

# Lea County Extension Homemaker News



Cooperative Extension Service - New Mexico State University - U.S. Department of Agriculture

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## January/February/March 2016

Happy February! I realize that it is nearly the middle of February and that January is over, and I am just now getting the first edition of the 2016 newsletter out! But for some reason, I have been busy!

As I visited each of the clubs, during the month of January, I wanted to make sure that everyone knows about the programs for 2016. I will be visiting each club four times throughout the year for a program. We have also scheduled several county wide workshops. The first of the workshops will be held February 19th from 10 am to noon at the extension office. We will be using a program developed by Glenda Belcher, Home Economist in Curry County. I can assure you that there are many wonderful recipes in her handout. Please call the extension office to sign up. The workshop is FREE!

Once again I will be working with Nor Lea Hospital's Cardiac Unit to provide a Heart Healthy Cooking School. This program will be Monday in March beginning March 7th from 11 am to 1 pm at the Nor Lea Clinic. We will be cooking as well as learning how to make our hearts healthier by reducing sodium and fat and increasing fruits and vegetables. As always we will have some great recipes to take home. If you are interested in the program, please contact me at the extension office.

### Calendar of Events:

- February 14—Valentine's Day
- February 15—President's Day, Extension Office Closed
- February 19—Master Mix Workshop, 10 am Extension Office
- March 3—Council Meeting 9 am, Extension Office
- March 7—Beginning of Heart Healthy Cooking School
- March 16-18—Extension Inservice, Las Cruces, NM
- March 27—Easter Sunday
- April 29—Heating Pads Workshop

*Robin C. Mack-Haynes, Lea County Extension Home Economist*

# CHECK US OUT ON THE WEB!

Lea County Extension has come into the 21st Century. Updates have been made to the county website and we now have a Facebook page and a Blog.

**For those of you that are on Facebook “Like” us at  
NMSU Lea County CES**

Look for extension program information and reminders.

**Our Website:**

**<http://leaextension.nmsu.edu>**

Newsletters and program handouts will be posted regularly on the website.

**Our Blog:**

**<http://nmsuleaces.blogspot.com/>**

Look for educational information and program information here.

## Master Mix Cooking Workshop

February 19, 2016

Lea County Extension Office

10 am to 12 noon



Sign Up by February 16, 2016 by calling into the extension office  
Workshop is Free

We will make several recipes from the handout and all participants will have a handout full of recipes to take home. Plus there will be a special giveaway.

## Set New Years Resolutions You Can Reach!

Have you made your New Year's Resolutions for 2016? Did you make any on weight loss, debt, or time management??? Those are some of the most popular ones year in and year out. If you're one of the 3 in 10 Americans making dieting resolutions in the new year, don't try anything drastic. Skip the strict diet and unrealistic exercise regimen, which means we can also skip the let down and frustration that follows. It's not that *you* failed – the faulty resolutions failed *YOU*.

Set realistic goals, that you can **ACHIEVE!** Set yourself up for success not failure. If your resolution has any of these traits, it (not you) is doomed to fail from the very beginning:

1. **YOUR GOALS ARE TOO STRICT.** A goal to get up at 5 o'clock in the morning *every* day to exercise is too difficult for most people to stick with. Setting smaller, more realistic goals will empower you and help you stay on track. Most of us can attest to how strict diet goals and deprivation can backfire. For every diet restriction there is an equal and opposite binge. The same is true for exercise goals.
2. **YOUR GOALS ARE TOO LOOSE-Y GOOSEY.** Simply having a vague goal of “losing weight” without identifying the detailed steps you will take doesn't set you up for success. Be as specific as possible in your goal setting and planning. For example, decide which days of the week you will exercise, what types of exercise you will do, and schedule it on your calendar. Even more importantly, not having a crystal clear *reason* for losing weight could significantly undermine your efforts. Beyond losing weight for ‘better health’ or fitting into that dress, there is a deeper reason that must be uncovered in order for you to access the true motivation and drive to keep going.
3. **YOUR GOALS DON'T INCLUDE THE (RIGHT KIND OF) SUPPORT SYSTEM.** Trying to go it alone might seem like the best approach, but that's not necessarily true. Depending on your personality, some people need external accountability while others are more hard-wired to respond to internal expectations. Enlisting the right kind of support can make or break your resolution.

