



Cooperative Extension • Monterey County

Favorite Family Food

Volume XI, Issue I Jan- Mar 2011



2011 - The Most for the Least

Inside this issue:

- 2. Food Facts & Ideas:
All About Beans
- 3. Cooking Lessons:
Tuna Burgers
- 4. Foods to Emphasize-
Eating Green(s)
- 5-6-Parent Pages:
Nutrition & Lead
- 6. Exercise and the
Healthy Family
- 8. The Last Word
Winter Menus

PLUS- A TAKE-OUT SUPPLEMENT: CARING FOR THE SICK FAMILY MEMBER AT HOME

This issue is 90% bi-lingual

Are you ready for the New Year? In these times, the goal is to get the most for the least. That's the most nutrition for the least calories and dollars spent on food.

The new 2010 Dietary Guidelines recommend that we "choose 'good fats'". Think fatty fish like tuna here- great recipe on page 3 for old-time tuna croquettes, repurposed as tuna burgers. Kids love them!. The guidelines also say "dry beans" ... "are preferable", when talking about protein sources. Check out page 2 for bean facts and recipe ideas. According to the guidelines, we are supposed to be eating 5 servings (2 ½ cups) of vegetables a day. The tip sheet on page 4 will set you on the path of eating green, both raw and cooked.

They say: "Fewer calories smarter choices". I think we're all agreed, but there's another step- we need to learn to eat well for less money.

Favorite Family Food is ready and here to help you make those smart choices, and UCCE Cal-Fresh Nutrition Education Program is taking the extra step with you: staff will be on a Cal-Fresh budget beginning January 1, 2011. Follow us on Face Book in the weeks ahead to read how we do when faced with the same challenges as nearly 40 million other Americans.



A todos mis lectores- Empezando el próximo año 2011, la noticiera *Favorite Family Food* – se publicará cada tres meses. Empezando con la edición de la primavera se publicará solamente en el web (<http://cemonterey.ucdavis.edu/EFNEP/122>).

Por favor mándenme su dirección email para poder mandarles la noticiera. Ha sido un placer de comunicarme con ustedes, más de once años. Muchísimas gracias por su apoyo.

To all readers of Favorite Family Food - Beginning next year in 2011, this newsletter will be published quarterly - once every three months. Beginning with the Spring edition it will "go paperless" and become an online publication only. You'll be able to read it at <http://www.cemonterey.ucdavis.edu/EFNEP/122> .

Please send your email address to kmnolan@ucdavis.edu to be added to the online subscriber list. (if you absolutely do not have internet access, please call 931-759-7373 in order to make arrangements to receive the newsletter in the mail) It's been a pleasure to communicate with you for nearly eleven years. Many thanks for your support.

University of California and U.S. Department of Agriculture cooperating

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In the old days, we did it this way...

UCCE's
Favorite
Family
Food
2



Cooking in a lumber camp Bean Hole

Our grandmothers cooked foods that are native to America and were introduced to early settlers by the indigenous people. Native American foods still very popular today include corn, potatoes, squash and of course, beans. Beans are a powerhouse of nutrition: scarcely any fat but rich in vitamins, fiber and protein.

Native Americans in the Northeast cooked beans with maple syrup and pieces of venison. In New England today, the custom of Saturday night bean

suppers continues. The beans are often cooked traditionally, overnight in "Bean Holes" covered with hot coals. Salt pork and molasses are used for flavor. Leftover cold beans made into a sandwich are still a popular favorite.

In the West, we favor pinto beans. Grandmother taught us to cook them long and slow, without even adding salt until the beans are tender (because adding salt, or lemon juice or vinegar during cooking will makes those beans tough!). Fresh hot beans from "la olla" with warm tortillas and a little salsa - sometimes it just "hits the spot".

Slow cookers are great for beans. Be sure to remember to soak them overnight, and change the water often. At least a 12-hour soak with 4-5 changes of water will nearly eliminate the ...er... flatulence effect. For a delicious treat that's good for your heart as well as your pocketbook, enjoy beans at your house, at least once a week.

