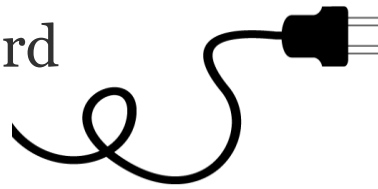


The Extension Cord



Health and Human Sciences

January & February 2021

Hello,

Our holiday season usually spans November through early January. So for most, the wonderful time of year that's focused on family, friends, delicious food and drink is coming to an end. It's time to return back to school and back to work if we haven't already. January can often bring the post-holiday blues. The weather is cold and day light is minimal.

This holiday season brought challenges of trying to balance normal traditions while respecting pandemic recommendations. Dedicating time to family and working to create a perfect atmosphere all while trying to keep everyone's safety in mind can be overwhelming. Increased levels of stress and number of tasks can bring on whole new levels of exhaustion.

To avoid a post-holiday slump, remember that you and your well-being are just as important as those around you. Nurture yourself by assessing your surroundings and noticing how it makes you feel. Look for opportunities to add uplifting things like lighting, scents, or music. For example; keep your holiday lights up a couple extra weeks to keep a 'cozy' atmosphere within your home. With the spirit of giving lingering in the air, be generous with yourself. Generous by giving yourself the freedom to decline invitations to parties, allowing periods of quiet time for yourself and your immediate family to relax and decompress, and avoiding situations that can become overstimulating.

Be aware of increased sedentary time. Try to avoid creating a permanent dent on the couch during this season. Take advantage of winter months to experiment with new activities. Continue to walk or hike outdoors, bundled up of course, and make a conscious effort to notice differences in landscapes or animals you do or don't see. Play 'I-spy' with your walking buddies or children to help you all be more aware and engaged in your surroundings. Nature is a proven mood booster. If you prefer to walk or be active indoors, post pictures of nature scenes in your workout space. Even images of nature can help promote relaxation. Ice skating can be a fun winter activity where social distancing could be maintained. Shovel yours and the neighbors' driveways to add exercise.

After being active in the cold, those 'cozy' holiday lights and a cup of hot tea will be a great way to relax with quiet time or help transition you into your next task.

-Jessica



create a
'cozy'
atmosphere


Sips of Soups

Soups can be another perfect way to warm up on a cold day. Soups vary in flavors, textures, and ingredients. These versatile dishes can be created from specific recipes but can also be thrown together based on what vegetables and leftovers need used quickly.

Broth and stock made soups tend to be thin. Broth is a liquid made from beef, poultry, or combination of vegetables and stock is primarily made from bones. Allowing animal bones to simmer creates a stronger flavor, with fuller body and clarity than broth. These can be made at home or purchased commercially. Commercial broths, stocks, and soups are often high in sodium. Look for labels that state: less sodium, low sodium, or no sodium added.

- Chowders are usually thick, rich soups that contains chunks of food like seafood or vegetables. A New England Chowder is recognized by a creamy milk base whereas a Manhattan chowder boasts a flavorful tomato base. Cream based soups are other thick, full flavored option. They contain milk or cream and are thickened with a mixture of flour and butter.
- Chili soups tend to be a spicier dish. These soups are a typically a thick consistency made with ground or chunks of meat. Chili can be created using beef, pork, chicken, or venison.
- Gumbo is a southern based soup that is heavily seasoned and in no way short of spice. The stew-like dish often blends multiple cultures with ingredients like; shrimp, crab, red pepper, file' powder- ground sassafras leaves, and okra. The secret of a good gumbo dish is the roux. A roux is made by combining equal parts of flour and oil and slowly cooking them together until they turn the color of a dirty, copper penny. A roux must be continuously stirred to prevent burning. If the roux is burnt, the gumbo is ruined.

In Europe, sweet soups have been long enjoyed as appetizers or as light endings to special dinners. The consistency of fruit soups can vary. Some may be as thin as punch or as thick as pudding. The thinner and less sweet soups are appetizers while the thicker and sweeter are better used as desserts.

