



CONSUMER MANAGEMENT NEWS

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Dear Readers:

Well, I finally did it. I've started an exercise plan. All those who know me know how I dislike to exercise. I think this time I've found a way to incorporate exercise and fun into an activity. Now I actually look forward to exercising each day. My husband got me a small tape recorder with earphones. I went out and got a bunch of books on tape. I've always loved to read and the books on tape keep my mind occupied while I walk the same path each day. I get lost in the story and actually am disappointed when I have to stop. Books on tape can be expensive but you can find them used in some bookstores. And they are also available for loan at our local library.

I've been busy testing recipes for a new curriculum for African-American diabetics in California. A couple of my colleagues and I invited 25 African-American women from Stockton to test the recipes for us last week. It was really a lot of fun. I had no idea "down home" cooking varied so much with the part of the South one was raised. We had quite a discussion on the best way to cook okra and tomatoes, as well as sweet potato pie. Once we get the recipes perfected I plan to put on one of my Eat Well...Live Well workshops with an international theme, incorporating healthy Mexican, African-American, Asian and, of course, Italian foods. More about this later.

For now, I need your help. I still need a few adults for the next focus interview group. This is part of a research project on dairy products. Participants must consume at least 2 servings of dairy products (milk, cheese, cottage cheese, yogurt, etc.) five out of seven days a week. You will get paid for your time. All you have to do is give your opinion and answer a few questions. The interview is Thursday, March 14th at 1:00 PM at the UCCE Meeting Room in Napa and last about one and a half to two hours. Call me if you can participate, 253-4221.

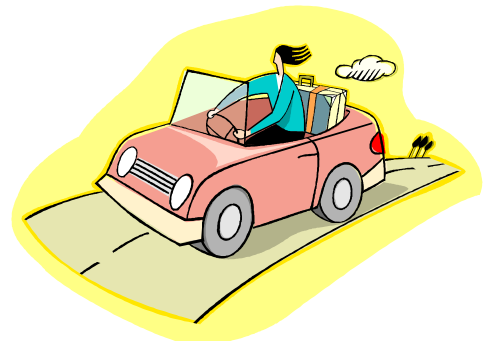
Exciting news. You can find my Consumer Newsletter on our UCCE web site <http://cenapa.ucdavis.edu>. Click on *Publications* then click on *Newsletters*. You'll find all the newsletters published in our office on line.

See you in cyber space!

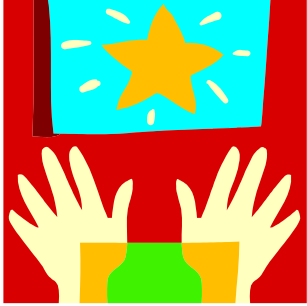
Sincerely,

Marciel A. Klenk

Marciel A. Klenk, CFCS
Nutrition, Family & Consumer Science Advisor
Youth Development Advisor



United States Department of Agriculture, University of California and County of Napa Cooperating.



POOR HANDWASHING IN WORKPLACE

A new survey released by The Soap and Detergent Association (SDA) reveals that the workplace is often a weak link in the fight to prevent the contraction and spread of infectious diseases. The latest survey reveals that 40 percent of American workers neither washes their hands often enough nor long enough. They also found most employers (58%) don't encourage handwashing in the workplace.

Handwashing is recognized by The Centers for Disease Control and Prevention as one of the most important means of preventing germs from spreading. Americans spend billions of dollars annually battling colds and flu through medical treatments and doctor visits. On flu alone, Americans spend \$1.3 billion on direct medical costs. Lost productivity in the workplace can add another \$15 billion to the annual tab.

While most people can employ good cleaning habits at home, they have less control over their work environment. That makes proper handwashing the first line of defense against germs in the workplace. Washing often, about five or more times a day, is the first step. You also need to wash your hands the right way, washing thoroughly with soap and water for at least 15 seconds.

Workers with the worst handwashing practices are maintenance and construction workers and office and customer service workers who wash their hands less than five times a day. Medical and food service workers have the highest average.

Wash Hands At Work

- Each time you use the restroom
- Before and after staff meetings, if food is served
- After scanning newspapers or magazines
- Before and after lunch
- After using a co-worker's keyboard or tools
- Before and after a meet-and-greet activity
- When using shared office equipment, such as faxes, phones, etc.



Source: *Cleanliness Facts*, The Soap and Detergent Association, Jan./Feb. 2002, Washington D.C.