Nuestras abuelas cocieron alimentos originarios de América que se introdujieron a los colonos tempranos por los indígenas. Alimentos originarios de América que todavía son muy populares hoy incluyen maíz, papas, calabaza y, por supuesto, frijoles. Los frijoles son una fuente importante de nutrientes: contienen no mucha grasa, pero son ricos en vitaminas, fibra y proteína.

Los indígenas al Noreste cocieron los frijoles con sirope de arce y pedacitos de carne venado. Hoy en Nueva Inglaterra, se acostumbra las cenas de frijoles en sábados. Muchas veces los frijoles se cocen tradicionalmente, por la noche en "Hoyos de Frijoles", cubiertos con carbones calientes. Carne de puerco salado y melaza sazona el platillo. Los frijoles fríos sobrantes hacen una torta muy popular.

Aquí en el oeste nos gusta los frijoles pintos. Abuelita nos enseñó como cocinarlos por un rato largo, sin agregar el sal hasta que los frijoles estén blandos (porque el agregar sal o limón o vinagre *mientras* cocinen hace muy duros). Los frijoles bien cocidos, frescos de la olla, con tortillas y un poco de salsa - ¡que se satisfizo mucho!

Las ollas que cocinan lentamente son perfectas para el cocinar de los frijoles. Asegúrese de recordar que se necesita dejarlos remoja en el agua por la noche, y cambie el agua a menudo. Por lo menos un remojo de 12 horas con 4-5 cambios del agua casi eliminará... er...el efecto de flatulencia. Para un gusto muy sabroso que es beneficioso a su corazón, y también a su bolsa, disfrute los frijoles en su hogar, por los menos una vez cada semana.

Older beans are dry & take longer to cook. Very old beans may never get tender.

Simmer beans, don't boil them. Stir gently so the skins don't burst.

Use a big enough pot - beans or lentils will double in size as they cook.

Hard water (or high altitude) may increase cooking times.

Los frijoles viejos están secos y su tiempo de cocinar es más largo. Frijoles muy antiguos quizás no se pueden hacer blandos.

Hierve los frijoles en fuego lento y muéveaos suavemente para que las cáscaras no se revienten.

Use una olla bastante grande - los frijoles o lentejas doblarán en tamaño mientras cocinan.

El agua dura (o altitud alta) puede aumentar los tiempos de cocinar.



So you're Learning to Cook...

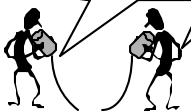
Fish is good food for my family. But some fish can be dangerous to eat. What should I do? What should I think?



- Fish and shellfish are an important part of a healthy diet
- However, nearly all fish and shellfish contain traces of mercury
- Women of childbearing age & young children are advised to avoid some types of fish and eat fish and shellfish that are lower in mercury.
- Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
- Do eat up to 12 ounces (4 servings) a week of a variety of fish that are lower in mercury such as shrimp, canned **light** tuna, salmon, pollock, and catfish.

Why desserts? I thought they weren't nutritious!

Dessert recipes you find here are lower in fat or sugar than many. Look, if you make nutritious food seem like a punishment, no one will want to eat it!



Could Be Tuna 'burgers

and you could put them on buns with 'fixins. Back in the day they were called "croquettes". Either way they are crisp on the outside, melty-good on the inside and a favorite for an easy spring supper.

1. Mix **1 can drained light chunk tuna** with **1 whole egg, 2 small cooked & mashed potatoes** (you can cook these the night before), **1-TBS chopped parsley**.
2. Add **juice of 1 lemon, a couple shakes of salt and pepper** and enough **bread crumbs** so that the mix can hold its shape.
3. Form into patties and coat the outsides with more breadcrumbs (up to 1/3 cup).
4. Grease a cooky sheet with olive oil and place the tuna burgers on it. Cook in a hot (400°F) oven for 20-30 minutes, turning once so that they brown evenly.
5. Serve with lemon wedges and a salad. Or or a bun, with tartar sauce. Yum!

