



Favorite Family Food

Volume VI, Issue I Jan - Feb, 2007



Inside this issue:

2. Old Days:
*Food Safety During
Illness in the Family,
Espanol*

3, 4, 5. Learning
to Cook;
Seeds of Change:
*Learn to use a
Chef's Knife*

6. Old Days:
*Food Safety During
Illness in the Family;
English*

7. Exercise &
the Healthy Family

8. The Last Word
Winter Menus

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El poder hacer algunas cosas para sí mismo es fabuloso - no necesita depender en otros para cambiar una llanta, coser los pantalones vaqueros - o cortar lechuga para una ensalada. El aumentar sus habilidades para recobrar poder sobre su propia vida - este es el tema del año nuevo.

Para empezar bien, hablamos aquí de cuidar a los enfermos de la familia en casa, como lo hicieron nuestras abuelas.

Recuerde que hay más que servir el caldo de pollo y leyendo un termómetro. Ofrezca alivio cariñoso con palabras y acciones que ayudan a la personas sentarse bien, rápidamente. "Aquí hay pan tostado, dorado y sabroso, hecho especialmente para tí" -

Si no ha aprendido como usar un cuchillo bien filoso para preparar los alimentos frescos rápidamente en casa, no es demasiado tarde. Mire a los consejos y fotos aquí - entonces practique por un rato cada día.

Otra meta importante es de planear y preparar alguna comida que ofrezca nueve raciones de vegetales y frutas cada día. La idea es de servir 3 o más porciones en cada comida. Habrán más avisos sobre esta idea en ediciones futuras.

Themes for the New Year

Remember the thrill you felt as a child when you learned to shuffle cards - or to eat with chopsticks? Mastering a new skill is so satisfying! Being able to do things for yourself is great - you don't have to depend on others to change a tire, mend torn jeans - or cut up a salad. Increasing your skills to give you back power over your own life - that's the theme for the New Year.

To start things off right, we talk here about taking care of sick family members at home, as our grandmas did.

Remember, it's more than reading a thermometer and serving chicken soup. Offering loving comfort with words or actions helps folks feel better fast: "Here's some tasty crisp toast that I made specially for you" - "Here's a nice cool cloth for your forehead that will feel so good."

If you haven't learned to use a good sharp knife to quickly prepare fresh foods at home - it's not too late. Check out the tips and photographs here, and then practice a little each day. You'll soon be slicing and dicing with ease.

That will help with another important goal: planning and preparing meals that offer the family nine or more servings of vegetables and fruits a day. More on that in future issues, but you can start by using our seasonal menus on the back page. Each dinner is designed to provide at least 4 servings of veggies and fruits combined - so it will be easy to eat nine, and feel fine.

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



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*

UCCE's
Favorite
Family
Food
2

¿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
substitutita 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.

¡CUBRE SU TOS CON
SU CODO, Y LÍMPIE
SUS MANOS
FRECUENTEMENTE!



So you're Learning to Cook...

Chop, chop, chop!

One of the most positive things we can do for ourselves is to learn a new skill that will make our daily lives better in some way. Here's a great New Year's Resolution - "I will master the use of the chef's knife".

Learn these cuts:

Large dice -
1/2" cubes
(brunoise)

The Chef's knife (also called a French knife) is a large knife with a heavy wedge-shaped blade. It's the original food processor. When you know how to use it, you can quickly and safely cut up all the vegetables you need for salads, soups or other dishes.

Chop - about the same size as dice, but not evenly shaped

It's simple to keep your knife in a totally clean and sanitary condition. There's nothing to take apart, so clean-up can be done in an instant.

Small dice -
1/4" cubes

Take a look at these pictures from the food network (next page) that show the right way to hold and use your knife. You can practice on a zucchini cut in half the long way- it's easy to slice, and when you put the cut side down, it's secure and won't roll around.

Always follow these safety rules:

Mince - chopped very finely

- Remember to always cut on a flat surface. If necessary, cut a thin slice off the side of round veggies or fruits to make a flat surface.

Julienne - 1/4" x 1/4" x 2 1/2" strips

- Always cut on a clean cutting board that is "seated" on a damp cloth or paper towel so it won't slide around.

Matchstick - the size and shape of a kitchen match (alumette)

- Make sure there's no one behind you in your safety zone— it extends out at least 2 feet from you in all directions.

- Never put your knife in a dishpan where it could be accidentally grabbed by someone. Wipe it off, clean it well immediately after each use, & store it safely.

Chop, chop, chop! I hate making salad - it takes forever. That's why I buy it in a bag.

Just take the time to learn how to use a knife! Then making salad will be a piece of cake - er...

Once you have chef's knife, you won't have to depend on packaged food, so you can prepare food so



mastered the use of the chef's knife, you won't have to depend on packaged food because you'll be able to prepare food so rapidly yourself.



This means that fresh, delicious dishes rich in colorful vegetables and fruit can always be available to you and your family. Way to go!

For more info, go to:

http://www.foodnetwork.com/food/ck_dm_knife_skills/0,1904,FOOD_19001,00.html



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The correct grip: hold the handle against the palm of your hand with three fingers. Clasp the large end of the blade between your extended thumb and your folded forefinger. (You might want to put your extended forefinger along the top of the blade. Please avoid doing this. The correct grip is much safer and gives you greater control.)

