



Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

August 2004

Contents:

You Better Shop Around	1
More On Why Compounds In Grapefruit Interfere With Some Medications	3
Nuts & Bolts Of Weight Loss	4
What Is The Best Place To Store Tomatoes: The Kitchen Counter or the Refrigerator	4
Before You Scoop: Read Those Labels	5
Summer Watering Tips	5
Recipes	7
FCE News	8
August Calendar	9

You Better Shop Around

Every week, it seems, there's another story about our need to save more money. If we want to help our children pay for college, afford our own retirement, or own a home one day, we need to stash away a lot more cash. But how? The answer is simple, the experts claim-just spend less, tighten the belt, cut back, and do without. Don't those terms just fill you with motivation?

A better solution is to shop smarter for the items we already buy. According to the Consumer Literacy Consortium, a coalition of consumer educators from government, business and education groups, the

simple practice of comparison shopping can yield savings of \$1,000 or more per year for the average household. That includes everything from cantaloupe to khakis, CD's to MD's, lawn service to phone service, and more. What follows are a few specific ideas.

Food and Other Packaged Goods. A quick read of the inserts from a recent Sunday paper revealed a wide range of prices for Tide laundry detergent. Target offered a 200-ounce container for \$11.99-\$4 less than the normal price. However, Aldi offered the same size for \$9.49 -a more than

Santa Rosa County Extension Service • 6263 Dogwood Drive • Milton, FL 32570-3500
 Phone: (850) 623-3868 • (850) 934-5278 • Fax: (850) 623-6151
 Santa Rosa County EMS (850) 983-5373 (TDD)

20 percent savings compared to the Target price. K-Mart's offer of 300 ounces for \$17 required a bit more math. The K-Mart deal worked out to 5.7 cents per ounce, compared to Aldi's per-ounce cost of 4.8 cents.

But what about the extra time required to shop at more than one store? Is it really worth the effort? Yes, according to researchers from the University of Pennsylvania. Their study of 10,000 shopping trips found that shopping for discounted items at two grocery stores resulted in enough savings to more than offset the time it takes to do the extra shopping.

Clothing. The key advice here is to never, never pay full price. An abundance of sales and outlet stores make clothing one of the easiest items to buy on discount. One word of caution, though—some items are made specifically for outlet stores; they never spend time on the flagship store's shelves. Those items are sometimes of inferior quality. However, items that were once offered at Nordstrom and are now on sale at Nordstrom Rack are usually of very high quality, as are those that have made the move from Saks Fifth Avenue to the company's outlet store, Off 5th. Just ask a sales clerk which items came from the main store. In addition, you can find great prices at discounters like Marshalls or T.J. Maxx.

Personal Electronics. Recent efforts to buy a PalmOne Tungsten E personal digital assistant yielded a price of \$229.00 at a Best Buy store. However, using a computer in the store to visit the company's own Web site, www.bestbuy.com, netted a price of \$199.00 with free shipping and a \$25 gift card to boot. Does the company's Web/retail strategy make sense? Not to the untrained eye. But did I save money? Absolutely.

Books. A search for the book, *The Dream Giver*, turned up a price of \$11.89 on www.amazon.com, with free shipping as long

as enough other items were ordered to total \$25 worth of products. A visit to www.overstock.com found the book on sale for \$10.19, but shipping added \$1.40 to the tab. One final comparison was made at www.walmart.com, which offered it for \$10.70, but charged \$2.78 for shipping. Since Wal-Mart sells the book for the same price in its stores, stopping in to buy the book ended up being the best deal. Of course, an even better deal on books can be found at your local library.

Travel. Pricing flights from Chicago to Los Angeles using www.orbitz.com, www.expedia.com, www.hotwire.com, www.ua.com, and www.aa.com turned up fares ranging from \$221 to \$462. Flexing from a desired departure time of noon for both legs netted savings of \$120. Also worth checking is Southwest Airlines (www.southwest.com), which is not included on the other travel sites, although in this case there were no further savings.