IN THE NEWS

Demand for drug-free cattle—Montana ranchers wanting more return on their cattle are doing away with antibiotics. Beef raised without antibiotics has found consumer demand doubled over last year. Ranchers focus on a "well-animal program" keeping animals healthy so they don't have to be treated which they say contributes to the taste and quality of the product.

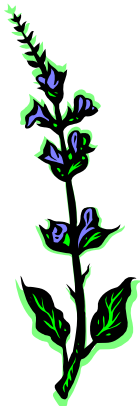
Source: *Omaha World-Herald* online edition, Feb. 3, 2002.

First environmentally friendly packaging film—Cargill Dow has unveiled the first commercially viable, all-natural confectionery film and rigid packaging alternative termed NatureWorks. It is a natural polymer made from annually renewable resources, such as corn, and is fully compostable. It has a 20 percent higher twist retention for twist-wrapping and the stiffness and clarity for rigid packaging applications. Source NCA's eCandy Marketplace, Feb. 7, 2002.

Idaho wraps potatoes—Wada Farms Marketing Group has introduced "the Easy Baker", a shrink-wrapped microwaveable potato. Potatoes are twice-washed ready-to-bake and sell for between 50 cents to 69 cents each. Source: *The Packer Online*, Feb. 13, 2002.

TIPS ON HERBS

Try combining two or more herbs to a dish for a distinct touch. Select a dominate herb with smaller amounts of blending herbs.



Dominant

cilantro
oregano
tarragon
thyme

Medium Blending

basil
garlic
marjoram
mint

Mild Blending

chervil
chives
dill
onion

- Add herbs to cold foods hours before serving so the savory flavor can permeate the food.
- When cooking with herbs, add them toward the end of the cooking process. Many herbs lose their flavor during extended cooking.
- The rule of thumb for substituting fresh herbs for dried is 1 tablespoon fresh for every 1 teaspoon of dried herbs.
- Discard wood stems from herbs before chopping.
- Keep fresh herbs fresh longer by standing them, stems down in a glass containing about a half-inch of water.
- Dried herbs retain their flavor for about a year.



DIABETIC WEBSITE

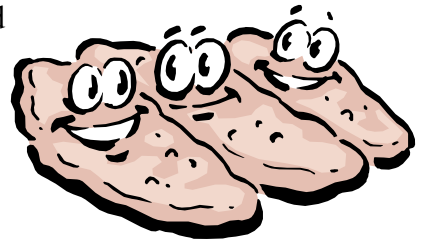
Even though you may not have diabetes, you probably know someone who has. The facts are, 15.7 million people in the United States have diabetes and about 5.4 million aren't even aware of it.

The American Diabetes Association web site contains lots of good information about diabetes and helpful suggestions for the diabetic. You'll find basic information about the disease, a weekly feature, tasty recipes, book suggestions and links to other health sites. You can also sign up for their ADA weekly e-newsletter. To access their site, go to www.diabetes.org. Below is one of this week's featured recipes.

TWICE-BAKED POTATOES

Source: The Diabetes Food & Nutrition Bible*

- 4 russet potatoes (about 8 oz each), scrubbed
- ½ cup 1% milk, warmed
- ¼ cup Parmesan cheese
- 2 cloves garlic, minced
- ½ teaspoon basil
- ¼ teaspoon oregano
- salt and pepper to taste



Exchanges Per Serving:

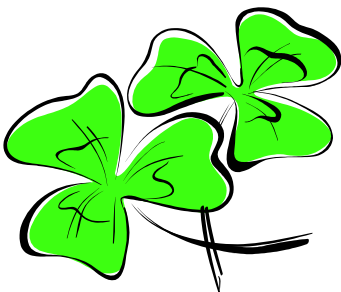
Starch Exchange --3
Calories from Fat --25
Total Fat -- 3g
Saturated Fat -- 2g
Carbohydrate --48g
Dietary Fiber --4g
Sugars --5g
Protein --9g
Cholesterol --9mg
Sodium -- 156mg

Preheat the oven to 350°F. Poke the potatoes with a fork. Bake the potatoes directly on the rack for about 1 hour or until cooked through. Remove potatoes from the oven and let cool for about 15 minutes.

Split the potatoes in half lengthwise and scoop out the flesh. Combine the flesh with the remaining ingredients and stuff into potato shells. Put potatoes on a baking sheet and bake at 350°F for 15 minutes.

