



Family and Consumer Sciences Printable Information List

Cleaning

How to Remove Mildew

<http://www.extension.umn.edu/distribution/housingandclothing/00039.html>

Keeping it Clean Controlling Mildew

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79600.pdf>

Keeping it Clean: Cleaning your Refrigerator

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79300.pdf>

A Clean and Safe Kitchen-Staying Healthy

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-24a.pdf>

The Latest in Kitchen Sanitation Issues

<http://ag.arizona.edu/pubs/health/az9714.pdf>

BacDown! Give Bacteria the Cold Shoulder

<http://www.fightbac.org/images/pdfs/bacdownflyer.pdf>

The Clean Kitchen Test

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3503.pdf>

Keeping it Clean: Tips on Cleaning Floors

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79500.pdf>

Removing Cat Odors and Stains

<http://www.extension.umn.edu/info-u/household/BK634.html>

Cleaning Heirloom Textiles

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/CT-MMB-065.pdf>

Keeping it Clean: Glass – Windows and Mirrors

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79400.pdf>

Clothing

Prolonging the Life of Your Clothing

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/CT-MMB-141.pdf>

Silver Threads for the Golden Years

<http://www.ca.uky.edu/agc/pubs/FCS2/FCS2811/FCS2811.pdf>

Protecting Your Clothes from Insects U of Kentucky

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/CT-LMH.059.PDF>

Facts about Fabric Flammability

<http://www.extension.iastate.edu/Publications/NCR174.pdf>

Mothballs

<http://www.purdue.edu/envirosoft/housewaste/house/mothball.htm>

Disaster

Disaster Planning: Important Papers and Documents

<http://edis.ifas.ufl.edu/pdf/files/FY/FY61900.pdf>

Disaster Planning Tips for Senior Adults

<http://edis.ifas.ufl.edu/pdf/files/FY/FY62000.pdf>

Disaster - continued

Food for Emergencies- Pandemic Flu

Severe Weather Tips: Extreme Heat

Preparing to Evacuate your Home in Case of an
Emergency

http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY_EDEN-JSK-302.PDF

<http://www.wagwx.ca.uky.edu/EDEN/eden-12.pdf>

<http://edis.ifas.ufl.edu/pdffiles/fy/fy61600.pdf>

Disaster Emergencies

Are you Prepared? Your Personal Checklist of Important
documents

Financial Readiness: As Critical as Fully Charged
Batteries

Water: Storage and Emergency Use

Planning for the Unexpected

Preparing for Disasters: Your Food and Drinking Water
Supply

Preparing Food without Power

Eating Nutritiously When the Lights are Out

Avoid Fraud during Emergencies

Preparing for a Weather Emergency

<http://www.ext.vt.edu/pubs/family/354-141/354-141.pdf>

<http://www.ftc.gov/bcp/edu/pubs/consumer/alerts/alt170.pdf>

http://extension.usu.edu/files/publications/publication/FN_Food_Safety_2006-01pr.pdf

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-20a.pdf>

<http://edis.ifas.ufl.edu/pdffiles/FY/FY61700.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00008.html>

http://ohioline.osu.edu/hyg-fact/pdf/emergency_food_pyramid.pdf

<http://edis.ifas.ufl.edu/pdffiles/FY/FY61500.pdf>

http://www.fsis.usda.gov/PDF/Preparing_for_Weather_Emergency.pdf

Disaster Healhy Lifestyles

Encouraging Family Communication After a Disaster

Managing Conflict Following a Disaster

Stress Management after a Disaster

Supporting Children and Youth Following a Disaster

Supporting Families Following a Disaster

Understanding Depression Following a Disaster

Understanding the Impact of Disasters on the Lives of
Children and Youth

<http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341d.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341a.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341h.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341c.pdf>

Finance

Choosing the Best Credit Card

Choosing the Best Interest Rate

<http://www.ces.purdue.edu/extmedia/CFS/CFS-710-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-711-W.pdf>

Finance - continued

Selecting a Credit Card

<http://msuextension.org/publications/FamilyFinancialManagement/MT199802HR.pdf>

Deciding How Many Credit Cards You Need

<http://www.ces.purdue.edu/extmedia/CFS/CFS-712-W.pdf>

Deciding How Much Credit is Too Much

<http://www.ces.purdue.edu/extmedia/CFS/CFS-713-W.pdf>

Getting Rid of Credit Card Debt

<http://www.ces.purdue.edu/extmedia/CFS/CFS-714-W.pdf>

Checking Your Credit Report

<http://www.ces.purdue.edu/extmedia/CFS/CFS-716-W.pdf>

Developing a Spending Plan

<http://msuextension.org/publications/FamilyFinancialManagement/MT199703HR.pdf>

Protecting Your Credit Information

<http://www.ces.purdue.edu/extmedia/CFS/CFS-715-W.pdf>

Stretching Decorating Dollars

<http://www.ext.colostate.edu/Pubs/consumer/09533.html>

Stretching Your Dollars: Controlling Your Grocery Bill

<http://edis.ifas.ufl.edu/pdf/HE/HE93400.pdf>

Stretching Your Supermarket Dollars

<http://edis.ifas.ufl.edu/pdf/HE/HE67700.pdf>

Identity Theft: Simple Guide to Protecting Yourself

<http://cals.arizona.edu/pubs/consumer/az1431.pdf>

Your Important Papers: What to Keep and Where

<http://msuextension.org/publications/FamilyFinancialManagement/MT199611HR.pdf>

Finance Important Papers

Replacing Those VIPs (Very important Papers)

