

Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

Central Kansas Extension District

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“Meals Under Pressure, Meals in Minutes” Electric Pressure Cooking Class

Electric pressure cookers continue to be a white-hot cooking appliance. They are a great way to prepare healthy, delicious meals quickly and conveniently.



Are you new to electric pressure cooking and don't know where to start? Perhaps you just received one as a gift, are shopping for the best option, or would like some innovative tips and tricks to get the most out of your appliance.

If you're interested in learning more about electric pressure cookers, plan to attend the “Meals Under Pressure, Meals in Minutes” program. This class will feature various food demonstrations and samplings of dishes cooked by these appliances. Erin Petersilie, of Walnut Creek Extension District, will be the speaker for the evening.

This program will be held on **Monday, March 4th, 6:30 p.m. in the Ottawa County Courthouse meeting room, 307 N. Concord, Minneapolis.** There is no cost to attend, but pre-registration is requested. **Please call the Central Kansas Extension District in Minneapolis, 785-392-2147, to register.** This fun and tasty class is sponsored by Central Kansas Extension District and Ottawa County Farm Bureau.



America Saves Week February 25 – March 2



Save for the Unexpected

That day you blew a tire. The time your dishwasher overflowed. That vacation when your child got sick far from home, and the doctor wouldn't take your insurance. We all have those unexpected events in life that can lead to financial stress, but it doesn't have to be that way. Putting aside a few dollars a week into a savings account for unexpected costs can build financial security – and relieve a lot of anxiety! Saving for the unexpected starts with small, regularly scheduled contributions that build up over time.

Make it so easy you never have to think about it by setting aside money for saving automatically. Learn how to set up automatic transfers from your checking account to your savings account, or have part of your paycheck automatically deposited into a savings account.

Free Income Tax Assistance

A reminder that VITA, the Volunteer Income Tax Assistance program, offers free tax help to people who make \$54,000 or less. IRS-certified volunteers provide free basic income tax return preparation with electronic filing of the federal and state returns.



Open January 28 – April 15

Mondays 10 a.m. – 4 p.m.

Tuesdays 1 p.m. – 6 p.m.

Thursdays 1 p.m. – 6 p.m.

Saturdays 9 a.m. – 2 p.m.

The Salina VITA site is located at 145 B S. Santa Fe. No appointment is necessary. See last month's newsletter for items to bring. For more information, call 785-829-8135.

Got Plans for Your Tax Refund?

Use 30-40-30 plan to pay for your
PAST, PRESENT, and FUTURE

PAST: Designate 30% of your refund to paying off debt and catching up on outstanding bills.

PRESENT: Earmark 40% for current use.

FUTURE: Use 30% to jump start an emergency fund or longer term savings

K-STATE
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Become a saver today and take advantage of free tools to help you save and manage money!

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Medicare Enrollment

If you missed your Initial Enrollment Period (IEP) and need to enroll in Medicare, you likely will have to enroll during either a Special Enrollment Period (SEP) or the General Enrollment Period (GEP).



Special Enrollment Period

- If you are eligible for the Part B SEP, you can enroll in Medicare without penalty at any time while you have job-based insurance and for eight months after you lose your job-based insurance or you (or your spouse) stop working, whichever comes first.
- If you are under 65, are Medicare-eligible due to disability, and have job-based insurance through a family member's current work, you may also be entitled to the SEP if there are at least 100 employees at your family member's place of work.

- Know the differences in coverage through job-based insurance if you are Medicare-eligible due to age versus disability.

General Enrollment Period

- The GEP takes place January 1 through March 31 of each year. During this period you can enroll in Medicare Part B.
- Enrolling during the GEP means your coverage will start on July 1. Until that time, you will not be covered by Medicare.
- Enrolling in Medicare during the GEP means you will have to pay a Part B premium penalty.

LIEAP

Do you, or someone you know need help paying energy bills? The Low



Income Energy Assistance Program (LIEAP) is a Federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit.

In order to qualify for assistance, applicants must be living at the address, be personally responsible for the utilities at the residence, demonstrate a recent history of payments, and not exceed 130% of the federal poverty level. (\$1,316 gross income for 1 person living at address plus \$468 for each additional person).

