



COLLEGE OF AGRICULTURE & LIFE SCIENCES

Cooperative
Extension

Pinal County

This Issue:

Strengthening
Families

Flu Season

Sugary Beverages

ASPIRE

Healthy Choices As
We Age

Kindergarten Success

Backyard Poultry

Ingredient
Substitutions

Cooperative Extension
Information

QUARTERLY NEWSLETTER

VOLUME 4 ISSUE 3

With this latest edition of our Pinal County Newsletter, we wish to extend our warmest greetings. Cooperative Extension in Pinal County continues to reach out to all who live within the boundaries of our wonderful county, and we hope that you will find our articles here of interest. Cooperative Extension strives to provide locally tested information that will help people make good life and business decisions because we know that quality of life is an important component of peace of mind, a desirable outcome in today's busy world. We hope that you find us a valuable resource and a "go-to" opportunity for answers to key questions. If you ever have questions, please give us a call.

Sincerely,

Rick Gibson

County Extension Director

The Strengthening Families



The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and general population families. SFP is an evidence-based family skills training program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.

After a family style meal, parents and youth meet in separate groups for the first hour and together as families during the last half hour to practice skills, play games, and do family projects. Sessions are highly interactive and include role-playing, discussions, learning games, and family projects.

Parent sessions consists of presentations, role-plays, group discussions, and other skill-building activities. Youth sessions engage children in games, stories and activities that align with the parent's classes. We also teach on basic social skills and school readiness.

Pinal Cooperative Extension has proudly graduated over 50 families from this program in the past 6 years. The next series of classes are gearing up to begin in Arizona City on Tuesday, August 15 and Coolidge on Thursday, August 17th. These classes are open to all parents/caregivers with children ages 3-5 years. A family style-dinner is served each week, as well as child care for any children not within the class age of 3-5 years. There is no charge for families to attend.

If you are interested in registering or would like more information, please call (520) 836-5221 X211.

Flu season



It is truly hard to believe, but flu season is almost here. Flu viruses enter the body through the mucus membranes of your nose, eyes or mouth. Every time you touch your hand to one of these areas, you are possibly infecting yourself with a virus. This makes it very important to keep your hands germ-free with frequent and thorough hand washing. Flu symptoms usually come on suddenly. These symptoms may include:

- a fever
- severe aches in muscles and joints
- pain and tiredness around your eyes
- weakness or extreme fatigue
- warm, flushed skin and red, watery eyes
- A headache

Another important way to help prevent the flu is by getting a flu shot. Children can get flu shots for free from the Pinal County Department of Public Health. Adults are charged a minimal fee. For more information, please call 1-866-960-0633. Keep your family safe and healthy this year.

Sugary Beverages

On average, Americans consume about 100 pounds of added sugar each year. This is the equivalent of twenty 5-pound bags of sugar that we all have stored in our pantries. It's no surprise to say that a major source of sugar in the American diet is sugar-sweetened beverages such as soft drinks, fruit punch, energy drinks, sweetened iced teas and sports drinks.

What's really troubling is the steady rise in children's intake of sugar-sweetened beverages. Some studies even suggest that with this rise in sugary drinks, comes a decrease in their milk consumption, which can affect the development of healthy bones and teeth.

So, how much added sugar each day do experts recommend as part of a healthy diet?

Experts agree that people should limit their sugar consumption to no more than 10 teaspoons of added sugar in all of the food and beverages consumed over the course of a day. What's startling is the fact that one 12-ounce can of soda can contain anywhere from 10 to 12 teaspoons of sugar. And believe it or not, a 44-ounce fountain drink contains 1 entire cup of sugar!

Here is the sugar content for a few other popular beverages:



Energy Drink (16 ounces)

17 teaspoons sugar



Sports Drink (20 ounces)

8 ½ teaspoons sugar



Sweetened Tea (12 ounces)

9.5 teaspoons

Sugar Consumption Tip:

To calculate how much sugar is in a serving of your favorite beverage or food, take the amount of sugar in grams listed on the Nutrition Facts Label, then divide that number by 4. The answer will give you the amount of teaspoons contained in one serving

Example: 40 grams of sugar divided by 4 = 10 teaspoons sugar



Sugar-sweetened beverages are filled with empty calories and often have few, if any nutrients the body needs to stay healthy and grow strong. Children should be encouraged to select healthier beverages such as plain water for quenching thirst or low-fat and skim milk. Although 100% fruit juice contains vitamins and minerals, fruit juice should be limited to no more than 8 ounces per day, as it lacks the amount of fiber found in a piece of fresh whole fruit.

ASPIRE Self-Determination Training's are off to a Good Start!

Achieving Success by Promoting Readiness for Education and Employment (ASPIRE) is a program designed to help foster independence in youths with disabilities between the ages of 14 and 16, and ultimately improve their educational and employment opportunities. While the program involves multiple interventions, the University of Arizona Cooperative Extension was selected to facilitate the self-determination training portion of the project.

