



Winter 2017

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A Taste of Scurry County Extension

*Scurry County Family & Consumer Science
Ronda White— County Extension Agent*

A Fresh Start to a New Year: Cleaning Out the Clutter

The holidays have come to a close and 2017 has begun. It is always exciting to begin a New Year and have a fresh start. This time of year we typically like to set goals for ourselves and our families that create a healthy home and healthy lifestyle. We set goals for healthy eating, weight loss, physical and financial fitness.

Over the next few months I encourage you to make cleaning out the clutter from your life a priority.

We are going to take a look inside the home to focus on giving some TLC to forgotten or neglected areas of the home. We will take small steps to tackle areas of the house that can be cleaned out a little at a time. By getting rid of the clutter you can reduce

stress and anxiety for you and your family. Studies have shown that a clean house is good for mental and physical health. A cluttered home causes visual distractions and a never ending “to do list”.

Another important step to good health is taking care of yourself. A routine exercise program can also eliminate stress, decrease the chance of having disease and illness and make you feel better.

I am excited to announce a program that will be offered beginning February 27, 2017 called “Step Up Step Down to Healthy Living. This is a 12 week program that will help you establish

physical activity and mental health.

I encourage each of you to participate in this life changing program. As with any lifestyle change, encouragement and motivation are key to your success. This program will build a community of support to keep us all “spurred” on to good health.

Scurry County Family and Consumer Sciences is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families; raising children, housing and environment, eating well, managing money and staying healthy.

Refrigerator and Freezer Storage Guidelines



Have you thought about a little “spring” or winter cleaning of your refrigerator lately? How many times do you open your refrigerator or freezer and wonder if the food inside is safe to eat or if you should toss it out? The old saying is, “If in Doubt, Throw it Out!” That’s a good rule to follow if you don’t know if a food is safe to eat or not. Taking the chance of eating spoiled food is not worth causing your family to get a food-borne illness.

There are many things to consider when we think about cleaning our refrigerator and freezer out. Besides the food inside, there may be areas that need cleaned out to make sure we eliminate an environment where mold, bacteria and mildew can grow in. Let’s take a look at some suggestions to get you “kick-started” in getting the task done.

Inspect Food for Expiration Dates and Quality

- Check expiration dates and discard food when it has expired.
- Once it has been opened or cooked and either refrigerated or frozen refer to the Refrigerator and Freezer Storage Chart for recommended guidelines

Clean the Inside and Out

- Clean interior of units with hot soapy water. Rinse with a damp cloth and dry with a clean one. Wash walls, shelves, drawers and underneath to get all spills and contaminants.
- Clean exterior of units. Sort through old clippings, coupons, notes and to do lists. Throw away what is needed and only display what is most important. Wipe down walls, doors and handles with a bleach solution of 1 teaspoon of bleach mixed with one quart of water.

Deodorize

- Place a box of baking soda on the top shelf of the unit close to an air duct. This will help eliminate odors and taste-transfer between foods. Mark the date on the box and change it out every three months.

Temperature Control

- Place thermometers in the front of both units. This will help you know the unit is held at the right temperature especially in the case of a power outage. Refrigerators should be maintained at 40 degrees and no lower than 33. Freezers should be kept at 0 degrees.



"I wondered when you were going to clean the refrigerator."

Refrigerator & Freezer Storage Chart

Have you ever wondered how long you should keep things in the refrigerator or freezer? If so, then the chart below can help. Some additional tips to prevent foodborne illness are given below:

- Make sure your refrigerator is set at 40 degrees or cooler.
- Do not consume washed and cut bagged produce (including salads and mixed greens) after the sell-by date.
- Store raw meat and poultry in a pan on the lowest shelf in the refrigerator to prevent any juices from dripping on other foods.
- Follow handling and storage directions noted on food packages.

