

Living Well in Baker County

Dear Extension Friend:

It's October already, can you believe it? This year is flying by. Mom always said, "the older you get the faster the years go", now I understand why she made that comment.

With October comes the Fair and I'm really looking forward to seeing you all there. Remember, it's not too late to show off your talents. Artwork of all kinds are accepted for Home Arts entries. A few examples are photography, needlework, painting and quilting. Showing off your talents in the kitchen is also a popular category by entering your canning products or baking your world famous apple pie. This year's Fair runs October 3rd through October 11th. For more information on entries you can always contact our office. Hope you all enjoy the Newsletter, and as always if you have any questions, concerns or suggestions please give me a call.



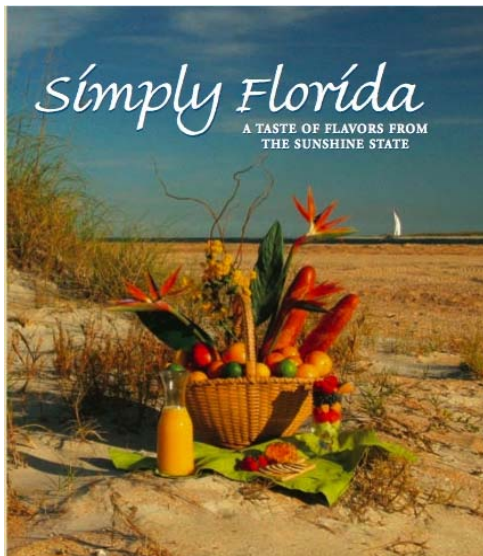
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Simply Florida: A Taste of Flavors from the Sunshine State

Looking for a great gift idea for that gourmet cook in your life? The new *Simply Florida* cookbook created by Family & Consumer Sciences agents throughout Florida is the perfect choice! Order your copy today by calling Melanie at (904) 259-3520 or by visiting <http://www.simplyflorida.org>.

Children: Family Nutrition

With growing concern over adult and child obesity, more and more educators are stressing the role of parents in helping children develop healthy nutritional habits. Parents are the gatekeepers of the kitchen and it is up to them to create an environment of healthy nutrition in the home. However, some things that parents do to promote healthy nutrition may at first appear helpful, but in the end may backfire and lead to poor nutrition habits. There are several dos and don'ts of parenting for healthy family nutrition.

First, **Steer Clear of Pressure.** Ellyn Satter, a family nutrition educator, has aptly stated, "Pressure doesn't work!" It is normal for parents to be concerned about the foods that their children eat. We want our children to eat their vegetables, have healthy snacks, and avoid too much sugar. However, pressuring children to "finish your plate!", or "eat your vegetables!" may actually lead to poor nutrition habits. The child may either consume more food than is necessary, or learn to dislike a food that they are being "forced" to eat. Instead of pressuring children to eat, parents should offer food in an open-ended manner, such as, "Would you like more to eat?" By asking an open-ended question, children have the option either to take more or to refuse.

Second, **Do Not Use Food as a Reward.** Using food as a reward is a strategy often used to persuade children to eat healthy foods that parents think they might be reluctant to eat. However, by offering a reward, the healthy food is likely to become even less desirable. Instead of using a snack or sugary treat as a reward, make healthy foods more appealing. When serving raw veggies, like carrots, celery and grape tomatoes, "dress them up" with a healthy dipping sauce for added appeal. You can also season cooked vegetables with herbs or spices that children like, or mix in (or "hide") healthy foods in their favorite recipes. Making healthy foods more appealing will encourage children to select them without feeling "forced."

Third, **Avoid Restricting Food.** When parents restrict certain foods, children are likely to eat more of it when they get the chance. The key is to provide structure around snack times and meal times rather than "restrict." Offer healthy snacks at set times during the day, making sure the children are hungry by dinnertime so that they will be more likely to eat what has been prepared.

Fourth, **Model Good Behavior.** It is difficult for parents to encourage healthy eating among their children if they do not eat healthy themselves (i.e., "Do what I say, not what I do."). Parents can model healthy eating by preparing and eating a variety of healthy foods, from all food groups. If parents are excited about making and eating healthy foods, children will be more likely to eat and enjoy them, too.

