

Living Well In Florida

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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Using Generators Wisely

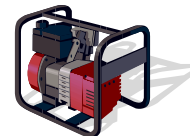
You have purchased a portable home generator and brought it home and now your power is out. A generator can help you make a blackout safer and more comfortable. However, for your safety and the safety of your family, you need to take care when using home generators.

Ventilation is needed.

- **Never** use a home generator inside your home or attached garage.
- Use carbon monoxide alarms in your home.
- Don't place a home generator anywhere where animals or people gather.
- Opening doors and windows does **NOT** provide adequate ventilation.

Safely hook up your generator.

- **Never** hook the generator directly to your home power supply.
- Connect the appliances you want to power directly to the generator. If not, use heavy-duty outdoor-rated extension cords..
- Do not overload your generator. Portable generators will not power every appliance in your home.
- Follow all directions that came with your generator.



Remember, using generators safely is the key to "enlightenment."

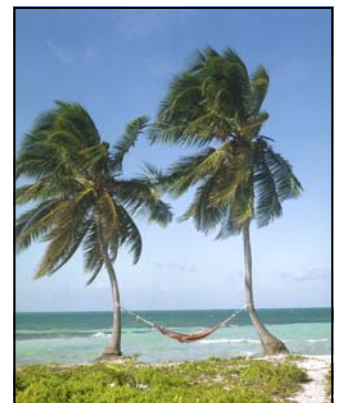
Copies of the Florida Extension cookbook, *Simply Florida: A Taste of Flavors from the Sunshine State*, are still available. For more information, please contact your local Extension office. See page 2 to find the office nearest you!

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"



Waste Not, Want Not

Every hurricane season it's time to put together a three-day supply of food and water. As you work on your emergency food supply, consider the sizes of the containers.

If the emergency includes a power loss, you won't be able to refrigerate any leftovers. That means you need to buy just what you can eat in one meal. A two-person household needs cans of fruit, juice, veggies, pasta in sauce, fish and meat that have two servings. Bigger households can use the larger cans. Unless they are all pop-top cans, keep a manual can opener with them!

While foods in foil and plastic pouches are lighter weight and easier to open, they can be punctured. Paper boxes (cereal, granola bars, etc.) can get wet. If you choose to stock up on these, store them in large cans - the kind popcorn comes in around the holidays. These will protect them from water and moving objects.



Got canned goods? Don't forget the can opener!

Remember, electric can openers don't work when the power goes out.

Summer Sun Protection

Although the sun is necessary for life, too much sun exposure can lead to skin cancer, which is the most common form of cancer in the US.

Sunscreens protect your skin by absorbing and/or reflecting UV rays. The SPF label on sunscreens tells the amount of sunburn protection that a lotion can provide when properly used. It is recommended to use sunscreens with an SPF of at least 15 and "broad-spectrum" sunscreens are highly recommended. Apply the sunscreen 20 minutes before going out into the sun and reapply every two hours – and more often if you are swimming or perspiring.

Remember, sunscreen is only **one** component in sun protection. To thoroughly protect yourself, you should take as many of the following action steps as you can:

- Do not burn.
- Avoid sun tanning beds.
- Wear protective clothing (hats).
- Seek shade.
- Use extra care near water, snow and sand.
- Watch the UV index in the newspaper or on the TV weather report.

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!