



# Healthy at Home

## Have a Healthy Summer

### In this Issue

Freshen Up the Fridge  
Household Uses for Vinegar  
Homemade Laundry Detergent  
Water, Water!  
August is National Peach Month  
Squats for Life!  
Hot & Flashy  
Success Story  
Extension Re-Opening Plan  
Summer Tidbits

### Stay Connected

Check out our website at  
[swain.ces.ncsu.edu/](http://swain.ces.ncsu.edu/)  
Like us on facebook  
to view upcoming events and  
important news.

Dee Decker  
Family & Consumer Sciences  
Community Development  
Swain County Cooperative Extension  
SCC-Swain Center  
60 Almond School Rd.  
Bryson City, N. C. 28713  
(828) 488-3848  
[dee\\_decker@ncsu.edu](mailto:dee_decker@ncsu.edu)



North Carolina Cooperative Extension is an equal opportunity provider.

For many, summer is a time of gathering with friends and families. Keep in mind these guidelines provided by the CDC to when hosting events or interacting with groups this summer.

Here are a few recommendations, but check out [cdc.gov](http://cdc.gov) for the complete list.

Remind guest to stay at home if they have been exposed to COVID-19 during the last 14 days. If anyone is showing symptoms should stay home.

If your guests live with those at higher risk, they should also consider the potential risk to their loved ones.

It's a good idea to keep a list of those people who attended for potential future contact tracing needs. Encourage social distancing.

Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open a window).

Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don't need to be 6 feet apart – just 6 feet away from other families.

When guests arrive, minimize gestures that promote close contact. For example, don't shake hands, do elbow bumps, or give hugs. Instead wave and verbally greet them.

Source: [cdc.gov](http://cdc.gov)

### Food Service

During your gathering, follow these guidelines for extra precautions when handling food:

- Limit the number of people handling or serving food
- Encourage guests to bring their own food and drinks.
- Limit people going in and out of the areas where food is being prepared.
- If serving any food, consider identifying one person to serve all food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, and condiments, so that multiple people are not handling the items.

Remember, we are all in this together. Following these guidelines will help you to be healthy at home.

Source: [cdc.gov](http://cdc.gov)



# Freshen up the Fridge

There's never a bad time to clean out the refrigerator. It only takes a minute to get rid of food that's gone bad, wipe up sticky spills and squash those odors. An organized and clean refrigerator means less searching for food so meal prep is easier, but it also cuts down on food waste.

Empty the contents of the entire fridge shelf by shelf, and toss anything that is past its prime or that you won't use. Perishable foods that you plan to keep should be placed in a cooler until you finish cleaning. Remove the shelves and drawers and wash them with hot soapy water, rinse with clean water, and dry. Wipe the inside interior and drawers. Using an old toothbrush is a great way to clean the nooks and crannies.

Replace the shelves and drawers. As you put the back the food, wipe off the jars and containers. To easily organize the contents in the fridge, place the taller items in the back and the smaller items in the front so you can better see what you have.

Have a designated shelf for leftovers and make a plan to use them. Freeze the leftovers if your aren't planning to eat them within four days. Avoid storing yogurt, milk, eggs or cheese in the door because they are exposed to warm air every time the door is opened.



## Household Uses for Vinegar

Vinegars are all natural, made only from corn or apples and crystal-clear water. When using vinegar for cleaning, it is recommended that you use white vinegar.

- Remove decals off walls by letting undiluted white distilled vinegar soak into them for several minutes before trying to peel them off.
- Remove white water rings from wood with a solution of equal parts white distilled vinegar and vegetable oil. Rub with the grain. Do NOT use with waxed wood. It can ruin the finish and leave a cloudy mark.
- Clean scissors that have become sticky (after cutting tape for instance) with a cloth dipped in undiluted white distilled vinegar.
- To remove grime, mildew and scum from the tub, tile, shower curtain or door, wipe with undiluted white distilled vinegar. Rinse with water.
- Clean shower door tracks by filling them with white distilled vinegar and letting it sit for a few hours. Pour hot water into the tracks and wash and scrub away the scum with a toothbrush.
- Deodorize the toilet bowl by allowing 3 cups of vinegar to sit in it for about a half hour before flushing.
- To shine chrome sink fixtures that have a lime build up, use a paste made of 2 tablespoons salt and 1 teaspoon white distilled vinegar.
- Clean the shelves and walls of the refrigerator with a half-and-half solution of water and white distilled vinegar.
- Cut the grime on top of the refrigerator with a cloth and full-strength white distilled vinegar.

## Homemade Laundry Detergent (Powdered)

Are homemade laundry detergents safe for the HE washing machines? HE stands for "high efficiency washer". They are front loading washers that use much less water than conventional machines. This means the laundry detergents used must be low sudsing and able to disperse quickly. Homemade laundry detergents are naturally low in suds, which meets the HE washing machine detergent requirement

2 cups of Bar Soap grated (Ivory, ZOTE, Fels Naptha)  
1 cup of Borax  
1 cup of Washing Soda

Thoroughly stir together. Use 2 tablespoons of detergent per load.





