Dear Newsletter Recipient:

Please find attached the **March/April** edition of the *Family Issues* newsletter. Listed below are the topics covered in this issue. Enjoy!

**What’s Inside...**

- Follow-Through this Spring!
- "Hot New Diet" Origins: Keto & Gluten-Free
- Because You Asked... Buttons on your Electric Pressure Cooker
- Fun Fact: Sleep Research
- Recipes
  - Pressure Cooker Taco Pasta
  - Mini-Veggie Quiche

**Call our office at 208-287-5900 to find out how to enroll in the following great learning opportunities!**

- Prevent T2 Diabetes Prevention Program
- Free Entrepreneurship Workshop - For Women!
- Master Food Safety Advisor - NEW Hybrid Version

**Find us on Facebook!**

*Food, Fitness, & Finances – UI Extension, Treasure Valley Area FCS*

**Family & Consumer Science Educators**

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability. Persons with disabilities who require alternative means for communication program information or reasonable accommodations needs to contact Ada County Extension 2 weeks before the class at 5880 Glenwood St., Boise, ID, 208-287-5900, ada@uidaho.edu.
Follow-Through this Spring!

Wow, I don’t know about you, but I feel like the days are just flying by! Right when I think it is time to catch my breath, I find myself flipping my calendar pages to a new month. With that, I do want to wish you all a happy March! Yet, on a separate note, I think back to the New Year’s resolutions that I created. There were only two and while they are not something that I have continually practiced on a regular basis, I do find myself continually thinking about them. While we are all busy, I quite easily make this my excuse for lack of follow-through.

As we start to enter warmer weather, this excuse for not following-through will disappear. While I welcome the fact that a deterrent will be removed from my excuse list, it is something that never should have been preventing me from working on my resolutions/goals in the first place. I want you to know, I have not entirely avoided my resolutions, its just that I have not fully followed through as much as I should have.

Mindfulness is something that can help reduce things becoming ignored. Don’t get me wrong, things still slip from time to time, but by purposefully being aware as goals and priorities are established, it can help with that proposed follow-through. While I am not working towards my goals everyday, I am checking back in with why I set them in the first place, and this keeps me working on them over time.

Happy Spring!

Surine Greenway
Owyhee County Educator
“Hot New Diet” Origins: 
*Keto & Gluten-Free*

Over time several different types of diets have been created. While many individuals automatically assume that if someone is on an altered dietary intake, it is because they want to lose weight. Although this may be the case for some individuals, and can sometimes be a side effect, some individuals alter their food intake due to alternative reasons.

Some of these diet examples include the Keto Diet. While the Keto diet, one that is high in fat and low in carbohydrates, has gained vast popularity over the last couple of years. This dietary intake recommendation was first created as a means to treat children with epilepsy, whose seizures are not being treated with anti-epileptic drugs.

Another type of diet that has gained popularity in the public, but was created due to adverse reactions in food consumption for some individuals, is gluten-free. While individuals with Celiac Disease would most likely say that they are following a gluten-free diet in order to lose weight, this is what several individuals have looked at this diet to do. Instead, individuals with Celiac Disease, an autoimmune disorder that can occur in genetically predisposed people where ingestion of gluten leads to damage in the small intestine, look to a gluten-free diet in order to keep inflammatory flare-ups at bay.

I think it is helpful for us to think about our dietary intake decisions and why we make them. Are you trying to lose weight and you heard of a hot new diet? Instead of looking up the latest diet that you heard about and the “rules” that you should follow on this diet, instead consider looking at the dietary intake guidelines and think about the meals that you are consuming throughout the day. Are you eating in all of the different food groups, or are you perhaps missing some for several meals throughout the day? You may have better luck meeting your weight loss goals if you are focusing on ensuring you fill your body with the proper nutrition you need to function smoothly, rather than emphasizing maintaining that new diet your friend told you about.

Source: https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/
I have many consumers who own an electric pressure cooker and they contact me because they have recently purchased or been gifted an appliance but are unfamiliar with how to use it. Many times, the confusion is why are there so many buttons, and do I need them all? This is part of the beauty of pressure cookers! Many different models have several different buttons that are different pre-programmed settings created by the manufacturer. The intent of these pre-programmed settings is to help the home cook, not the opposite.