<http://msuextension.org/publications/FamilyFinancialManagement/MT199513HR.pdf>

Family Financial Management – Interventions Following a disaster

<http://cals.arizona.edu/pubs/family/az1341/az1341j.pdf>

Family Financial Management – Planning for the Future

<http://cals.arizona.edu/pubs/family/az1341/az1341i.pdf>

Food Preperation

Blanching Vegetables – Why and How

<http://www.extension.umn.edu/distribution/nutrition/00053.html>

Asparagus

<http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/asparagus.htm>

Beets

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561A.pdf>

Pickled Beets

<http://www.extension.umn.edu/distribution/nutrition/00045.html>

Broccoli

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561B.pdf>

Cabbage

<http://www.uaf.edu/ces/publications-db/catalog/anr/FNH-00561C.pdf>

Carrots

<http://www.uaf.edu/ces/publications-db/catalog/anr/HGA-00134.pdf>

Chile

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_01.pdf

Processing Fresh Chile Peppers

http://cahe.nmsu.edu/pubs/_e/E-324.pdf

Corn

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561E.pdf>

Corn

http://extension.usu.edu/files/publications/publication/FN_Harvest_2005_08pr.pdf

Lettuce

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561F.pdf>

Food Preparation - continued

Morel Mushrooms

Organic Labeling and Marketing Information

Sugar Snap Peas

Tomatoes

Winter Squash

Making Soft Cheeses

Making Safe Baby Foods

High Altitude Cooking

USDA High Altitude Cooking and Food Safety

Easy Yeast Breads In a Bag

Sourdough

Using Dry Milk

Food Hotlines: Contact Information

Healthful Whole Grains!

Horseradish

Microwave Cooking, Not Reheating with the Microwave

Microwave Cooking

Nuts

Flavorful Nuts

Flavored Vinegars and Oils

Making Cider Vinegar at Home

Rice

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00020.pdf>

<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELDEV3004446&acct=nopgeninfo>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561J.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561H.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561J.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09337.html>

<http://www.extension.umn.edu/distribution/nutrition/00026.html>

http://aces.nmsu.edu/pubs/_e/E-215.pdf

http://www.fsis.usda.gov/Fact_Sheets/High_Altitude_Cooking_and_Food_Safety/index.asp

http://extension.usu.edu/files/publications/publication/FN_Bread_2006-01.pdf

<http://www.uaf.edu/coop-ext/publications/freepubs/FNH-00061.pdf>

<http://www.fcs.uga.edu/pubs/PDF/FDNS-NE-1003.pdf>

<http://sarasota.extension.ufl.edu/FCS/FoodHotlines.pdf>

<http://www.ksre.ksu.edu/library/fntr2/mf2560.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ836.html>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-21a.pdf>

<http://cals.arizona.edu/pubs/health/az1081.pdf>

<http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1001.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.078.PDF>

<http://www.ext.colostate.edu/PUBS/FOODNUT/09340.html>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5346.pdf>

http://extension.usu.edu/files/publications/publication/FN_141.pdf

Food Preparation Cooking

Terms

Basics

Family Meal Time

Cookie Basics

Delicious Meals in Minutes

Healthy Snacks for Pre-Schoolers

Healthy Cooking Tips

Cereal, Rice and Pasta

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-105a.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-104a.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.132.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.015.PDF>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.029.PDF>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.033.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-112a.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-701a.pdf>

Food Preparation Cooking - continued

Cooking Using Beans and Peas in Recipes
Cooking with Herbs, Spices and Seasonings
Gluten-free Baking
Cooking with Less

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1106a.pdf>
<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-113a.pdf>
<http://www.ext.colostate.edu/pubs/foodnut/09376.html>
<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.157.PDF>

Food Preparation Fish Seafood

Fresh – Caught Fish Clemson
Home Freezing of Fish
Is it Okay to Eat Fish?
Fish Consumption Advisory
Smoking Fish at Home

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3604.pdf>
<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00222.pdf>
<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>
<http://www.extension.umn.edu/info-u/nutrition/BJ772.html>
<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00325.pdf>

Food Preparation Fruit

Safe Handling of Fresh Strawberries
Pears
Pomegranate Fruit and Juice
Rhubarb Recipes
Making Apple Cider
Apricots
Cantaloupe: Safe Methods to Store, preserve and Enjoy

Cherries
Figs
Grapes

http://www.foodsafety.wisc.edu/assets/pdf_Files/safe_handling_strawberries.pdf
http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_05.pdf
<http://www.unce.unr.edu/publications/files/hn/2005/fs0536.pdf>
<http://www.uaf.edu/ces/publications/freepubs/FNH-00064.pdf>
<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-91.pdf>
<http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf>
<http://anrcatalog.ucdavis.edu/pdf/8095.pdf>

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-03.pdf
http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf
http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf

Food Preparation Meat

Smoking Meat and Poultry
Smoking Poultry Meat

http://www.fsis.usda.gov/FactSheets/Smoking_Meat_and_Poultry/index.asp
<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=304>

Food Preparation Recipes

Altering Recipes for Better Health
Modifying a Recipe to be Healthier
Updating Food Preparation to Promote Health

<http://www.ces.purdue.edu/extmedia/CFS/CFS-157-W.pdf>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>
<http://www.ext.colostate.edu/Pubs/foodnut/09316.html>

Food Preparation Substitutions

Sugar Substitutes – are they Safe?