If you're in it to win it (or should I say “lose it”), then keep these tips in mind:

1. **Sound science:** Make sure your “diet” is grounded in facts, not fiction. You don't have to take drastic measures to lose weight. On the contrary, you need something realistic that you can stick to long-term because it takes *time* to lose weight.
2. **Smart nutrition:** Make sure you are making “smart” choices such as trimming extra calories where you can. Some suggestions for cutting extra calories while still enjoying the foods you love are to eat smaller portions (try using smaller plates, bowls, and cups) and choosing lower calorie options (like foods and beverages made with low-calorie sweeteners).
3. **Good food:** Make sure you savor and celebrate delicious food. A bland, restrictive diet is no way to live and is impossible to maintain long-term.

Don't delay – start today! You don't need to wait until January 1<sup>st</sup> to start making changes. You can decide to reevaluate your health goals any time of year. Why not get a jump start on them now? Take some time to really think about your reasons and set specific, realistic goals that you can sustain throughout the year. That way you won't have to make this same resolution again next year. Here's to a healthy and happy new year!

*Information from Food Insight*

# Keeping Flu Germs Away

Flu germs can live longer than other germs on surfaces. So, don't let your frequently touched home surfaces provide a friendly environment for these nasty culprits!

Clean and disinfect these surfaces regularly, using EPA-registered disinfectant sprays or wipes (for items that are not impermeable, like TV remote controls, use wipes or spray a clean cloth with disinfectant, then wipe the item).

Don't forget these top hot spots:

- Light switches
- Doorknobs
- Faucet handles
- Drawer pulls
- Remote controls
- Other surfaces that everybody touches

## Disinfecting: In a Nutshell

Household disinfectants and antibacterial household cleaning products are formulated to kill a wide variety of microorganisms that can live on inanimate surfaces, including flu germs. The specific organisms a product kills depends on its active ingredients, specific formulation and use instructions. So, always read the product label to see what viruses and/or bacteria it kills.

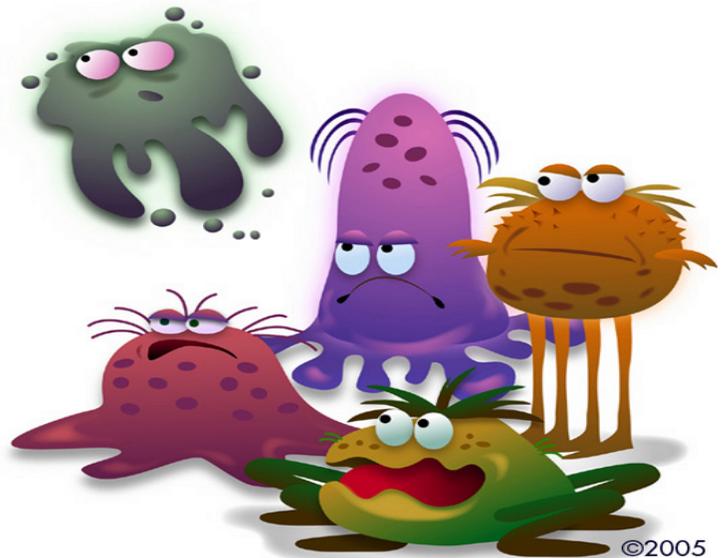
Products that claim to kill germs must meet efficacy requirements and guidelines established by the U.S. Environmental Protection Agency (EPA), and must be registered with EPA and carry an EPA registration number on their label.

Read and follow label directions at all times. Disinfectants and disinfectant cleaners are the only products that *kill germs*—but they only work if the label directions are followed.

For quick, frequent cleaning, keep pop-up disinfectant wipes within easy reach, particularly in the kitchen and bathroom.

When storing these and any cleaning products, be sure to choose a location that is accessible to adults but not children.