La empuñadura correcta: sujeta el mango en la mano con tres dedos. Agarre el extremo grande de la hoja entre su dedo pulgar extendido y su índice doblado. (Quizás desea poner su índice extendido encima de la hoja. Por favor, evite hacerlo. La empuñadura correcta es más segura y le da a usted más control)



Keep the tip of the knife on the cutting board. Feed the food through while slicing down with the large end of the blade. You don't need to saw the food!

Mantenga la punta del cuchillo en la tabla de cortar. Pase el alimento debajo del cuchillo mientras cortando abajo con el extremo grande de la hoja. ¡No necesita serrar la comida!



Be sure to keep your fingers curled under on the hand that holds the food. (Chefs say that if you do this, even if your knife slips, you'll just lose a little skin- but not your whole finger! Gruesome, but you get the point.)

Asegúrese que mantenga doblado los dedos de la mano que agarra el alimento. (Los jefes de la cocina dicen que si observa esta práctica, aunque que el cuchillo resbale, nomás perderá un poco de piel - ¡pero no el dedo entero! Horrible, pero usted tiene la idea.)

This all may seem scary at first, but practice makes perfect. Take your time until you feel completely comfortable - then you can gradually increase the speed of your work.

Todo esto posiblemente parece alarmante al principio, pero práctica perfecciona. Avance lentamente hasta que se sienta completamente cómodo - entonces puede gradualmente trabajar más rápidamente.

More Safety Tips:

Keep your knife sharpened.

Use your knife for slicing & chopping food- not for other tasks like prying open cans or poking into the toaster.

Carry your knife by the handle, close to your side with the blade facing backward.

Store your knife where no one could accidentally grab it or touch the blade.

¡Yo tengo miedo de usar un cuchillo que está tan filoso!



A good plan is to wrap the blade in a dish towel and store the knife in the back of a drawer.



Un cuchillo bueno y filoso

Una de las cosas más positivas que podemos hacer para nosotros mismos es el obtener una habilidad que mejorará nuestras vidas diarias.

Aquí está una Resolución fabulosa por el Año Nuevo- “Obtendré habilidades buenas del uso del cuchillo para llegar a dominar el uso del cuchillo de los cocineros”.

El cuchillo de los cocineros - también llamado el cuchillo francés- es un cuchillo grande con una hoja pesada en forma de cuña. Este es el robot de la cocina original.

Cuando usted aprende cómo usarlo, puede cortar rápidamente y seguramente todos los vegetales que necesita para caldos, ensaladas y otros platillos.

Es fácil mantener su cuchillo en una condición totalmente limpio y desinfectado. No hay nada de desmontar, por eso la limpieza es casi inmediata.

Mire usted estos fotos de la “food network” (página oposita) que demuestran el modo correcto de agarrar y usar el cuchillo. Usted puede practicar con una calabacita cortada a lo largo - es fácil de rebanar.

Cuando se pone el lado cortado en la tabla de cortar, está seguro y no se rodea a la redonda. Siempre observe estas reglas de seguridad:

- Recuerde que **siempre debe cortar en una superficie plana**. Corte una rebanada delgada de los lados de los vegetales redondos si se necesita hacer una superficie plana.

¡La cosa más peligrosa es un cuchillo que **no** está filoso - se puede resbalar y cortarle!

Siempre corte en una tabla de cortar limpia que está sentada sobre un toalla húmeda, para que no pueda resbalar.

- Asegúrese que no hay nadie detrás de usted en su zona de seguridad- esto extiende más o menos 2 pies en todas direcciones.
- Nunca debe poner su cuchillo en el agua de lavar platos donde una persona puede agarrarlo por accidente. Límpielo bien inmediatamente después de usarlo, y guárdelo seguramente.

Cuando usted llegue a dominar el uso del cuchillo del cocinero, no necesita depender del servir comidas en paquetes. ¡Podrá preparar los alimentos rápidamente usted mismo!

Con esta habilidad, siempre podrá servir platillos deliciosos, ricos en vegetales llenas de color y frutas frescas, a su familia. ¡Qué bueno! Para más información, mira este sitio de Web:

http://www.foodnetwork.com/food/ck_dm_knife_skills/0,1904,FOOD_19001,00.html



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

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.

UCCE's
Favorite
Family
Food
6

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.

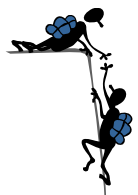
Wo, dude! Don't
mix up the one
above with the
one below!
Gross! And, scary!



Disinfecting Solution

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





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!

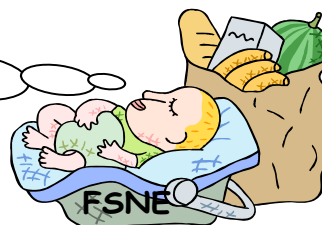
Exercise and the Healthy Family

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

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



The USDA Food Stamp Program

helps participants to purchase healthy 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: New Year's Day 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 2007 and you can still provide tasty and nutritious meals to your family on a food stamp 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.

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!

