

### 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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## Power Out? Keep Your Food Safe

### Steps to follow to prepare for a possible power outage:

Keep an appliance thermometer in both the refrigerator and freezer. Buy them NOW!

Make sure the freezer is at/below 0° F and the refrigerator is at/below 40° F. Before an emergency, set the controls colder than normal.

Store ice cubes and/or freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers during an outage.

### Steps to follow after the weather emergency or power outage:

Never taste a food to determine its safety!

Food in an unopened refrigerator should be safe about 4 hours. An unopened full freezer should hold the temperature for approximately 48 hours (24 hours if half full).

Food may be safely refrozen if it still contains ice crystals or is at 40° F or below.

Discard perishable food if the refrigerator temperature has risen above 40 F for 2 hours or more.

***When in Doubt,  
Throw it Out!***

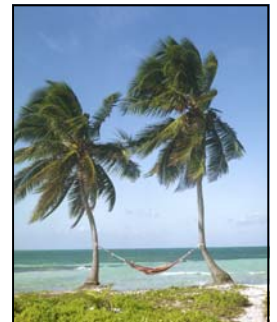
For more information, request the publication, "Safe Handling of Food and Water in a Hurricane or Related Disaster" from your county Extension office or print it from the web at <http://edis.ifas.ufl.edu/FS131>.

## Welcome to Florida

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



"Solutions for Your Life"



# Extension Provides Solutions for Your Life

For decades, Florida residents have looked to the University of Florida's Cooperative Extension Service for reliable, research-based information on agriculture, the environment, gardening, family life and other topics.

Now there's a new way to get that information – and it's as close as your computer.

It's called Solutions for Your Life, and it's a Web site offering a vast array of resources from the Extension, research and education programs of UF's Institute of Food and Agricultural Sciences, as well as partnering agencies and institutions. Launched in May 2006, the site is located at

<http://www.solutionsforyourlife.com> and sponsored by UF's Extension Service.

"Solutions for Your Life isn't meant to replace direct contact with Extension offices in all 67 Florida counties, but it supplements what our offices can do," said Larry Arrington, UF dean of Extension. "Because the Web site is available 24 hours a day, it lets users browse or research information on their own schedule. And it links our clientele with all three branches of IFAS – the Florida Cooperative Extension Service, Florida Agricultural Experiment Station and the College of Agriculture and Life Sciences."

Source: IMPACT magazine, Fall 2006

# Florida Produce: Your Key to Healthy Eating

March is National Nutrition Month. But healthy eating needs to be a priority every month of the year.

If you're new to Florida, you're in luck! Not only are you able to enjoy our beautiful beaches, lakes, and rivers and bask in our warm weather, but you also have easy access to many delicious fruits and vegetables that are grown right here in the Sunshine State.

Oranges, limes, tomatoes, cabbage, strawberries, potatoes—the list is endless. Florida produce is some of the most nutritious and delicious available anywhere.

Don't forget—a diet rich in fruits and vegetables can help reduce your risk for heart attack, stroke, and many types of cancer. Fruits and veggies are also low in calories and high in vitamins and minerals. So enjoy some Florida produce today!

## 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) 461-7500 | <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 Twin Lakes Park, Sarasota, FL | (941) 861-5000  
<http://sarasota.extension.ufl.edu>