** This book may be ordered online through the ADA web site or by phone at 1-800-232-6733*

NOT JUST AN IRISH CELEBRATION



You will find millions of people throughout the U.S. celebrating St. Patrick's Day this year. For those of you wanting a change from the traditional corned beef and cabbage, why not try making an Irish Stew?

NOT JUST AN IRISH CELEBRATION *continued*

Stew can be made from the less expensive cuts of meat. Braising locks in the juices and the long, slow cooking in liquid makes the meat tender and flavorful. Serve this stew over cooked polenta for a hearty meal along with some crusty bread and a tossed green salad.



ITALIAN STYLE IRISH STEW

Source: Marciel A. Klenk, CFCS

- 2 pounds boneless beef chuck, trimmed of fat,
cut into 1-inch cubes
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 cloves garlic, peeled and chopped
- 2 tablespoons cornstarch
- $\frac{3}{4}$ cup dry red wine
- $1\frac{1}{2}$ cups beef broth
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon freshly cracked black pepper
- 3-4 fennel bulbs, trimmed and cut in half
- $1\frac{1}{2}$ ounces dried tomatoes, soaked in warm water (save soaking liquid)
- 1 cup brown mushrooms, cut in half or quartered
- 1 cup frozen green peas

Season beef chunks with salt and pepper. Heat oil in a heavy bottomed pot (Dutch oven) and brown beef chunks on all sides. Stir in garlic and onion, cook until tender and turns translucent but not brown. Stir in wine, scraping bottom of pan to loosen any stuck on bits. Stir in beef broth, thyme, oregano and fresh ground pepper. Cover and simmer for about 30 minutes. Add drained tomatoes, mushrooms, and fennel to the pot, cover and continue simmering for another 30 minutes or until vegetables and meat are fork tender. Add frozen peas to top of mixture, cover and continue cooking another 3 minutes. While peas are cooking, stir the cornstarch into a $\frac{1}{4}$ cup of the tomato soaking liquid and pour into the stew mixture. Turn heat up a notch and stir until gravy thickens and starch is cooked. Serve over plain polenta or risotto. Serves 8



Nutrition per serving (stew only): 336 Calories, 41g Protein, 11g Carbohydrate, 12g Fat, 115mg Cholesterol.

ARE YOU AT A HEALTHY WEIGHT?



It's official. More than 60 percent of Americans are overweight. According to the Centers for Disease Control and Prevention (CDC), we have been steadily gaining weight since 1980. The problem is not just excess weight but inactivity. According to CDC, the overweight or obese are more likely to develop heart disease, stroke, high blood pressure, diabetes, gallbladder disease and joint pain. In addition, excess weight can also cause interrupted breathing during sleep (sleep apnea) and the wearing away of the joints (osteoarthritis).

Researchers warn that those of us carrying extra weight may be at risk for many of the most common cancers worldwide. A review of more than 100 studies and international reports on obesity and cancer risk concluded that obesity is consistently linked to post-menopausal breast cancer, colon cancer, endometrial cancer, prostate cancer and kidney cancer.

Most of us will admit we are overweight but few admit to being obese. Overweight refers to an excess of body weight but not necessarily body fat. Obesity means an excessively high proportion of body fat. The BMI (body mass index) is used to classify an adult's weight as healthy, overweight, or obese. BMI describes body weight relative to height and is strongly correlated with total body fat content in most adults.

BMI is determined by dividing a person's weight in kilograms by height in meters squared. To get your approximate BMI using pounds and inches, multiply your weight in pounds by 700, then divide the results by your height in inches, and divide that result by your height in inches a second time. Those with access to the web can use the interactive BMI calculator at www.nhlbisupport.com/bmi/bmicalc.htm. This makes it really simple.

A BMI of 18.5 to 24.9 is considered healthy, 25 to 29.9 is overweight, and 30 or higher is obese. Usually, the higher a person's BMI, the greater the risk for health problems. However, there are some exceptions, like very muscular people.

Excess abdominal body fat is also a health risk. Men with a waist of more than 40 inches around and women with a waist of 35 inches or more are at risk for health problems.

Obesity is now classified as a disease. Experts have different theories why people become overweight, but they generally agree on the key to losing weight. The message is simple: Eat less and move more. Your body needs to burn more calories than you take in.

Source: Bren, Linda, Losing Weight More Than Counting Calories, FDA Consumer, Jan.-Feb. 2002. Vol. 36 No.1.