*Information from the American Cleaning Institute*



## ***How do I kill germs (bacteria and viruses) on clothes when they are washed (without using bleach)?***

If you really want to "make sure" germs in your laundry are killed, you should consider using bleach. Research shows that using bleach when doing laundry can help reduce germs in your laundry. But even clean wet clothes can have germs. A way to reduce the chance of getting sick is to wash your hands after you put the wet laundry in the dryer or hang them on the line to dry.

Don't get in a hurry when you take those clothes out of the dryer or off the clothes line. Make sure that each item is completely dry before you put your laundry away. This helps ensure that any remaining germs are killed.

While non-chlorine bleaches may reduce germs during washing, they are not registered as pesticides carrying antimicrobial claims so they are not a replacement for chlorine bleach.

# FERMENTATION - EVERYTHING OLD IS NEW AGAIN

It seems as if everyone is jumping on the fermentation bandwagon, from chefs to health experts. But this is far from being just another foodie trend; this process has been around for centuries. The only difference today is that food is being fermented not only to last longer and taste better but because more and more research shows it has the potential to make us healthier.

Fermentation has long been part of human history. In fact, food scientists say that it played a vital role in human survival in the days before stoves and refrigerators simply because it allowed people to preserve food in a nutritional and safe way. Some of the more familiar fermented foods include sauerkraut (fermented cabbage), yogurt (fermented milk) and soy sauce made from fermented soybeans. Some of the new and popular foods include kimchi, made from radishes, cucumbers or other vegetables; kefir which is a drink made from milk; and kombucha which is a fermented tea.

**What is fermentation?** Sandor Katz in *The Art of Fermentation* (2012) describes fermented food as “the flavorful space between fresh and rotten.” Technically speaking it is the conversion of carbohydrates to alcohols and carbon dioxide or organic acids using yeasts, bacteria, or a combination in conditions that lack oxygen. In simple terms it can be defined as a chemical alteration that transforms substances into simpler, more easily digestible compounds that provide digestive enzymes, friendly bacteria, and other nutrients. Fermenting food not only increases the richness and flavor of the food or beverage, but also increases the beneficial flora and enzymes considerably, providing assistance to digestive and colon health.

**Why are they good for you?** The human body carries more than 100 trillion bacteria – about 5 pounds. In fact, there are more bacteria in your body than cells. Scientists tell us that each has a unique bacterium “fingerprint” created by genes, environmental factors, medication, and our daily menu. More scientists and health professionals are beginning to believe that this landscape of microflora in the human body may be the key to a person’s health. Eating fermented foods is a simple way to inoculate your body with good bacteria.

It is the live microbes (or “probiotics”) in fermented foods that have brought these foods into the spotlight. Fermentation can increase the nutritional profile of foods by adding more easily digestible vitamins and minerals. In a healthy human gut, bacteria are mostly beneficial and it helps in digestion, extracting nutrients from food, and defending us from harmful bacteria.

The process of fermenting food, also called lacto-fermentation, is carried out by several strains of “good bacteria” and beneficial yeasts. By consuming foods rich in these organisms the benefits are transferred to your gut. Studies have also shown that eating fermented food increases vitamin intake as some microorganisms produce vitamins during the process, as well as increase the available nutrients our bodies can use.

Current areas of research include: inflammatory bowel disease, prevention of infant allergies, the link between gut bacteria and obesity, and metabolic disorders such as diabetes.

**Are they safe?** Fred Breidt, a microbiologist from the USDA, said that when it comes to vegetables, fermentation is probably safer than eating them raw or canning them. This is because bacteria in fermentation are great at killing other unsafe bacteria during the fermentation process. However, for many popular products there are not yet any science-based guidelines for safe production. Tested recipes for consumers support the home-manufacture of sauerkraut, genuine dill pickles, and yogurt. The home-manufacture of other products is not recommended since safe guidelines have not been established. For this reason New Mexico State University Extension recommends trying recipes outlined by reliable sources such as the USDA and the National Center for Home Food Preservation.