Benefit levels vary according to household income, number of persons living at the address, type of dwelling and type of heating fuel.

More information and a link to the applications can be found online at <http://www.dcf.ks.gov/services/eas/Pages/Energy/EnergyAssistance.aspx>, or at the local DCF office 901 Westchester Drive in Salina. Applications must be received prior to 5 p.m., March 29, 2019.

Teaching Young Children about Money

Most people get their money habits and skills from their parents and caregivers. Here is some background on how children develop financially.

Learning to plan ahead, wait for things they want, and finish what they start helps children (and adults) achieve financial well-being. According to the Consumer Financial Protection Bureau research, these skills are a foundation for behaviors that support financial well-being such as goal-setting, planning, saving for the future, and sticking to a budget.

Skills preschool children can develop include the ability to focus on what he has to do; persistence to keep going even if it is not easy; and the ability to recognize trade-offs when it comes to things he cares about, like time, money, treats, or belongings.

Keep in mind that you're teaching about money, whether on purpose or not. Your children are constantly watching and listening, so they might absorb more than you think. When you shop for a bargain, or splurge on a treat, or plan a special occasion, you are showing your kids how you think about money.

Don't feel confident about money matters? You're in good company. Most people don't. And that is okay. Every day, you excel at something your children need to learn – whether it's managing your time between work and home, saving money when you shop, or planning for a future event. From your actions, your children often draw their own conclusions, and sometimes they might not be what you intended. When you think out loud, you clarify what you are doing and why. Try getting into a habit of thinking out loud during your day-to-day money and time management, so your kids can follow along in the decision making process.



Want to feel better and have more energy? Maybe you need to blow off some steam from a stressful day or need to get better sleep. Regular exercise can help you achieve this and more. The health benefits from regular exercises and physical activity are hard to ignore, and they are available to everyone, regardless of age, sex, or physical ability.

Another fantastic thing about exercise—it's fun.

Plan to join Walk Kansas, a health initiative presented by K-State Research and Extension. The 2019 Walk Kansas dates have been set for March 17th through May 11th. Walk Kansas is a team-based program that will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. Watch for more details about this up-coming program.

Reducing Food Waste

How much money have you lost in the last year due to food waste? Try these tips to reduce food waste and keep more of that money in your pocket.

- Plan your menu for the week.
- Check to see what you have in the fridge and cupboard before shopping.
- Make a shopping list, and only buy items on your list.
- Designate and label an 'eat first' space in your fridge.
- Use clear storage containers for leftovers so you can tell what is inside.
- Incorporate leftovers from one meal to make a new meal.
- Take restaurant leftovers home and place in the 'eat first' space.
- Freeze foods you know you will not be able to eat soon.

Handling a Recalled Food

Food recalls happen almost daily and many do not get a lot of publicity. In a majority of recalls, it is the manufacturer that issues a voluntary recall.

Manufacturers will work with the FDA or USDA to help determine the reason for the recall and to fix the issue. If food-borne illnesses have occurred, the CDC and state health departments will also be involved.

As consumers, it is important to pay attention to recalls to eliminate the chance of getting sick. Recall announcements give specific information about the food recall including the type of food, brand package size, date codes, manufacturer codes, shelf life dates, distribution locations, and other pertinent information.

If you have a recalled food, take it back to where it was purchased for a refund, or throw it away. Do not take the chance of eating it or feeding it to animals.

What is Muscular Steatosis?

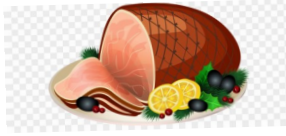
What looks like a highly marbled portion of meat, is actually a condition known as muscular steatosis. Other terms include "steatosis," "callous," "calloused lean," "calloused ribeye," or "woody callused." It occurs when muscle damage or nerve degeneration happens and fatty tissue permeates into the muscle tissue. In extreme cases, the fat can completely take over the muscle and become solid fat.

This condition most often occurs because the animal was injured at some point in its life. Other sources of this condition include vascular abnormalities, biopsy locations, or when animals rear up on their hind legs.

While it is still safe to eat, the quality will be very poor and tough.