Croquetas de atún

1. Cueza **2 papas chicas**, pélelas y prénselas hasta lograr un puré.
2. Mezcle el puré con **1 lata de atún enjuagado, 1 cucharada de perejil molido y 1 blanquillo**. Agregue el **jugo de 1 limón y un poco de sal y pimienta**, y **suficiente pan molido** para que la mezcla pueda mantener forma.
3. Forme las croquetas y revuélquelas en pan molido.
4. Ponga **1-2 cucharadas de aceite de olivo** en un sartén para galletas. Ponga las croquetas en el sartén. Hornéelas en un horno caliente (400°F) por 20-30 minutos, revolviendo una vez hasta que estén doradas.
5. Sírvalas con un trozo de limón y una ensalada - o, como hamburguesa. ¡Yum!

Old-Fashioned Brownie Pudding -

A family favorite that's easy to make. Not high in fat.

1. In a medium bowl, combine **1/2 cup all-purpose flour, 1 tsp baking powder, 1/2 tsp salt, 1/2 cup white sugar & 1 TB unsweetened cocoa powder**.
2. Stir in **1 TB vegetable oil, 1/2 tsp vanilla & 1/4 cup 1% milk** and blend until smooth. (Fold in **1/2 cup nuts** if you like)
3. Spread mixture in a 1 quart lightly greased baking dish.
4. Stir together **1 cup brown sugar, 1 tablespoon cocoa & 1 cup boiling water**. Pour carefully over batter.
5. Bake in preheated 350°F oven 30 to 45 minutes, until set. Serve warm.



Eating New Greens...



When Kale is winter-kissed by the frost, it tastes even better!

"Green, green, how I love my leafy greens!" (to paraphrase a famous poet...). While we usually think about salad when we think about leafy greens, here in the Salinas valley we grow many other types of these vegetables.

Kale, collards, Swiss chard, mustard greens and beet greens- these are the different varieties we can enjoy.

All of these are very low in calories (from 21 to 49 calories a cup) and rich beyond belief in nutrients.

For example, a portion of any one offers way more than 100% of the daily requirement of vitamin K and vitamin A, and almost 100% of the vitamin C you need.

They all contain various kinds of antioxidants that help to maintain the health of your bones, heart, lungs, and nervous system, and that quite possibly support the prevention of cancer and other diseases.

You can eat fresh cooked greens from January to May (mustard greens, collards, kale) and from June to October (Swiss chard and beet greens).

Try some of the preparation ideas listed at the right side of the page. Enjoy!

"Verdes, verdes, ¡como te quiero las hojas verdes!" (parafraseando un poético famoso) Hasta que usualmente pensamos de ensalada cuando pensamos de hojas verdes, aquí en el valle de Salinas cultivan muchos otros tipos de estas verduras.

Col Rizada, quelites, Acelga suiza, verduras de mostaza y las hojas de betabeles- estas son las muchas variedades que podemos disfrutar.

Todos son muy bajas en calorías (desde 21 hasta 49 calorías por taza) y ricos increíble en nutrientes.

Por ejemplo, una ración de cada uno ofrece mucho más de 100% de la necesidad a diario de vitamina K y vitamina A, y casi 100% de la necesidad de vitamina C.

Todos contienen varios tipos de antioxidantes que ayudan a mantener la salud de los huesos, el corazón, los pulmones, y el sistema nervioso, y que posiblemente apoya en el prevenir del cáncer y otras enfermedades.

Pueden comer las hojas verdes cocidas desde enero hasta mayo (verduras de mostaza, quelites, Col Rizada), y desde junio hasta octubre (Acelga suiza y hojas de betabeles).

Pruebe algunas de estas ideas para prepararlas, al lado de la página. ¡Disfrútelas!

Col Rizada cocido con manzanas vinagre balsámica y nueces...

