



# Consumer Highlights

## March 2007

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### For National Nutrition Month® 2007, the Best Path to Fitness and Health Is to Be 100% Fad Free

– Diet fads come and go, and some may help you lose weight – in the short term. For National Nutrition Month® 2007, the American Dietetic Association says the most effective long-term way to achieve a healthful lifestyle is to be *100% Fad Free*.

“You can lose weight on virtually any diet,” said registered dietitian and ADA spokesperson Roberta Anding. “If you eat less, you will lose weight. The question is, can you maintain a healthy lifestyle over the long term – your life? The real key to reaching long-term goals is to focus on your overall health.”

Through National Nutrition Month, created in 1973, the American Dietetic Association promotes healthful eating by providing practical nutrition guidance and focusing attention on making informed food choices and developing sound physical activity habits. National Nutrition Month also reminds

consumers that registered dietitians are their most valuable and credible source of timely, science-based information.

Anding encourages everyone to keep in mind these National Nutrition Month key messages to enjoy a *100% Fad Free* lifestyle:

- **Develop an eating plan for lifelong health.** Too often, people adopt the latest food fad rather than focusing on overall health. Get back to basics and use the new *Dietary Guidelines for Americans* and *MyPyramid* as your guide to healthy eating.
- **Choose foods sensibly by looking at the big picture.** A single food or meal won’t make or break a healthful diet. When consumed in moderation in appropriate portions, all foods can fit into a healthful diet.

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Learn how to spot a food fad. Unreasonable or exaggerated claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.



uniquely qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a diet plan that meets your individual needs.

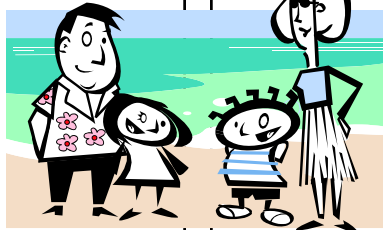
- **Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- **Food and nutrition misinformation can have harmful effects on your health and well-being,** as well as your wallet. Registered dietitians are

With approximately 65,000 members, the American Dietetic Association is the nation’s largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. To locate a registered dietitian in your area, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org).



## University of Florida Extension Helps Area Residents to “Live Well”

Raising kids, eating right, spending smart, living well - that’s the theme of a national Living Well campaign being promoted by the Extension Association of Family and Consumer Sciences, both at the national level and here in Florida. The goal of the Living Well Campaign is to provide people with the education and information they need in order to “live well.”



The Florida Extension Association of Family and Consumer Sciences (FEAFCS) works through the University of Florida Extension to offer all kinds of

information that will help families achieve a positive, healthy lifestyle. “Whether you are trying to manage your money, control your diabetes through meal planning and exercise, make a decision about insurance, or get tips on effective parenting techniques, Extension can help you find the solution. March 11-17<sup>th</sup> is National Extension Living Well week, and it’s a good time to get better acquainted with your local Extension Office. Call 623-3868 or visit UF Extension online at [www.solutionsforyourlife.edu](http://www.solutionsforyourlife.edu) to learn more.

## 10 New Tax Laws for 2006

There are major changes in the tax code that will affect many of us as we file our 2006 returns or plan for our 2007 tax year. The top ten list follows. For further information, check with your tax preparer or check the IRS website.

1. **Telephone tax credit:** This rebate is for taxes paid on long-distance service from February 28, 2004 to August 1, 2006. You don't have to have the old phone bills to collect. The IRS has an average calculation you can use.
2. **Multiple direct deposit option:** You can have your tax refund divided and direct deposited into up to three accounts.
3. **Energy saving home improvements:** If you took advantage of energy saving home improvements, they may be eligible for a tax credit if you file the long Form 1040.
4. **Alternative fuel auto credit:** In 2006, the previous tax deduction for cars that run on alternative fuel was changed to a tax credit. If you bought an IRS-approved vehicle it could amount to a credit of as much as \$4,000.
5. **Tougher donation rules:** Beginning August 18, any donated clothing or household goods must be in good or better condition—no more broken TV donations. Also, if you gave any amount of money to a charity, you must have “a bank record or a written communication” from the charity detailing the group's name and the date and amount of the gift. This includes donations in your church collection plate.
6. **Older philanthropist options:** If you are 70 ½ or older, you can transfer

money directly from an IRA to a charitable organization. (You can't claim it as a contribution though as you will already be sidestepping the usual tax on that amount.)

7. **Kiddie tax tightened:** No longer can parents claim the tax advantage of having earnings on college funds taxed at the youth's usually lower rate. Additionally, this was retroactive to all transactions since January 1, 2006.