Comparison shopping internet search engines, which will help you find the best price on everything from clothing to computers, have become plentiful. The most popular one is www.shopping.com, but others include: www.bizrate.com, www.nextag.com, www.mysimon.com, www.pricegrabber.com, www.pricescan.com, www.froogle.com, and www.shopping.msn.com. Of course, when shopping online, be sure to check on the cost of shipping. Reviews from others who have done business with the merchants are helpful as well.

There are a couple of other guidelines to keep in mind when playing the comparison shopping game. First, you aren't really saving money unless you're shopping for something you planned to buy. Picking up a digital camera—an item you happened to see while shopping for something else—for the "incredible half-off" price of \$99.95 does not mean that you just saved \$100; it means you just spent \$100 that you hadn't planned on spending.

Second, saving money for the sake of saving money can, in some cases, be penny wise but pound foolish. For example, saving \$50 a year on your automobile insurance by responding to a TV ad may not be worth it if you have a long-term relationship with an insurance agent who has always been there for you when you had a question or needed to file a claim.

However, most people can spend less—thereby freeing up cash for their savings account—by spending a few minutes shopping around.

Supermarket GURU Home
July 2004

More On Why Compounds in Grapefruit Interfere With Some Medications

Q. I know you shouldn't drink grapefruit juice with certain medications. Is it safe to wait a few hours before taking my pills?

A. No, that won't help. Adverse reactions with certain medications can occur for up to 24 hours after grapefruit or grapefruit juice is consumed.

A little over a decade ago, scientists discovered that grapefruit juice contains a substance that blocks the liver's ability to break down certain drugs, resulting in higher than expected levels of the drug in the body and creating the potential for dangerous side effects. Though less common, it can also reduce blood levels of drugs and possibly reduce their effectiveness. Since then, several natural compounds in grapefruit have been identified that are involved in the food-drug interaction, including the flavonoid naringin and the psoralen furanocoumarin. Seville oranges, used to make some marmalades and limes may contain compounds that have similar interaction.

The compounds in question, however, are not found in most other citrus fruits, including oranges, lemons or tangerines, so these fruits, juices and juice blends are not a potential problem.

The following drugs have been found to interact with grapefruit juice (to be sure of your medications, ask your pharmacist): calcium channel blockers (for high blood pressure)—felodipine (*Plendil*), nifedipine (*Procardia, Adalat*), nisoldipine (*Sular*); immunosuppressant drugs (for organ transplants)—cyclosporine (*Neoral, Sandimmune, SangCya*), tacrolimus (*Prograf*); drugs for anxiety, insomnia or depression—diazepam (*Valium*), triazolam (*Halcion*), zaleplon (*Sonata*), carbamazepine (*Tegretol*). Clomipramine (*Anafranil*).

Statins Also Affected. The most recent discovery is that some statins, a popular class of cholesterol-lowering drugs, also interact with grapefruit. A woman who took the statin *Zocor* and ate one grapefruit every day for two weeks required hospitalization after experiencing muscle weakness and pain. Doctors linked her condition, rhabdomyolysis, a rare yet serious side effect of statin therapy, to the combination. Other common statins used to treat high cholesterol are lovastatin (*Mevacor*) and atorvastatin (*Lipitor*).

Fortunately, most drugs *are* safe to take with grapefruit or grapefruit juice or any blend containing grapefruit juice. To be sure patients understand which medications are affected, pharmacists are now required to place a sticker on any prescription drug that should not be taken with grapefruit or grapefruit juice.

EN's Bottom Line: If you're taking any of the medications known to interact with grapefruit, or if you're not sure, avoid grapefruit and grapefruit juice completely.

Environmental Nutrition
June 2004

Nuts & Bolts Of Weight Loss

- What really counts for long-term weight control is overall energy balance.
- If you consume more energy than your body burns up during the day, you will end up with increased energy stores or body fat at the end of that day. Keep this up for a long time and your resulting body fat stores will become obvious.
- By contrast, if you consume less energy than you burn during the day, your body will be forced to tap into its stored energy reserves. Energy is stored primarily as fat; over time this stored energy will have to be used to make up for the energy deficit, and you will lose body fat.
- A high-carbohydrate, high-fiber diet with a low calorie density allows people to eat fewer calories over a whole day without chronic hunger.
- Getting more satiety per calorie, coupled with regular exercise, is the only way to lose weight and keep it off without ending up with an ongoing conflict between your willpower and your hunger drive. Such conflicts generally lead to the regain of lost energy stores (mostly fat) and irrational eating patterns or eating disorders.