Substitutions and Equivalents in Food Ingredients

Ingredients Substitutions

<http://ag.arizona.edu/pubs/health/az1229.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-145-W.pdf>

<http://www.ext.colostate.edu/Pubs/foodnut/09329.pdf>

Food Preparation Turkey

Deep Fat Frying Turkeys

Additional Turkey Cooking Methods

Lets Talk Turkey

Turducken Requires Safe Food Handling

Turkey: Alternate Routes to the Table

Turkey Basics Handling Cooked Dinners

Turkey Basics Safe Cooking

Turkey Basics Safe Thawing

Turkey Basics Stuffing

<http://www.ianrpubs.unl.edu/epublic/live/nf606/build/nf606.pdf>

<http://cals.arizona.edu/pubs/health/az1091.pdf>

http://www.fsis.usda.gov/PDF/Lets_Talk_Turkey.pdf

http://www.fsis.usda.gov/PDF/Turduckens_Require_Safe_Food_Handling.pdf

http://www.fsis.usda.gov/PDF/Turkey_Alt_Routes.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Handling_Cooked_Dinners.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Cooking.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Thawing.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Stuffing.pdf

Food Preservation

Preserving Sunflower, Pumpkin and Popcorn Seeds

Vacuum Sealing Food at Home Safely

Vacuum Packaging Foods at Home

Vinegar for Pickling

Jams, Jellies and Preserves Uncooked Jams

Food Preservation without Sugar or Salt

Making Jellies

Pomegranate Jelly

<http://www.extension.umn.edu/distribution/nutrition/00040.html>

<http://www.extension.umn.edu/distribution/nutrition/00051.html>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3865.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ834.html>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-131-W.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09302.html>

<http://www.ext.colostate.edu/pubs/foodnut/09303.html>

<http://cesanjoaquin.ucdavis.edu/files/17040.PDF>

Food Preservation Additives

Food Additives – Are They Safe

How Sweet it is!

Chemicals and Foods

Sulfites: Separating Fact from Fiction

<http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.115.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>

<http://edis.ifas.ufl.edu/pdffiles/FY/FY73100.pdf>

Food Preservation Canning

Preparing and Canning Pickled Vegetables

http://www.uga.edu/nchfp/how/can_06/bread_butter_zucchini.html

Selecting, Preparing and Canning Meat –Chicken or Rabbit

http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html

Selecting, Preparing and Canning Meat – Meat Stock

http://www.uga.edu/nchfp/how/can_05/stock_broth.html

Selecting, Preparing and Canning Meat -- Strips, Cubes or Chunk of Meats

http://www.uga.edu/nchfp/how/can_05/strips_cubes_chunks.html

Selecting, Preparing and Canning Meat – King and Dungeness Crab Meat

http://www.uga.edu/nchfp/how/can_05/crab.html

Selecting, Preparing and Canning Meat – Festive Mincemeat Pie Filling

http://www.uga.edu/nchfp/how/can_05/mincemeat_filling.html

Selecting, Preparing and Canning Meat – Smoked Fish

http://www.uga.edu/nchfp/how/can_05/smoked_fish.html

Soups

http://www.uga.edu/nchfp/how/can_04/soups.html

Selecting, Preparing and Canning Meat – Oysters

http://www.uga.edu/nchfp/how/can_05/oysters.html

Selecting, Preparing and Canning Meat – Tuna

http://www.uga.edu/nchfp/how/can_05/tuna.html

Selecting, Preparing and Canning Meat – Chili Con

http://www.uga.edu/nchfp/how/can_05/chili_con_carne.html

Selecting, Preparing and Canning Meat – Fish

http://www.uga.edu/nchfp/how/can_05/fish.html

Food Preservation: Selection, Use and Care of Canning Equipment

<http://msucares.com/pubs/infosheets/is0845.htm>

Selecting, Preparing and Canning Meat – Ground or Chopped Meat

http://www.uga.edu/nchfp/how/can_05/ground_chopped.html

Using Boiling Water Cannerys

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-2.pdf>

Using Pressure Cannerys

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-3.pdf>

Visual Inspection of Can Seams in Home Food Preservation

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00023.pdf>

Purchasing and Using ClearJel

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-116.pdf>

Safe Methods of Canning Vegetables

<http://postharvest.ucdavis.edu/datastorefiles/234-568.pdf>

Tomato Products

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5337.pdf>

Adding acid to Tomatoes

<http://www.extension.umn.edu/distribution/nutrition/00036.html>

Sensational Salsas

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16.pdf>

Salsas Sensacionales

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16-SP.pdf>

Fish in Quart Jars

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00126.pdf>

Food Preservation Canning - continued

Home Canning Smoked Fish and Home Smoking Fish for <http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00223.pdf>

Canning

To Can Fish in Cans

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00125.pdf>

Food Preservation Drying Foods

Drying Vegetables

Delicious Jerky – Make it safe

Making Jerky

Leather and Jerkies

Fruit Leather

Drying Foods

<http://www.ext.colostate.edu/pubs/foodnut/09308.html>

<http://www.extension.umn.edu/distribution/nutrition/00029.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00262.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09311.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00228.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3080.pdf>

Food Preservation Freezing

Freezing Basics

Packaging, Loading the Freezer and Refreezing

Food Freezing Basics Methods of Wrapping

Food Freezing Basics Dairy Products, Eggs, and Other

Foods

Food Freezing Basics Poultry and Fish

Fruits

Vegetables

Vegetables at Home

Combination Main Dishes

Refreezing Food

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw614.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw615.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09331.html>

<http://www.ext.colostate.edu/pubs/foodnut/09330.html>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-134-W.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5308.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00041.html>

Food Preservation Fruit

Apricots

Cantaloupe: Safe Methods to Store, preserve and Enjoy

Cherries

Figs

Grapes

<http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf>

<http://anrcatalog.ucdavis.edu/pdf/8095.pdf>

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-03.pdf

http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf

Food Preservation Herbs

Harvesting, Preserving and Storing Herbs

Herbs

Don't Salt It – Herb and Spice it!