Kale braised with apples, topped with balsamic vinegar and walnuts

Hojas de Betabeles con pasta, queso cotija, jitomates, aceite de olivo, y piñones

Beet leaves with pasta diced tomatoes, olive oil, and parmesan

Quelites cocido con hueso de Jamón, frijoles pintos y arroz

Collards cooked with ham bone, red beans & rice



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Look for hidden lead in **some** of these:

Garden hoses



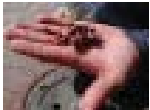
Electrical appliance cords



vinyl lunch bags



grasshopper snacks



imported candy wrappers



If you know of any other sources of lead, please call Kathy at 759.7373



The parents' page

Nutrition and Lead

Lead poisoning is one of the most common childhood problems in the United States. Nutrition is one way to reduce the chances that your child will have high levels of lead in her blood.

A child's diet can affect the amount of lead he has in his body. Just like

you, she needs to eat foods from each of the food groups to grow and stay healthy.

Offer your child 2-3 servings from the milk group, 4 ounces of meat or beans, 1 - 1½ cups of fruit, 1½ - 2 cups of vegetables, and 2-5 ounces of grain foods (1 thick slice of bread is about 1 ounce).

The levels of lead in the blood may increase if:

* **Your child eats too much or too little protein.** Offer your 2 protein foods each day: fish, beans, lentils, chicken & peanut butter.



* **Your child doesn't get enough iron.** Foods high in iron include meats, chicken, dried beans, cereal with iron, leafy green vegetables and dried fruits.



* **Your child eats too much fat.** If your child is over 2 years old, serve fat-free or 1% dairy foods, Don't serve foods like fries, chips, candy or fried foods very often.

* **Your child doesn't get enough zinc.** Foods high in zinc include meats, chicken, and whole grain cereal.



* **Your child doesn't get enough calcium.** Calcium-rich foods include milk, tofu, cheese, yogurt, broccoli and dark green leafy vegetables. Offer 2-3 servings of these foods every day.



An empty stomach may increase the chances of higher levels of lead. Snacks are an important part of your child's daily meal plan. Some children can't eat a lot at one meal. They may be hungry before it's time to eat again.

Offer regular meals and snacks to your children. This can help reduce their chances of having high blood levels.



La página para los padres

La Nutrición y el Plomo

El envenenamiento con plomo es uno de los problemas más comunes hoy día en los Estados Unidos. Una nutrición ayuda a reducir el riesgo de que su niño tenga altos niveles de plomo en la sangre.

La dieta infantil puede afectar de distintas maneras la cantidad de plomo que un niño puede tener en la sangre. Al igual que usted, sus niños

necesitan comer alimentos de cada uno de los grupos de alimentos para crecer y mantenerse saludable.

Ofrezca a sus niños 2 o 3 porciones del grupo de la leche, 4 onzas de carne o de frijoles, 1 - 1½ tazas de frutas, 1½ - 2 tazas de vegetales y 2-5 onzas de alimentos hecho de granos (1 rebanada gruesa de pan pesa más o menos 1 onza).

Los niveles de plomo en la sangre puedan aumentar cuando:

* **La dieta se muy baja o alta en proteínas.**

Dé a sus niños 2 alimentos con proteína diariamente, tales como pescado, pollo, crema de cacahuete o maní, frijoles (habichuelas) y lentejas.



* **La dieta es pobre en hierro.**

Entre los alimentos ricos en hierro son carnes, pollo, frijoles (habichuelas) secos, cereales con hierro, vegetales de hoja verde oscuro y frutas secas.



* **La dieta es muy alta en grasa.**

Si su niño tiene más de dos años, use productos de leche sin grasa, o bajos en grasa. Sirva alimentos como papitas, dulces y comidas fritas no más de vez en cuando.



* **Su niño no come bastante calcio.**

Los alimentos ricos en calcio incluyen leche, queso, yogur, brócoli, vegetales de hoja verde oscuro y tofu. Ofrezca a sus niños de 2-3 porciones de estos alimentos cada día.



* **La dieta diaria contiene poco zinc.**

Algunos alimentos ricos en zinc: carnes, pollo y cereales de granos integrales.



