

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## September-October 2019

### September is Preparedness Month

Disasters don't plan ahead, but you can. The entire month of September



**PREPARED,  
NOT SCARED**



National Preparedness Month 2019

No matter where you live, you are subject to disasters. Natural disaster and man-made disasters affect everyone and will cause severe damage and endanger

lives. Tornadoes, earthquakes, landslides, wildfires, hot spells or cold spells are all natural disasters that can be deadly to people and property. Man-made disasters such as terrorism and crime are just as terrifying as any natural disasters. Preparation is essential for the safety of you and your family. It can also ensure valuable personal possessions are taken care of properly before you lose them.

### **Family First**

Estimating how long a disaster will last and the after-effects are the first step in preparation. Depending on the type of emergency, you may need food and water for a few days. Food that is easily stored and prepared is critical during a disaster. When disaster strikes, you want to make sure your family has water to last for a specified duration of time. It is recommended each family member have 1 gallon of water per day to remain hydrated. Having proper eating utensils, small stoves that run off propane or a grill for cooking, matches, candles, blankets and extra clothes are a few items to pack away in a safe, accessible place. Try not to forget about family activities! Pack away some board games, cards or books to help the time pass by. Having things for children to do will also keep their mind at ease.

More than half of all parents lack a designated meeting place to fall back to in an emergency. Family fire drills may seem silly, but they do serve a purpose. Unfortunately, many Americans don't have a list of emergency contact numbers either. Make sure the entire family has memorized any numbers that are of significance in the case of disaster.

<https://www.ready.gov/make-a-plan>

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### **Extension Online**

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**GOLDEN PLAINS AREA**  
COLORADO STATE UNIVERSITY  
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

## Food Safety Training for Colorado Cottage Food Producers

Are you interested in bringing your home-made food products to market? Thanks to the Colorado Cottage Foods Act, that is feasible. However, specific requirements must be met. To learn more, plan to attend the **Cottage Food Safety Training** for Colorado Cottage Food Producers on Saturday, October 5, 2019 from 9:00 a.m.- 12:30 p.m. at the WRAC, 700 Main Street in Wray. This course offered by Colorado State University Extension will provide food safety training required by the Colorado Cottage Food Act. Extension Agents, Gisele Jefferson and Joy Akey, will present topics related to the most current Cottage Foods Act, qualifying foods, ingredient labeling requirements, as well as basic food safety and guidelines for operating a small home based cottage food business from a home kitchen.

This intense 3 1/2 hour food safety training provides a 3-year certification and meets the food safety training requirement for Colorado Cottage Foods Act established and supported by the Colorado State Department of Health & Environment.

The main sections of the training cover food safety guidelines for preparing foods in a home kitchen which is different from a food service site that would be inspected by the County and/or State Health Department. It covers basics of proper hygiene; preventing cross contamination and cross-contact of food allergens; temperature control for safe food preparation, storage, transporting produce and sales. The allowable food products are highlighted with CSU Extension fact sheets provided for each food product allowed. The instructors go into product ingredient labeling, packaging requirements, marketing, preparation at altitude, and growing your business.

All participants who pass the test receive a laminated CSU Extension Cottage Food Safety certificate to post for customers to see. They are also added to a CSU Extension Cottage Food Producers listserv which has over 1000 names of trained individuals. Participants receive updates via emails and the answers to questions are shared with all list serve producers.

Registration fee is \$30.00, a reduced rate due to sponsorship by the WRAC. Pre-registration is due by October 1. Register by contacting the Yuma County Extension Office at 970-332-4151.



SENIOR ACCESS POINTS  
OF NORTHEAST COLORADO  
COLORADO STATE UNIVERSITY  
EXTENSION

### Are You Caring for an Aging Loved One?

Share Your Thoughts and Help Your Community! The Senior Access Points project wants to know how you found resources to care for an aging loved one. **Please take 5 minutes to answer this survey.** Your feedback will help us to build a region-wide outreach effort to connect Northeast Colorado residents to local aging-related resources.

The project is a collaboration between CSU Northeast Regional Engagement Center, CSU Extension, the Logan County Heritage Center and CSU Department of Human Development and Family Studies.

**To Complete the Survey Online:**

[https://colostate.az1.qualtrics.com/jfe/form/SV\\_bykVOUvflbMis6p](https://colostate.az1.qualtrics.com/jfe/form/SV_bykVOUvflbMis6p)



## **The Colors of Fall**

Corn on the cob, watermelon and berries might not be as prevalent this time of year, but fall brings on a whole new abundance of colorful, nutritious foods. Fresh apples, pears, broccoli, Brussel sprouts and winter squash will now grace our tables.



