



May/June 2019 Family & Consumer Science/ Extension Homemakers Newsletter

REMEMBER TO SPRING CLEAN THE REFRIGERATOR

Spring is here! I know I have been spring cleaning around my house and donating numerous items. Have you been doing this? While you are cleaning, don't forget to spring clean your refrigerator.

When you are storing food in any place, you should clean and keep it free of germs that can spoil your food or make you sick. You need to keep your fridge at or below 40 degrees F which keeps food safe.

Here is some tips to make spring cleaning easy:

- Before cleaning, empty the refrigerator. Use cold packs to keep food cold.
- Throw out any condiments or packaged foods that are past their expiration date. All jars and bottles can be wiped down using plain warm water.
- Do not taste foods to see if they are still good. The bacteria that cause food poisoning cannot be smelled or tasted.
- Clean all drawers, shelves, walls, and door with warm soapy water and let them air dry.
- Make sure you clean the shelf seams and rubber door seal. Crumbs hide here.
- Store ready-to eat foods on top shelf, and raw meat, poultry and seafood on the bottom. This way juices from raw meats do not mix into ready-to -eat foods.



This article is from Food News through Arkansas Snap Ed and the University of Arkansas Systems Division of Agriculture.

Young Children and Screens: Putting Parents in the Driver's Seat

How many of your children grab your mobile device, e-book, tablet or watches TV? You are in the driver's seat when introducing your young children to screen time. Use this strategy to make early screen experiences learning experiences as well.

- View, play, or engage in screen experience with your child. Research shows that children under the age of 5 are often alone during screen time.

- Talk about what your child is doing and discovering. Make connections to your child's everyday life. Example is : See how the game has you counting apples? We bought apples at the supermarket today.



- Encourage you child to use skills learned on screens in the "real" world. Does your child play a matching game on a tablet or mobile app? Play together, then give your child a chance to use these skills in the real by playing memory or by matching socks while folding laundry.

- Set limits on screen use. Avoid screen time as a reward or as a way to help children recover from tantrums or emotional upset.

- Be a role model for screen use. Show your child how to put screens aside and focus on time together as a family. Silence your phone while you're spending time with your child.

Adapted from Zero to Three and Navigating Through Life's Journey.

Extension Homemakers Member Reminders

- Deadline for the Arkansas Extension Homemakers State Meeting is May 17. Registration is online at www.uaex.edu/ehc. If you have any questions, please call me at 870-864-1916.
- EHC Council meetings are May 9th and June 13th at 4 pm at the Union County Extension Office. All are welcomed.
- FCS Subcommittee meeting is June 27th from 11-1 pm



Lauren McGarrh

County Extension Agent– Family and Consumer Science

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