Communicating Food For Health
May 2004



What Is The Best Place To Store Tomatoes: The Kitchen Counter or the Refrigerator?

Don't give tomatoes the cold shoulder. Store them at room temperature (above 55°F) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. A ripe tomato is red or reddish orange, depending on variety, and yields to slight pressure.

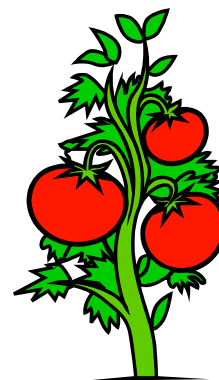
The Florida Tomato Committee recommends storing tomatoes with their stem end up. According to the Tomato Committee, "The shoulders are the softest part of the tomato; leaving them stem-side down will almost always result in bruising of the product."

<http://www.floridatomatoes.org/handling.htm>

"Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly," advises the National Centers for Disease Control and Prevention 5 A Day program. "If you must store tomatoes for a longer period of time, place them (after they're fully ripened) in the refrigerator. Serve them at room temperature."

<www.cec.gov/nccdphp/dnpa/5aday/month/tomato.htm>

Food Relections
July/August 2004



Before You Scoop: Read Those Labels

Ice cream packages can be as confusing as any in the supermarket, so be sure you know what you are buying. The U.S. Food and Drug Administration (FDA) sets the standards for ice cream, and here are some of the terms on those ice cream cartons -- and exactly what those terms mean:

Ice cream is a frozen food made from a mixture of dairy products, containing at least 10% milk-fat.

"Reduced fat" ice cream contains at least 25% less total fat than the referenced product (either an average of leading brands, or the company's own brand.)

"Light" ice cream contains at least 50% less total fat or 33% fewer calories than the referenced product (the average of leading regional or national brands.)

"Lowfat" ice cream contains a maximum of 3 grams of total fat per serving (1/2 cup).

"Nonfat" ice cream contains less than 0.5 grams of total fat per serving.

"Overrun" refers to the amount of aeration the ice cream undergoes during its manufacture that keeps the mix from becoming a frozen mass. Overrun is governed by federal standards in that the finished product must not weigh less than 4.5 pounds per gallon.

"Superpremium" ice cream tends to have very low overrun and high fat content, and the manufacturer uses the best quality ingredients. This category accounts for just 3.5% of sales.

"Premium" ice cream tends to have low overrun and higher fat content than regular ice cream, and the manufacturer uses higher quality

ingredients and is the largest category in terms of sales with 51.5% of the volume.

THE 10 MOST POPULAR ICE CREAM FLAVORS (as reported by the International Ice Cream Association)

(Flavor, percent preferring)

1. Vanilla
2. Chocolate
3. Butter pecan
4. Strawberry
5. Neapolitan
6. Chocolate chip
7. French vanilla
8. Cookies and cream
9. Vanilla fudge ripple
10. Praline pecan

Supermarket GURU Home
July 2004

Summer Watering Tips

Soon we will be in the midst of a hot Florida summer. This can be a particularly stressful time for plants, especially if they are not watered properly. Proper watering during hot weather can be confusing and is probably one of the most misunderstood and poorly done gardening chores.

Water is necessary for plant health and growth. How much water a plant needs is dictated by many variables including several environmental factors. Temperature, relative humidity and wind all affect how much a plant transpires (water loss through leaves) and thus how much water the plant must take up from the soil.

Here are several tips for easier and more effective watering. These suggestions pertain to established plants. Newly planted lawns, trees, flowers and shrubs have slightly different watering needs.