Additionally, because there are so many different settings on electric pressure cookers, they also have the ability to perform multiple functions. These electric pressure cookers can consolidate the appliances you typically have on hand, because they can perform the same functions, and more. Some examples of functions that electric pressure cookers perform include; pressure cooking, slow cooking, sauté function, cook rice, yogurt making, and many more!

The one recommendation that Extension firmly stands behind is the use of the delay start setting. Many electric pressure cooker models (and even slow cooker appliances) have an option for a delayed start capability. This setting allows individuals to place all ingredients into their appliance, lock the lid into place and program the appliance to remain at room temperature, until a cooking start time is selected by the user. Extension recommends only using this setting if you program the cooking time to begin within one hour of programming the delay start program. Extension recommends this due to safety, not quality of the food being prepared. While the delay start setting seems like an enormously helpful button on the appliance, it can lead to providing the perfect environment for bacterial growth on our food, and over a prolonged period of time.

I hope you are able to enjoy your next meal preparation in your electric pressure cooker.
PRESSURE COOKER TACO PASTA

INGREDIENTS
- 1 pound ground beef
- 2 tablespoons taco seasoning
- 8-ounce can tomato sauce
- 1 can black beans, drained
- 1 can corn, drained
- 2 cups beef broth
- 8 ounces small pasta (medium shells)
- 1½ cups shredded cheese (cheddar, Mexican blend or cheddar jack)

DIRECTIONS
1. Set pressure cooker to sauté or brown. Add the ground beef and break it up as it cooks. Once ground beef is browned, stir in taco seasoning, tomato sauce, beans, corn, beef broth and then pasta.
2. Cover and seal lid. Change setting to manual, or high pressure, and adjust time to 5 minutes.
3. Once pressure cooker time is done, quick release. Carefully remove cover and stir.
4. Turn off pressure cooker. Top with cheese, put cover back on but don’t seal. Allow a minute or two for cheese to start to melt. Serve with desired toppings.

Recipe Source: UI Extension Family & Consumer Science Educator, Amy Robertson

MINI-VEGGIE QUICHE (WEIGHT WATCHERS RECIPE)

INGREDIENTS
- Cooking spray
- Small zucchini, shredded
- 1 carrot, shredded
- ½ cup finely diced red onion
- 2 scallions, thinly sliced
- ½ cup shredded parmesan cheese
- 3 large eggs
- ¼ cup all-purpose flour
- 2 Tbl. fresh basil, finely chopped
- 1 Tbl. olive oil
- 1 tsp. baking powder
- ½ tsp. Mrs. Dash garlic & herb seasoning
- ½ tsp. salt
- ¼ tsp. black pepper

DIRECTIONS
1. Preheat oven to 375 degrees. Coat two 12-hole mini muffins pans with cooking spray.
2. Combine all ingredients in a medium bowl. Spoon about 1 heaping tablespoon of mixture into each muffin cup.
3. Bake until bottoms are golden brown and quiche is cooked through, about 15 minutes. Cool pans on wire rack for 5 minutes, remove quiche and serve or cool completely to store. Store in refrigerator or freezer.

Recipe Source: http://www.lemonythyme.com/mini-veggie-quiche-weight-watchers-recipe/
**PREVENT T2**

*Diabetes Prevention Program*

*Prevent T2* is a program proven to prevent or delay type 2 diabetes in those that are high risk. It was developed by the Centers for Disease Control and Prevention and is designed for people with prediabetes, as well as those who are at high risk for type 2 diabetes.

**Program Focus:**
- 5-7% weight loss
- 150 minutes of physical activity each week

**COST:** $10.00

*(Scholarships are available. Contact Jackie at 208-459-6003 or jamende@uidaho.edu)*

**Session Time:** 5:30-6:30 p.m.

*Join the session by calling in or by webcam! Phone number and class link will be sent out prior to each class.*

**Weigh-In:** Weigh-in prior to each class at-home and send weight privately via email to instructor.

**INSTRUCTOR:**
- Jackie Amende MS, RDN, LD
  *UI Extension Educator*

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**Class Dates:** *(Dates subject to change)*

**THURSDAYS** *(24 total classes)*

February 21—Intro/Get Active to Prevent T2
February 28—Track Your Activity
March 7—Eat Well to Prevent T2
March 14—Track Your Food
March 21—Get More Active
March 28—Burn More Calories Than You Take In
April 4—Manage Stress
April 11—Shop & Cook
April 25—Find Time for Fitness
May 2—Cope with Triggers
May 16—Keep Your Heart Healthy
May 23—Take Charge of Your Thoughts
June 6—Get Support
June 20—Eat Well Away from Home
July 11—Stay Motivated to Prevent T2
July 25—More About Carbs
August 8—When Weight Loss Stalls
September 5—Take a Fitness Break
September 26—More About T2
October 10—Stay Active
November 7—Have Healthy Food You Enjoy
December 5—Get Enough Sleep
January 9—Get Back on Track
February 6—Prevent T2 for Life
THREE WAYS TO REGISTER!

