

**CONSUMER'S CORNER
NEW RELEASE.....FROM.....**

**UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION**
328 Madera Avenue
Madera, CA 93637
559-675-7879
FAX 559-675-0639

Week of July 1, 2002

YOUth Can Make A Difference—Volunteer Now

School is out and you are just not ready to look for summer employment yet. Think about making a difference in your community by volunteering your time to a local charity or community organization.

One of the hardest parts of volunteering can be finding a volunteering opportunity that you will enjoy. Here are some tips in choosing an opportunity that will be fulfilling.

Look for a volunteer opportunity that you enjoy. Think about what kinds of things you like to do and what things you do well. If you enjoy reading or books, volunteering at the library may be rewarding. Literacy volunteers act as tutors who help children and adults learn to read.

Figure out how much time you have and when you are available. Take a few minutes and write out your schedule. This is one of the questions an organization will ask you.

Keep in mind transportation. How are you going to get to your volunteer opportunity? Can you walk there? Drive? Take a bus?

Be sure to explore your options. Ask your parents, teachers and friends of volunteer opportunities they are aware of.

Call some organizations and ask them about volunteer opportunities in their organization. If you reach a voice mail system, speak slowly and clearly, and include all the information they will need to call you back.

Check things out before making a commitment. You are not obligated to volunteer at an organization just because you called them. It is helpful to see the place before you decide to make a commitment.

After you visit an organization, decide whether you want to volunteer there. You may have to try a few places before you find a good match. Don't get discouraged.

You can get a lot of volunteering. You can learn about yourself, learn about others and meet a lot of interesting people by volunteering. You will be helping others as you help yourself.

<http://www.helpnow.org/youth.html>, June 17, 2002

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Week of July 8, 2002

IS BIGGER MORE BETTER?

Most Americans believe the kind of food they eat is more important for managing weight than the amount of food they eat, according to a survey commissioned by the American Institute for Cancer Research, a private cancer charity. A common belief is eating certain types of food while avoiding others was more central to weight management efforts than eating less food.

The bottom line: Portion sizes are huge and Americans are overweight.

And, because many of us were raised to eat everything on our plates, we dutifully eat what's there, regardless if we are full or not.

How do you know if you are eating too much? What is a single serving? How much are we eating? How much should we eat?

Here are some tips to promote good health:

Pay attention to feeling of fullness. Enjoy a leisurely pace and savor each bite. Give your body a chance to feel full. Don't eat it just because it is there.

Fill half of your plate with vegetables. Vegetables are low in calories and high in nutrients. Try replacing vegetables for other higher calorie foods.

Aim for 30 minutes of physical activity daily. Walk, ride a bike, or park farther away from your destination. If you are not currently physically active, consult with your physician before beginning an exercise program.

The amount we should eat is based on the number of calories our bodies need. Our caloric requirements are based on age, weight, sex and activity level.

Understand the size of an appropriate serving. Look at the serving size on the nutrition facts label and visualize what the serving size should look like. Measure it, then compare it to what you usually serve yourself. Listed below, are examples of serving sizes and recommended daily servings from each food group.

Bread, Cereal, Rice and Pasta Group—6 to 11 servings daily. 1 slice of bread, ½ cup cooked rice, cereal or pasta. ½ is approximately ½ of a baseball or a paper cupcake.

Vegetable Group—3 to 5 servings daily. ½ cup cooked vegetables, 1 cup raw leafy vegetable, ¾ c vegetable juice.

Fruit Group—2 to 4 servings daily. ¾ cup of fruit juice, 1 medium apple, ½ cup canned fruit. 1 medium applies is approximately a child's fist.

Milk, Yogurt, and Cheese—2 to 3 servings daily. 1 cup milk or yogurt, 1 ½ oz. natural cheese or 2 oz. Processed cheese. 1 ½ oz. of natural cheese is approximately 3 dominoes.

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Groups—2 to 3 servings daily. ½ c cooked beans, 1 egg or 2 tablespoon of peanut butter or 2 ½ oz. cooked lean beef, pork, poultry or fish. 2 ½ oz. of meat is approximately the size of a deck of playing cards.

Central to the concept of good health, is recognition that it is not just what we eat that matters, but also how much we eat.

Source: <http://www.ext.colostate.edu/pubs/columncc/cc010529.html>

“Is Bigger Really Better?”, June 2002.

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Week of July 15, 2002

**FOOD SAFETY CONCERNS FOR EDIBLE
LANDSCAPE AND HOME GARDENING**

The majority of fresh consumed fruits and vegetables in the United States are wholesome and free of microorganisms that could result in illness. In addition, many fruits and vegetables have natural barriers, like skins and rinds. However, the home garden and edible landscape environments are not free from concerns for contamination by human pathogens. Food safety awareness is the essential tool for designing and implementing home garden practices to prevent foodborne illness.

Contamination by microbial pathogens can only result from an external environmental source at some point from production to food preparation. The diversity and scale of home garden environments, gardening practices and food handling practices make a single approach to food safety planning in the garden unrealistic. Minimize the chance of external and internal contamination of food produced in the home garden and edible landscape environments by keeping some principals in mind when planning your home garden.