Never water strictly by the calendar. We don't drink water on a scheduled basis so why would we water our plants on a scheduled basis? Since a plant's water needs are influenced by the weather, the optimal way to water is to look at your plant and learn to recognize when your plant needs water.

Lawns should be irrigated when approximately 50% of the grass shows drought signs. Signs include the leaf blades folding in half lengthwise, the grass taking on a blue-gray tint and footprints remaining visible on the grass long after being made.

When you do water, water thoroughly and deeply. Light, frequent waterings on established lawns is inefficient and encourages a shallow, weak root system. If you have the typical Florida sandy soil, we know that 3/4 of an inch of water will wet the top 8-12 inches of the soil. Since most grass roots are in this zone, apply 1/2 to 3/4 of an inch of water every time you water. This means that calibrating your sprinkler system is important. For information on how to perform a calibration, call your local Extension Office or view a UF/IFAS online document at <http://edis.ifas.ufl.edu/LH026>.

The best time to water is in the early morning. Watering during the day wastes water due to evaporation. And, water on plants when temperatures are high or the sun is out can scald the leaves. Watering in late afternoon increases the likelihood of disease problems. Fungus diseases develop most rapidly in cool, moist conditions.

Just because a plant is wilted, don't assume it's due to lack of water. It may be due to too much water or poorly drained soil. Plants that are over watered have the same symptoms as those that have been kept too dry, they wilt and turn yellow.

In flower and shrub beds, a good layer of mulch (2 to 3 inches after settling) can prevent the evaporative loss of water from the soil and increases the absorption and movement of water into the soil.

Newly planted grass, flowers, shrubs and trees have very different water needs than established plants. Keep newly planted trees and shrubs well watered. Water trees and shrubs with a slow drip or soaker hose. For more information on how to water a newly planted tree, visit a UF/IFAS tree website at <http://hort.ifas.ufl.edu/woody/planting/>.

For plants to thrive during the summer months, watering is necessary. While it may seem to be a relatively simple task, knowing when to water and how much to water are the keys to a successful garden and landscape.

Theresa Friday is the Extension Faculty in Environmental Horticulture for Santa Rosa County.





Recipes



Chicken Salad Wrap

1 lb. boneless skinless chicken breast, cooked, chopped
 1 c. chopped apple
 1/2 c. dry roasted peanuts, coarsely chopped
 1/4 c. sliced onions
 1/2 c. plain fat free yogurt
 3 c. fresh spinach leaves
 6 flour tortillas (8 inch)

Mix chicken, apple, celery, peanuts and onions in bowl; stir in yogurt. Refrigerate until serving time.

Place 1/2 cup spinach leaves on each flour tortilla; top with 3/4 cup chicken mixture. Roll up. Serve immediately. Makes 6 servings.

Mandarin Orange Salad

6 oz. orange gelatin
 1 c. boiling water
 12 oz. frozen orange juice concentrate
 13 oz. canned crushed pineapple
 22 oz. canned mandarin oranges

Topping:

1 small pkg. instant lemon pudding
 9 oz. whipped topping

Dissolve gelatin in one cup boiling water. Add orange juice concentrate. Add pineapple (do not drain). Add drained mandarin oranges. Chill until hardened, about 1 to 2 hours.

Topping:

Prepare instant pudding according to directions on package. Mix in one 9-ounce tub of whipped topping. After gelatin mold is hardened, spread topping on gelatin.

Serves 12

Calories: 139 cal, Carbohydrate: 24 gm, Saturated Fat: 3 gm, Dietary Fiber: less than 1 gm, Protein: 1 gm, Total Fat: 5 gm, Cholesterol: 17 gm

Roasted Vegetables

A casserole dish of seasonal vegetables that is so easy to prepare. It can be made a day ahead - just reheat before serving. Lemon juice can be substituted for balsamic vinegar, and you can use baking potatoes if you don't have any Yukon Golds on hand. Prep Time: approx. 15 Minutes. Cook Time: approx. 40 Minutes. Ready in: approx. 55 Minutes. Makes 12 servings.