Deep colors like oranges, reds, and purples are especially prominent in the cooler months, but remember to continue to strive for variety with your fall favorites. Eating a rainbow of colors throughout all seasons is important. Colorful fruits and vegetables contain vitamins, minerals, fiber and phytochemicals that have different disease-fighting elements which play a role in reducing the risk of many health conditions.

Eating a variety of fruits and vegetables can also assist with weight loss and weight maintenance. Fall's cooler temperatures and shorter daylight hours can make it more challenging to stay physically active outdoors, and football parties, Halloween treats and Thanksgiving holiday dinners can add to the complexity. Fruits and vegetables are naturally nutrient dense, high in fiber and low in calories. Apples, a seasonal fall fruit, even has a unique source of fiber that is thought to be excellent for weight control.

Buying seasonal produce can be beneficial for our pocket books as well. When fruits and vegetables are in season they are typically less expensive and in greater abundance. They are also fresher and taste more flavorful, so it's a great way to boost the appeal of your meals. Remember though – canned and frozen fruits and vegetables can be just as nutritious and satisfying. They are normally harvested at their peak, so the nutritional value is very comparable to fresh produce. Be sure to buy fruits packed in juice or water instead of syrup, and drain and rinse canned vegetables to reduce the sodium content.

Check out some yummy fall produce recipes at Live, Eat, Play:

<http://liveeatplay.colostate.edu/eat/recipes/index.php#.XWRjjuhKhPY>

## **Healthy Aging includes Fall Prevention Strategies**

One in five falls causes a serious injury, such as broken bones or a head injury. At least 300,00 older adults are hospitalized for hip fractures each year – most due to falls. Every 20 minutes in U.S. a senior dies due to a fall. Research offers the following strategies to help prevent falls.



1. Get Plenty of Exercise to boost muscle strength and bone density as you age. Adults age 65 and older who are in good health should aim at least 150 minutes per week of moderate-intensity aerobic activity, such as brisk walking.
2. Boost your Balance. The flowing moves of tai chi can help improve balance. Exercises that strengthen your core also can benefit your balance. Sturdy non-slip shoes also help.
3. Monitor Medications. Some medications, for example, blood pressure, sleep and antidepressant medications may increase the risk of falls. If you experience dizziness or drowsiness after taking any drug, let your doctor know immediately.
4. Get Regular Vision Checks every year to adjust your eyeglass prescriptions and monitor for age-related eye conditions like glaucoma, macular degeneration and cataracts.
5. Nourish your Bones with calcium-rich foods. RDA for calcium is 1,000 mg for men and 1200 for women over 51. Dietary sources of calcium include milk, low-fat cheese, yogurt, fortified cereals and juices, leafy green vegetables, and canned fish.
6. Fall-Proof Your Home. Get rid of throw rugs. Reposition coffee tables and electrical cords out of all walk-ways. Use a non-skid bathmat, and install grab-bars in the shower or tub. Have good lighting throughout, especially in stairwells.

## Allergic to milk or lactose intolerant? Dairy plays a big role in our health.

Did you know only 2- 3 percent of children experience an actual allergy to lactose? That statistic is even lower in adults. We can all think of a friend or family member, or maybe even ourselves, who stray away from consuming dairy products because they can cause gas, bloating and abdominal discomfort. You may be experiencing this feeling for a number of reasons. Most likely you are not allergic to milk, but rather have some degree of lactose intolerance.

Lactose intolerance is caused when our bodies don't produce enough intestinal lactase to break down lactose. Lactose is the sugar present in milk, cheeses and other dairy products. When this lactose isn't digested it can cause cramps, discomfort and gas. Most people experiencing this feeling cut dairy out of their diet completely.

Dairy provides calcium, protein, and several other key nutrients to our body. When we cut dairy products out of our diet we often see a deficiency in calcium. Calcium helps develop and maintain strong bones which are crucial for both the younger and older population. It is recommended adults consume around 500 to 1,000 milligrams daily. That is equivalent to 2-3 glasses of milk a day. Here are a few helpful hints to reintroduce dairy products into your diet or continue to consume dairy products and assure you meet your daily calcium requirements.