Un estómago vacío puede aumentar el riesgo de tener altos niveles de plomo en la sangre. Los bocadillos son una parte importante de las comidas diarias de su niño. Algunos niños no pueden comer mucho cuando es la hora de la comida. Tal vez les dé hambre antes que sea la hora de comer.

Tenga un horario regular para dar bocadillos y comidas a sus niños; así reduce las posibilidades de que tengan altos niveles de plomo en la sangre.

Busque el plomo escondido en **algunos** de estos:

Mangueras para jardines



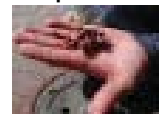
Los cordones de aparatos eléctricos



Loncheras de vinilo



Chapulines



Envoltorios de dulces



Si usted sabe de otra fuente de plomo, por favor llame Kata en 831.759.7373





La familias que hacen ejercicios y se mantienen activas son más saludables.

- Limite el tiempo de estar de flojo. Una hora o menos del TV o otros videos es suficiente. **No use los videos de “Bebé Científico” - porque los videos no están recomendable para los con menos de 2 años de edad.**
- Si están sentados por más de ½ hora, levántese y muévase. El hacer algo activo dará energía a todos.
- Planee actividades familiares que les gusta a los niños (andar por bicicleta, caminar con el perro).
- Ayude a sus niños encontrar un deporte o actividad que disfruten, entonces haga una prioridad de eso.
- Haga unas metas de buen estado físico, y ayúdense el uno al otro de llevarlas acabo.
- Planee por 10,000 pasos por día y para buen estad físico – logrará su meta paso por paso.

La familia saludable y el ejercicio

Exercise gives you energy and reduces fatigue (strange, but true- if you're “too tired”, run around the block - you'll be perked right up!).

Exercise reduces pain and increases flexibility and range of motion for those who have arthritis.

Exercise is clinically proven to be as effective against depression as name-brand anti-depressant medicines. Check with your doctor - and then, get moving!

Exercise and the Healthy Family

Families that exercise and stay active are healthier.

- Set limits on couch potato time. One hour or less of TV or other “screen time” is plenty. **Ignore ads for those “Baby Scientist” dvds- screen time for children under the age of 2 is NOT recommended.**
- If you've been sitting more than ½ hour, get up and move around. Doing something active will give you energy - this works for all ages.
- Plan family activities that kids like (hiking, biking, walking the dog).
- Help your children find a sport or activity they enjoy - then make it a priority.
- Set fitness goals and encourage each other to work toward them.
- Aim for 10,000 steps a day for fitness- first one foot, then another.

The Last Word

Cal-Fresh Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!



Everyone help! Make “shopping day” a “cooking day” & do basic prep for the week ahead. Broth, cooked rice, blanched veggies make work week dinners easy.

Use that Slow Cooker!

It's a busy cook's best friend.

Plan on soup once a week.

Also sandwiches, eggs and that old stand-by, beans.

Once a week!

Old-timey desserts

satisfy and are nutritious, too.

Plan, plan, plan!

Get the habit of planning - you'll be surprised at how much time and money you save!

Learn to make custard sauce:

Heat 2-cups milk, cool it to lukewarm. In top of double boiler or in s.s. bowl set over a pan of simmering water whisk milk, 1-egg (or 2 egg yolks), 1-2-TBS sugar till mixture coats a spoon. Flavor w/1/2-tsp vanilla. Use to top fruit desserts - yum!

The USDA - funded Program Cal-Fresh

helps participants to purchase healthful foods for better diet and funds this newsletter.

What'll We Have For Dinner?