1 small butternut squash, cubed
 2 red bell peppers, seeded and diced
 1 sweet potato, peeled and cubed
 3 Yukon Gold potatoes, cubed
 1 red onion, quartered
 1 Tbsp. chopped fresh thyme
 2 Tbsp. chopped fresh rosemary
 1/4 c. olive oil
 2 Tbsp. balsamic vinegar
 Salt and freshly ground black pepper

Directions

- 1 Preheat oven to 475 degrees F (245 degrees C).
- 2 In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- 3 In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- 4 Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Nutrition Info

Servings Per Recipe: 12

Amount Per Serving: Calories: 124, Total Fat: 4.7 g, Cholesterol: 0 mg, Sodium: 40 mg, Total Carbohydrates: 20.4 g, Dietary Fiber: 4.3 g, Protein: 2 g



FCE NEWS



Cooking Healthy with Diabetes Course

August 31, September 7 & 14

9:30 AM-Noon

**Gulf Breeze United Methodist Church
75 Fairpoint Dr., Gulf Breeze**

If you have diabetes, selecting and preparing foods that are low in sugar, fat and sodium can be a real challenge. The Escambia and Santa Rosa Extension Offices, of the University of Florida IFAS (Institute for Food and Agricultural Sciences), will offer a series of cooking classes for people with diabetes, their family members, or caretakers. It will be held at the Gulf Breeze United Methodist Church, 75 Fairpoint Dr., Gulf Breeze. The course will be held from 9:30 A.M.-Noon on three consecutive Tuesday mornings; August 31, September 7th & 14th.

The program will include food demonstrations and speakers presenting the latest information about diabetes with topics such as diabetes basics, carbohydrate counting, food shopping and using sugar substitutes. Class participants will receive a recipe book, watch cooking demonstrations, and taste foods made with less fat, sugar and salt.

Dorothy Lee and Linda Bowman, family and consumer science agents with UF/IFAS Extension, are coordinating and teaching the program.

The cost of the program, which includes food and educational materials, is \$15 per person or \$20.00 per married couple. Checks should be made payable to the: ***Santa Rosa Extension Advisory Fund***. Register by contacting Santa Rosa County Extension at 623-3868 or 934-5278. Registration deadline is Aug. 27th.

FCE Fall Planning Meeting

August 5, 2004 - 9:30 A.M.

County Extension Office

This is our annual planning meeting. Please make plans to attend and bring your ideas for leader training and workshop topics. The Council will provide drinks. Please bring a snack food to fuel our creative thinking.

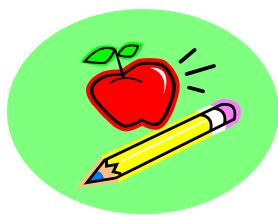
District FCE Planning Meeting

August 19, 2004 - 10:00 AM

Escambia County Extension Office

We need volunteers to attend the annual district planning meeting. We will also have an update on the state conference. If you want to go, please call me at the Extension office at 623-3868.





August 2004



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
				<p>FCE Fall Planning Mtg. 9:30 A.M. Extension Office</p>		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
				<p>District FCE Planning Mtg. 10:00 A.M. Escambia Co. Extension Office</p>		
22	23	24	25	26	27	28
				<p>Pace-Pearidge Club Meeting 10:00 A.M. Pace-Pearidge Clubhouse</p>	<p>Deadline for Registration for Diabetes Class</p>	
29	30	31	<div style="border: 2px solid black; padding: 10px;"> <p>Cooking Healthy With Diabetes Course August 31, September 7 & 14 9:30 A.M.-Noon Gulf Breeze United Methodist Church 75 Fairpoint Dr., Gulf Breeze</p> </div>			
		<p>Cooking Healthy With Diabetes Course 9:30 AM-Noon Gulf Breeze United Methodist Church</p>				

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.
Extension Agent IV
Family & Consumer Sciences
Santa Rosa County

LKB:etc

Milton, FL 32570-3500
6263 Dogwood Drive
Santa Rosa County

IFAS EXTENSION
UNIVERSITY OF FLORIDA



NON-PROFIT ORGANIZATION
US POSTAGE PAID
MILTON FL
PERMIT NO. 68