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.039.PDF>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561L.pdf>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-25a.pdf>

Food Preservation Let's Preserve

Apples

Berries (except Strawberries)

Blueberries

Cherries

Fruit Pie Fillings

Preserving Pie Fillings

Jelly, Jam Spreads

Leafy Greens

Peaches, Apricots, Nectarines

Pears

Peppers

Pickles

Sauerkraut

Snap Beans

Strawberries

Sweet Corn

Tomatoes

<http://www.ces.purdue.edu/extmedia/CFS/CFS-590-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-587-W.pdf>

http://foodsafety.cas.psu.edu/lp_series/06%20LP%20Blueberries%20PM7.pdf

<http://www.ces.purdue.edu/extmedia/CFS/CFS-585-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-590-W.pdf>

http://aces.nmsu.edu/pubs/_e/e-318.pdf

<http://www.ces.purdue.edu/extmedia/CFS/CFS-591-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-592-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-588-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-584-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-593-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-596-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-610-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-594-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-586-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-595-W.pdf>

<http://www.ces.purdue.edu/extmedia/CFS/CFS-583-W.pdf>

Food Preservation Pickles

Making Pickles

Quick Process Pickles

Making Fermented Dill Pickles and Sauerkraut

Preparing and Canning Fermented and Pickled Foods at Home

Canning Pickles and Sauerkraut

Making Pickled Products

Making Pickled Peppers at Home

<http://www.ext.colostate.edu/pubs/foodnut/09304.html>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5342.pdf>

http://aces.nmsu.edu/pubs/_e/e-318.pdf

<http://msuextension.org/publications/HomeHealthandFamily/MT199607HR.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fn189.pdf>

<http://www.ext.colostate.edu/PUBS/FOODNUT/09314.html>

Food Safety

HACCP Hazard Analysis Critical Control Points

Cutting Boards

Time and Temperature Make A difference

Unpasteurized Cider and Juice

Ham Safety and Storage

Cookware Safety

Leftovers

Biotechnology and Food

Smoking Meat and Poultry

Food Additives – Are They Safe

Chemicals and Foods

Guidelines for Volunteer Group Social Functions

Occasional Cooking for a Crowd

Handling of Cheese for Safety and Quality

Botulism

Preventing E Coli from Garden to Plate

Food Hotlines: Contact Information U of Florida

Homemade Food Gifts –What’s Safe?

Infant Botulism and Honey

Irradiation of Food

Mailing Perishable Food

Cooking, Not Reheating with the Microwave

Germ Defense Pyramid

The Latest in Kitchen Sanitation Issues

Fight Bac! Four Simple Steps to Food Safety, USDA

Fight Bac! 4 Simple Steps to Food Safety, USDA & FDA

Fight Bac! 4 Simple Steps to Food Safety Spanish,
USDA & FDA

Fight Bac! Six Steps to Safer Fruits and Vegetables (in
English or Spanish)

Storing Fruit and Vegetables

Safe Handling of Fresh Produce

Who’s Minding the Food Supply?

<http://cals.arizona.edu/pubs/health/az1070.pdf>

<http://cals.arizona.edu/pubs/health/az1076.pdf>

<http://cals.arizona.edu/pubs/health/az1086.pdf>

<http://cals.arizona.edu/pubs/health/az1087.pdf>

<http://cals.arizona.edu/pubs/health/az1089.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3864.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3606.pdf>

<http://ag.arizona.edu/pubs/health/az1066.pdf>

http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf

<http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>

<http://www.ksre.ksu.edu/library/fntr2/mf1078.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.101.PDF>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3506.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/anr/FNH-00268.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09369.html>

<http://foodsafety.ifas.ufl.edu/HTML/Food%20Hotlines/he493t2.htm>

<http://www.extension.umn.edu/distribution/nutrition/00032.html>

<http://edis.ifas.ufl.edu/pdf/AA/AA14200.pdf>

<http://cals.arizona.edu/pubs/health/az1060.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3605.pdf>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-21a.pdf>

<http://www.ext.nodak.edu/food/germdpyramid.pdf>

<http://cals.arizona.edu/pubs/health/az9714.pdf>

<http://www.utextension.utk.edu/publications/spfiles/SP603.pdf>

<http://www.fsis.usda.gov/OA/educator/educa3-2.pdf>

<http://www.foodsafety.gov/~dms/fsebacsp.html>

<http://www.fightbac.org/content/view/203/>

http://nebraskanep.unl.edu/nep/images/pdf/nep_fact_sheets/storing_fruits_and_vegetables_en.pdf

<http://www.fightbac.org/content/view/203/>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.112.PDF>

Food Safety - continued

Food Safety for Travelers Abroad

Safe Food to Go

Food Safety Know-How

A Clean and Safe Kitchen-Staying Healthy

At-Home Safe Food Handling: It's in Your Hands

Safety for the Elderly

Buying Organically Grown Food

If Your Freezer Stops

Safety in Freezer Failure

Safe Cooking of Poultry (tip sheet)