Winter Food Stamp Menus:

Sunday: Slow-cooked Roast Pork Butt; Steamed Brussels Sprouts; Mashed potato/squash combo; WW roll w/natural apple butter (cook peeled, quartered - core is ok- green apples in slow cooker on low about 24-hours; season w/cinnamon to taste; process in pressure cooker or keep in frig and eat it up quickly); Cinnamon Baked Winter Pear w/Custard Sauce

Monday: Lucky Black-eyed Peas with Smoked Neck Bones (Cook in stock made the day before and de-greased: neck bones, green bell pepper, garlic, onions, bay leaf, thyme, black pepper); Rice; Cornbread; Collards (or other favorite greens) Ambrosia Salad with Shredded Carrots; Apple Cobbler

Tuesday: Grilled Chicken Po' Boy Sandwich dressed w/Cabbage Slaw; Creole Sauce(Basically diced tomatoes, green bell pepper, garlic, onions, bay leaf, thyme black pepper; thickened with a brown roux) Baked Sweet Potato Wedges; Chile Corn; Lemon-Rice Pudding.

Wednesday: Winter Skillet Supper, Saute of Potatoes, Apples, Onions & Cabbage- top with chunks of pork you'd frozen on Sunday (caraway seeds are nice in this if you're bold); WW Roll; Winter Fruit Cup (Pears, black grapes, apples, citrus sections),

Thursday: Best Burger with the works; Sienna's WW Pasta Salad w/lots o'Veggies; Warm Banana-Maple Bread Pudding

Friday: Wrapped Cod (put cod portion on 12" square of foil. Top with thinly sliced lemon, onion, garlic and bell pepper; salt; pepper, drizzle of olive oil; dill weed optional. Fold foil to wrap and seal. Place packets on cookie sheet and bake at 375 F for about 20 minutes. Serve fish still wrapped so as to enjoy the fragrant steam when package is opened), Rice or Flat Roast Potatoes; Big helping of Dark Green Salad w/ thinly-sliced carrots & radishes; Sundae Cups (Vanilla Frozen Yogurt, a little chocolate syrup, sliced walnuts)

Saturday: Joe's Special (Brown ground beef, de-grease, add spinach & chopped onions - cook till veggies nearly done; add beaten eggs - cook till eggs are done); Baked O'Brien Potatoes (cottage fries with bell pepper and green onion), Orange Slices, WW Toast. Rice Pudding.

Good news! It's 2011 and you can still provide tasty, nutritious meals to your family on a Cal-Fresh budget. Plan your week around store specials and seasonal foods and avoid costly packaged items. EBT cards make shopping easier than ever before and let you buy fresh, local products at many farmers' markets as well.

You'll have a special bond with family members when you share everything from meal planning to shopping to food preparation. You'll be saving money, passing along life skills to children and making happy memories for everyone.



A Good Lesson from Grandmother

Nuestras abuelas han cuidado a los miembros de la familia cuando ellos estaban enfermos con la influenza. Nosotros podemos tener algunas de estas habilidades de cuidar en familia también.

LO MÁS IMPORTANTE -¡CUBRA SU TOS CON SU CODO, Y LÍMPIE SUS MANOS FRECUENTEMENTE! Aquí hay algunos consejos :

El cuidar del miembro familiar enfermo:

- * Asegúrese que la persona obtenga suficiente descanso, y que evite alcohol y tabaco.
- * En el primer síntoma de la influenza, provee bastante bebidas balsámicas como agua o jugo para prevenir deshidratación peligrosa. Sopas y caldos también son beneficiosos.
- * Mantenga una historia del síntoma y la temperatura de la persona enferma. Incluye algunos cambios. Sigue el aviso del doctor en ofrecer medicina para reducir la fiebre.
- * Si la persona tiene una fiebre alta, báñela con una esponja y agua tibia.
- * Mantenga comunicaciones con su doctor. Su doctor le dará una lista importante de síntomas de que debe estar atento mientras cuida su miembro de familia.