Carving Up Ham Facts

From a simple sandwich, to the star of a buffet table, ham is a popular choice for many meals. The choices for ham include fresh, cook-before-eating, cooked, picnic, and country types. So, each type of ham has its own storage and cooking times.



Ham comes from the leg of the pork animal. Fresh ham is uncured and will be labeled “fresh” in the product name. They must be cooked before eating and will have a pale pink or beige color, like a pork roast. Cured ham or cured-and-smoked ham will have a deep rose or pink color. Country ham and prosciutto will have a pink to mahogany color. These can be eaten cold or heated.

The estimated amount per serving to buy is:

- 1/4 - 1/3 pound per serving of boneless ham
- 1/3 - 1/2 pound per serving of bone-in ham

Reheat cooked ham in the oven at 325°F to an internal temperature of 140°F as measured by a thermometer. A bone-in spiral ham will take about 10-18 minutes per pound.

For more information on ham, see this USDA publication entitled *Ham and Food Safety* at <https://bit.ly/2zPxfPi>.



Using Yellow Split Peas

Yellow split peas are pulses which are the edible dried seed of legume crops. The word “puls” which means thick soup or potage. Besides split peas, pulses also include dry beans, lentils, and chickpeas and have virtually no fat content. They are, however, high in fiber, protein and complex carbohydrates.



Yellow Split Peas

For those on gluten free diets, pulses are beneficial. Many products are now made with pulse foods such as yellow and green pea flour. For diabetics, pulses are beneficial for blood glucose management and have a lower glycemic index. For vegetarians, pulses have eight essential amino acids which offers beneficial protein quality.

Split peas are easy to prepare. No overnight soaking is needed. Heat two cups water for each cup of dry split peas. Simmer for 30 minutes to desired tenderness. Add them to chili, spaghetti sauce, soup, salsa, hummus or in many other dishes.

Foods To Reduce Bloat

Probiotics and foods with anti-inflammatory and diuretic properties can help alleviate digestive distress.

Bloating is a common discomfort that affects everyone. It is primarily caused by the foods we eat, but it also can be exacerbated by what we don't get enough of in our diets, such as fiber or fluids.



However, there are dietary strategies that can help reduce or prevent bloating.

“Most important is to decrease sodium and increase fluids, to help flush excess sodium away,” says Jenna Rosenfeld, a registered

dietitian at New York –Presbyterian Hospital/ Weill Cornell. Women should drink eight to 10 8-ounce glasses of water and other fluids daily. “Also, avoid chewing gum, sugar-free foods, and carbonation, because they can incorporate gas into your digestive system and worsen bloating,” she says.

Here are some additional nutritional tips to help reduce bloating.

Fiber. Fiber helps keep foods soft and moving through your digestive tract. A lack of enough fiber in your system can cause it to back up and can produce gas and constipation. Women over 50 should consume 21 grams of fiber a day. Fruits, vegetables, whole grains, nuts and seeds all contain fiber.

Probiotics. Yogurt’s probiotics help balance the good and bad bacteria in your intestinal tract to help keep your digestive system functioning properly. It also reduces inflammation. If you are lactose intolerant, try kefir, a fermented milk drink that is nearly lactose free and has even more probiotics than yogurt.

Tea. Tea has anti-inflammatory properties, especially green, black, white, oolong, mint, peppermint, ginger (which also helps with nausea), chamomile, hibiscus, and lemon tea, which are good for calming the digestive system. Chop fresh mint, slice lemons, or add a quarter teaspoon of dried ginger to your regular cup of tea. The heat also soothes your digestive tract. Not a tea drinker? Try a cup of hot water with lemon.

Diuretic foods. Diuretics help the body eliminate excess fluid. Foods with diuretic properties include asparagus, cabbage, celery, garlic, cranberries, beets, cucumber, and watermelon. Be careful not to become dehydrated when consuming diuretics. Make sure you still get your eight to 10 8-ounce glasses of fluid required per day to stay hydrated. (Note that caffeine is a diuretic, so drink a glass of

water after each cup of coffee or tea to maintain hydration.)