Food Preservation – Canned Food Safety

Safety of Stored Foods

Food Product Dating and Storage Times

Package Dating of Goods

Nine Food Safety Strategies

Cooking Meat Safely

Storing Leftovers Safely

Safety for the Chronically Ill

Safety at the Grocery Store

Safety for Community Suppers

Eating on the Go

Transporting Food Safely

Keeping Foods Cold for Picnics, Grilling, and Camping

Safety Associated with Cook-Out and Picnics

Barbecue Food Safety

Tailgating Tips

Guidelines for Food Safety during Short-Term Power

Outages

Safety After a Fire

A Consumer's Guide to Food Safety: Severe

Thunderstorms and Hurricanes

Basics for Handling Food Safely

Basics for Handling Food Safely Spanish

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.155.PDF>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.105.PDF>

<http://ag.arizona.edu/pubs/health/az9716.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-24a.pdf>

<http://www.ksre.ksu.edu/library/fntr2/mf2465.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3642.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ869.html>

<http://www.ext.colostate.edu/pubs/foodnut/09357.html>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3780.pdf>

<http://ag.arizona.edu/pubs/health/foodsafety/az1071.html>

<http://www.extension.umn.edu/distribution/nutrition/00046.html>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3520.pdf>

<http://ag.arizona.edu/pubs/health/az1068.pdf>

<http://cals.arizona.edu/pubs/health/az1088.pdf>

<http://ag.arizona.edu/pubs/health/az9717.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3580.pdf>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-120.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3643.pdf>

<http://www.unce.unr.edu/publications/files/hn/2004/fs0430.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3544.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ9757.html>

<http://www.unce.unr.edu/publications/files/hn/2004/fs0405.pdf>

<http://ag.arizona.edu/pubs/health/az9718.pdf>

<http://cals.arizona.edu/pubs/health/az9713.pdf>

<http://msuextension.org/publications/HomeHealthandFamily/MT200902HR.pdf>

<http://pubs.cas.psu.edu/FreePubs/pdfs/UK135.pdf>

<http://anrcatalog.ucdavis.edu/pdf/7264.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3840.pdf>

http://www.fsis.usda.gov/Fact_Sheets/Severe_Storms_and_Hurricanes_Guide/index.asp

http://www.fsis.usda.gov/PDF/Basics_for_Safe_Food_Handling.pdf

http://www.fsis.usda.gov/PDF/Spanish%20Basics_for_Safe_Food_Handling.pdf

Food Safety - continued

Egg Products and Food Safety, USDA

Egg Products and Food Safety, USDA Spanish

Pesticides versus Organically Grown Food

Smoking Meat and Poultry

Safe Handling Take Out Foods

Vacuum Sealing Food at Home Safely

Safe Handling of Fresh Parsley

Safe Handling of Fresh Fruits and Vegetables

http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety.pdf

http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety_SP.pdf

<http://ag.arizona.edu/pubs/health/foodsafety/az1079.html>

http://www.fsis.usda.gov/PDF/Smoking_Meat_and_Poultry.pdf

http://www.fsis.usda.gov/PDF/Safe_Handling_Take-Out_Foods.pdf

<http://www.extension.umn.edu/distribution/nutrition/00051.html>

http://www.wellnessproposals.com/nutrition/safe_handling_fruits_and_vegetables/safe_handling_of_fresh_parsley.pdf

<http://postharvest.ucdavis.edu/datastorefiles/234-418.pdf>

Food Safety Canning

Selecting, Preparing and Canning Meat –Chicken or Rabbit

Selecting, Preparing and Canning Meat -- Strips, Cubes or Chunk of Meats

Selecting, Preparing and Canning Meat – King and Dungeness Crab Meat

Selecting, Preparing and Canning Meat – Festive Mincemeat Pie Filling

Selecting, Preparing and Canning Meat – Meat Stock (Broth)

Selecting, Preparing and Canning Meat – Smoked Fish

Selecting, Preparing and Canning Meat – Oysters

Selecting, Preparing and Canning Meat – Tuna

Selecting, Preparing and Canning Meat – Chili Con Carne

Selecting, Preparing and Canning Meat – Fish

Food Preservation: Selection, Use and Care of Canning Equipment

Selecting, Preparing and Canning Meat – Ground or Chopped Meat

Using Boiling Water Canners

Using Pressure Canners

http://www.uga.edu/nchfp/how/can_05/chicken_rabbit.html

http://www.uga.edu/nchfp/how/can_05/strips_cubes_chunks.html

http://www.uga.edu/nchfp/how/can_05/crab.html

http://www.uga.edu/nchfp/how/can_05/mincemeat_filling.html

http://www.uga.edu/nchfp/how/can_05/stock_broth.html

http://www.uga.edu/nchfp/how/can_05/smoked_fish.html

http://www.uga.edu/nchfp/how/can_05/oysters.html

http://www.uga.edu/nchfp/how/can_05/tuna.html

http://www.uga.edu/nchfp/how/can_05/chili_con_carne.html

http://www.uga.edu/nchfp/how/can_05/fish.html

<http://msucares.com/pubs/infosheets/is0845.pdf>

http://www.uga.edu/nchfp/how/can_05/ground_chopped.html

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-2.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-37-3.pdf>

