

# Horizons

A publication of Purdue University Cooperative Extension Hamilton County

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December 2019

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Dear Extension Homemaker,

Happy Holidays! As we look back on our year with Extension Homemakers, we have much to celebrate and much to look forward to in 2020. I cannot tell you enough how much we appreciate all that you do for Hamilton County families with your volunteer efforts. Enclosed, we hope you find some helpful hints as you go through this time of year. We always appreciate your feedback and thoughts on what you find most helpful in the newsletter. We would love to hear from you as we begin the new year.

I hope you have a wonderful season of merry moments and time with family and friends. My very best wishes to you and your family for a beautiful new year.

Susan L. Peterson  
County Extension Director  
Extension Educator, HHS



Dear Homemaker Friends,

Once again I cannot believe we are finished with Thanksgiving and preparing for family gatherings in the month of December. It's a great time to reflect on the many blessings we have with our friends and families. I hope you are able to enjoy all the special people in your life.

I encourage you to use the cold winter months to prepare exhibits for the next county fair, create an "apron" for cultural arts, or just pick a community service project that interests you like reading to young children at Head Start.

Please share with your friends, neighbors and relatives about the scholarship opportunities available through Extension Homemakers and IEHA. There is even a new one this year!

This issue of *Horizons* contains spending strategies, parenting teens, some winter recipes, and staying safe this winter. May the new year bring you joy.



Bernie Huber  
Program Assistant  
Health & Human Sciences



## Calendar 2020

February 3	Board/Council Meetings	10:30 a.m. & 12:30 p.m.
February 17	Office Closed	
March 2	Board/Council Meetings	10:30 a.m. & 12:30 p.m.
March 4	Educational Lessons <i>Navigating the Generations</i> <i>Navigating Healthcare and</i> <i>Scammed: Investment Fraud Revealed</i>	10:00 - 11:15 a.m.
March 12	District Spring Meeting - Johnson County	
April 6	Scholarship Committee	9:30 a.m.
April 6	Board/Council Meetings	6:00 & 6:30 p.m.
April 10	Office Closed	
May 5	Office Closed	
June 1 -3	Home & Family Conference	
June 8	Board/Council Meetings (NOTE: 2nd Monday)	10:30 a.m. & 12:30 p.m.

### NOTES FROM SUE, THE PRESIDENT

Hello friends,

-I wanted to let you know we had a meeting this week about the fair kitchen and formed a committee to work out details to keep the kitchen open in 2020!

-The first kitchen meeting is **Wednesday, January 15 at 1:30 p.m.** in the Conference Room. You are welcome to join us and share your ideas.

-I encourage you to make a New Year's resolution to ask someone to join Extension Homemakers. We would love to see our organization grow next year. Some clubs are successfully inviting their friends and neighbors already. You can take the challenge too.

Wishing you a joyous Holiday Season and  
best wishes for the New Year!



# Holiday Ideas 2019

*It was a fun evening making a snowman craft, good food and fellowship. Thank you to Melody Stone (craft master) and Emily Kuhn (food) along with their committee for planning the evening.*



*State IEHA President, Anne Moore and Hamilton county president, Sue Coshow*



*Beth Oberbeck displays her snowman globe.*



If you are on social media, “like” **Purdue University Health and Human Sciences Extension** and you will find helpful hints by [#ElvesofExtension](https://www.facebook.com/ElvesofExtension). Each day a new tip appears about health, food safety, nutrition, money smarts, exercise, etc. Hamilton County employees participated in the shenanigans this year.

It sure is fun seeing where the elf is each day!

