

September - October 2016

Tailgating Food Safety

The temperature is cooling and as the leaves change colors that means...football game and the tailgate party. Keeping food safe and practicing safe handling of food will ensure a good time for you and your friends and family. The two biggest concerns regarding food during tailgate parties are cross contamination and temperature.

Any time you transport and consume food in outdoor settings, you need to be extremely careful, as bacteria can be easily spread from hands, parking lots, vehicles, footballs, etc. Remember to pack separate utensils and plates for raw and cooked foods.

Prior to traveling, try to keep the food in the refrigerator as long as possible, making it the final piece of food that is packed. Always keep perishable food on ice in a cooler. Do not put food which needs to be cooked in the same cooler as food which is ready-to-eat. There is too much potential for cross-contamination of bacteria.

For cold foods, it's best to have 2 coolers - one for cold food and one for cold beverages. The beverage cooler will be opened more often and exposed to the air temperature. Keep the "cold" coolers in the shade to help them hold the temperature.

It is recommended all foods not be out of refrigerator (for cold foods) or heated temperature (for hot foods) for more than 2 hours. Two hours is the optimal time bacteria can reproduce and cause foodborne illness. Therefore, toss any remaining food that cannot be kept cool or hot past that time frame.

Check out the recipes below for some additional healthy tailgating tips:

Greek Yogurt Deviled Eggs:

Ingredients

- 12 hard-cooked large eggs, peeled*
 - About 2 tbsp. finely chopped spring onion*
 - 1/2 cup plus 2 tbsp. low-fat Greek yogurt
 - 3/4 teaspoon kosher salt
 - 1 tablespoon country Dijon mustard
 - About 1 tbsp. finely chopped chives
 - About 2 tbsp. finely chopped spring onion
- (continued on next page)*

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Preparation

1. Cut eggs in half lengthwise and pop yolks into a food processor; reserve whites. Add yogurt and salt to food processor and whirl until smooth, scraping down bowl as needed.

2. Transfer yolk mixture to a medium bowl and stir in mustard, 1 tbsp. chives, and 2 tbsp. onion to blend. Set egg whites on a platter, hollow side up. Scoop yolk mixture into a piping bag fitted with a star tip and pipe mixture into hollows. Sprinkle with more chives and onion if you like.

*For perfect hard-cooked eggs, cover them in cold water in a small saucepan and bring to a boil. Remove from heat and let stand 12 minutes. Plunge cooked eggs into ice water, crack all over, and let sit in the water for a few minutes before peeling. Spring onions (regular onions picked young) may be found at farmers' markets and Latino markets. They have a fatter bulb than green onions--which have less crunch but make a good substitute.

Five Layer Dip:

Ingredients

- 6 (8-inch) flour tortillas
- Cooking spray
- 1/2 teaspoon paprika
- 2 teaspoons fresh lime juice
- 1/2 teaspoon ground cumin
- 1 (16-ounce) can refried beans
- 1 cup bottled salsa
- 2/3 cup frozen whole-kernel corn, thawed
- 1/4 cup chopped green onions
- 2 tablespoons chopped black olives
- 3 ounces pre-shredded 4-cheese Mexican blend cheese (about 3/4 cup)
- 3/4 cup (6 ounces) light sour cream
- 2 tablespoons chopped fresh cilantro



Preparation

1. Preheat oven to 350°.

2. Cut each tortilla into 8 wedges, and arrange wedges in single layers on 2 baking sheets. Lightly spray wedges with cooking spray; sprinkle with paprika. Bake at 350° for 15 minutes or until lightly browned and crisp. Cool.

3. Combine juice, cumin, and beans in a medium bowl, stirring until well combined. Spread mixture evenly into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Spread salsa evenly over beans. Combine corn, onions, and olives; spoon corn mixture evenly over salsa. Sprinkle cheese over corn mixture. Bake at 350° for 20 minutes or until bubbly. Let stand 10 minutes. Top with sour cream; sprinkle with cilantro. Serve with tortilla chips.

Peanut Butter Hummus and Cucumber Dippers:

Ingredients

- 3 tablespoons creamy peanut butter
- 3 tablespoons fresh lemon juice
- 1 tablespoon plus 2 teaspoons olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 3/8 teaspoon kosher salt
- 1 (15 1/2-ounce) can chickpeas, rinsed and drained
- 1 garlic clove, minced
- 7 tablespoons water
- 1 English cucumber, cut into 48 1/4-inch-thick slices

Preparation

Place peanut butter in a small microwave-safe bowl; microwave at HIGH 20 seconds. Combine peanut butter and next 7 ingredients (through garlic) in a food processor. With food processor running, slowly drizzle in water; process until smooth. Serve with cucumber.

The Use of Telecoaching in Medicine



In the technological world we live in today, it is not surprising the medical field has found innovative ways to reach patients through the use of the internet and personal communication devices. Physicians, Registered Dieticians and other health practitioners have begun to use personal communication and technology devices such as a phone, personal computer, or tablet to complement in-person visits. Initial studies have shown telecoaching can be very effective in the treatment of obesity, eating disorders, diabetes, cardiovascular disease and artificial nutrition support, and routine check-ups.