Food Safety Canning - continued

Visual Inspection of Can Seams in Home Food Preservation

Purchasing and Using ClearJel

Safe Methods of Canning Vegetables U of California

Adding Acid to Tomatoes

Preserving Food Sensational Salsas

Conservar los Alimentos Salsas Sensacionales

Canning Fish in Quart Jars

To Can Fish in Cans

Home Canning Smoked Fish and Home Smoking Fish for Canning

Canning the Catch

Canning Smoked Fish in Cans

Canning Pickles and Sauerkraut

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00023.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-116.pdf>

<http://postharvest.ucdavis.edu/datastorefiles/234-568.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ636.html>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-43-16-SP.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00126.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00125.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00223.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00128.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00129.pdf>

<http://msuextension.org/publications/HomeHealthandFamily/MT200902HR.pdf>

Food Safety Eggs

Basics for the Consumer: Packaging, Storage, and Nutrition Information

Egg and Egg Product Safety and Quality

Eggnog, Making it Safe

Homemade Ice Cream – Safe and Nutritious

Salmonella and Eggs

<http://anrcatalog.ucdavis.edu/pdf/8154.pdf>

<http://cals.arizona.edu/pubs/health/az9715.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ639.html>

<http://www.extension.umn.edu/info-u/nutrition/BJ638.html>

<http://www.oznet.ksu.edu/library/fntr2/mf2139.pdf>

Food Safety Fish and Seafood

Safe Handling of Fish

Storing and Mailing Vacuum Packaged Fish

Mercury in Fish

Is it Okay to Eat Fish?

Fish Consumption Advisory

Smoking Fish at Home

<http://www.extension.umn.edu/info-u/nutrition/BJ757.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00221.pdf>

<http://www.ca.uky.edu/enri/mercury/mercury%20pub.pdf>

<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ772.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00325.pdf>

Food Safety Freezing

Freezing Basics

Packaging, Loading the Freezer and Refreezing

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5341.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw614.pdf>

Food Safety Freezing - continued

Methods of Wrapping

Dairy Products, Eggs, and Other Foods

Fruits

Poultry and Fish

Vegetables

Combination Dishes

Refreezing Food

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw613.pdf>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09331.html>

<http://www.ag.ndsu.edu/pubs/yf/foods/fnw615.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09330.html>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5308.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ659.html>

Food Safety Fruit

Fruits and Vegetables: Food Safety

Wash Fruits and Vegetables- Why and How

Making Apple Cider

Apricots

Cantaloupe: Safe Methods to Store, preserve and Enjoy

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-JSK-159.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ779.html>

<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-91.pdf>

<http://extension.usu.edu/files/publications/publication/FN-2004-Harvest-02.pdf>

<http://anrcatalog.ucdavis.edu/pdf/8095.pdf>

Food Safety Meat

Is U.S. Beef Safe for Consumers to Eat?

Assessment of Doneness in Cooked Ground Beef

Safe Handling of Lamb

Safe Handling of Pork

Safe and Handling of Veal

Safe Handling of Wild Game Birds

Safe Handling of Wild Game Meats

Wild Game: From Field to table

Smoking Meat and Poultry

Smoking Poultry Meat

<http://ohioline.osu.edu/ms-fact/pdf/0001.pdf>

<http://cals.arizona.edu/pubs/health/az1439.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3509.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3511.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3514.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3515.pdf>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3516.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.044.PDF>

<http://www.ianrpubs.unl.edu/e-public/live/nf605/build/nf605.pdf>

<http://www.ianrpubs.unl.edu/e-public/pages/publicationD.jsp?publicationId=304>

Food Safety Pickles

Making Pickles

Quick Process Pickles

Making Fermented Dill Pickles and Sauerkraut

<http://www.ext.colostate.edu/pubs/foodnut/09304.html>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5345.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5342.pdf>

Food Safety Pickles - continued

Preparing and Canning Fermented and Pickled Foods at Home

http://72.14.253.104/u/newmexicostate?q=cache:7k0YfTDHOjCJ:cahe.nmsu.edu/pubs/_e/e-318.pdf+canning+fermented+and+pickled&hl=en&ct=clnk&cd=1&gl=us&ie=UTF-8

Canning Pickles and Sauerkraut

<http://74.125.47.132/custom?q=cache:njBx4WDDMgMJ:msuextension.org/publications/HomeHealthandFamily/MT199607HR.pdf+pickles&cd=1&hl=en&ct=clnk&gl=us&client=google-coop-np>