<https://www.facebook.com/241709695851083/videos/678158206044899/>



# Recipes

## Loaded Potato Soup

4 baked potatoes or 1 1/2 pounds potatoes, cooked  
1 Tablespoon margarine  
1 medium onion, coarsely chopped  
1/2 cup green pepper, chopped  
2 cups homemade chicken broth or 1 14.5-ounce can of low sodium chicken broth  
1 cup nonfat milk  
1 cup frozen peas, thawed  
1/2 teaspoon ground black pepper  
4 slices American cheese  
Optional garnishes: sliced green onion, bacon bits, shredded cheese

Remove skins and mash potatoes into small pieces to make about 3 cups. Set aside. Melt margarine in a large saucepan over medium heat. Stir in onion and green pepper. Cook until the vegetables begin to soften (about 5 minutes). Stir in broth and heat to a boil. Stir in milk, potatoes, peas, and pepper. Heat through, stirring occasionally. Add the cheese slices. Cook and stir about 2 minutes until cheese melts. Add more milk if soup is thicker than you prefer. Add garnishes, if desired, and serve immediately.

<https://spendsmart.extension.iastate.edu/>

## Chicken and Rice Soup

1 pound chicken (boneless, skinless)  
3/4 cup rice (brown rice or wild rice)  
1 cup celery, sliced (2 large stalks celery)  
2 cups carrots, sliced (4 large carrots)  
1 cup onions, diced (1 medium onion)  
4 cups reduced sodium chicken broth  
2 cups water  
1 teaspoon ground black pepper  
1 1/2 teaspoons garlic powder  
4 ounces 1/3 less fat cream cheese

Place chicken, rice, vegetables, chicken broth, water, ground black pepper, and garlic powder in a slow cooker. Stir. Cook on high for 4 hours or low for 8 hours. Remove the chicken from the slow cooker and shred with a fork. Return shredded chicken to the soup. Cut the cream cheese into cubes and stir into the soup until melted.

*Tips: This soup can be cooked on the stovetop. Combine chicken, rice, vegetables, chicken broth, water, ground black pepper, and garlic powder in a large saucepan. Cover and heat on high until boiling. Reduce heat to medium low and simmer for 45 minutes, stirring occasionally.*

## Pomegranate Spinach Salad

10 ounces fresh baby spinach  
1/2 cup pomegranate seeds  
1/4 cup toasted slivered almonds  
Strawberry or raspberry vinaigrette  
4 ounces crumbled feta or goat cheese

Add spinach, pomegranate seeds and almonds to a bowl. Toss with dressing. Top with crumbled cheese. Sprinkle with pepper. Serves 4.

<https://www.allrecipes.com/>

## Jumbo Fluffy Walnut Apple Muffins

1 3/4 cups flour  
2 teaspoons baking powder  
1/2 teaspoon cinnamon  
1/2 cup butter, softened  
1 1/4 cups sugar  
1 teaspoon vanilla  
1/2 teaspoon salt  
2 eggs  
1/2 cup milk  
2 cups apples, peeled, cored, sliced  
3/4 cup chopped walnuts, toasted

Topping:

1/4 cup sugar  
3 Tablespoons flour  
1/2 teaspoon cinnamon  
2 Tablespoons butter, cubed  
1/2 cup chopped walnuts, toasted

Preheat oven to 375 degrees. Coat top and cups if a jumbo-muffin pan with cooking spray or line cups with paper liners. Stir together flour, baking powder, and cinnamon in a bowl. In another bowl, cream together butter, sugar, vanilla, and salt with an electric mixer until light and fluffy. Beat in eggs, one at a time. Stir in flour mixture alternately with milk, stirring just until incorporated. Fold in apples and walnuts. Divide batter among muffin cups, filling each three-quarters full.

Topping:

Stir together sugar, flour, and cinnamon in a bowl. Cut in butter using a pastry blender or 2 butter knives until pieces are pea size. Add walnuts, then generously sprinkle over batter in cups.

Bake until tops are golden brown and a toothpick inserted into centers comes out clean, about 30 minutes. Remove from pans and let cool on a wire rack.

