



All About Discovery!™
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service
Rio Arriba County Extension Office

April- June 2017

Rio Arriba County
Extension

Newsletter

HELLO

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My name is Vanessa
Martinez. I'm the Family
and Consumer Science
Agent at the Rio Arriba
County Cooperative
Extension Service. Please
feel free to reach out to me
with questions about future
programming or just to say
hello.

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What is Family and Consumer Science (FCS)?

The successor of Home Economics, FCS is the frontline science of the home. Focusing on principles of economics, family, environment and community.

Health Marker

Food Safety Tips

For those nice Summer Days

Whether you're packing a cooler for a day outing or packing your lunch for work, guarantee your packing some heat. Planning, timing, and packaging is everything when defending yourself and your family from food borne illness. Here is a checklist to follow to ensure food safety:

- ▶ **Plan Ahead:** Before packing food, clean cooler using a mild soap and warm water. If smells persist, use a diluted amount of bleach with water. Allow to air dry thoroughly to prevent any mold or bacteria development.
- ▶ **Separate:** When arranging food, separate raw meats from vegetables and fruits. Bag raw meats in a zip lock bag or plastic tupperware to prevent leakage. Pack foods in the reverse order that you are going to use them. Raw meat, poultry, and fish should be packed at the bottom to avoid contamination of other foods in case of leakage.
- ▶ **Cool:** Transfer food from fridge directly to cooler that has already been packed with ice or cold packs. **PACK** and **RESTOCK ice** persistently!
- ▶ **Storage:** Avoid storing cooler in trunk where heat accumulates faster. Try and store cooler inside car with you. When you reach your destination, immediately transfer to shaded area. Make sure lids are locked in tightly and avoid opening lid frequently. Pack drinks in separate container to resist opening cooler.
- ▶ **Remember:** Food must be stored at **40°F** or below. Never allow food to sit out more than **2 hrs** - No longer than **1 hr** in **90° F** weather.

This information was adapted from resources provided by the Academy of Nutrition and Dietetics and The partnership for Food Safety Education -Fight BAC on July 6th, 2017.



Tech Series

This month I gave a lecture about internet safety and protecting your youth.

Here are some tips to follow:

- **Learn** about features of the device you will be using.
- **Enable** all security/filter features
- **Set** time limits.
- **Position** computer or tech device in a communal room in house.
- **Disable** third party apps or set block features.
- **Supervise** contacts and online activity.

KEEP OPEN COMMUNICATION

*See attached checklist from internetsafety101.org

2¢

Does your spending account fluctuate in a unhealthy way? You could be dealing with a leaky wallet. Here are some challenges for you to get on track to becoming a more healthier spender.

_____ **1.** Identify "priority" items and set a budget before going shopping.

_____ **2.** Always use a shopping list.

_____ **3.** Purchase only items that are on the spending list.

_____ **4.** Factor in price and quality and exchange items if necessary.

_____ **5.** Use credit card sparingly.

_____ **6.** Trace products and return poor quality or defective products.

Abdul-Rahman, Fahzy; *Managing Your Money: Stop Spending Leaks.* Aug. 2012



Fast Food

Candy Grapes

+ 2 cup of green or red seedless grapes

+1/2 cup of water

+ 1 cup sugar

- Place 1/2 cup of sugar into a sauce pot with 1/2 cup water
- At medium temp, allow sugar to melt, continuously stirring
- Remove grapes using a slotted spoon and transfer them to a wired rack over a cookie tray **(You can also use parchment paper - be sure to base with coconut oil or baking spray)**
- Place remaining sugar in a mixing bowl and add grapes
- Gently toss grapes until all are lightly coated with sugar
- Allow to cool down for 1hr on a cookie tray before consuming.

(Place in freezer for a cold treat)

● **ENJOY** ●



SIGN ME UP!

Upcoming Events & Announcements




County Fair -----**July 26th-July 29th 2017;**


Come pick up your fair-book at:

Rural Events Center, SR 554 House 20- Abiquiu, NM
Rio Arriba County Complex building, SR 162- Building 149,
Tierra Amarilla, NM

Access it online: **<http://www.racfa.net/>**



Rio Chama Equine EXPO ----- August 26th, 2017; Contact
Donald Martinez at (505)685-4523 for more information



Walk with Ease Program, starting in Aug. Commit to walking
3x a week for 6 weeks with a team and be on the road to a
painless, more physically active lifestyle. Contact Vanessa
Martinez, Family and Consumer Science Agent at the Rio
Arriba Cooperative Extension Service: (505) 685-4523

Please visit the Rio Arriba County Extension website to learn
more about our mission and upcoming events:

<http://rioarribaextension.nmsu.edu/>

Do you have a topic that
you're interested in learning
more about or want to
provide a suggestion for the
FCS program? Please email
me at **martinv@nmsu.edu**



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RULES 'N TOOLS® CHECKLIST FOR PARENTS, EDUCATORS, AND OTHER CARING ADULTS

Implement *both* safety rules and software tools to protect children online. Focus on the positives of Internet use while teaching children about the dangers and how to make wise choices online.

“Rules”

- Establish an ongoing dialogue and keep lines of communication open.
- Supervise use of all Internet-enabled devices.
- Know your child's online activities and friends.
- Regularly check the online communities your children use, such as social networking and gaming sites, to see what information they are posting.
- Supervise the photos and videos your kids post and send online.
- Discourage the use of webcams and mobile video devices.
- Teach your children how to protect personal information posted online and to follow the same rules with respect to the personal information of others.
- Be sure your children use privacy settings.
- Instruct your children to avoid meeting face-to-face with someone they only know online or through their mobile device.
- Teach your children how to respond to cyberbullies.
- Establish an agreement with your children about Internet use at home and outside of the home (see *Rules 'N Tools*® Youth Pledge).

“Tools”

- Set age-appropriate filters.
- Consider using monitoring software, especially if you sense your child is at risk.
- Periodically check your child's online activity by viewing your browser's history.
- Set time limits and consider using time-limiting software.
- Disallow access to chat rooms and only allow live audio chat with extreme caution.
- Limit your child's instant messaging (IM) contacts to a parent-approved buddy list.
- Use safe search engines.
- Set up the family's cyber-security protections.
- Utilize parental controls on your child's mobile phone and other mobile devices.

Parental controls should be utilized on all Internet-enabled devices (desktops, laptops; and gaming, mobile, and music devices). However, these resources are not a substitute for parental supervision.

Report any content or activity that you suspect as illegal or criminal to local law enforcement and to the National Center for Missing & Exploited Children at [www.cybertipline.com](http://www.cyberline.com) or at 1-800-843-5678.