons, the producer needs to have a permit and store foods at 41 degrees or lower.”

Consumers should always avoid buying bruised or damaged produce, she added.

Dittmar said meats can be at farmers markets if they were slaughtered at a licensed facility and the vendor has proper permits. And jerky can be sold if from an approved source, so long as a licensed and inspected facility produced it.

“Fish can be sold if the vendor has a proper permit and the fisherman possesses a license from the Texas Park and Wildlife Department - or the fish was produced and raised in a facility that has an aquaculture license from the TDA.”

She said consumers at farmers markets should make sure the packages containing meats or fish have no holes or tears and the product is being stored cold.

“In the shopping basket, keep raw meat, poultry and fish away from other foods. Place them in a plastic bag and keep it in the cart away from other foods, so the juices cannot drip on them.”

She said certain canned goods can be sold if the vendor has a manufacturer’s license for the products.

“Avoid buying canned goods that do not have labels or have a flawed appearance,” she advised.

Dittmar said honey can be sold by small- and large-scale producers, but large-scale producers should have a food manufacturer’s license and offer a properly packed and labeled product.

“The proper labeling information is on the Food and Drug Administration’s food labeling guide,” she said. “Consumers should avoid buying honey that does not have a label.”

Dittmar said eggs can be sold at farmer’s markets if the seller has a temporary food establishment license from the Texas Department of State Health Services or a local regulatory authority and if the eggs are kept at an ambient air temperature of 45 degrees or lower.

“The eggs should be labeled as ‘ungraded,’ have safe handling instructions and labeling should provide the producer’s name and address,” she said. “They should be refrigerated as soon as possible after cleaning and sorting to preserve internal quality and reduce the potential for bacterial growth. There are FDA, TDA and DSHS regulations for the sale of eggs.”

Dittmar said if a vendor is selling frozen food, the vendor would need the proper permit and to follow the rules for that product.

“Consumers at farmers markets should buy their frozen foods last and make sure items are frozen solid at the time of purchase and that the packages are not torn.”

She also noted often there are non-food items for sale at these markets and those items may be sold if the entity running or regulating the market allows such vendors.

“Items commonly seen include knitted items, crafts, lotions, candles, flowers and homemade jewelry,” she said.

Additional information on the regulation of farmers markets in Texas can be found at <http://www.dshs.texas.gov/foodestablishments/farmersmarkets/>

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White-flesh Peaches

Some varieties of white-fleshed peaches have been shown to have a pH that is higher than 4.6, making them unsuitable for water bath canning. With this in mind, the University of Georgia has added a statement about this on their NCHFP website. Bottom line - if you have white-fleshed peaches, it is recommended that they be frozen and not canned. We do not have safe, tested recommendations for canning white-fleshed peaches.

https://nchfp.uga.edu/how/can_02/peach_sliced.html

Please note that this also means that we cannot advise making jams/jellies/preserves from white-fleshed peaches. If you have individuals who want to know the best way to preserve white-fleshed peaches, the best recommendation we have at this time is to freeze them. The traditional yellow varieties of peaches are fine for canning.



Recipe Corner

This recipe contains the different vitamins and minerals, A, C, E, and beta carotene, that help you maintain your healthy eyes!

Sweet Potato Pate

This recipe contains the different vitamins and minerals, A, C, E, and beta carotene, that help you maintain your healthy eyes!

What you need:

Utensils:

Bowl & stirring spoon
Blender
Measuring cups
Measuring spoons
Butter knife
Can opener

Ingredients:

1 cup canned sweet potatoes, drained and mashed
2 tablespoons of low fat or fat free vanilla yogurt
1 tablespoon vanilla extract
½ tablespoon cinnamon
4 whole graham crackers

What to do:

Wash your hands and clean your cooking area.

Clean the tops of canned food items before opening them.
Combine sweet potato and vanilla yogurt in a bowl or blender.

Add vanilla extract and cinnamon. Mix thoroughly until smooth.

Serve immediately on graham cracker squares or cover and store in the refrigerator.

NOTE: instead of canned sweet potatoes use fresh cooked sweet potatoes.

Makes 4 servings, ¼ cup per serving, \$0.44 per serving Nutrition facts per serving: 100 calories, 1 g of fat, 85 mg of sodium, 0 mg of cholesterol, 22 g of carbohydrates, 2 g of fiber, 2 g of protein, and 110% of your daily serving of vitamin A.

Lemony Ice Cream Pie

1 quart vanilla ice cream, softened
1 (16 oz) can frozen lemonade concentrate, partially thawed
1 (9 in) graham cracker crust
Garnishes: Fresh raspberries, lemon slices, or 1 fresh mint sprigs.

Stir together ice cream and lemonade concentrate until blended. Spoon into crust and freeze 2 hours or until firm. Garnish if desired. Yield 1 (9-inch) pie. Prep: 10 minutes Freeze: 2 hours

Lightly Lemon Ice Cream

3 cups sugar
4 cups milk
3 cups whipping cream
1 cup half and half
½ cup grated lemon rind
¾ cup fresh lemon juice

Combine first 5 ingredients; add lemon juice and stir well. Pour mixture into freezer container of a 1-gallon hand turned or electric freezer. Freeze according to manufacturers instructions. Pack freezer with additional ice and rock salt; and let stand 1 hour before serving. Prep: 30 minutes. Stand: 1 hour. Yield: 2 ½ quarts

Sincerely,

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