After the lengthy process of designing an approved curriculum involving six separate lesson plans, and then facilitating several open houses across the state, it can now be said that the first series has officially "kicked off" in Laveen on July 25th. These trainings will help youth to better understand themselves, while learning important goal and decision making skills, communication skills, and ultimately gain a more effective ability to self-advocate in their future. It is with great enthusiasm that the U of A staff involved with the program begin this important endeavor, which is sure to have a positive affect on the youth.

Healthy Choices as We Age

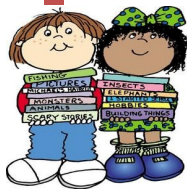


Making healthy food choices as we age, can be an important tool in preventing and managing chronic conditions, improving how we feel and encouraging an overall sense of well-being. Our daily eating habits can change as our bodies get older but making small adjustments can help us enjoy the foods we like while receiving the nutrients our bodies need. Here are few things to keep in mind:

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetables to your meals and snacks. Use pre-sliced fruits and vegetables if slicing and chopping is a challenge.
- Drink 3 cups of low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.

Being physically active can help you stay strong and independent as you age. If you are overweight, weight loss can improve your quality of life and reduce the risk of disease and disability. Adults need at least 2 ½ hours of physical activity each week. You can easily meet your weekly goal by being active 30 minutes, 5 days a week. Find an activity that you can physically do. Walking, swimming or riding a stationary bike are great low-impact activities. To improve balance and reduce the risk of falling, include strength building activities such as lifting small weights at least 2 times per week. Check with your doctor before starting any exercise program.

Resource: www.choosemyplate.gov/older-adults



Use summer to prepare your child for kindergarten success



CASA GRANDE (June 27, 2017) – All parents want their young child to be ready when they start kindergarten. Families can use the summer time leading to the big first day to help kids develop basic skills to build on and prepare them for the transition to kindergarten.

Families can use fun, everyday activities to help kids be ready for success in kindergarten.

Below are some tips from First Things First to help your family have a fun, easy transition to kindergarten:

- Read with your child at least 20 minutes per day. Try books that repeat words; involve activities like counting, identifying colors, objects or letters; or, are about things your child likes. Ask questions like, “What do you think happens next?”
- Talk with your child everywhere – at home, in the car, at the store. Make up stories or songs about your outings.
- Writing begins with scribbling. Give your child safe writing tools to play with, like crayons, chalk or markers and blank paper. Ask your child to tell you about their drawings.
- Teach your child how to use the bathroom by themselves, to wash their hands after going to the bathroom and before eating, to blow their nose and sneeze into their elbow.

Before the first day, talk with your child about what to expect during the school day and types of after-school activities they may be involved in. The more details kids know, the less anxious they will feel.

Rehearse for the big day with test-runs of the new routine, which will include:

- Choosing what to wear the night before.
- Waking up with early to have plenty of time to get ready.
- Eating a healthy breakfast.
- Walking to the bus stop and talking about boarding and where to sit.
- Practicing how to open parts of lunch, whether it’s a carton of milk or a small bag of carrots. Remind them that teachers or lunch staff can help if needed.

Even if you don’t have kindergarteners this year, it’s never too early to start helping kids prepare. Children who have positive early childhood experiences tend to score higher on school readiness assessments and are more likely to do well in school and graduate.

By turning everyday moments into learning moments, we can send our young kids to school with the skills – and the love of learning – that will help them succeed in kindergarten and beyond!

About First Things First – First Things First is a voter-created, statewide organization that funds early education and health programs to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit firstthingsfirst.org.



Keeping Backyard Poultry Safely



Keeping chickens and poultry in your backyard can be rewarding. However, backyard flock owners and especially children can get sick if proper procedures aren't followed. In 2016, a record number of *Salmonella* infections were linked to backyard flocks in 2016. As a result of this increase, the Centers for Disease Control and Prevention have issued guidelines to help reduce *Salmonella* infections.

How do you get *Salmonella* infection from live poultry? The live germs may be in their droppings or on their bodies (feathers, feet, and beaks), even when they appear healthy and clean. The germs can spread to their cages or coops, feed and water dishes, or the hay, plants, and soil in the area where the birds live and roam – which means they can also get on the hands, shoes, and clothes of the birds' caretakers. People become infected if they have contacted the germs and then put their hands or equipment in or around their mouth. Young children are more likely to put their fingers, pacifiers, or other items in their mouths. Even if you don't touch the birds, the germs can still spread to your hands if you have contact with items like coops and water dishes. The germs can then spread easily to other people or surfaces, which is why it's important to wash your hands immediately with soap and water after touching poultry or anything in the area where they live and roam. This also includes after you've removed your shoes, if you've been walking in the area.

How do I reduce the chance of *Salmonella* infection?

- Always wash your hands with soap and water after touching live poultry or anything in the area where they live and roam.
 - Adults should supervise children's handwashing
 - Use hand sanitizer if soap and water are not available
- Don't let live poultry inside the home, especially in areas where food or drink are prepared, served, or stored.
- Don't let children younger than 5 years, adults older than 65, or people with weakened immune systems touch or handle chicks, ducklings, or other live poultry.
- If you collect eggs from the hens, thoroughly cook the eggs.
- Don't eat or drink in the area where the birds live or roam.
- Avoid kissing your birds or snuggling them, then touching your mouth.
- Stay outdoors when cleaning any equipment or materials used to raise or care for live poultry, such as cages or feed or water containers.

