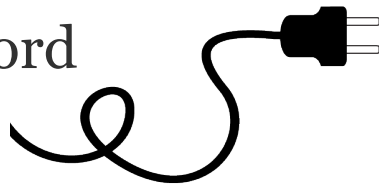


The Extension Cord



Health and Human Sciences

May & June 2023

Hello,

Spring is in full swing! Have you noticed the daffodils, tulips, and crocus flowers giving us that initial spring color? Do you have any fruit trees at your home making your mouth water as you see the spring buds and anticipate that delicious result? It's a special kind of joy to be able to go outside without cringing into the cold after long, grey winter months.

There are some of us that are filled with this renewed joy when WHAM!... sinus pressure and itchy eyes. Unfortunately, blooms, blossoms, and new growth can bring annual allergy effects. Allergy symptoms can range from sinus swelling, sinus pain, itchy and watery eyes, itchy nose and roof of the mouth, nasal congestion, and sneezing.

The airborne allergens can cause seasonal (sometimes called hay fever) or constant (persistent) allergies. The pollen from trees, grasses, and weeds are the largest culprits of seasonal allergy reactions and for those that are most sensitive to these allergens, symptoms may last throughout the summer.

It is difficult to avoid allergens when they are blooming around every corner and floating through the air. Sadly, one of the only ways to limit or decrease exposure to the outdoor allergens is to stay indoors. For those that refuse to stay in, there are over-the-counter medications that help tame symptoms. Many are 24-hour coverage and used seasonally. Talk with your physician to see what can be done so that you can enjoy the outdoors this season and for those to come!

-Jessica Riffle

Upcoming Public HHS Programming & Important Dates

Date	When	Where	What
May 10	11:00 am	Kewanna Public Library	Spring Vegetables
May 17	11:00 am	Cass County Extension Office	ServSafe Manager Training
May 26	12:00 pm	Fulton County Public Library	Train Your Brain
June 9	6:00 am	On Your Own	Get Walkin'
June 21	11:00 am	Kewanna Public Library	Physical Activity across the Lifespan
July 8	9:00 am	Fulton County Fairgrounds	Open Class Project Judging
July 10-15	Week	Fulton County Fairgrounds	Fulton County 4-H Fair

Note: Registration Required for ServSafe Manager Training. Please call the Fulton County Extension office with questions or registration information.

Physical Activity is Important at every age!

Check out the recommended amounts of physical activity varying by age. We want to aim for these recommended activity levels but be as active as one is able and while being conscious of your health.

Preschool-Aged Children
(ages 3 through 5 years)

Be physically active throughout the day for growth and development. Adult caregivers may need to encourage preschool-aged children to be active throughout the day.

School-Aged Children and Adolescents (ages 6 through 17 years)

Participate in 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day. As part of the 60 minutes, on at least 3 days a week, children and adolescents need, vigorous activity such as running or soccer, activity that strengthens muscles such as climbing or push-ups and activity that strengthens bones such as gymnastics or jumping rope.

Adults (ages 18 and over)

Adults need to do two types of physical activity each week to improve their health:

At least 150 minutes a week of moderate intensity activity such as brisk walking

At least 2 days a week of activities that strengthen muscles. Activities should work all the major muscle groups of your body; legs, hips, back, chest, abdomen, shoulders, and arms.

Older adults over 65 should

At least 150 minutes a week of moderate intensity activity such as brisk walking.

At least 2 days a week of activities that strengthen muscles. Include activities to improve balance.

Do you know about the talk test?

It can be done to test intensity of activity. Simply see if you can talk while performing an activity. If you're doing a moderate exercise, you should be able to talk, but not sing. If you're doing a vigorous exercise, you shouldn't be able to say more than a few words.

Let's Get Walkin'!

Warmer months are finally here and that means more time spent outdoors. Why not take this opportunity to start walking and moving more? Walking is a popular form of physical activity—and good for your health! Only half of all American adults get the recommended amount of physical activity. Lack of physical activity is directly related to the occurrence of adult obesity and overweight. Regular physical activity can lower risk of heart disease, high blood pressure, type 2 diabetes, osteoporosis, depression, and falls in older adults. Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Walking is accessible to almost anyone, doesn't require specific skills or fancy workout clothes and equipment.

Get WalkIN' is an e-mail based walking program being offered through Purdue Extension in Fulton County. Participants can sign-up, walk on their own and receive e-mailed support and information. If you are interested in participating or want more information, contact me by phone or email! Ph: 574-223-3397 email: jcanned@purdue.edu

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Helping Hoosiers get on their feet!

Fulton County Parks

Fulton County is home to multiple city and county parks. They are amazing assets that can be used year-round for fun and physical activity!

The Fulton County Parks and Recreation Board serves and maintains county parks. The organization has started the process of revising its Fulton County Parks and Recreation 5-Year Master Plan. Your input into the future direction of the Fulton County Parks and Recreation Board would be greatly appreciated.



Use the QR code to complete the questionnaire online or email me at jcanned@purdue.edu for a paper copy that can be completed and mailed to Fulton County Parks and Recreation.

