

# Living Well Newsletter

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## **March, 2008**

### *In this issue:*

Easter Egg Safety  
Clean Your Household Air  
Supply

### *EHC Page*

Spring AEHC Meeting  
Board Meeting  
Leader Training  
Picture Needed



## **Easter Egg Safety**

Egg handling at Easter, or at any time during the year, provides many opportunities for eggs to become contaminated with bacteria. Here are some tips on how to safely handle eggs at Easter – and all through the year.



- Keep fresh eggs refrigerated until it's time to cook them. Eggs are a potentially hazardous food, in the same category as meat, poultry, fish, and milk.
- The American Egg Board (AEB) recommends this method for boiling the perfect Easter egg: Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. A tablespoon of vinegar can be added to allow better dye coverage after cooking. Cover pan and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled. Refrigerate all hard cooked eggs.
- Whatever the style of preparation, eggs should always be cooked well. Cook eggs until both the yolk and the white are firm, not runny. This way any Salmonella or other harmful bacteria that may be in the eggs will be destroyed.
- Do not handle eggs excessively, and wash your hands thoroughly when you do handle them, whether in cooking, cooling, dyeing or hiding. The shell of an egg is very porous and will permit bacteria to penetrate. Most commercial egg producers lightly coat their eggs with a thin spray coating of mineral oil to close the pores against contamination. Cooking the egg in the shell, however, removes that barrier so that your hard cooked eggs are again prone to contamination unless you protect them by proper handling.
- Care should be used in choosing hiding places for Easter eggs. Make sure to avoid areas where eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.

## Clean Your Household Air Supply

You may be surprised to learn that the air inside your home may be more polluted than the air outside, even if you live in a large industrial city. Considering the fact that most people spend 90 percent of their time indoors, indoor air quality is a serious health concern.

Furnace filters are designed to keep the furnace system clean. The air filtering system can also contribute to good health for family members by cleaning the air circulating throughout the house.

There are several types of furnace filters available. Selecting the one that suits your needs can sometimes be confusing.

**Panel filters** are the typical furnace filters used in homes. The primary function is to protect the furnace fan and keep dust on the coils to a minimum. These filters catch large particles from the air.

**Washable filters** can be washed and reused. These filters do not catch small particles.

**Pleated filters** have a larger surface to collect particles, so they are typically more efficient than the panel filters.

**High efficiency pleated filters** are designed to catch small particles such as dust, pet dander, smoke and mold.

**High Efficiency Particulate Air (HEPA)** filters remove sub-micron particles. However, they are not designed to fit most standard furnaces.

**Electronic air cleaners** use an electrical field to trap charged particles and are considered the most effective as well as being more expensive.

An important point to remember regardless of which kind of furnace filter you select is that filters will become filled with particles, and efficiency will change over time. These filters need to be replaced on a regular basis following manufacturers' instructions to insure proper airflow.

Yours truly,

Donna B. Francis  
County Extension Agent  
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# EHC Page

## **Spring AEHC Meeting**

"*EHC Opens the Gate in 2008*", is the theme of the March 11<sup>th</sup> & 12<sup>th</sup> Officer Training at the C. A. Vines 4-H Center. Counties that need to spend the night should plan to arrive on Tuesday, March 11<sup>th</sup> between 3:00 – 6:00 PM at the 4-H Center. Counties coming on Wednesday, March 12<sup>th</sup> should plan to arrive for registration 8:00 – 9:00 AM. The program begins at 9:00 AM and should conclude around 3:00 PM.

Registration is due in Little Rock by March 3. I realize this is a very short period of time for you to make a decision about this meeting; however, information was not available until today.

Counties who arrive on Tuesday are asked to bring one creative idea to share on the concourse.

Please contact the county extension office by Friday, February 29. We need to know if you plan to arrive on Tuesday or Wednesday.

## **Board Meeting**

The EHC Board will meet on Tuesday, March 4 at 5 p.m. The executive board will meet at 4:30 p.m.

## **Leader Training**

EHC leader training will be held on Tuesday, March 25 at 1:30 p.m. in the clubroom of the courthouse. The topic is *Managing and Preventing Illness*. One member from each club should plan to attend.

## **Picture Needed**

AEHC wants an action picture with EHC members for a collage which will be placed in the state meeting program. Please e-mail a picture by March 14. Thank you.

"All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.