Potassium foods. Potassium counteracts the effects of sodium and, as a result, can help reduce fluid buildup. Potassium-rich foods include bananas, avocado, beets, cucumbers, oranges, cantaloupe, spinach, prunes, raisins, dates, potatoes, sweet potatoes, and watermelon. The USDA suggests that women over 50 consume 2 cups of fruit per day, especially whole fruits (this includes fresh, canned, frozen, or dried, but not juice, as juice often has added sugar). Note: Don’t overeat potassium rich foods to counteract bad sodium choices. Eat a normal amount of healthy foods spread evenly throughout the day.

Cruciferous vegetables. For some people crucifers—including broccoli, cauliflower, bok choy, and Brussels sprouts—can cause bloating and excess gas. Try reducing their effect by mixing them with other vegetables. If your bloating does not go away after a few days, see your doctor, as it could be a sign of a more serious condition.

Beware of FODMAPs. This acronym, which stands for fermentable oligosaccharides, disaccharides, monosaccharides, and polyols, are sugars (more commonly known as fructose, fructans, galactans, and lactose) that may not be digested or absorbed well by the body. Key foods that include FODMAPs are apples, artichokes, asparagus, broccoli, garlic, onions, beans, lentils, legumes, dairy, honey, and watermelon. If you have a digestive reaction to FODMAPs, limit or reduce your intake.

Women’s Nutrition Connection



Tips for Healthful Living during Retirement

- Stay up-to-date on doctor's visits and vaccines. What health issues can you proactively address now that you have more time?
- Stay socially connected with friends, previous coworkers, family, and within your community. Look for clubs or groups to join that interest you.
- Volunteer for an organization that you are passionate about. Remember that volunteering does not have to become a full-time job — a small contribution can make a big difference.
- Look into the wellness resources your community offers. Is there a retiree's program at your local fitness center? What courses are available from your local K-State Research and Extension office?
- Adopt a healthy lifestyle — it is never too late!

The no-flush list

You recycle, you compost, you think before you toss something in the trash. But chances are, you flush some things down the toilet that you shouldn't. What's the harm? Plenty, according to experts in waste management, who are the ones dealing with the mess when these items clog the system, causing overflows and threatening the safety of our water supply as well as aquatic life. In general, only human waste and toilet paper should be flushed.



Here are some of the worst things to flush:

- **“Flushable” wipes.** Wet wipes typically can't be broken down and dispersed, even if the label says they're fine to flush. Worse, they often combine with other waste in the system to form giant blobs of indestructible detritus.

New York City officials have estimated that they spent \$18 million dealing with wet wipe problems between 2010 and 2015.

- **Dental floss.** The nearly indestructible threads can gum up septic and municipal sewer systems and pumping stations, snagging other materials and creating knotty problems.
- **Hair.** Long hair can get caught in the machinery of septic system pumps. And hair can combine with other materials to create clumps that block pipes, particularly at the joints where they bend.
- **Cigarette butts.** These contain toxic chemicals and are not biodegradable.
- **Disposable contact lenses.** As many as one in five users flush contacts down the toilet or sink, and researchers from Arizona State University recently estimated that each year 7 to 11 tons of plastic lenses end up in wastewater in the U.S. alone, contributing to growing “micro-plastic pollution” of our waterways.
- **Expired or unused medications.** Some people think it's safest to flush old drugs, especially if they have children in the house. But the chemicals in them end up in waterways, where they can harm fish, and in drinking water. It's best to take old medications to a pharmacy or to a store that participates in the government's National Prescription Drug Take Back Day program (takebackday.dea.gov). If there is no take-back location near you, the FDA advises mixing the medication with coffee grounds, kitty litter, or anything else that is utterly unpalatable. Then seal it in a disposable container like a plastic baggie and throw it in the trash. The FDA does advise flushing a few dangerous drugs, such as potent narcotics, because a tiny amount could kill a child or a pet. Also see tinyurl.com/drugsWL.
- **Other things not to flush:** sanitary napkins, tampons (that may surprise some women). Condoms (that may surprise some men), cotton makeup balls and pads, and bandages.

Central Kansas Extension District

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Address Service Requested

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

Sincerely,



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