1. **MAIL.** Fill out the form on the right and send it with a check for **$10.00** *(made payable to Canyon County Extension Office)*
   501 Main Street, Caldwell, ID 83605.

2. **IN PERSON.** Fill out the form on the right and bring it, along with **$10.00** in cash, check *(made payable to Canyon County Extension Office)*, or pay by debit/credit at the Canyon County Extension Office.

3. **VIA PHONE.** Call 208-459-6003 and ask to be registered for the Prevent T2 Program. Have Credit Card or Debit Card number available to reserve registration and complete payment over the phone.

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Free Entrepreneurship Workshop for Women!

Taught in Spanish & English!

2-day workshop:
Friday, March 15 & Saturday, March 16
12:00-6:00 pm

Location:
Homedale High School
203 E. Idaho Ave
Homedale, ID 83628

To register and save your spot, call the Owyhee County Extension Office at 208-896-4104 or email Surine Greenway at surineg@uidaho.edu

*Anyone welcome to attend.

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University of Idaho Extension offers the Master Food Safety Advisor Program (aka Master Food Preserver) to teach participants how to safely preserve high-quality foods. After completion of the coursework, participants work with the community to complete their volunteer time (see Phase 2 – Volunteer Service). This is a great opportunity to share your knowledge.

**Who Can Apply?**

- Anyone with an interest in food preservation and food safety
- Anyone with little to no food preservation experience
- Anyone interested in expanding and sharing their knowledge with others
- Anyone who enjoys being involved in their community
- Residents who live in Ada, Adams, Canyon, Elmore, Gem, Owyhee, Payette, Valley, or Washington Counties

**Training Phases**

**Phase 1A-Complete Weekly Online Modules**

Surine Greenway, Bridget Morrisroe-Aman, and Joey Peutz—Extension Educators, will teach the 7-week course in an online format using Google Classroom. PowerPoints, videos, and reading checks will be used to enhance your learning experience.

**Phase 1B-Hands-on Labs**

Participants will come in on Tuesdays from 12-4 p.m. to complete hands-on food preservation labs and do a quick review on material for the current week.

**Topics include:**

- Canning acid foods (fruits and tomatoes),
- Canning low-acid foods (meats and vegetables),
- Soft spreads, pickling,
- Dehydration, food safety, freezing methods and teaching tips and aids.

**Phase 2 – Volunteer Service**

Participants are required to complete 30 hours of volunteer service, which can be completed in their county of residence. Opportunities include answering food safety questions via phone, assisting with and/or teaching classes, staffing booths, and making displays.

**Where and When:** The online modules are due Monday nights and labs will be weekly on Tuesdays at the UI, Ada County Extension office from 12-4 p.m. Classes start April 2nd. May 14th. The first class will be from 9 a.m.-3 p.m. and the rest of the classes will be from 12-4 p.m.

**Certification**

Participants are certified as University of Idaho Extension Master Food Safety Advisors when they have completed the 7-week course and 30 hours of volunteer service. Participants can recertify for the Advanced Master Food Safety Advisor Program in February of the following year.

**When Should I Apply?**

15 applicants are accepted each year on a first-come, first-served basis. An application will be mailed or emailed to those who complete the form on the back.

**Application deadline:**

**Friday, March 22nd, 2019**

**Cost – $95**

Refer a friend or family member and both of you will receive a $10 discount.

$95.00 (with volunteer time) fee includes a handbook, additional reference materials, food, lab supplies, and 40 hours of instruction time with hands-on labs.

**Scholarships** are available call for details.

*If participants are unable to complete the 30 hours of volunteer service or if you choose to complete only phase 1, participants will be charged an additional $300.00 ($395.00 total). Preference will be given to individuals interested in completing both phases.