# Water, Water!

Make water your default beverage. Water is the second most popular beverage in the United States behind soft drinks. Here are a few suggestions to help you put those sugary beverages aside and make water your go-to beverage.

**Create a morning water ritual.** Try drinking 16 ounces of water first thing in the morning, even before you have your first cup of coffee.

**Acquire a taste for water.** The more you choose water over other beverages, the better it will taste. Not all water tastes the same, so try water from different resources or at different temperatures. Add mint leaves or flavor your water with fresh fruit.

**Drink before you eat.** Your body does not always know whether you are hungry or thirsty. Drinking a moderate amount of water before a meal may suppress your appetite.

**Know signs of dehydration.** Your body loses water every day. Thirst is not the most reliable gauge of your body's need for water. The color of your urine is a better indicator - dark yellow or amber color is a sign of dehydration. Clear or light-colored urine is a sign you are hydrated.

# August is National Peach Month



Fuzzy peaches are synonymous with summer. This delicious and juicy fruit is often used in smoothies, jams and jellies, pies and cobblers and even salsa.

Peaches originally came from China thousands of years ago. The first peach orchard in the U.S. was established in what is now Florida in 1565. Here are a few more fun facts about peaches:

- Scientifically, the peach tree is known as *prunus persica*.
- Peaches are a type of stone fruit, which means their seed is inside a stone or pit.
- You can buy two main types of peaches: clingstone and freestone peaches. It is easier to remove the flesh from the freestone peaches.
- A large peach has fewer than 70 calories, and is a good source of vitamins A and C.
- In Hungary, peaches are often referred to as the Fruit of Calmness. Eating them is believed to help reduce stress.
- The town of Gaffney, S.C. constructed a water tower shaped like a peach and boasts that it is the largest peach in the world.

# Squats for Life!

What is the one exercise that should be included in everyone's workout routine? Squats. It doesn't matter how old you are, your gender, or what your fitness goals are. Everyone can benefit from doing squats.

Squats are a great exercise for your lower body. They help strengthen your legs and glutes and they also strengthen your core muscles. When done properly, squats improve knee stability, promote mobility, improve balance and can increase your lower body's range of motion.

Squats are considered to be a complicated move because it forces the body to work together and grow stronger as a single unit. It is one of the best functional exercises to include in your routine. There are several versions of squats, but here are a few tips on how to do chair squats:

Stand with your feet shoulder-width apart.  
Keep your back in a neutral position, and keep your feet centered over your toes, but don't allow your knees to extend over your toes.  
Slowly bend your knees, hips, and ankles, lowering until you reach a 90-degree angle.  
Return to starting position.

If you want to add more resistance, you can hold hand weights, gradually increasing the amount of weight over time.





## Hot & Flashy

If you are one of the millions of women who are experiencing menopause, you might be familiar with power surges, also referred to as hot flashes.

75% of women report experiencing hot flashes and/or night sweats. Hot flashes are often described as flashes of heat spreading all over your body, the skin is flushed, a racing heartbeat and sometimes even dizziness.

These episodes can last from 30 seconds to five minutes, occur in the upper or lower body, happen day or night and are unpredictable. Women report feeling cold and clammy once the hot flash passes.

Remember that menopause is a phase of life, not a disease. During this phase, take extra care of yourself, get plenty of exercise, make sure you're getting enough sleep and be kind to yourself.

## Success Story

***During the shelter-in-place order, a Swain County 4-H member volunteered to deliver food to those in need through the Swain County Senior Center and the Giving Spoon.***



## Extension Reopening Plan

June 22 - September 1

Allow Extension Face-to-Face programming to public - Adults only - no youth. Total of 10 people or less. Program can last 1 hour. Must practice CDC's guidelines for gathering.

Youth Face-to-Face Programs - yet to be determined.

Our Extension agents are still available to assist via email and limited office appointments.

Rob Hawk, Extension Director, [rob\\_hawk@ncsu.edu](mailto:rob_hawk@ncsu.edu)  
Dee Decker, FCS and CRD, [dee\\_decker@ncsu.edu](mailto:dee_decker@ncsu.edu)  
Kendra Fortner, Livestock agent, [kendra\\_fortner@ncsu.edu](mailto:kendra_fortner@ncsu.edu)

Katie Ashley, Agriculture/Horticulture, [katie\\_ashley@ncsu.edu](mailto:katie_ashley@ncsu.edu)

Melissa Vaughn, Administrative, [melissa\\_vaughn@ncsu.edu](mailto:melissa_vaughn@ncsu.edu)

## Summer Tidbits



Summer definitely brings us outside to enjoy the warm sunny days, along with family and friends. But, don't forget about those uninvited pests. You really don't want to spend your days fighting off stinging insects and mosquitos.

Follow these tips to make your yard less appealing to unwanted pests.

- Keep your grass trimmed. Insects like long cool grass to hide in.
- Don't allow standing water of any type. Mosquitos lay their eggs in standing water.
- Cover all garbage cans with tight locking lids and remove it regularly. Many insects are attracted to the decomposing food inside them.
- Place wood piles and compost piles as far away from your house and yard as possible.
- Keep gutters and watershed systems clear to move water and debris away from your home.