



**Call for information on free & low-cost programs on these topics:**

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child Care

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## Health Hints! Cleaning the House? Don't Forget the Refrigerator

When cleaning, many don't include their refrigerators on their list of places to check. Cleaning your refrigerator and freezer is an important step in any cleaning regime. Doing so will help you prevent food borne illness.

Before you start cleaning, check your appliance thermometer to make sure your fridge is keeping your food at 40 °F or below. This temperature keeps bacteria growth at bay. If you don't already have an appliance thermometer, pick one up the next time you are at the grocery store. Your freezer should measure 0 °F or below.

### Cleaning Your Refrigerator

- Keeping a trash bag handy, check the dates on ALL containers, packages and condiments. Dispose of anything that is past its date OR is not dated.

- Do not attempt to taste items to see if they're still good. The bacteria that cause food poisoning cannot be smelled or tasted.
- While cleaning, follow the 2-hour rule. Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Perishable foods should never be left out for longer than two hours.
- Wash removable shelves and drawers with soap and warm water. Avoid using solvent cleaning agents, abrasives, and all cleansers that may impart a chemical taste to food or ice cubes.
- To keep the refrigerator smelling fresh and help eliminate odors, place an opened box of baking soda on a shelf.

**For more information visit:**  
<http://www.foodsafety.gov/>

## March— National Kidney Month

March is National Kidney Month and the NKF is urging all Americans to give their kidneys a second thought and a well-deserved checkup.

Kidneys filter 200 liters of blood a day, help regulate blood pressure and direct red blood cell production. But they are also prone to disease; 1 in 3 Americans is at risk for kidney disease due to diabetes,

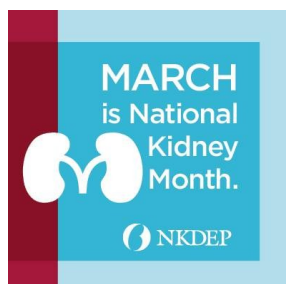


high blood pressure or a family history of kidney failure. There are more than 26 million Americans who already have kidney disease, and most don't know it because there are often no symptoms until the disease has progressed.

### About The Kidneys:

The kidneys are two, fist-sized

## National Kidney Month *Continued...*



organs in your lower back. They maintain overall health through the following functions:

- Filtering waste out of 200 liters of blood each day.
- Regulating of the body's salt, potassium and acid content.
- Removing of drugs from the body.
- Balancing the body's

fluids.

- Releasing hormones that regulate blood pressure.
- Producing an active form of vitamin D that promotes strong, healthy bones.

### Quick Facts on Kidney Disease:

- Kidney disease is the 9th leading cause of death in the country.

- More than 26 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the US today.

For more information visit:  
<http://www.niddk.nih.gov/>



## Hot-Line Topic of the Month: Foot Care Tips for Diabetics

### 1. Take care of your diabetes

Work with your health care team to keep your blood sugar within a good range

### 2. Check your feet every day

Look at your bare feet every day for cuts, blisters, red spots, and swelling. Use a mirror to check the bottoms of your feet or ask a family member for help if you have trouble seeing.

### 3. Wash your feet every day

Wash your feet in warm, not hot, water every day. Dry your feet well. Be sure to dry between the toes.

### 4. Keep the skin soft and smooth

Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.

### 5. Smooth corns and calluses gently

Use a pumice stone to smooth corns and calluses.



### 6. Trim your toenails each week or when needed

Trim your toenails straight across and file the edges with an emery board or nail file.

### 7. Wear shoes and socks at all times

Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Feel inside your shoes before putting them on each time to make sure the lining is smooth and there are no objects inside.

### 8. Protect your feet from hot and cold

Wear shoes at the beach or on hot pavement. Wear socks at night if your feet get cold.

### 9. Keep the blood flowing to your feet

Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, 2 or 3 times a day. Don't cross your legs for long periods of time.

### 10. Be more active

Plan your physical activity program with your doctor.