8. **Foreign income adjustments:** U.S. workers with jobs abroad will most likely find they are paying higher taxes since the exclusion amount has been bumped up. There are also some other changes including housing allowance changes that should be checked out if this is your situation.

9. **Rolling over retirement money:** This change takes effect January 1, 2008 and will allow employees to transfer company retirement plans directly into a Roth IRA when they leave a job.

10. **Old deductions are new again:** Three popular tax breaks that stopped at the end of 2005 have been resurrected again. These are deductions for state sales taxes, educators' classroom expenses and college tuition and fees. These are for 2006 and apply through 2007. You must itemize to claim. Forms may be difficult to find if you file on paper since these were reinstated after many forms were printed.

Many previous amounts for various laws have new dollar amounts adjusted for inflation. Check before you get the pencil out. Since April 15 falls on a Sunday, your taxes aren't due until April 16. One more day to figure!

## Need More Time?

If everyone's day has 24 hours, why does it seem like other people have more time?

The reality, of course, is that everyone has the same amount. Learning the basic time management skills can, however free up some time for activities and interests.

Time management is similar to money management. The concepts are easy to implement, and the results are almost immediate.

If you are feeling overwhelmed start with small changes.

As an example, people who readily identify "prime" time with television may not realize that they also have their



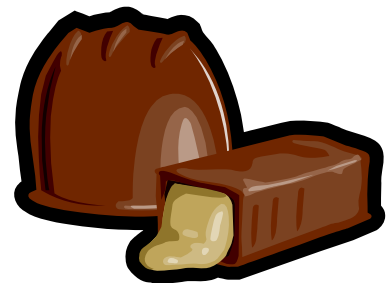
personal "prime" time, an hour or more during the day when they are most productive. Identifying your "prime" time and learning to use it productively can free up time for other activities.

1. **Prioritize.** Identify what's most important and move it to the top of the list.
2. **Try to do the least pleasant task first.** It may not take less time, but it is likely to offer a time savings.
3. **Learn to say "no."** Consider what can be accomplished realistically and turn down additional requests.
4. **Learn to delegate.** Others may not do the job exactly how you might but the fact that they're doing it allows you time for other activities and interests.

## Enjoy Chocolate

- **Enjoy Chocolate!** The news keeps getting better about chocolate.
- **A recent study** by researchers at Cornell University found a glass of cocoa contained more antioxidants per serving than red wine, green tea or black tea. (*Journal of Agricultural and Food Chemistry*, December 3 issue)
- **Cook it Quick Tip:** Compared to plain milk, chocolate milk only has about 60 calories more per serving. If you'd like to keep calories at their lowest when making your cocoa, use fat free or 1% lowfat milk and a no calorie sweetener that is heat stable, such as Splenda® Granular (this is the bulk form that can be substituted on an equal volume for sugar.)

- **Chocolate in moderation** can fit into a heart healthy eating plan according to the American Dietetic Association (ADA). Dark chocolate is especially high in antioxidants.



## March Monthly Gardening Tips

By: Theresa Friday, Horticulture Agent

### Flowers

- Annual flowers that can be planted in March include: ageratum, alyssum, amaranthus, asters, baby's breath, begonia, calendula, celosia, cosmos, dahlia, dusty miller, gaillardia, geranium, hollyhock, impatiens, marigold, nicotiana, ornamental pepper, pentas, phlox, rudbeckia, salvia, sweet Williams, torenia, verbena, vinca and zinnia.
- Caladium bulbs are extremely sensitive to cold soil. There is no advantage to planting early. Purchase caladiums while there is a good selection, but wait until late March or April before planting them in shady beds.

### Trees and Shrubs

- Finish pruning summer flowering shrubs such as althea, hibiscus, abelia, oakleaf hydrangea and oleander.
- Delay the pruning of azaleas, camellias, spiraeas, gardenias and other spring flowering shrubs until after flowering is complete.
- Prune any cold weather-damaged plants after new growth appears.
- If needed, fertilize shrubs and small trees with a slow release fertilizer. A good general-purpose landscape fertilizer is a 15-0-15.
- Mature palms should receive an application of granular fertilizer formulated for palms ("palm special") three to four times per growing season beginning in March and ending in September.
- Last opportunity to spray shrubs with dormant horticultural oil.
- Pick up all fallen camellia blossoms and remove them from your property. This practice helps to prevent petal blight next season.
- Prune ornamental grasses.
- If you are in the market for specific colors of azaleas, visit the local nurseries and garden centers this month. Though this is not the most ideal planting time you are assured of the right flower color without having to wait until next blooming season.

### Fruits and Nuts

- Time to finish planting bare-root fruit trees.

