

# Living Well In Florida

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## Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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## Enhancing Family Togetherness

Do you have fond childhood memories of playing board games with family and friends? Board and card games provide opportunities for families to come together, create memories and spend inexpensive quality time; while having fun.

Play enables individuals to learn about themselves and the world around them. It stimulates mind and body, builds bonds, fosters imagination and supports all stages of development – not to mention family communication.

Play benefits all ages, from children to older adults and increases positive interaction between generations. Research has shown that play promotes cognitive development, language, motor and social skills and allows children to express and explore feelings, thoughts and experiences.

When the whole family is involved, fun and laughter is more likely to motivate children to work together, communicate and accomplish goals. Children also learn reasoning and sportsmanship skills, foster creativity and enhance number and word recognition.

So the next time you are tempted to plop down in front of the TV, turn it off, disconnect the video games and computers, and gather around the kitchen table with your family to create life long memories.

*References:* Dr. Stevanne Auerbach  
Generations United – Play is Forever



**Turn off the TV and turn on the fun! Playing games can foster family togetherness and help a child's cognitive development.**

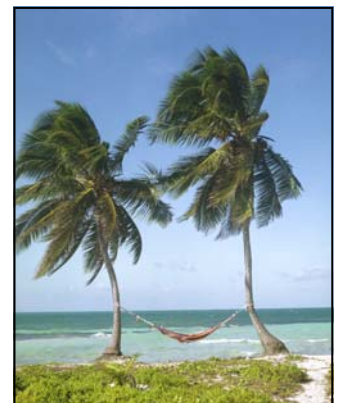
Copies of the Florida Extension cookbook, *Simply Florida: A Taste of Flavors from the Sunshine State*, are still available. For more information, please contact your local Extension office. See page 2 to find the office nearest you!

## Welcome to Florida

Brought to you by your  
University of Florida IFAS Extension Service  
South Central District  
Family and Consumer Sciences Team



“Solutions for Your Life”



# Safe Food Handling After A Power Outage

If the power goes out for an extended period of time, the food in your refrigerator may be unsafe. Here's a handy guide to help you decide what to keep and what to discard.

## In the freezer:

This assumes that the food was not under water or touched by water!

- *Meat, fish, poultry.* If it still has ice crystals or feels crunchy inside - refreeze. If it's still as cold as a refrigerator (below 41 degrees) cook now, eat or refreeze. If it's completely thawed, barely cool or warm, discard.
- *Vegetables and fruits.* If they still have ice crystals or feels crunchy on the inside, refreeze. If it's cold as a refrigerator, cook now, eat or refreeze. If it's completely thawed, barely cool or warm, discard.
- *Frozen dinners, pizzas, leftovers, casseroles, soups, stews, cookie dough.* If it's still icy, cook and use immediately. If it's thawed, discard.
- *Custard pies and pies containing eggs or milk.* Discard.
- *Baked goods, breads, cakes, etc., and nuts.* If it's not touched by water and no juices from other melting foods have dripped on them, it's safe. If they show any signs of water damage or mold, discard.
- *Milk.* If it's still cold, use immediately, otherwise discard.
- *Cheese, butter.* If it's still cold, use or refreeze.

## In the Refrigerator:

These will keep safely for a few days at room temperature. If they have been touched by contaminated water, show mold, or have any unusual color or odor, discard them.

- Butter and margarine
- Fresh fruits and vegetables
- Dried fruits, nuts, coconut
- Cheeses, hard and processed
- Opened jars of salad dressing, mayonnaise, peanut butter, jelly and jam, relish, pickles and olives, taco and barbeque sauces, mustard, ketchup
- Fruit juice, fruit pies
- Fresh herbs, onions, spices, etc.
- Breads, cakes, rolls, muffins without fillings
- If these foods are warmer than refrigerator temperature for more than 2 hours, throw them out
- Raw and cooked meats, poultry and seafood, and dishes containing any of them
- Milk, cream, soft cheeses
- Cooked rice, pasta, pasta salads
- Custard, chiffon, cheese pies or pastries containing these fillings
- Eggs, egg substitutes
- Lunch meats, hot dogs, pizza with meat
- Casseroles, soups, stews
- Refrigerator dough, cookie doughs.

**June 1– November 30 is the official hurricane season in Florida, and to help you weather the storm, the University of Florida IFAS has developed The Disaster Handbook. It's chock full of useful information to help you prepare, survive, and recover from a disaster. Visit The Disaster Handbook online at <http://disaster.ifas.ufl.edu>.**

## There's an Extension Office Near You!

**Charlotte County**—25550 Harbor View Rd, Unit 3, Port Charlotte, FL | (941) 764-4340  
<http://www.ifas.ufl.edu/charlotte/>

**Collier County**—14700 Immokalee Rd., Naples, FL  
(239) 353-4244 | <http://collier.ifas.ufl.edu>

**Desoto County**—2150 NE Roan Ave, Arcadia, FL  
(863) 993-4846 | <http://desoto.ifas.ufl.edu/>

**Hardee County**—507 Civic Center Dr., Wauchula, FL  
(863) 773-2164

**Hillsborough County**—5339 S. CR 579, Seffner, FL  
(813) 744-5519 | <http://hillsborough.extension.ufl.edu/>

**Lee County**—3406 Palm Beach Blvd, Ft. Myers, FL  
(239) 533-4327 | <http://lee.ifas.ufl.edu/>

**Manatee County**—1303 17th St. West, Palmetto, FL  
(941) 722-4524 | <http://manatee.ifas.ufl.edu/>

**Pasco County**—36702 SR 52, Dade City, FL  
(352) 521-4288 | <http://pasco.ifas.ufl.edu/>

**Pinellas County**—12520 Ulmerton Road, Largo, FL  
(727) 582-2100 | <http://www.pinellascounty.org/extension>

**Polk County**—1702 Hwy 17-98 S, Bartow, FL  
(863) 519-8677 | <http://polk.ifas.ufl.edu/>

**Sarasota County**—6700 Clark Road, Sarasota, FL  
(941) 861-9900 | <http://sarasota.extension.ufl.edu>

**Contact your local county Extension office today!**

*Extension programs are open to all persons without regard to race, color, age, disability, religion, or national origin.*