[armagazine.com/jumbo-fluffy-walnut-apple-muffins](http://armagazine.com/jumbo-fluffy-walnut-apple-muffins)

## Granny's Best Bar Cookies by Jan Plummer

2 cups flour  
2 cups oats  
1 1/2 cups butter, melted  
1 1/2 cups brown sugar  
1/2 teaspoon salt  
1 teaspoon baking soda  
2 cups chocolate chips  
1 12-ounce jar caramel ice cream topping  
6 Tablespoons flour

Preheat oven to 350 degrees. In a large mixing bowl, combine all ingredients except ice cream topping and 6 tablespoons of flour. Press 1/2 of mixture in a 9x13-inch pan. Mix caramel topping and 6 tablespoons of flour. Spread on mixture. Top with remaining cookie mixture. Bake 25 minutes or until brown. Cool completely before cutting into squares.

Served at Holiday Ideas 2019

## First Books for Kids

Hamilton County Extension Homemakers volunteer to join a classroom of 3, 4, or 5-year old students at Head Start and read a donated story book to the children. At the end of the reading, a copy of the book is presented to each child in attendance. Our homemakers have read four books to the kids and plan to keep reading. If you are interested in being a reader, contact Iris Beechler, (phone) 317-984-4893 or (email) [irisbeechler@gmail.com](mailto:irisbeechler@gmail.com).



## Holiday Hotlines

*Find recipes and ideas for the holidays.*

Butterball Turkey Hotline  
1-800-288-8372

[www.butterball.com/turkey-talk-line](http://www.butterball.com/turkey-talk-line)

Fleishmann's Yeast Hotline  
1-800-777-4959

[www.breadworld.com](http://www.breadworld.com)

General Mills & Betty Crocker Hotline  
1-800-248-7310

[www.bettycrocker.com](http://www.bettycrocker.com)

Kraft Foods  
1-877-535-5666

[www.kraftrecipes.com](http://www.kraftrecipes.com)

Land O' Lakes Holiday Bake Line  
1-800-782-9606

[www.landolakes.com](http://www.landolakes.com)

Nestle Bake Line  
1-800-225-2250

[www.nestleusa.com](http://www.nestleusa.com)

Reynolds's Turkey Tips Line  
1-800-433-2244

[www.reynoldskitchens.com](http://www.reynoldskitchens.com)

USDA Meat and Poultry Hot Line  
1-888-674-6854

[www.fsis.usda.gov](http://www.fsis.usda.gov)

## Gifts for the Kitchen



(Stick to the basics)

- Knives - paring knife, chef knife, serrated edge
- Pans - 3 quart saucepan with lid, large skillet with lid, stock pot
- Measuring cups and spoons
- Cutting boards
- Peeler
- Wooden spoons
- Rubber spatulas - one large, one small
- Whisks
- Colander/strainer
- Instant read thermometer
- Mixing Bowls
- Can opener
- 9x13-inch pan
- Baking sheet
- Loaf pan, pie pan, muffin pan
- Cooling rack
- (Not necessary but nice: garlic press, weight scale, grater)



If you would like to receive this newsletter electronically:  
-e-mail Bernie - [bchuber@purdue.edu](mailto:bchuber@purdue.edu)

OR

-contact the office at 317-776-0854.

We are keeping the Fair Kitchen!



1.

**Tied Lap Quilts**

Volunteer Community Support project for the homeless

**Monday, December 9**

9:00 a.m. – 2:00 p.m.

Hamilton County 4-H Fairgrounds Dining Room

We will have sewing machines, fabric squares, yarn, batting, an ironing station, etc.

Stay as long as you want.

*Bring your own scissors.*

2.

**Fair Kitchen supervisor**

- order food
- arrange deliveries
- supervise employees & homemaker volunteers

**Shift chairman**—need 3 (breakfast, lunch, dinner or as assigned by kitchen committee)

- assign workers to stations
- give instructions to volunteers
- check in food as it arrives

**Volunteer coordinator**

- find persons to fill kitchen shifts
- reminder calls
- contact service groups (corporations, non-profits, schools - honor society, etc.)

3.

**Indianapolis District Representative**

- two year term
- must have served as a county president
- if interested, please contact Rachel Merrill at 317-679-2772
- Application is due February 1, 2020

4.