- Eat yogurt and hard cheeses - these still have calcium but less lactose than softer cheeses and milk.
- Consume dairy in smaller amounts. Instead of one cup of milk try half a cup.
- Drink milk or eat dairy foods with other foods during meals or snacks.
- Include other calcium rich foods in your diet such as almonds, calcium fortified foods and green leafy vegetables.
- Try lactose reduced milk.

Overall, it is important to continue to reach your recommended amount of calcium for strong bones and a healthy lifestyle. If you are still experiencing discomfort when consuming dairy, try eating calcium fortified foods to boost calcium levels. Remember every case of lactose intolerance is different. It is a trial and error experiment to see how much your body can handle. As always, if you have an extreme case of lactose intolerance or continue to feel discomfort, visit with your registered dietician for more information. Source: *Dairy Council of California, 2019 "Lactose intolerance" Healthy Eating.org.*

## The science is in: don't wash your poultry



The debate on whether or not to wash raw poultry is a fierce one, but until recently there was no hard-and-fast data to tell us just how risky it is to wash poultry. A recent study from the U.S. Department of Agriculture (USDA) demonstrates that individuals are **putting themselves at risk of illness when they wash or rinse raw poultry**. Participants in the study prepared a raw chicken for cooking and a lettuce salad. Of the participants who washed their raw poultry, **60% had bacteria in their sink after washing or rinsing the poultry, and 26% of salads were then contaminated.** Even more concerning was that **14% of participants still had bacteria in their sinks after they attempted to clean the sink.** (Continued on next page)

Poultry continued...

Of the participants that **did not wash their raw poultry**, 31% still managed to get bacteria from the raw poultry onto their salad lettuce. Think.... improper handwashing, and knives and cutting boards that weren't clean and sanitary.

So what options do consumers have when preparing raw meat:

- **Prepare foods that will not be cooked**, such as vegetables and salads, **before** handling and preparing raw meat and poultry.
- **Thoroughly clean and sanitize any surface** that has touched or been contaminated by raw meat and poultry, or their juices – this includes your hands, as well as knives and cutting boards.
  - Clean sinks and countertops with hot soapy water and then apply a sanitizer.
  - Use one cutting board for raw meat and poultry and different one for fruit, vegetables and cooked foods.
  - Wash hands immediately after handling raw meat and poultry. Wet your hands with water, lather with soap and then make sure you scrub your hands for 20 seconds. Rinse and dry with a disposable towel.
- **Reduce your risk** by cooking meat and poultry to a safe internal temperature as measured by a food thermometer.
  - ✓ Beef, pork, lamb and veal (steaks, roasts and chops) are safe to eat at 145°F.
  - ✓ Ground meats (burgers) are safe to eat at 160°F.
  - ✓ Poultry (whole or ground) are safe to eat at 165°F.

And for those who are wondering, washing, rinsing or brining meat and poultry in salt water, vinegar, or lemon juice does not destroy bacteria.

<https://fyi.extension.wisc.edu/safepreserving/2019/08/21/the-science-is-in-dont-wash-your-poultry/>

## **Swinging into a School Routine**

With summer coming to a close and school in full swing, it is important to set up a routine for yourself and your children when going back to school. Most kids are getting up earlier to make it to school on time. Mornings are full of running around! Thoughts of making new friends and doing school work are running through young minds. Going back to school can be a stressful but exciting time. Here are a few tips to make the back to school transition easier.

Provide validation to your child. Explain to them it is okay to be nervous when going back to school after a long summer off. They are not alone. Most kids are nervous for their first day of school. Teachers, parents and other students are there to help make this transition easier and get settled in for a successful school year.

Many kids struggle with a morning routine before school. As a parent, sit down and take the time to discuss what the morning routine will look like. Implement this routine a week before school starts to practice and make adjustments where needed. Engage your child with an easy to reference schedule. Make sure the schedule is engaging and in an accessible spot. If the morning routine is well executed, praise your child. This helps build up self-esteem and continued success for future mornings. (Continued on next page)



Routine continued...

On the other end, several kids struggle with bedtime when heading back to school. It is important to have a bedtime routine too. Limit TV, set timers to let kids know they have 30 minutes until bed time and have a designated area for all electronics to “sleep” in. Cell phones, I-pads and TV can be a huge distraction for kids during bedtime.

Another hard transition for kids is getting back into the routine of completing homework. Block out a 30 minute to an hour time period in the evenings for homework. Make sure as a parent you are available to help your child when needed. Put all distractions away to help your child stay focused and motivated. It is also important to let your child know their hard work in completing homework doesn't go unnoticed. Set up rewards when homework is completed.