Freezer Pleasers

How many of you know what you are having for dinner tonight? Tomorrow night? If you don't, what happens on nights like these? Do you stop at the store on the way home? Do you stop for take-out? Do you wish for something different? Something that actually tasted good? Or, do you go home from work, open your cabinets or refrigerator and stare hoping something will magically appear that's ready to go? Wouldn't it be nice to be able to find the time to sit and relax while spending quality time with your family and enjoying a nutritious, tasty meal? If you answered yes to any of these questions then freezer cooking may help you save time and money while providing safe, nutritious meals for you and your family.

Chances are, you have frozen foods in your freezer right now. However, pre-packaged frozen meals can be expensive. All those boxes and bags take up lots of space in the freeze or, get pushed to the back and you forget you've got them until it's too late, leading to food waste. Preparing freezer meals at home can help save time and money very easily, allowing you and your family time to enjoy the lost art of togetherness at the end of the day. For example:

1. By buying in bulk, you don't make those last-minute trips to the store and spend more than you intended. You also cut out the cost of packaging.
2. You can use good quality ingredients such as whole grains, fresh vegetables, fresh herbs and spices.
3. You can cut down on additives such as sodium, sugar and fat.
4. You can determine the nutritional value of the food you eat.
5. Time. That illusive element we all search for. We all know that the prep stage is where most of the dirty dishes come from, right? Preparing frozen meals in advance allows prep for several meals but only one cleanup! You don't have to come home and stress about what you are going to feed your family. It also allows you to spend more time with family doing activities you enjoy.

Don't let the idea of freezer cooking be intimidating! It can be as easy or as complex a process as you want to make it. Start small - double a recipe, make two meat loaves and freeze one. Use recipes you are comfortable with and are familiar with preparing. Try a few dishes – Freeze them one week

and use them the next. See what works and what doesn't work. Once you figure out what you like (and don't like), you begin to look at recipes differently. It becomes easier to decide if something can be frozen and retain quality or not. Build on your knowledge and skills to prepare a wider variety of dishes. And remember, not everything has to be a casserole!

Enjoy this lime marinated chicken recipe or freezer friendly sloppy joes below.

Cilantro Lime Chicken	
<p>Ingredients:</p> <p>¼- ½ cup packed cilantro, chopped</p> <p>3 Tbsp. soy sauce</p> <p>2 Tbsp. honey</p> <p>1 Tbsp. olive oil or avocado oil</p> <p>Juice of 1 lime (about 2 Tbsp.)</p> <p>2 cloves garlic, minced</p> <p>1 Tbsp. cumin</p> <p>1 tsp. salt</p> <p>½ tsp red-pepper flakes</p> <p>1 ½ lbs. boneless, skinless, chicken breasts</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. In a gallon-size resealable freezer bag, combine the cilantro, soy sauce, honey, olive or avocado oil, lime juice, garlic, cumin, salt, and red-pepper flakes. Seal and shake to combine thoroughly. Add the chicken and coat with the marinade. Squeeze out the air and seal tightly. 2. Let chicken marinate in the refrigerator for at least two hours and up to 24 hours OR place gallon bag of marinade and chicken into freezer. 3. Chicken can be cooked on the grill (medium-high heat for 12-14 minutes) or in the oven (25 minutes at 375°F). The chicken is done when the thickest part of the chicken reaches an internal temperature of 165°F. <p>To Prepare from Frozen:</p> <ol style="list-style-type: none"> 4. Let chicken and marinade thaw in refrigerator for 24 hours or until completely thawed. Cook as directed above.

Did you Know? If you think cilantro tastes like soap, it's genetic!

The flavor of Cilantro is described as “soapy” in a small percentage of people. It's been found that this reaction to a compound within the cilantro is caused by a variation in a group of olfactory-receptor (smell) genes.

Freezer Friendly Sloppy Joe	
<p>Ingredients:</p> <p>1 lb. ground beef</p> <p>2 tsp. all-purpose seasoning</p> <p>2 Tbsp. maple syrup, divided</p> <p>2 tsp. olive or avocado oil</p> <p>½ medium onion, finely chopped</p> <p>1-2 medium carrots, finely chopped or shredded</p> <p>2 cloves garlic, minced</p> <p>1 Tbsp. apple cider vinegar or white vinegar</p> <p>1 Tbsp. Worcestershire sauce</p> <p>2 (8 oz.) cans tomato sauce</p> <p>2 Tbsp. tomato paste</p> <p>4 Hamburger buns</p> <p>Cheddar cheese slices</p>	<p>Instructions:</p> <ol style="list-style-type: none"> 1. In a large skillet, cook ground beef over medium-high heat. After two minutes add all purpose seasoning and 1 Tbsp. of the maple syrup. Stir together and cook until meat is no longer pink. Remove meat from pan and drain grease. 2. In the same skillet, heat oil over medium-high heat. Add the onion, carrot, garlic, vinegar, and Worcestershire sauce. Cook until veggies are tender. 3. Add cooked meat, tomato sauce, tomato paste, and remaining 1 Tbsp. of maples syrup to the skillet of veggies. Stir until evenly combined. Reduce the heat to simmer and cook the mixture for 5 minutes longer. 4. Serve or cool and freeze!