**Read books to Head Start**

- bring your own holiday book and read to 3, 4, or 5 year old students
- contact Iris Beechler for details 317-984-4893



**Use the winter to start working on fair exhibits.**

**Cultural Arts Special Project—2020 Apron contest**  
One exhibit per county. Voting to take place in the spring. Winner will be taken to Home and Family Conference in early June.

**Flower Show 2020**  
Start looking at what flowers you will have in your garden for the summer show.

*2020 Food & Craft Show booklets will be available soon.*




After the holidays, please donate your gently used cooking, gardening, sewing, quilting, holiday, craft, travel, decorating, CHILDRENS, or wood-working books to the Used Book Sale.

We have plenty of magazines so please limit your donations to books at this time.

**First Timer Award**

**Win \$\$\$\$ to attend Home & Family Conference**

If you have never attended this conference, this is an opportunity to receive compensation for the registration fee for the conference. Home and Family Conference will be in Indianapolis June 3, 4, and 5, 2019. It is a three day conference filled with educational sessions, fun activities and motivational speakers. It is also an opportunity to enjoy the company of other Extension Homemakers from your own county and throughout the state of Indiana.

Our county will choose one First Timer. That application is forwarded to the District. If our candidate wins at the district, our county will select another candidate which will then give two homemakers in our county the opportunity to attend the conference. We usually only have one or two apply for this award so your chances of winning are good. We encourage all first timers to apply! Applications are available in the Extension Office or on the webpage at: [www.extension.purdue.edu/hamilton](http://www.extension.purdue.edu/hamilton). Click on Family, then Extension Homemakers Hamilton County. Look for First Timer Award link at the bottom.

RETURN APPLICATION TO: Bernie Huber  
Purdue Extension Hamilton County  
2003 Pleasant Street  
Noblesville, IN 46060

You will be asked to write a short essay of 200 words or less on the topic:  
*“Why I Want to Attend Home and Family Conference.”*

**Deadline to our office: March 1, 2020**



*Share this information with family, friends and neighbors*

## **SCHOLARSHIP OPPORTUNITIES**

### **Ruth B. Sayre Scholarship for Women**

The Indiana Extension Homemakers Association is offering a \$500.00 scholarship sponsored by County Women's Council, USA. The Ruth B. Sayre Memorial Scholarship is offered for the purpose of fostering the educational development of women. The scholarship is offered to women who wish to further their education, show a financial need and a potential for leadership. Applications are available at the local County Extension Office throughout the state.

**Applications are due March 1.**

### **Continuing Education Scholarships**

The Indiana Extension Homemakers Association awards eight Career Advancement Scholarships of \$500.00 each to Indiana women aged 25 and over who wish to further their education, leadership, and community volunteerism by completing their education or upgrading vocational skills. IEHA Scholarship applications are available at the local County Extension Office throughout the state.

**Applications are due March 15 to the State Committee.**

### **Steps to Success—NEW!!**

The Indiana Extension Homemakers Association has a NEW vocational/technical scholarship for persons seeking an industry certification in the chosen field of a two-year program. Five \$500 scholarships will be awarded. Scholarship applications are available at the local County Extension Office throughout the state.

**Applications must be postmarked by May 1 to be considered.**

### **Health and Human Science Scholarships**

The Hamilton County Extension Homemakers Association is offering four \$500.00 scholarships to Hamilton County students who major in a Health and Human Sciences related field such as: Foods and Nutrition; Family and Consumer Science Education; Interior Design; Textile and Clothing Design; Hospitality and Tourism; Child Development and Family Studies; Consumer Science and Retailing; Nursing; Fitness & Health; Speech, Language & Hearing or Health Sciences. Scholarships are offered to graduating seniors or undergraduate students. Past winners must reapply each year. The Hamilton Extension Homemakers will also be awarding two \$500 scholarships to students majoring in **Elementary Education**.