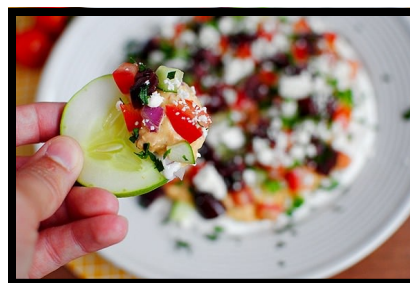
## Going Greek Dip!

### Ingredients

- 8 oz hummus
- 1/4cup cheese reduced-fat
- 1/4cup sliced ripe olives Kalamata Olives preferred
- 1/2cup sliced tomatoes
- 1/4 cucumber chopped
- 1tbsp dried or fresh oregano

### Instructions

Measure out 4 ounces of hummus and place into large bowl. Then add feta, olives, tomatoes and cucumber, mix well. Add oregano and more feta for garnish and serve with pita wedges for dipping



Greek Dip



## Flower of the Month! Daffodils



Daffodils are a quintessential spring flower, a sign that longer days and warmer weather are on their way!

Here are a few tips for growing daffodils - from where to plant them, to how to keep them flowering year after year.

### 1. Choose the right variety:

There are a huge variety of daffodils, from miniature daffodils such as 'Tete-a-Tete' to the traditional large varieties such as 'Golden King Alfred'. Try visiting your local gardens in March and April for inspiration on how to grow daffodils in your garden.

### 2. Plant in the right place

Choose a sunny or semi-shaded spot which receives at least 3

hours of sun per day; daffodils won't flower in heavy shade.

### 3. Dead-head after flowering

If you didn't use your daffodils for cut flowers it's a good idea to dead-head them once the flowers fade.



This prevents the plants wasting energy forming seeds; energy which could be used to build up the bulb for next year.

### 4. Plant at the right depth

Plant your daffodil bulbs with the pointed end facing upwards at a depth of about 10cm (4in). Deep planting is important to prevent the bulbs dividing and producing lots of small bulbs which won't flower. Space them about two bulb-widths apart.

### 5. Try them in containers

All daffodils can be grown in containers. When growing daffodils in pots, they can be placed much closer together than normal, to give a fuller display. Space them about one bulb-width apart.

For more information visit:

<http://www.vanmeuwen.com/daffodils-top-ten-tips>

**Bamboozable Answers:** 1. Tulips 2. Back in five minutes 3. One Life to Live 4. First Thing in the Morning 5. Go Through the Motion 6. The Coast is Clear



**WORLD  
WILDLIFE DAY**  
3 MARCH



**Thursday  
March 17, 2016**



**Sunday  
March 27, 2016**

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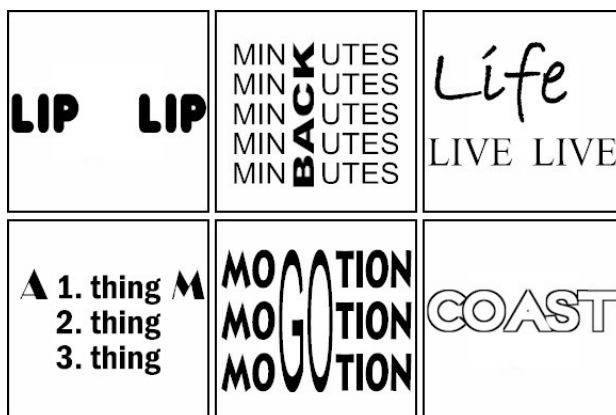
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[limestone.agrilife.org/](http://limestone.agrilife.org/)

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## Bamboozable!!

**What's a bamboozable you ask?** A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



### Upcoming Topics

- *Health Hints*
- *Alcohol Awareness*
- *Pest Prevention*

Answers on page 3



## Fruit of the Month — Passion Fruit



### Fun Facts About:

#### Passion Fruit

1. Native to Brazil, passion fruits are grown in Hawaii, Florida, and California
2. Passion fruit is a good source of vitamins A and C, as well as potassium and iron.
3. The pulp has an intense aromatic flavor, while the texture is jelly-like and watery. The flavor is likened to guava.