Freezing food at 0 degrees or colder keeps food safe indefinitely so the recommended freezer times are for quality purposes only. If you are freezing meat and poultry in its original package for longer than 2 months, overwrap the packages with heavy aluminum foil, plastic wrap, or freezer paper to preserve quality.

Product	Refrigerator	Freezer	Product	Refrigerator	Freezer
Eggs			Bacon & Sausage		
Fresh, in shell	4-5 weeks	Don't freeze	Bacon	7 days	1 month
Raw yolks, white	2-4 days	1 Year	Sausage, raw (pork, beef, chicken, or turkey)	1-2 days	1-2 months
Hard cooked (<i>in shell</i>)	1 week	Don't freeze well	Smoked breakfast links, patties	7 days	1-2 months
Liquid pasteurized eggs or egg substitutes			Summer sausage labeled "Keep Refrigerated"		
opened	3 days	Don't freeze	unopened	3 months	1-2 months
unopened	10 days	1 year	opened	3 weeks	1-2 months
Deli and Vacuum-Packed Products			Fresh Meat (Beef, Veal, Lamb, & Pork)		
Egg, chicken, tuna, ham, or macaroni salad	3-5 days	Don't freeze well	Steaks	3-5 days	6-12 months
Store cooked convenience meals	3-4 days	Don't freeze well	Chops	3-5 days	4-6 months
Raw Hamburger, Ground & Stew Meat			Roasts	3-5 days	4-12 months
Hamburger & stew meats	1-2 days	3-4 months	Variety Meats (tongue, kidneys)	1-2 days	3-4 months
Ground meat and poultry	1-2 days	3-4 months	Meat Leftovers		
Ham, Corned Beef			Cooked meat & meat dishes	3-4 days	2-3 months
Corned beef in pouch with pickling juices	5-7 days	Drained, 1 month	Gravy & meat broth	1-2 days	2-3 months
Ham, canned, labeled "Keep Refrigerated," unopened	6-9 months	Don't freeze	Fresh Poultry		
opened	3-5 days	1-2 months	Chicken or turkey, whole	1-2 days	1 year
Ham, fully cooked, whole	7 days	1-2 months	Chicken or turkey, parts	1-2 days	9 months
Ham, fully cooked, slices	3-4 days	1-2 months	Cooked Poultry, Leftover		
Hot Dogs & Lunch Meats			Fried Chicken	3-4 days	4 months
Hot dogs, opened package	1 week	1-2 months	Cooked poultry dishes	3-4 days	4-6 months
unopened package	2 weeks	1-2 months	Pieces covered with broth, gravy	1-2 days	6 months
Lunch meats, opened package	3-5 days	1-2 months	Chicken nuggets, patties	1-2 days	1-3 months
unopened package	2 weeks	1-2 months	Fish & Shellfish		
Soups & Stews			Lean Fish	1-2 days	6 months
Vegetable or meat-added & mixtures of them	3-4 days	2-3 months	Fatty fish	1-2 days	2-3 months
			Cooked fish	3-4 days	4-6 months
			Smoked fish	2 weeks	2 months
			Fresh shrimp, scallops, crawfish, squid	1-2 days	3-6 months
			Canned Seafood	<i>after opening</i>	<i>out of can</i>
			Pantry, 5 years	3-4 days	2 months



Adapted from FDA refrigerator and freezer guidelines: <http://www.fda.gov/downloads/Food/ResourcesForYou/HealthEducators/UCM109315.pdf>

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Step Up and Scale Down Healthy Lives Made Simple

SPONSORED BY THE TEXAS A&M AGRILIFE EXTENSION SERVICE
SCURRY COUNTY

Step Up Scale Down 12 week Program Consists of:

- * Weekly Face to Face and/or Online Meetings
- * Weekly lessons to help you manage your weight
- * Weekly weight check in
- * Weekly challenge to help you stay on course
- * Dinner Tonight healthy recipe demonstrations
- * Weekly challenge incentives and door prizes
- * Weekly support and encouragement

Registration & First Class Begins

February 27, 2017

Registration: 5:00-5:25 p.m.