**Applications are due March 1.**

### **Hamilton County Choral Club (Silvernotes) Scholarship**

The Hamilton County Choral Club offers a \$500.00 scholarship to one Hamilton County graduating senior who meets the following requirements: 1) is pursuing further education with either a major or minor in music; and 2) has maintained a C grade average or greater. Submit application along with an essay describing the importance of music in your life. A sealed reference from either your music director or your school counselor is also required.

**Applications are due March 1.** Notification of the recipient will be made by May 1.

**Scholarship applications may be obtained through the Purdue Extension Service Office 317-776-0854 or online at:**

**<http://www.extension.purdue.edu/hamilton>**



# New “Steps to Success” Scholarship

We are proud to announce a new vocational or technical scholarship

## SCHOLARSHIP GUIDELINES

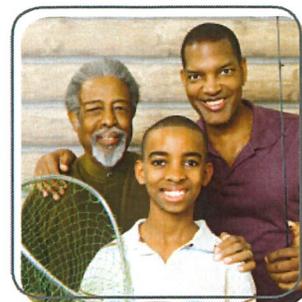
1. Applicant must be a resident of the State of Indiana.
2. Applicant must be admitted or be enrolled in an accredited college or university or an accredited vocational or technical program. This should be a two-year program earning an industry certification in the chosen field.
3. Vocational and technical scholarship applicants must include a letter from school advisor stating that candidate is on track for graduation.
4. Attach the following to completed application:
  - \*Two (2) character reference letters from persons not related to you.
  - \*Official High School transcript of courses completed, including GPA and class rank.
  - \*A copy of the College/School acceptance letter, if courses have not started.
  - \*A copy of acceptance letter to an accredited vocational/technical school.
  - \*A letter of recommendation from your primary technical instructor or director.
  - \*A 500-word essay describing the life skills applicant has developed through high school and community involvement. Include educational background, financial need, volunteer or community service activities and how applicant would benefit from this scholarship.

**Applications must be postmarked by MAY 1 to be considered. Applications postmarked after May 1 will not be considered.**

(Five (5) \$500.00 scholarships will be given - four (4) to an applicant admitted to or enrolled in a state accredited college or university and one (1) to a state accredited vocational and technical program.)

# 10 Principles for Parenting Your Teen

## - Healthy Teen Development



**1 Remember, parents matter.** Make a difference in the life of your teen by providing guidance and support. At times, it may seem like your teen does not want you around. However, your child really does need you and needs to know you care.

**2 Stay warm and close.** It's impossible to love your teen too much. Spoil your teen with love and support every day. Spend time together at meals, and remember to say, "I love you."

**3 Stay involved with your teen's life.** Ask questions about schoolwork and friends, and attend your teen's extracurricular activities. Teens need to know you are interested in them just as much now as you were when they were younger.

**4 Set limits and provide structure.** Clearly communicate your expectations to your teen. Rules and expectations should change throughout your child's life, but children of all ages need clear rules.

**5 Enforce rules and consequences.** Let your teen know what the consequences of breaking rules will be ahead of time. Follow through on enforcing punishments.

**6 Be consistent.** Parents should discuss and agree on basic parenting principles for guiding their children. Then, be consistent each day and in every situation. Mixed messages from parents can lead to frustration for both parents and children. Children need consistency to help them structure their lives.

**7 Explain yourself and engage your teen in decisions and conversations.** Discuss the reasons for rules and consequences with your teen. This does not mean that the rules or consequences will change, but it will help your teen understand your reasons and respect you. Teens don't respect authority when it seems arbitrary.

**8 Don't use harsh discipline.** Harsh discipline, like yelling or slapping, is not an effective long-term approach to discipline. Do not discipline your teen when you are angry. Instead, make arrangements to talk to your teen at a later time when wisdom and good judgment, not anger, will guide your discipline choices.

**9 Treat your teen with respect.** Your teen is growing up. Acknowledge your teen's increasing independence and ability to make decisions. Guide your teen in making positive choices, but realize that he or she will make mistakes.