### Vegetable Garden

- This is the month for establishing a spring vegetable garden. Early March plantings have about an even chance of avoiding a late frost.
- The warm season vegetables that can be planted this month are: bush beans, pole beans, lima beans, cantaloupes, sweet corn, cucumbers, eggplant, okra, southern peas, peppers, sweet potatoes, pumpkins, summer squash, winter squash, tomatoes and watermelon.
- The cool season vegetables that can be planted this month are: beets, carrots, celery, collards, endive, kohlrabi, leek, lettuce, mustard, bunching onions, parsley, English peas, Irish potatoes, radish and turnips.
- More conservative gardeners might wish to wait until the middle to latter part of the month to risk tender plants such as tomatoes and peppers.

### Lawns

- Remove excessive accumulation of leaves from the lawn. This will increase the effectiveness of fertilizers and pesticides applied to the lawn.
- If a preemergence lawn herbicide is needed to control summer weeds, it should be applied in early March. Make certain to choose one that is safe on your kind of grass.
- Keep lawn herbicides away from the root zones of desirable flower, shrubs and other plants.
- Fertilize the lawn only after the danger of frost has passed and when the grass has greened up. Fertilize using a complete fertilizer applied at 0.5 lbs nitrogen per 1000 sqft containing 50% soluble and 50% slow-release nitrogen.
- Service the lawn mower: include a sharpening of the blade and adjusting of the cutting height for your type of grass.
- Anyone considering establishment of centipedegrass from seed should hold off until the soil warms up and stabilizes above 70°F.



# Recipes



## Veggie-Stuffed Burritos

Serving Size: 1 burrito, Total Servings: 5

1 tsp. vegetable oil  
 2 onions, chopped  
 3 garlic cloves, minced  
 1 green bell pepper, chopped  
 1 zucchini, chopped  
 1 large carrot, grated  
 2 tsp. chili powder  
 1 tsp. dried oregano  
 1 tsp. ground cumin  
 1-1/2 c. salsa, divided  
 1 can (16 oz.) vegetarian refried beans  
 Five 10-inch flour tortillas  
 1/2 c. (2 oz.) shredded Cheddar cheese

**1** Preheat the oven to 400°F. Coat two 9" x 13" baking dishes with nonstick cooking spray.

**2** In a large skillet, heat the oil over medium heat; add the onion and cook for 3 minutes, or until tender, stirring occasionally. Add the garlic, green pepper, zucchini, and carrot, and cook for 5 minutes, stirring often. Stir in the chili powder, oregano, and cumin.

**3** Remove from the heat and stir in 3/4 cup salsa and the refried beans. Spoon equal amounts of the vegetable mixture over the centers of the tortillas.

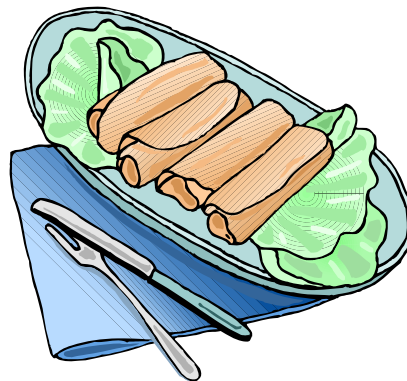
**4** Fold the bottom of each tortilla over the vegetable mixture, then fold both sides over envelope fashion. Fold over the top of each tortilla to close; place seam side down in the baking dish.

**5** Pour the remaining 3/4 cup salsa evenly over the burritos. Bake for 15 minutes.

**6** Sprinkle with cheese and bake for 5 minutes, or until heated through and the cheese is melted. Serve immediately.

**Exchanges:** 3 1/2 Starch, 3 Vegetable, 1-1/2 Fat

**Calories** 429; Calories from Fat 95, **Total Fat** 11 g; Saturated Fat 4 g, **Cholesterol** 12 mg, **Sodium** 986 mg, **Carbohydrate** 68 g; Dietary Fiber 11 g, Sugars 11 g, **Protein** 16 g



## Cinnamon Banana Cake

Serving Size: 1 square

Total Servings: 16

1-1/2 c. all-purpose flour

1/2 c. sugar

2 tsp. baking powder

1 tsp. baking soda

2 tsp. ground cinnamon

1/2 tsp. salt

1 c. low-fat vanilla yogurt

2 ripe bananas, mashed

2 Tbsp. vegetable oil

1 egg

1 tsp. vanilla extract

**1** Preheat the oven to 400°F. Coat an 8-inch square baking dish with non-stick cooking spray.

**2** In a large bowl, combine the flour, sugar, baking powder, baking soda,

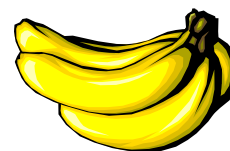
cinnamon, and salt; mix well. Add the yogurt, bananas, oil, egg, and vanilla; mix until well blended, then spread into the baking dish.

