

# University of Illinois Extension: Family and Consumer Sciences

## Breakroom Buzz



**May is National Strawberry Month!**

### Eight strawberries contain:

- 55 Calories
- More vitamin C than citrus fruit
- Flavonoids and antioxidants to decrease inflammation and reduce the risk of some cancers
- A good source of fiber, potassium, and folate

**Learn more at [go.illinois.edu/strawberries](http://go.illinois.edu/strawberries)**

### Freezing Asparagus

Wash and sort young tender stalks by size.

Trim stalks by removing scales with a knife. Cut into even lengths to fit freezer safe containers.



#### **Water Blanch**

Small Spears: 2 minutes  
Medium Spears: 3 minutes  
Large Spears: 4 minutes

After blanching, cool, drain, and place in freezer safe containers. No head-space needed. Seal and freeze.



Source: National Center for Home Food Preservation, 2014



**Nutrition Facts per slice: 192 calories, 10g fat, 119 mg sodium, 21g carbohydrate, 4g protein, 15g sugar, 4g fiber**

### Strawberry Bread

#### Ingredients

1 cup fresh (or frozen, thawed) strawberries, mashed	1–1/2 cup flour (combo of white/wheat)
2 eggs	1/4 cup finely chopped nuts (optional)
1/2 cup low/no calorie sugar substitute	1/2 of 3 oz. pkg. sugar free strawberry gelatin
1/2 cup sugar	1/2 teaspoon baking soda
1/2 cup oil	3/4 teaspoon cinnamon

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Greased 8 1/2 x 4 1/2" loaf pan, set aside.
3. Beat eggs; add sugar substitute, sugar and oil. Beat until light and fluffy.
4. Stir in dry gelatin, strawberries, and nuts; mix well.
5. In a small bowl combine flour, soda, and cinnamon; add to strawberry mixture. Mix just until blended.
6. Bake in prepared loaf pan for 50 minutes or until toothpick inserted in center comes out clean.
7. Cool for 10 minutes before taking out of pan.

## I Didn't Know That!



The Administration for Community Living focuses on aging in place and living independently. Need ideas to celebrate Older Americans Month?

- ◆ Arrange for older adults to share or read stories.
- ◆ Use video chat technology to host a storytelling party.
- ◆ Organize a selfie challenge or story sharing on social media.
- ◆ Organize a game night.
- ◆ Coordinate a musical event. Music can help people connect, heal, feel joy, and more.
- ◆ Coordinate a class, workshop, or lecture on topics relevant to older adults.
- ◆ Make a physical or virtual bulletin board with photos, jokes, quotes, and/or good news.
- ◆ Plant a community garden of flowers or produce.
- ◆ Design a mosaic art project, painted rock garden, or mural where each participant gets a turn to add their touch.

It takes planning, accessibility, and making connections for everyone to age in their unique way! For more information and activity ideas [acl.gov/oam](http://acl.gov/oam)

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