**10 Understand adolescence is a period of change—for parents and children.** As a parent, you are changing as you develop new information and skills to help guide your teen. Your teen is changing physically, emotionally, and cognitively. Look for resources to help you understand the changes your teen is going through. Such resources include your local Cooperative Extension office, other parents of teens, and books. Remember, your relationship with your teen is changing, not ending.

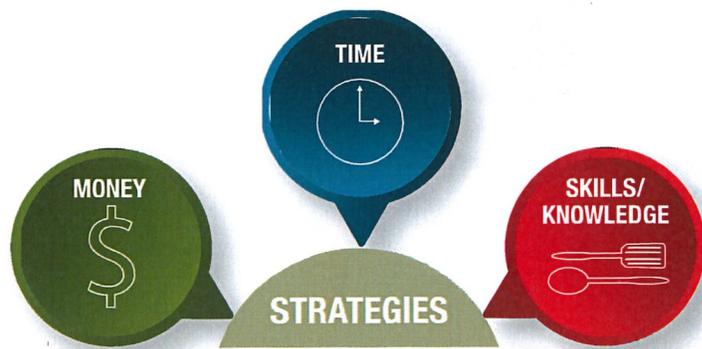
This publication is based on the video "Parenting Your Teen," produced by Iowa State University Extension, and featuring Laurence Steinberg, Ph.D., Distinguished University Professor and Laura H. Carnell Professor of Psychology, Temple University, Philadelphia, Pennsylvania, from an ISU Extension satellite uplink October 17, 2002. Written by Kimberly Greder, associate professor, human development and family studies, and family life extension and outreach state specialist, and Shannon Sayer, graduate assistant.

**Additional Resources**  
Steinberg, Laurence and Ann Levine. *You and Your Adolescent: A Parent's Guide for Ages 10 to 20*. New York: HarperPerennial, 1997.

#### ... and justice for all

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# Strategies You Can Use



Buying the most food for the least money means using all your resources:

- How much MONEY do you have to spend?
- How much TIME can you trade for money?
- What SKILLS and KNOWLEDGE do you have (*or need*) related to buying and preparing food?

## SPEND SMART STRATEGY #1

### Buy the most you can with the dollars you have

- Choosing more nutritious foods gives you the most value for your dollar.
- Compare unit prices to find the best dollar value.
- Unit price = package price divided by number of units (*ounces or items*).

### Use unit pricing to compare:

- package sizes—bigger is not always cheaper.
- brands—generic or store brands are often, but not always, lower in price.
- product forms (*fresh, frozen, and canned items*) or individual items, such as apples or rolls.

Some states require stores to show unit prices. Look for them on the shelf in front of the product, above the product, or to the side of the product.

If unit pricing is not posted, you can figure it yourself using the calculator on your cell phone to do the simple math.

### Compare the Nutrition Facts labels on products to find the best nutritional value.

You can compare the gram amounts of fiber, sugar, or protein, for example. Or compare the % Daily Value amounts—a value of 20 percent or more is considered high; a value of 5 percent or less is considered low.

Unit Price 20¢ per oz.	Total Price <b>\$2.40</b>
 Crackly Rice	12 oz.

Nutrition Facts	
Serving Size 1 cup (253g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 260</b>	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein 5g</b>	

# SPEND SMART. EAT SMART.

[spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)



## VISIT THE WEBSITE WITH THE ANSWERS:

[spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)

- Sign up for the Spend Smart blog and get tips every Monday.
- Try easy, nutritious recipes.
- Use the grocery budget calculator.
- Watch videos showing how to prepare easy, low-cost recipes.
- Check tips for buying common food products, such as
  - milk, cheese, and yogurt
  - meat, poultry, beans, and nuts
  - fruits
  - vegetables
  - bread, cereal, and grains.

All prices in this publication were collected in central Iowa, Fall 2017. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

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# How to Organize Your Refrigerator

A well-organized refrigerator can help you save time and money. You save time on preparing meals because you can easily find the foods you need. You save time on making grocery lists because you can easily see what foods are low or gone. You can save money by preventing food spoilage. You save money by preventing food-borne illness and the medical bills that come along with it.



