

## 2021 HAFCE WORKSHOPS

March 2021 **“Someone’s in the U.S.A. Showing Respect for the Flag,”** by Lynn Barut, Home/Environment/ Community Ed Chair, Hearth Fire Series #11

YouTube: <https://youtu.be/5Rcdfy6CYWU>

May 2021 **“Natural Medicine,”** by Kalei Tong, Leadership Ed Chair. The following notes were taken by Pat Kubo:

- ◆ Don’t worry and have negative thoughts – Positive thinking!
- ◆ Get enough sleep
- ◆ Drink water – Label your water with positive words
- ◆ Air diffuser
- ◆ Vinegar – apple cider vinegar – 2 tsp every day
- ◆ Discussion on essential oils – Frankincense, Myrrh, Turmeric, Awa, Lemon, Lavender (for stress), Peppermint (digestive problems, headache – put on tongue or temple)

### Sharing by others

LaVanda - Uses Peppermint, Ginger, Indian healing clay mixed with vinegar (for feet), Frankincense (anointing oil)

Chutima – Uses Peppermint, Lavender, Activated Charcoal (upset stomach or food poisoning – travels with this), Hemp seed oil (on knee for arthritis and also on salads)

Elaine – Uses diffuser, Mangosteen (sore stomach, headaches, stress), Banaba Tea, Calamungai, Butterfly tea, Himalayan salt lamp

Kalei – CBD oil (rubbed on for aches and pains)

Pat – Essential oils added to water in floral arrangements

Dixie – Warning – If you are ingesting oils – let medical personnel know before procedures (Example – St. John Wort may cause bleeding)

YouTube: <https://youtu.be/SJt3TOpYfxo>

June 2021 **“Fraud Prevention,”** by Gerry Silva, AARP Volunteer, sponsored by Windward Council

Hawaii’s Fraud Guide: <https://files.hawaii.gov/dcca/sec/iep/fraud.pdf>

Gerry’s YouTube: <https://youtu.be/qSjDPUXBv7Q>

July 2021 **“What Do Food Expiration Dates Really Mean?,”** by Susan Stewart, International Ed Chair.

Are You Confused by Date Labels on Packaged Foods?

- ★ According to the FDA, Americans are throwing out about 1/3 of our food – about \$165 billion each year, as much as 20 lbs of food per person per month
- ★ About 20% of food waste in the home is due to consumer uncertainty about meaning of dates on labels of packaged foods
- ★ Product dating is not required by Federal regulations except for infant formula

YouTube: <https://youtu.be/Coy4tWU6Ldo>

Handout: Refrigerator and Freezer Storage Chart

October 2021 “Garden Basics,” by Lavanda Salas, Health Ed Chair.

A Covid activity for staying at home and planting your own garden. 7 easy to grow plants for beginning gardeners. 1. Beans (pole or bush), 2. Leafy Greens, 3. Tomatoes, 4. Eatable flowers, 5. Herbs, 6. Squash, and 7. Potatoes. Window sills, containers, raised beds, or an in ground a garden contribute to a healthy emotional, physical and spiritual life style.

YouTube: [https://youtu.be/6\\_qaRBSyxtE](https://youtu.be/6_qaRBSyxtE)


**FOOD FACTS**
**REFRIGERATOR & FREEZER STORAGE CHART**

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer
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Product	Refrigerator	Freezer
<b>Eggs</b>		
Fresh, in shell	3 - 5 weeks	Don't freeze
Raw yolks, whites	2 - 4 days	1 year
Hard cooked	1 week	Don't freeze
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year

**TV Dinners, Frozen Casseroles**

Keep frozen until ready to heat		3 - 4 months
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**Deli & Vacuum-Packed Products**

Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze
Store-cooked convenience meals	3 - 4 days	Don't freeze
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze

**Raw Hamburger, Ground & Stew Meat**

Hamburger & stew meats	1 - 2 days	3 - 4 months
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months

**Ham, Corned Beef**

Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze
opened	3 - 5 days	1 - 2 months
Ham, fully cooked, whole	7 days	1 - 2 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months
Ham, fully cooked, slices	3 - 4 days	1 - 2 months

**Hot Dogs & Lunch Meats (in freezer wrap)**

Hot dogs, opened package	1 week	1 - 2 months
unopened package	2 weeks	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
unopened package	2 weeks	1 - 2 months

Product	Refrigerator	Freezer
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<b>Soups &amp; Stews</b>		
Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months

**Bacon & Sausage**

Bacon	7 days	1 month
Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
Smoked breakfast links, patties	7 days	1 - 2 months

**Fresh Meat (Beef, Veal, Lamb, & Pork)**

Steaks	3 - 5 days	6 - 12 months
Chops	3 - 5 days	4 - 6 months
Roasts	3 - 5 days	4 - 12 months
Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months

**Meat Leftovers**

Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Gravy & meat broth	1 - 2 days	2 - 3 months

**Fresh Poultry**

Chicken or turkey, whole	1 - 2 days	1 year
Chicken or turkey, parts	1 - 2 days	9 months
Giblets	1 - 2 days	3 - 4 months

**Cooked Poultry, Leftover**

Fried chicken	3 - 4 days	4 months
Cooked poultry dishes	3 - 4 days	4 - 6 months
Pieces, plain	3 - 4 days	4 months
Pieces covered with broth, gravy	3 - 4 days	6 months
Chicken nuggets, patties	3 - 4 days	1 - 3 months

**Fish & Shellfish**

Lean fish	1 - 2 days	6 - 8 months
Fatty fish	1 - 2 days	2 - 3 months
Cooked fish	3 - 4 days	4 - 6 months
Smoked fish	14 days	2 months
Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
Canned seafood (Pantry, 5 years)	after opening	out of can
	3 - 4 days	2 months