**3** Bake for 22 to 25 minutes, or until golden and a wooden toothpick inserted in the center comes out clean.

**4** Let cool, then cut into squares.

**Exchanges:** 1 1/2 Carbohydrate, 1/2 Fat

**Calories** 116; Calories from Fat 22, **Total Fat** 2 g; Saturated Fat 0 g, **Cholesterol** 15 mg, **Sodium** 210 mg, **Carbohydrate** 21 g; Dietary Fiber 1 g, Sugars 11 g, **Protein** 2 g



## Fishermen's Minestrone

Serving Size: 1 cup, Total Servings: 16

3 cans (14 oz. each) reduced-sodium beef broth

1 can (28 oz.) crushed tomatoes

1 can (19 oz.) garbanzo beans (chick peas), undrained

1 can (15-1/4 oz.) red kidney beans, undrained

1 pkg. (16 oz.) frozen mixed vegetables, thawed

1 pkg. (16 oz.) frozen chopped spinach, thawed and drained

1 small onion, chopped

1 tsp. garlic powder

1/2 tsp. black pepper

1/2 c. uncooked elbow macaroni

1 lb. fresh or frozen white-fleshed fish fillets, such as cod, haddock, or whiting, cut into 1-inch chunks

1 lb. fresh shrimp, peeled and deveined

**1** In a large soup pot, combine the broth, crushed tomatoes, garbanzo beans, kidney beans, mixed vegetables, spinach, onion, garlic powder, and pepper. Bring to a boil over high heat.

**2** Stir in the macaroni and cook for 8 minutes, or until the macaroni is tender.

**3** Reduce the heat to low, add the fish and shrimp, and simmer for 5 to 7 minutes, or until the fish flakes easily with a fork and the shrimp turn pink, stirring occasionally.

**Exchanges:** 1 Starch, 1 Very Lean Meat, 2 Vegetable

**Calories** 166; Calories from Fat 10, **Total Fat** 1 g; Saturated Fat 0 g, **Cholesterol** 48 mg, **Sodium** 561 mg, **Carbohydrate** 24 g; Dietary Fiber 5 g, Sugars 6 g, **Protein** 15 g



## HCE NEWS



### 4-H Quilt Class

**February 2, 16, 23 and March 2  
County Extension Office  
9:30 A.M.-3:00 P.M.**

The class is off to a great start. We have 12 4-H'ers in the class. We really need more volunteers. If you can just help with one class, that would be great.

### HCE Council Meeting/Leader Training

**March 1, 2007  
County Extension Office  
9:30 A.M.**

We will have a short business meeting and installation of officers. After the meeting, we will car pool to downtown Pensacola for a tour and lunch (dutch treat.)

### HCE District I Camp Planning Meeting

**March 6, 2007  
Greenhills Community Center  
Fountain, FL  
10:00 A.M.**

Bay County is hosting the District Camp Planning Meeting. The center is located south on Hwy. 231 (Exit 130) off of I-10.

HCE members should be prepared to discuss ideas for a theme and educational programs. Of course, they should bring examples of cultural arts (crafts) they would like to see offered at camp.

### 4-H Knitting Class

**March 16, 23, & 30  
County Extension Office  
9:30 A.M.**

Supplies needed for the class are as follows: 1 skein 4-ply yarn and a size 10 knitting needle. We need volunteers for this class too.

### 11<sup>th</sup> Annual Emerald Coast Flower and Garden Festival




**March 30, 31, and April 1**

**PJC Milton Campus**



# March 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HCE Council Mtg./Leader Training 9:30 AM County Extension	2 4-H Quilt Class 9:30 AM - 3:00 PM County Extension	3
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b><u>11th Annual Emerald Coast Flower And Garden Festival</u></b></p> <p>March 30, 31, and April 1 PJC Milton Campus</p> </div>						
4	5	6 HCE District I Camp Planning Meeting 10:00 AM Greenhills Community Ctr. Fountain, FL	7	8	9	10
11  Daylight Savings Time	12	13 Skyliners Club Mtg. - 9:30 AM Joan Rakoski County Auditorium	14	15	16 4-H Knitting Class 9:30 AM County Extension	17  St. Patrick's Day
18	19	20	21  Spring Begins	22 Pace-Pearidge Club Mtg. 10:00 AM Pace-Pearidge Clubhouse	23 4-H Knitting Class 9:30 AM County Extension	24
25	26	27	28 Wallace Club Mtg. 10:00 AM Wallace Clubhouse	29	30 4-H Knitting Class 9:30 AM County Extension	31

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Sincerely,

Handwritten signature of Linda K. Bowman in cursive script.

Linda K. Bowman, R.D., L. D.  
Extension Agent IV  
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LKB:emt



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