## TO REORGANIZE YOUR REFRIGERATOR, FOLLOW THESE STEPS:

- 1 Remove everything.
- 2 Throw out food that has spoiled or expired and leftovers more than four days old.
- 3 Put perishables, such as milk, cheese, yogurt, meat, and eggs, in a cooler.
- 4 Wash all shelves, drawers, and walls with hot soapy water. Rinse with clean, hot water and let air dry. Replace drawers and shelves once they are dry.
- 5 Make sure the refrigerator temperature is 40°F or below, so your food is safe to eat.
- 6 Group similar foods together as you put them back in the refrigerator.
  - a. Fruits and vegetables go in the crisper drawers.
  - b. Deli meats and cheeses go in the deli drawer.
  - c. Raw meats go on a plate on the lowest shelf, so they do not drip onto other foods.
  - d. Milk and eggs go in the back of the refrigerator, so they stay coldest.
  - e. Leftovers should be labeled with their name and the date and can be grouped together on a shelf. Put the oldest leftovers in the front as a reminder to use them first.
  - f. Sauces and condiments go in the door.

## CHECK OUT OUR VIDEOS

[spendsmart.extension.iastate.edu/videos](https://spendsmart.extension.iastate.edu/videos) for more information on basic food preparation, safety, storage, and easy recipes!

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SSES 22 | August 2017

## Winter Safety Tips for Older Adults

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, this time of year.

### Condition and Warning Signs

#### HYPOTHERMIA

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

#### Warning Signs

- Cold skin that is pale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate
- Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops

#### FROSTBITE

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

#### Warning Signs

- Skin that's white or ashy or grayish-yellow
- Skin feels hard or waxy
- Numbness

### Precautions to Take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress Smart – protect your lungs from cold air.
  - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
  - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

**Call 911 if you think you or someone else is experiencing hypothermia.**

- Cover up! All parts of your body should be covered when you go out in the cold.
- If skin turns red or dark or starts hurting, get inside right away.

If frostbite has happened:

- run the affected area under warm (not hot) water.

**Call for medical help if you think you or someone else has frostbite.**

## Condition and Warning Signs

### INJURY WHILE SHOVELING SNOW

It's one of the evils of winter – snow shoveling. Just make sure that if you choose to shovel, you take some precautions.

Remember, when it's cold outside, your heart works double time to keep you warm.

Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease.

Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

## Precautions to Take

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

### FALLS

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

### FIRES AND CARBON MONOXIDE POISONING

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide—a deadly gas that you cannot see or smell. These and other appliances, such as space heaters, can also be fire hazards.

#### Warning Signs

- Headache
- Weakness
- Nausea or vomiting
- Dizziness
- Confusion
- Blurred vision
- Loss of consciousness

If you think you may have carbon monoxide poisoning, get into fresh air and get medical care immediately.

- Call an inspector to have your chimneys and flues inspected – preferred annually.
- Open a window (when using a kerosene stove) – just a crack will do.
- Place smoke detectors and battery-operated carbon monoxide detectors in strategic places – especially in areas where you use fireplaces, wood stoves, or kerosene heaters.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stove not made for home heating.

**If there is a fire, don't try to put it out. Leave the house and call 911.**

## Condition and Warning Signs

### ACCIDENTS WHILE DRIVING

Adults 65 and older are involved in more car accidents per mile driven than those in nearly all other age groups. Winter is an especially important time to be vigilant when driving because road conditions and weather may not be optimal.

## Precautions to Take

- “Winterize” your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.
- Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.
- Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.
- Stock your car with basic emergency supplies such as:
  - First aid kit
  - Blankets
  - Extra warm clothes
  - Booster cables
  - Windshield scraper
  - Shovel
  - Rock salt or a bag of sand or cat litter (in case your wheels get stuck)
  - Water and dried food or canned food (with can opener!)
  - Flashlight
  - Map (if traveling in new areas)