El desinfectar el hogar cuando un miembro de la familia está enfermo con la influenza:

- * Desinfecte los pomos, teclados, las llaves de la luz, los tiradores de los armarios y algunos otras superficies comúnmente tocadas. **Use ¼ taza de cloro por cada galón de agua, hecho fresco cada vez.** Si limpia los platos a mano, use la misma solución en el agua del enjuague.
- * Use guantes disponibles cuando limpia algunos fluidos de los cuerpos. Use toallas de papel y tírelas en la basura cuando acabe.
- * Cuando una persona de la familia tiene síntomas de la influenza, separe las cosas personales de todos en la familia. Esto incluye comida, utensilios de comer, toallas, sábanas y ropa. También se incluye plumas, hojas de papel, computadoras, juegos videos etcétera.

Actualmente, mucha gente va al trabajo o a la escuela incluso cuando están enfermas. Si hay un brote seria de influenza, esto quizás cambiará. Posiblemente deseará quedarse en el hogar para evitar personas quiénes están enfermas. Posiblemente deberá quedarse en el hogar para cuidar al miembro familiar que está enfermo.

Si usted quiere usar una mascarilla para protegerle a sí mismo o a otras personas, ¡que bueno! Busque una mascarilla N95 en la farmacia - posiblemente proveerá alguna protección. *Información de la USDA, FDA, Dr. Bette Hinton del Condado Yolo, y la Cruz Roja*

¿Deshidratado?

Prueba **esta bebida electrolito**

(solamente para los con más de años de edad)



1-cuarto de agua

½ cucharadita de polvo de hornear (soda)

½ cucharadita de sal

¼ cucharadita de substituta para sal

3-4 cucharadas de azúcar

Mezcle bien. Sazónela con jugo de limón o polvo de bebida sin azúcar si quiere. Hielo picado será bueno.



A Good Lesson from Grandmother

Our grandmothers cared for family members at home when they were sick with the flu. Let's regain those home nursing skills.

**MOST IMPORTANT, COVER YOUR
COUGH WITH YOUR ELBOW AND
WASH YOUR HANDS OFTEN!**



Caring for the sick family member:

- * Make sure your loved one gets plenty of rest, and avoids alcohol and tobacco.
- * At the first sign of the flu provide plenty of soothing drinks like water or juice in order to prevent dehydration (which can be dangerous). Soup and broth are also good. You can offer ice if the person is too nauseous to eat.
- * Keep a record of the sick person's symptoms and temperature and any changes in them. Follow your doctor's advice in offering medicine to reduce fever.
- * If the person has a high fever, give a sponge bath with lukewarm water.
- * Stay in touch with your health care provider. Your doctor can give you an important list of symptoms to watch for as you care for your family member.

Disinfecting your home when a family member is sick with the flu:

- * Disinfect door knobs, phone keypads, light switches, cupboard handles and any other surfaces that are commonly touched. Use the solution described to the right...If you wash dishes by hand, use that solution for the rinse water.
- * Wear disposable gloves when you are cleaning up any body fluids. Use paper towels and throw them in the trash when you are done.
- * When someone in your house shows signs of illness, separate everyone's personal items. This includes food, eating utensils, towels, sheets, clothing etc- but also means pens, paper, computers, video games and so on.

These days, many people go to school and to work even when they are sick. If there is a serious flu outbreak, that might change.

You might want to stay home to keep away from people who are sick - you may *have* to stay home to care for a sick family member- or, you may be *asked* to stay home by a County Health official. Smile - it's better for everyone.

If you want to wear a mask to protect yourself or others, that's fine! Look for an **N95** mask at the drugstore- it may provide some protection.

Info from FDA, USDA,, Dr. Bette Hinton of the Yolo County Health Departmen, & the Red Cross

Dehydrated?

Try this
Electrolyte Drink
(for folks over
age 12 only)

1-qt water
1/2 -tsp baking soda
1/2 -tsp table salt
3-4-TBS sugar
1/4 -tsp salt -
substitute

Mix well. Flavor
with lemon juice
or sugar-free drink
powder if you like.
Crushed ice
would be nice.

Wo, dude! Don't
mix up the one
above with the
one below!
Gross! And, scary!



Disinfecting Solution

Make fresh
each time:
1/4 -cup bleach
to 1-gal water
...or...
1-TBS bleach to
1-quart of water.