**Get your daily fermented foods.** The best reason to eat fermented foods is flavor. The process of fermenting adds layers upon layers of complexity to foods. Think about the difference in flavor between milk and cheese, or cabbage and sauerkraut, or grape juice and wine.

*Information from Carol W. Turner, Ph.D. NMSU, Cooperative Extension Food & Nutrition Specialist*

# *Top 10 Things You Need to Know About the New Dietary Guidelines*

The Dietary Guidelines provides a clear path to help Americans eat healthfully, informed by a critical, and transparent review of the scientific evidence on nutrition.

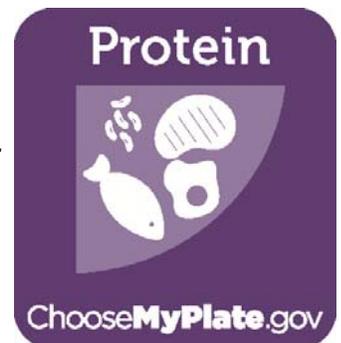
1. A lifetime of healthy eating helps to prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
2. Healthy eating is one of the most powerful tools we have to reduce the onset of disease. The Dietary Guidelines recommendations can help you make informed choices about eating for you and your family.
3. The path to improving health through nutrition is to follow a healthy eating pattern that's right for you. Eating patterns are the combination of foods and drinks you eat over time. A healthy eating pattern is adaptable to a person's taste preferences, traditions, culture and budget.
4. A healthy eating pattern includes:
  - A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables
  - Fruits, especially whole fruit
  - Grains, at least half of which are whole grain
  - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
  - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds
  - Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.
5. Healthy eating patterns limit added sugars. Less than 10% of your daily calories should come from added sugars. ChooseMyPlate.gov provides more information about added sugars, which are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those consumed as part of milk and fruits.
6. Healthy eating patterns limit saturated and *trans* fats. Less than 10% of your daily calories should come from saturated fats. Foods that are high in saturated fat include butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil. Saturated fats should be replaced with unsaturated fats, such as canola or olive oil.
7. Healthy eating patterns limit sodium. Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less. Use the Nutrition Facts label to check for sodium, especially in processed foods like pizza, pasta dishes, sauces, and soups.
8. Most Americans can benefit from making small shifts in their daily eating habits to improve their health over the long run. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a difference in working toward a healthy eating pattern that works for you.

9. Remember physical activity! Regular physical activity is one of the most important things individuals can do to improve their health. According to the Department of Health and Human Services' Physical Activity Guidelines for Americans, adults need at least 150 minutes of moderate intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week. Children ages 6 to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening, and bone-strengthening activities.

10. Everyone has a role— at home, schools, workplaces, communities, and food retail outlets – in encouraging easy, accessible, and affordable ways to support healthy choices.

- At **home, you and your family** can try out small changes to find what works for you like adding more veggies to favorite dishes, planning meals and cooking at home, and incorporating physical activity into time with family or friends.
- **Schools** can improve the selection of healthy food choices in cafeterias and vending machines, provide nutrition education programs and school gardens, increase school-based physical activity, and encourage parents and caregivers to promote healthy changes at home.
- **Workplaces** can encourage walking or activity breaks; offer healthy food options in the cafeteria, vending machines, and at staff meetings or functions; and provide health and wellness programs and nutrition counseling.
- **Communities** can increase access to affordable, healthy food choices through community gardens, farmers' markets, shelters, and food banks and create walkable communities by maintaining safe public spaces.
- **Food retail outlets** can inform consumers about making healthy changes and provide healthy food choices.

*Information from the U.S. Department of Agriculture.*





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## Soup or Sauce Mix (aka S.O.S Mix)

SOS is a dry mix that can be used as a substitute for cream soup. This is homemade, cheap, gluten free, simple, and low sodium! All you do is add water!

2 cup powdered non-fat dry milk  
3/4 cup corn starch  
1/4 cup instant chicken bouillon (regular or low sodium)  
2 tbsp. dried onion flakes  
2 tsp Italian seasoning (optional)

To substitute for 1 can of cream soup  
Combine 1/3 cup dry mix with 1 1/4 cups cold water. Whisk until well blended. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.



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