There are several things you and your child can do to jump into the new school year on the right foot. Working together as a team to create a routine in the morning, at bedtime and for completing homework will be beneficial for a wonderful school year.

Source: *Child Mind institute*, 2019 “*Helping Kids Back Into the School Routine*” Lianna Wilson, Sarah Straus.

## **New Family and Consumer Sciences Extension Agents in NE Colorado!**

**Deeona Johnston - Phillips County:** I am very excited to be serving this community and working with the other fantastic FCS agents in the Golden Plains Area and northeast Colorado region. I grew up in Grover, Colorado. My family owns a ranch and we raise Red Angus, Hereford, and Scottish Highland Cattle, as well as Boer goats. I was involved in FFA and 4-H. I tried many different 4-H projects during my 10 years. In my spare time, I enjoy being physically active. My favorite activities are gardening, hiking, running, and recently kick boxing. One day I would like to have my own beehive.



I started college at the University of Nebraska Kearney. During my third year I took a nutrition class and enjoyed it so much! I transferred to the University of Northern Colorado to study nutrition. In 2016, I graduated with a Bachelor of Science in Dietetics. Soon afterwards, I moved to St. Louis, Missouri to begin a Master's Degree in Family and Consumer Sciences at Fontbonne University. During my college years, I took a year off from my studies in 2017 to serve as in International Four-H Youth Exchange. I had the privilege of living with host families in both France and Germany for a total of 6 months. When returned home, I presented what I learned in Europe to different groups in Colorado. I returned to St. Louis to finish my Master's Degree and a 2018-2019 Dietetic Internship at Fontbonne University, and just recently completed the internship and Master's program. In a few months I hope to pass the Commission on Dietetic Registration Exam, certifying me as a new registered dietitian!

My first day in Phillips County will be September 9<sup>th</sup>. I am looking forward to meeting everyone. I am excited about this opportunity to serve in an agricultural community. Don't hesitate to contact me if you have any ideas for activities or classes you would like to see in Phillips County. I'll see what I can do!

**CSU Extension – NE Colorado FCS** - Hey, if you would like to receive this newsletter electronically, please call or email 970-332-4151 or [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu)

We also post a PDF file of the newsletter on the County Extension websites. Please share the newsletter with any who may be interested. Thank you!!



**Joanna Harris – Morgan County:** Hi There! My name is Joanna Harris and I am the new Family and Consumer Science Extension Agent in Morgan County. I was born and raised in Laramie Wyoming. I was an active member of 4-H and FFA in my younger years showing livestock, horse judging and exhibiting indoor projects. I received my bachelor's degree in Human Nutrition and Food from the University of Wyoming in December of 2018. I enjoy boating at the lake with family and friends, refinishing old furniture and spending time on my uncle's ranch in Laramie moving cows and riding horses. I am beyond excited to take on this new role as an FCS Agent and become active in Morgan County and surrounding communities. Joanna began work in Morgan County on August 1<sup>st</sup>.

Logan County FCS – We are in the midst of the hiring process for the FCS/4-H position in Sterling. Hopefully, we'll have another new staff person to introduce in the next newsletter.

### **Upcoming Events!**

**ServSafe Food Managers' Training: September 12, 8:00 am – 5:30 pm, Logan County Extension Office, Sterling; and November 6, 8:00 am – 5:30 pm, Event Center, Akron.** Register with the Yuma County Extension Office, 970-332-4151.



**Dining with Diabetes: September 25, October 2 & October 9, 5:30 – 8:00 pm, Wray City Hall, Wray.** Class fee - \$30. This class series helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control and label reading. Food samples and recipes will also be included. Please pre-register by Friday, September 20 by contacting the Yuma County Extension Office at 970-332-4151 or email Joy Akey at [joy.akey@colostate.edu](mailto:joy.akey@colostate.edu).

**Cottage Food Safety Training – October 5<sup>th</sup>, 9 a.m. to 12:30 p.m., the WRAC in Wray** - Get the required food safety training to prepare you for Cottage Foods opportunities this fall. Register with the Yuma County Extension Office, 970-332-4151.



**ANNIE'S PROJECT**  
EMPOWERING WOMEN IN AGRICULTURE

**Annie's Project** - Yuma, CO. – Mark your calendar for Tuesday evenings, January 28 through March 3, 2020! More info to follow! Call Gisele Jefferson at Washington County Extension at 970-345-2287 or email her at [gisele.jefferson@colostate.edu](mailto:gisele.jefferson@colostate.edu).



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