Often with in-person healthcare and nutrition services, patients find it difficult to schedule around inflexible work and family schedules, child care, travel time and distance to healthcare facilities. In addition, the high costs of treatment are also a concern for patients with low coverage and high deductibles. Some services require long waits in the office and up to a one-month to two-month wait to even get an appointment. Teleconferencing about simple changes in nutrition therapy, for instance, can take just a few minutes, preventing the need for expensive, time consuming face-to-face visits.

Studies have shown an 86% satisfaction rate by patients who received online physician consultations. 70% of doctors and 80% of nurses in studies have shown this is a low cost tool that saves travel time and prevents scheduling nightmares, while providing quality care.

However, there are challenges to telecoaching. First, there must be acceptance by both the providers and patients to maintain positive outcomes. Second, there may be issues with implementing new technologies due to varying infrastructures, training to use the new technologies, and the functionality of these systems within different organizations. There is also yet to be established a system for insurance reimbursement for telecoaching services in nutrition. Of course, there may be push back for this technique due to the perceived lack of personalized care with face-to-face visits being replaced by telecoaching.

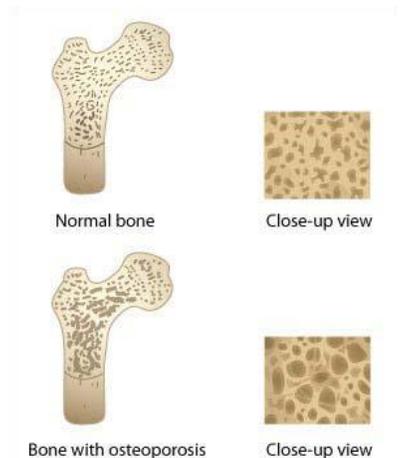
The bottom-line - technology is here to stay and will only continue to grow in use throughout our everyday lives. This is just another way services will be given to consumers. So, don't be surprised when your next check-up might be by video conference.

Eat Prunes to Build Strong Bones

Grab a package of prunes next time you're at the supermarket. Snacking on a few of these little fiber rich nuggets daily could keep your bones steady and shatter proof. Prunes, also known as dried plums, are filled with compounds called polyvinyls that re-balance your bones building cycle. Think of your bones as a never ending construction project. Microscopic segments are constantly being demolished and rebuilt. Over time the rebuilding slows; but the demolition keeps going. The results are weaker bones as you age. Prunes slow down the demolition process to help keep your bones strong. But, don't overdo them. Prunes maybe full of polyvinyl; but, like all dried fruits, they are high in sugar. All you need are three to four a day. Another bonus is all the fiber in the prunes will help keep you regular.

Exercise may also help slow bone loss. Regular workouts can increase your muscle strength, improve your balance and help you avoid falls too. If you haven't been active in years it's not too late. Get your doctor's approval. If you have osteoporosis, ask if you should avoid any type of exercise such as running, jumping or moves that require you to twist or bend at the waist. Start slowly, adding a bit more physical activity each day. Work up to a 30 minute walk five times a week. For adults with osteoporosis, a good workout should include strength training, which is using free weights, weight machines or resistant pans low impact weight bearing exercises such as walking or low impact aerobic, and don't forget stretching, and balance moves. For more ways to stay strong, watch all our smart tips right here.

Source: www.sharecare.com



The Spending Pause

Financial stress impacts our health, relationships, and optimism for the future. While some circumstances that lead us towards financial hardship are beyond our control, our spending habits are something we can alter. Our habits are often formed at a young age, can become automatic, and may not be aligned with our values.

Should we evaluate our spending habits? Are we making thoughtful purchase decisions? Where can we find the pause button to slow down our decision-making? Perhaps a lesson from the mindfulness playbook can help. Jon Kabat-Zinn at the University of Massachusetts Medical

School defines mindfulness as “paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” By attending to our moment to moment experience, we can learn to respond rather than react to decisions we confront. When we *react*, we are swept into an emotion-based, spontaneous response. When we *respond*, we allow ourselves to process the decision. The difference is the pause – between impulse and action – and the intentional choice that follows.

The Mindful STOP is one practice that can help us pause and allow for more space as we make financial decisions. The STOP acronym works like this:

- **S**top what you’re doing
- **T**ake a few breaths
- **O**bserve your experience
- **P**roceed with awareness

If you are in the midst of a financial decision or purchase, you can remind yourself to stop what you’re doing and take a few breaths to get grounded. The observation step will allow you to notice what is going on:

- What thoughts are you having about the decision or purchase?
- What emotions are you experiencing?
- How might you feel about the decision tomorrow, next week, or next year?
- What impact might the decision or purchase have on you, those around you, or the environment?
- How well does the decision or purchase align with your values?

These observations should be done in a non-judgmental way; you are simply noticing what thoughts are coming up without labeling them as good or bad. If you notice there is discomfort in not making a quick decision or reacting to an impulse, you can practice “urge surfing.” This means riding the waves of the discomfort – again simply noticing without doing anything. When you’ve taken the time to pause and notice your experiences, you can then decide if you’re ready to make a decision. If the answer is yes, you can thoughtfully proceed. If the answer is no, you can put the decision on hold and come back to it when you’re ready.