- Become familiar with the seasonal quality of any surface water sources used for gardening or edible landscape management.
- Ensure that home wells are designed and maintained in a manner that prevent surface run-off or soil infiltration from contaminating the water supply.
- Use irrigation methods that minimize contact between the water and the edible parts of the plant.
- Become informed about proper home compost management for pathogen reduction, especially when using any animal manure.
- Maximize the time between application of animal manure to garden areas and harvest of edible crops.

- Gardening practices that use manure slurries or manure teas for pest control and foliar nutrients on any landscape or garden plant should be carefully evaluated for how likely the practice is to result in direct or indirect contamination of edible crops.
- Be aware of the potential for garden gloves to transfer contamination from one place to produce.
- Clean all food contact surfaces and harvest containers prior to use.
- Minimize the attraction of vectors to harvest buckets kept in the garden or storage shed.
- Cut away decayed or damaged areas at least 1 inch beyond the edge of the defect is generally effective for produce consumed immediately or promptly refrigerated.
- Mechanical removal of potential contaminants by brush-washing under running tap water is the recommended home practice.

For more information, contact your University of California Cooperative Extension Office for, “Key Points of Control and Management of Microbial Food Safety Concerns for Edible Landscape and Home Gardening.”

Source: University of California Cooperative Extension Office for, “Key Points of Control and Management of Microbial Food Safety Concerns for Edible Landscape and Home Gardening.”

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Week of July 22, 2002

**ADD FOOD SAFETY TO THE RULES
OF THE ROAD THIS SUMMER**

The summer travel season has arrived! If “dashboard dining” is in your summer plans, take time to think ahead and bring a supply of shelf-stable foods that are also nutritious. Keep food-borne pests from interfering with your summer plans by following some of these food safety tips.

- If transporting perishable foods (i.e., cheese sticks, yogurt and yogurt drinks), keep them on enough ice in an insulated cooler to keep the temperature for the duration of your trip at below 40 degrees. Transport the cooler in an air-conditioned car instead of in a hot trunk.
- Perishable foods should not stay unrefrigerated for more than two hours, and when the temperature is 90 degrees Fahrenheit or warmer, that time is reduced to one hour.
- Carry eating utensils in the car. Dispose of used goods before bacteria has a chance to grow.
- Keep perishables in a separate cooler from the drinks, since the drink cooler is opened more often.
- Shelf-stable and easy foods to take on the road include:
 - single-serve boxes of cereal, trail mix, energy bars, bagels, muffins, crackers, popcorn and chips
 - cut-up raw vegetables, grapes, dried fruit mix, single-serving applesauce
 - single-serve milk or soy beverage boxes and pudding cups
 - cans of tuna, peanut butter, nuts and single-serve packages of peanut butter and crackers or cheese and crackers.
- Pack foods in reverse order of how you will eat them.
- A full cooler stays cold longer than one that is only partially filled. Fill remaining space with more ice or with fruit and nonperishable foods.

- Always wash hand thoroughly, especially after activities such as filling the car with gas or stopping at a rest area. Bring a pack of moist towelettes or spray bottle of soap and water solution with paper towels in the car. Be sure everyone washes hands before handling or eating foods in the car.

Take control of home food safety, whether “dashboard dining” or eating in a restaurant by : 1) washing hands often; 2) keeping raw meats and ready to eat foods separate; 3) cooking to proper temperatures; and refrigerating promptly below 40 degrees Fahrenheit.

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Week of July 29, 2002

YOUR FIRST SUMMER JOB

Time for vacations, swimming and for your teen to be bored! There are answers to this problem—getting your teen a summer job. A summer job experience can provide a lot more benefits to a teenager than earning extra money. A summer job offers your teen an opportunity to gain valuable employment skills, foster responsibility, and meet interesting people. Regardless of the type of job your teen secures, general work experience will help your teen acquire knowledge, new skills and maybe help them discover new talents as well.

Gaining work experience during the summer months will give your teen a head start for that future important job or position. Learning how to work with other people, which includes learning to take direction from a manager, are important first steps toward understanding basic work interactions and expectations.

Here are some tips for teenagers on their first job:

1. Know in your first job there will be parts of the job that you don't like. Working is being able to put up with some stuff you don't like and find satisfaction and joy in the parts of the job you do like.
2. If you are having a problem with your boss, try to understand the situation from your boss' point of view. A reprimand by the boss does not necessarily mean the boss does not like you. It may mean you need to re-evaluate your work from your boss' perspective.
3. If you don't like your job, instead of quitting try to work on developing coping strategies for turning around a bad situation. Weigh the alternatives—the job may only be for a short time but the money is good. If there are things you do not like about the job, realize that this job may be helping you to determine what kind of permanent work you would like to do in the future.
4. The job may seem menial, but it may be an opportunity to learn some important skills and get your foot in the door for your future dream position.

Some young people are ambivalent about getting a summer job because they hear their parents complaining about their work, their boss and or just their job in general. Parents need to make sure they are not only sharing their frustrations and day to day irritation about work, but also sharing the satisfaction they get from doing their jobs well.

A large part of a person's life is spent working, feeling good about their job is important. Start early and learn important working skills.