Making Pickled Peppers at Home

<http://www.ext.colostate.edu/pubs/foodnut/09314.pdf>

Food Safety Refrigerator

Refrigerator and Freezer Safety

<http://www.wvu.edu/~exten/infores/pubs/fypubs/136.wl.pdf>

Keeping it Clean: Cleaning your Refrigerator

<http://edis.ifas.ufl.edu/pdffiles/FY/FY79300.pdf>

Food Safety Slow Cookers

Slow Cookers-How to Test for Accuracy

<http://www.extension.umn.edu/distribution/nutrition/00011.html>

Food Safety

<http://www.extension.umn.edu/distribution/nutrition/components/M1182.pdf>

Indoor Grill and Slow-Cookers

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1107a.pdf>

Food Safety Storing Foods

Product Dating and Storage Times

<http://cals.arizona.edu/pubs/health/az1068.pdf>

Storage Guidelines for Consumers

<http://www.ext.vt.edu/pubs/foods/348-960/348-960.pdf>

Spotlight on Cupboard Storage

<http://www.ces.purdue.edu/extmedia/CFS/CFS-423-W.pdf>

Spotlight on Refrigerator Storage

<http://www.ces.purdue.edu/extmedia/CFS/CFS-424-W.pdf>

Spotlight on Freezer Storage

<http://www.ces.purdue.edu/extmedia/CFS/CFS-422-W.pdf>

The Food Keeper

<http://counties.cce.cornell.edu/onondaga/document/pdf/nutri/foodkeeper.pdf>

Leftovers

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3606.pdf>

Storing Food Safely

http://www.cahe.nmsu.edu/pubs/_e/e-118.pdf

Food Safety Thermometer

Temperature Rules! Cooking for Service, USDA

<http://www.fsis.usda.gov/OA/thermy/foodservice/FoodServiceMagnet-ENG.pdf>

IReglas de TemperaturaTemperature Rules! Cooking for Service, USDA

<http://www.fsis.usda.gov/OA/thermy/foodservice/FoodServiceMagnet-SP.pdf>

Effects of Temperature on Food

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3502.pdf>

Temperature Therymy Use a Food thermometer USDA

http://www.fsis.usda.gov/PDF/Use_a_Food_Thermometer.pdf

Calibration Guide

<http://www.oznet.ksu.edu/library/fntr2/mf2440.pdf>

Food Safety Turkey

Deep Fat Frying Turkeys

Additional Turkey Cooking Methods

Lets Talk Turkey

Turducken Requires Safe Food Handling

Turkey: Alternate Routes to the Table

Turkey Basics Handling Cooked Dinners

Turkey Basics Safe Cooking

Turkey Basics Safe Thawing

Turkey Basics Stuffing

<http://www.ianrpubs.unl.edu/eublic/live/nf606/build/nf606.pdf>

<http://cals.arizona.edu/pubs/health/az1091.pdf>

http://www.fsis.usda.gov/PDF/Lets_Talk_Turkey.pdf

http://www.fsis.usda.gov/PDF/Turduckens_Require_Safe_Food_Handling.pdf

http://www.fsis.usda.gov/PDF/Turkey_Alt_Routes.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Handling_Cooked_Dinners.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Cooking.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Safe_Thawing.pdf

http://www.fsis.usda.gov/PDF/Turkey_Basics_Stuffing.pdf

Health Lifestyles

High Blood Pressure

Promoting a Family's Physical and Mental Health and Well Being

Reducing Your Risk of Crime Victimization in the Community

Managing Conflict Following A Disaster

Preventing Food- Drug Interactions

Fruits and Vegetables Are a Convenience for Busy People

Hantavirus What is it? What can be done about it?

Healthy Meetings Guide to Promoting Healthy

Cooperative Extension Educational Meetings and Events

<http://cals.arizona.edu/pubs/health/az1230.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341b.pdf>

<http://www.unce.unr.edu/publications/files/hn/2001/fs0113.pdf>

<http://cals.arizona.edu/pubs/family/az1341/az1341g.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-5a.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5302.pdf>

<http://msuextension.org/publications/HomeHealthandFamily/MT199404HR.pdf>

<http://cals.arizona.edu/pubs/health/az1379.pdf>

Healthy recipes for meetings

Calories Count - A Guide to Healthy Weight Management

<http://cals.arizona.edu/pubs/health/az1454.pdf>

<http://cals.arizona.edu/pubs/health/az1360.pdf>

My Pyramid Food Intake Patterns, USDA

Indoor Air Quality for Health

Improving Air Quality in Your Home

Lead Removal from your home

Lead-based Paint in Homes

http://www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf

http://www.arfamilies.org/health_nutrition/topics/air.htm

<http://www.ext.colostate.edu/pubs/consumer/09938.html>

<http://www.extension.umn.edu/info-u/household/BK658.html>

<http://www.ext.colostate.edu/pubs/consumer/09538.pdf>

Health Lifestyles - continued

Microwave Oven Radiation

<http://www.fda.gov/Radiation-EmittingProducts/ResourcesforYouRadiationEmittingProducts/Consumers/ucm142616.htm>

Milk Upsets My Stomach

<http://ag.arizona.edu/pubs/health/az1297.pdf>

Nourishing a Sick Child

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB.131.PDF>

Modifying a Recipe to be Healthier

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>

Sodium in the Diet

<http://www.ext.colostate.edu/pubs/foodnut/09354.pdf>

It's Snack Time

<http://www.ianrpubs.unl.edu/epublic/live/g1033/build/g1033.pdf>

Choosing a Healthy Snack

http://www.wvu.edu/~exten/infores/pubs/fypubs/choosing_healthy_snacks.pdf

Snack Attack! Everyday Healthy Snack Choices

<http://cals.arizona.edu/pubs/health/az1362.pdf>

Sulfites: Separating Fact from Fiction

<http://edis.ifas.ufl.edu/pdf/FILES/FY/FY73100.pdf>

Farm and Home Biosecurity Consumer/General Public and Livestock/Row Crop Producer West Nile Virus

http://www.aragriculture.org/biosecurity/cross_referenced/west_nile_virus.htm

Mercury and Health

<http://www.ca.uky.edu/enri/mercury/mercury%20pub.pdf>

Inspection and Management of Harmful Structural Molds

<http://www.unce.unr.edu/publications/files/ag/2003/fs0308.pdf>

Herbal Remedies – Therapeutic or Fraudulent

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.084.PDF>

Calcium Supplement Guidelines

<http://ag.arizona.edu/pubs/health/az1042.pdf>

Aluminum

http://extension.usu.edu/files/publications/publication/FN_226.pdf

Introduction to Acupuncture

http://nccam.nih.gov/health/acupuncture/D404_BKG.pdf

Health Lifestyles Additives

Food Additives – Are They Safe

<http://ag.arizona.edu/pubs/halth/foodsafety/az1082.html>

Chemical Cuisine ~ Commonly Used Food Additives from

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.144.PDF>

A-Z

Chemicals and Foods

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>

Health Lifestyles Cooking

Trimming the Fat from Our Diets

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-111a.pdf>

Cooking Terms

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-105a.pdf>

Cooking Basics

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-104a.pdf>

Healthy Cooking Tips

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-112a.pdf>

Cooking Cereal, Rice and Pasta

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-701a.pdf>

Health Lifestyles Cooking - continued

Cooking & Using Dried Beans and Peas
Using Beans and Peas in Recipes
Cooking with Herbs, Spices and Seasonings