Using the Mindful STOP can help decrease the habitual momentum behind poor spending decisions and impulsive purchases. Allowing yourself the space to make conscious choices, based on your personal financial values, can bring you back in control of your finances. If the current way you are spending doesn’t fit into your vision of a prosperous life, it may be time to stop, breath, and observe...and then consider acting.

Source: <http://extension.colostate.edu/topic-areas/family-financial-stability/the-spending-pause/>



Sharing a Table

As school gets back into session, sports and other extracurricular activities kick into gear, it's important to not forget spending time together as a family. One of the best ways to talk about the day and focus on the family is at the dinner table. Studies show sitting down for meals is good for the brain and the body. More importantly, studies indicate several key outputs including, but not limited to, a reduction in substance abuse rates, eating disorders, depression, and higher grade point averages and self-esteem.



Here are a few tips to incorporate family time around meals even for the busiest of parents:

- If dinner is too busy of a time, try breakfast or even a snack time later in the evening
- Plan and cook meals ahead of time. Have your child(ren) assist in the food preparation
- Schedule out one hour of every evening, even if that means your meal is all together at a park before practice
- Don't focus on the daily efforts, but try to meet the goal of having at least one family dinner a week to start out
- Tell stories and have open discussions during dinner, this makes children more apt to want to come back the next night
- Remove all technology from the table and room, shut off the television and cell phones
- Rotate inviting friends and family members.

Source: Anne K. Fishel, Parenting.com

Reading to your child

As school starts, there are some routines that are important to keep up at home. Reading is one of these. Reading provides many benefits that are bolstered when the adult reading is a family member. Reading out loud shows children books are an exciting source of new information and expands their knowledge, provides positive role modeling, and gives a positive bonding experience for families.



Seeing family members read out loud ingrains the importance of reading and increases a lifelong enthusiasm for reading. Reading out loud to your child shows your child it's part of the family culture and is to be appreciated, increasing the likelihood that your child will read on their own. Books present language in ways that are out of the family norm many times. The language in books is more formal and descriptive than what is normally spoken in the home, school, television or society and allows for children to have a broader

vocabulary and background that is useful when they are learning new topics at school and in life. This broader background helps them make sense of what they see, hear, and read. Reading out loud to children also helps them expand their vocabulary.

Books also provide a way to strengthen the bond between you and your child. Most children love the feeling of warmth and security that comes from snuggling up by mom or dad while listening to a story. The nurturing and one on one attention help children build positive associations with books. It also provides a great time to talk about what's being read, share values, provide emotional support and build self-esteem. Encouraging conversation about the characters and topics in the books can help kids increase empathy and learn compassion.

Reading is important family time and is not a routine that should be stopped now that school has started. Children of all ages (yes, even that high schooler!) can benefit from hearing the adults in their lives read aloud. Remember as a family member, you are the first source of role modeling and reading aloud can instill many lifelong positive values.

What's Been Happening

Students in Phillips County stayed busy over the summer with youth development courses provided through partnerships with volunteer instructors. Students participated in bread making at the PPod in Holyoke. They experienced life of the early 1900's with the Phillips County Museum by playing school in the old school house and using an old butter churn to make butter. Kids had fun with drones and GPS with Haley Harms from ProTill in Haxtun.



Youth Robotics Camps were held in Akron and Wray in June with 31 youth participating in the week-long, half-day camps. Youth integrate science, technology, engineering and math skills into building and programming Lego robots, under the leadership of Gisele Jefferson.

Upcoming Events!

- **Basic Food Preservation Class**, August 30, Yuma – contact Joy Akey, Yuma Co. Extension for more information.
- **Zumba Classes at Haxtun High School Gymnasium** starting Sunday, September 18, 2016 at 6pm to 7pm. Classes will continue every Sunday and Wednesday evenings from 6pm to 7pm. Come the first week for a 4 class punch card for free! \$5 per class or \$30 for an 8 punch card.
- **Run 4-the-H 5K** – October 15, 9 a.m. in Brush – details out soon from Morgan County Extension!
- **ServSafe Food Handlers Training**, October 26, 9 a.m. – 3 p.m., Morgan County Event Center, Brush
- **Diabetes Webinar – Mediterranean Diet** – November 30, Noon – 1 p.m., contact your local Extension Office for more information.
- **Strong People Stay Healthy** at the Washington County Extension Office, 9 – 10 a.m., Tuesday and Thursday mornings beginning September 20th running through December 8th.
- **Strong People Stay Healthy** in Wray, starting the week of September 26th; details to be finalized soon. Call Joy Akey at Yuma County Extension – 970-332-4151.
- **Water Bath Canning and Pressure Canning Class** at Phillips County Event Center, October 29, 2016, from 3pm to 7pm. Cost is \$30.00. Receive a Ball Blue Book, jar of jelly and dinner! Call Tracy at Phillips County Extension, 854-3616.



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