Class Begins: 5:30 p.m.

Scurry County Extension
Office

2605 Ave. M

Snyder, TX 79549

Cost: \$40.00

For more information about
the program or to pre-register
contact Ronda White,

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325-573-5423

or

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Step Up Scale Down 12 Week Meeting Schedule

<u>DATE</u>	<u>CLASS DELIVERY</u>	<u>TOPIC</u>
February 27	In Person	Scale Down by Setting Goals
March 6	Online	Step Up to a Healthy Plate
March 13	In Person	Scale Down by Reading Labels
March 20	Online	Step Up to Breakfast & Menu Planning
March 27	In Person	Scale Down with Moves to Lose
April 3	Online	Step Up Your Hydration
April 10	In Person	Scale Down by Finding Your Motivational Mojo
April 17	Online	Step Up to Healthy Snacking
April 24	In Person	Scale Down with a Colorful Plate
May 1	Online	Step Up to Successful Socializing
May 8	In Person	Scale Down by Knowing Your Numbers
May 15	In Person	Step Up and Celebrate

Pantry Makeover



How much time have you spent organizing your pantry and food cupboard lately? It might be time to take a look inside and see what you can part with, store differently or save by reviving. The University of Nebraska Lincoln Extension has tips to get us started in cleaning out the pantry and making room for new items.

Item	Shelf Life	Storage Tips
Baking Powder	12-18 months	To test freshness: Mix 1 teaspoon baking powder with 1/3 cup hot water. If it foams vigorously, it still has rising power.
Baking Soda	12-18 months	To test freshness: Mix 1-1/2 teaspoons in 1 tablespoon of vinegar. If it fizzes it will still leaven food. If not use it as an odor catcher in the refrigerator.
Shortening	3-8 months opened; 8-12 months unopened	Shortening that has been stored too long will go rancid and develop an undesirable taste and odor. If you haven't used it in a while, smell it before using it in a recipe.
Canned Food	1-2 years	Eat within 2 years of processing for best quality. Avoid refrigerating opened canned foods in their can.
Popcorn (Other than ready to pop microwave popcorn)	2 years	Do not store in the refrigerator as the kernels are more likely to dry out and not pop as well.
Herbs and Ground Spices Whole Spices	1 year 2 years	Store in a tightly covered container in a dark place away from sunlight. Keep moisture out of the containers. Do not near the store, dishwasher, microwave, refrigerator, sink or heating vent. Never sprinkle container directly over a steaming pot.
White Flour	6-12 months – room temperature 2 years - refrigerator Indefinitely in the freezer	Store in an airtight container in the freezer to preserve the flour's moisture.
Whole Wheat Flour	1-3 months - room temperature 6 months – refrigerator 12 months - freezer	The ground wheat germ in whole wheat flour contains oil that can become rancid at room temperature. Allow to come to room temperature before using in baked goods.
Honey	12 months	Stores best at room temperature. It crystallizes more rapidly when stored in the refrigerator.
Brown Sugar	4-6 months	Store in airtight container to retain moisture and prevent from becoming hard. To soften place in a microwave-safe container and cover loosely with a clean, wet paper towel. Microwave on high and check every 30 seconds until it softens.
White Granulated Sugar	2 years	Properly stored sugar keeps indefinitely.
Vegetable Oil	1-6 months opened 6-12 months unopened	Oil that has been stored too long will go rancid and develop an undesirable taste and odor. If you have not used it in a while smell it.
Vinegar	2 years unopened 1 year opened	Storage life is almost indefinite because of its acidic nature according to the Vinegar Institute.

Beyond Weight Loss: The Impact of Exercise

It's time to stop looking at exercise as a weight loss tool and to start looking at it as a quality of life tool.