Taco Soup	
<p><i>Ingredients:</i> 1½ lb. ground meat 1 onion 1 tsp. minced garlic 3 ribs celery, finely chopped 1 can pinto beans, rinsed and drained 1 can corn, drained 1 can diced tomatoes 1 can diced tomatoes with chili peppers 1½ cup water 1 pkg. taco seasoning 1 pkg. ranch salad dressing mix</p>	<p><i>Optional Toppings:</i> Corn or tortilla chips Grated cheese Sour cream</p> <p><i>Directions:</i> In a large wok or Dutch oven, brown meat. Add onion, garlic and celery and cook until translucent. Rinse and drain. Add pinto beans, corn and tomatoes. Stir seasonings into water. Add the seasoning mixture. Cover and simmer for 30 minutes, stirring occasionally. Serve with chips, cheese and sour cream.</p> 

Broccoli Cheese Soup

Ingredients:

2- 12oz pkg frozen chopped broccoli
¼ c. butter
¼ c. flour
2 c. chicken broth
2 c. whole milk
½ tsp salt
¼ tsp pepper
¼ tsp garlic powder
2 c. Cheddar cheese

Optional Toppings:

Chopped Bacon
Diced Chicken
Shredded cheese

Directions:

In a large saucepan, cook broccoli according to pkg. directions and set aside. Add butter to saucepan and add flour after butter is melted, whisking them together. Slowly pour stock and milk into saucepan while whisking. Add broccoli and spices (can blend to achieve desired texture).
Simmer until thickened, stirring often. Add cheddar cheese, one handful at a time, stirring until melted.



Citrus

Bring Sunshine and bright colors to your home and meals by adding citrus fruits to the mix.

Citrus fruits include: lemons, limes, grapefruit, pomelos, oranges, tangerines, and all hybrids in between.

One, medium orange provides over 100% of the daily recommended value of vitamin C. Leaving the pith, layer of white between rind and fruit flesh, on your citrus fruits increases your vitamin c intake. In some cases, the pith contains just as much of this vitamin as the fruit flesh itself. Vitamin C is important to support our immune systems, crucial in wound repair, and help's our bodies absorb iron.

- ☀ Citrus contains flavonoids, a special type of plant compound that supports heart health, fiber, and potassium.
- ☀ A Meyer lemon is a cross between a mandarin orange and a lemon.
- ☀ Hot water can extract flavonoids and flavor from the citrus peel. Steep hot water with your favorite, washed citrus rind for a nutrient packed 'warm-up'.
- ☀ Grapefruit got its name because it grows in clusters on the tree, just like grape clusters on a vine.
- ☀ Grapefruit can interfere with the effectiveness of some cholesterol-lowering, blood pressure, and antihistamine prescription medications.

Ideas to incorporate more citrus:

- 🍊 Eat a whole piece of citrus fruit or ½ grapefruit with meals, or as a snack.
- 🍊 Cut citrus fruits into segments and top cold cereal, hot cereal, waffles or pancakes.
- 🍊 Mix citrus juices with club soda for a refreshing drink.
- 🍊 Use juices, frozen pieces, or fresh slices to add a pop of flavor to your next smoothie.
- 🍊 Florida is second to Brazil in global orange juice production and the state is the world's leading producer of grapefruit.

February is Heart Health Month!

Unsaturated fatty acids are fats that are most beneficial to heart health and maintaining cholesterol levels. Unsaturated fats are also known as Omega fats. Omega 3, 6, and 9 are all important and found in a variety of foods.

Name	Omega- 3
Known As	Polyunsaturated
Dietary Source	Oils: Canola, Flax, Soybean Nuts: Walnuts Fish: Oily Fish (salmon, trout, tuna, mackerel, herring) Other: Omega 3 eggs, algae
Positive Health Effects	Heart Health, cholesterol, brain development, cognition, mood

Name	Omega- 6
Known As	Polyunsaturated
Dietary Source	Oils: Canola, corn, olive, peanut, safflower, soybean, sunflower Nuts: Almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts Other: eggs
Positive Health Effects	Heart Health, cholesterol

Name	Omega- 9
Known As	Monounsaturated
Dietary Source	Oils: Canola, olive, peanut, safflower, sunflower Nuts: almonds, cashews, hazelnuts, macadamias, peanuts, pecans, pistachios, walnuts Other: avocados, eggs, poultry
Positive Health Effects	Heart Health, cholesterol, blood sugar control