What are the signs and symptoms of *Salmonella* infection?

The symptoms include diarrhea, vomiting, fever, and abdominal cramps. Sometimes people become so sick from a *Salmonella* infection that they have to go to the hospital. Children younger than 5, adults older than 65, people with weakened immune systems, and pregnant women are more likely to have a serious illness from *Salmonella*. If you suspect a *Salmonella* infection, please contact your healthcare provider immediately.

Ingredient Substitutions

For Healthier Recipes



Healthy eating doesn't mean you have to give up all of your favorite recipes or foods that you love. Making simple ingredient substitutions with healthier foods found in your pantry or fridge is easier than you think. Here are some ways to reduce the amount of saturated fat, sodium and added sugar in recipes without sacrificing flavor!

Fat and Cholesterol

To reduce the amount of fat and cholesterol in a recipe . . .	
If your recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots
Eggs	Two egg whites or $\frac{1}{4}$ cup egg substitute for each whole egg
Evaporated milk	Evaporated skim milk

Sodium

To reduce the amount of sodium in a recipe . . .	
If your recipe calls for:	Try substituting:
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped fresh garlic, celery or onions
Soy sauce	Sweet-and-sour or hot mustard sauce, low-sodium soy sauce
Table salt	Herbs, spices, or salt-free seasoning mixes or herb blends

Sugar

To reduce the amount of sugar in a recipe . . .	
If your recipe calls for:	Try substituting:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or chunks
Maple syrup	Pureed fruit, such as applesauce, or low-calorie syrup

Other Nutrients

To increase the amount of nutrients, including vitamins, minerals and fiber in a recipe . . .	
If your recipe calls for:	Try substituting:
All-purpose flour	Whole-wheat flour for half of the called-for all-purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, kale, mustard greens, romaine spinach or watercress
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur, or pearl barley

Find Us on Social Media:

Facebook:

* [Pinal County Garden and Landscape Program](#)

* [Maricopa Master Gardeners](#)

* [Pinal County 4-H](#)

* [Pinal County Teen Outreach Program](#)

* [Child Care Health Consultation for Pinal County, AZ](#)

Twitter: [@RickGibson4](#)

Blog: ricksgardenspot.blogspot.com

University of Arizona Pinal County Cooperative Extension

4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership. 4-H Contact: Kimberly Gressley at (520) 836-5221, x.213 or gressley@cals.arizona.edu

Agronomic Field Crops uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment. Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Brain Builders is a 16 hour training for child care providers and parents focusing on early brain and child development for children, ages 0-3. Brain Builders Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting. CCHC Contact: Janet Jepsen at (520) 836-4651 or janetj@cals.arizona.edu

Choose Health Action Teen (CHAT) is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events. CHAT Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

Developmental Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem solving capacities. Developmental Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being. EFNEP Contact: Esmeralda Castillo at (520) 836-5221 or ecastill@cals.arizona.edu

Master Gardener Program trains volunteers to provide up-to-date, locally tested practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes. Master Gardener Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Ms Hijos, My Kids Childcare Recruitment is designed to assist applicants in becoming DES certified to provide childcare in their home. Ms Hijos Contact: Sally Peoples at (520) 836-5221, x.224 or speoples@cals.arizona.edu

Project CENTRL prepares highly motivated leaders to be more effective in meeting the growing challenges facing agriculture in rural Arizona. Project CENTRL Contact: Karen Vanderheyden at (520) 316-0909 or kvander@ag.arizona.edu

Project WET (Water Education for Teachers) is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums. Project WET Contact: Chuck Dugan at (520) 836-5221, x.210 or cld1@email.arizona.edu

Sensory Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect their developmental growth. Sensory Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Soil Fertility Research and Education is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices. Contact: Rick Gibson at (520) 836-5221, x.227 or gibsonrd@cals.arizona.edu

Strengthening Families Program is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills. SFP Contact: Esther Turner at (520) 836-5221, x.211 or eturner@cals.arizona.edu

Teen Outreach Program (TOP) is an evidence-based youth development program that is designed for youth ages 12-17 and focuses on reducing rates of school failure, school suspension, and teen pregnancy. TOP Contact: Ashley Tapia at (520) 836-5221 x217 or ashleytapia@email.arizona.edu

University of Arizona Nutrition Network (UANN) is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona. UANN Contact: Lori Lieder at (520) 836-5221, x.216 or llieder@cals.arizona.edu

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting (Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221). Requests should be made as early as possible to allow time to arrange the accommodation.

Main Office

820 E. Cottonwood Lane, Bldg. C
Casa Grande AZ 85122
Phone: (520) 836-5221
Fax: (520) 836-1750

Satellite Office

615 W Cottonwood Lane, Suite 8,
Casa Grande AZ 85122
Phone: (520) 836-4651
Fax: (520) 836-4233