A top reason people give for engaging in exercise is to lose weight. And frequently people quit exercising because their time and effort (and sweatiness) yield only small losses. It's pretty easy to out eat an exercise session. Sometimes people rationalize extra food simply because they worked out.

Imagine burning 200 to 400 calories in a gym workout and undoing that calorie deficit with a single stop at your local coffee shop or with a few bites of food at each of your three meals. Boosting your physical activity may help with weight loss, but it rarely does the job alone. For weight loss, most people find diet rules.

There are plenty of other reasons to exercise regularly. Some are benefits that you can see and feel, but others are hidden or seen only with specific lab work. One is certain, however, moving more, boosts quality of life. Here are some things exercise can do for you.

Exercise:

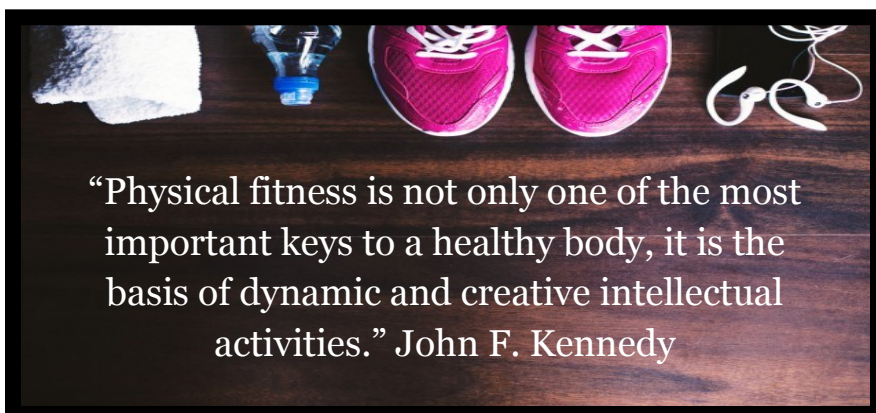
- Improves insulin resistance for 2 to 72 hours. So now you know that with every single bout of exercise you are doing yourself some good.
- Lowers your risk of developing type 2 diabetes and helps manage blood sugar levels.
- Decreases your risk of cancers of the colon, breast and endometrium.
- Tamps down low levels of chronic inflammation.

- Helps prevent heart disease.
- Helps you manage stress and boosts mood.
- Aids sleep.
- Helps you keep lost pounds from coming back
- Strengthens the bones and helps prevent low bone mass.
- Helps prevent injury.

These are just some of the perks of being physically active. Instead of looking at exercise as a means of managing your weight, view it for what it really is—one of the most important things you can do for your body, mind and well being.

Article by: Jill Weisenberger, MS, RDN, DDE, FAND, CHWC

Source:
www.foodandhealth.com



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Why Clutter Causes Stress and Anxiety

There are many reasons to clear the clutter in your home, work office, vehicle and life. Clutter leads to stress and anxiety. It can make us feel overwhelmed and anxious. Sherrie Bourg Carter, Psychologist with High Octane Women explains 8 reasons that clutter leads to stress.

- 1) Clutter bombards our minds with excessive stimuli (visual, olfactory, tactile), causing our senses to work overtime on stimuli that aren't necessary or important.
- 2) Clutter distracts us by drawing our attention away from what our focus should be on.

3) Clutter makes it more difficult to relax, both physically and mentally.

4) Clutter constantly signals to our brains that our work is never done.

5) Clutter makes us anxious because we're never sure what it's going to take to get through to the bottom of the pile.

6) Clutter creates feelings of guilt, "I should be more organized", and embarrassment, especially when others unexpectedly drop by our homes or work spaces.

7) Clutter inhibits creativity

and productivity by invading the open spaces that allow most people to think, brainstorm and problem solve.

8) Clutter frustrates us by preventing us from locating what we need quickly such as files and paperwork lost in the pile of keys swallowed up by the clutter.