Fifth, **Allow Children a Voice in Food Decision-Making.** Parents should be aware of what foods their children like when planning meals. Depending on the age of the child, including the child as a "consultant" or a "partner" will empower the child to make healthy food choices. This means allowing children to choose from among a variety of **healthy foods**, like broccoli ("trees"), butternut squash, or green leafy vegetables. This does not mean allowing them to choose between purchasing fresh vegetables or candy and chips! The trick is to allow children to be part of the decision-making process, without taking control over family food choices.

Finally, **Keep an Eye on the Emotional Health of Family Members.** People often eat when they are sad or depressed. Keeping an eye on the emotional health of each family member can help avoid problems with overeating (or not eating at all). A family that provides structure, good communication, and love and support to each family member will not only promote emotional health but nutritional health, too.

Parents play an important role in the nutritional health of their children. Following these simple rules will promote good food habits and reduce the risk for nutritional problems (including obesity).

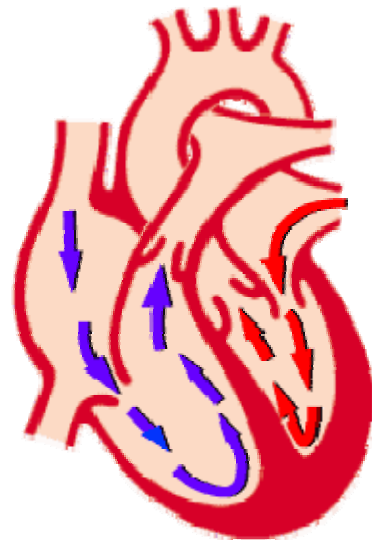
Source: Larry F. Forthun, Ph.D. CFLE, University of Florida

Aging: Circulation

The older heart slows down and is less able to pump blood through the body than the younger heart. This results in older people having less energy and stamina for physical work. Decreased circulation also contributes to cold sensitivity, particularly in the hands and feet. Because oxygen necessary for proper physical and cognitive functioning is carried through the blood, the elder with poor circulation may experience forgetfulness and other symptoms of poor cognition. Blood vessels, which play an important role in the circulation of blood throughout the body, lose elasticity as we age. This causes blood to tend to "pool" in the feet and legs. This means that swelling (edema) may occur in the extremities. Consequently, the heart, which undergoes muscle changes as we age, must pump harder in order to carry the blood to all parts of the body. Changes in circulation make the older person more susceptible to the development of "little strokes" (TIAs) than when younger. Symptoms of such episodes include headache, vision disturbances, loss of balance, confusion, and dizziness when standing quickly from a sitting or reclining position. Because "little strokes" can be harbingers of a larger stroke, consult with the older person's primary health care provider, should these occur. Many older people are on medications that impact circulation. Be familiar with these medications, and their side effects. This may prevent complications, which may arise from their use. Pressure ulcers, a skin problem found in people with limited mobility, are due to impaired circulation. When an older person is unable to move about, tissue may die due to lack of an adequate blood supply to the skin. Areas particularly susceptible to these ulcers are those over bony prominences such as hips, shoulders, elbows, knees, ankles, and the heels of the feet.

To facilitate proper circulation and its effects:

- Prop the feet on a footstool or other appropriate stable object when sitting.
- Change the person's position at least every two hours to prevent pressure ulcers of the skin.
- Develop an activity routine which conserves energy and yet includes opportunities for movement.
- When the elder is sitting, rotate her or his feet at the ankles frequently to promote circulation.
- When the elder is rising from a reclining position, help her or him sit on the edge of the bed for a few moments before standing.
- Be familiar with the older person's medications and their side effects to prevent falls and other complications.
- Be alert to sensitivity to cold in the older person. Make certain there are sweaters, blankets, and other warm materials available.



Source: *Smith and Gove, University of Florida*

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Happy
Halloween



Be Safe

BAKER COUNTY FAIR
OCTOBER 3rd THRU 11th



Bring the family to the FAIR and join us in having a bit of fun. Enjoy the local talent here in the Baker County area by taking a look at all of the exhibits. You will be able to see everything from Creative Crafts to Livestock and don't forget to enjoy the rides. HOPE TO SEE YOU THERE!