<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1102a.pdf>
<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-1106a.pdf>
<http://www.fcs.uga.edu/ext/pubs/fdns/efnep/FDNS-NE-113a.pdf>

Health Lifestyles Diabetes

Diabetes...Until You See a Dietician
Diabetes – Meal Planning the first step
Healthy Eating: Nutrition and Diabetes for elders

<http://www.unce.unr.edu/publications/files/hn/2006/fs0605.pdf>
<http://ag.arizona.edu/pubs/health/az1228.pdf>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY68500.pdf>

Health Lifestyles Diets

Eating a Low-Fat Diet
The Clean Plate Club
Vegetarian Diets
Vegetarian Diets
When You Need to Gain Weight
Diet and Hypertension
Go Mediterranean!

<http://www.unce.unr.edu/publications/files/hn/other/fs9902.pdf>
<http://ces.uwyo.edu/PUBS/MP112-1.pdf>
<http://www.extension.umn.edu/info-u/nutrition/BJ888.html>
<http://ag.arizona.edu/pubs/health/az1231.pdf>
<http://www.unce.unr.edu/publications/files/hn/other/fs9615.pdf>
<http://www.ext.colostate.edu/pubs/foodnut/09318.html>
<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-29a.pdf>

Health Lifestyles Exercise

Moving for Your Mind
Don't Lose It – Move It!
Gear Up Preparing for a Hike

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/HEEL-LR-926.pdf>
<http://www.ca.uky.edu/HES/FCS/FACTSHTS/HEEL-LR-925.pdf>
<http://www.ca.uky.edu/hes/fcs/FACTSHTS/HEEL-LR-916.pdf>

Health Lifestyles Healthy Eating

Fix It Fast Fix It Healthy
Calories Count
Build Your Immune System with Good Nutrition
Nutrition and Your Busy Life Style
Using Functional Foods
Eating and Lifestyle for the Later Years
Eating for Elders: No – Cook Recipes
Eating for Elders: Salad Suggestions
Eating for Elders: Sixteen Savory Snacks

<http://www.wvu.edu/~exten/infores/pubs/fypubs/146.wl.pdf>
<http://ag.arizona.edu/pubs/health/az1360.pdf>
http://www.ca.uky.edu/hes/fcs/FACTSHTS/KY_EDEN-JSK-300.pdf
<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.071.PDF>
<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-31a.pdf>
<http://www.ianrpubs.unl.edu/epublic/live/g1083/build/g1083.pdf>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY69400.pdf>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY70200.pdf>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY70500.pdf>

Health Lifestyles Healthy Eating -continued

Eating for Elders: Smart Snacking

<http://edis.ifas.ufl.edu/pdf/files/FY/FY70800.pdf>

Eating for Elders: Drink to Your Health

<http://edis.ifas.ufl.edu/pdf/files/FY/FY69600.pdf>

Eating for Elders: Food Storage Guide

<http://edis.ifas.ufl.edu/pdf/files/FY/FY69900.pdf>

Eating Equipping the Healthy Kitchen U of Georgia

<https://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-19a.pdf>

A Healthy Plan through Today's Supermarket

<http://www.wvu.edu/~exten/infores/pubs/fypubs/147.wl.pdf>

to Ask at the Grocery Store

<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-6.pdf>

Make-Ahead Meals

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.095.PDF>

Menu Make-overs

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-15a.pdf>

Eating Alone and Loving it

<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-3.pdf>

Dining Out

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-27a.pdf>

Dining Out in a Healthy Way

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.032.pdf>

Health Lifestyles Mold

How to Remove Mildew

<http://www.extension.umn.edu/distribution/housingandclothing/00039.html>

Keeping it Clean: controlling Mildew

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79600.pdf>

Health Lifestyles Pest Control

How to Select a Pest Control Company

<http://www.ianrpubs.unl.edu/epublic/live/g1647/build/g1647.pdf>

Low Toxic Cockroach Control

<http://www.ianrpubs.unl.edu/epublic/live/g1523/build/g1523.pdf>

House Fly Control Guide

<http://www.ianrpubs.unl.edu/epublic/live/g958/build/g958.pdf>

How to Bug Proof Your Home

<http://cals.arizona.edu/pubs/insects/az1320.pdf>

Termite Management for Home Owners

<http://cals.arizona.edu/pubs/insects/az1356.pdf>

Home

Hazardous Household Substances: Alternatives that are relatively free of toxic Effects

<http://edis.ifas.ufl.edu/pdf/files/HE/HE79100.pdf>

Indoor Air Quality for Health

http://www.arfamilies.org/health_nutrition/topics/air.htm

Improving Air Quality in Your Home

<http://www.ext.colostate.edu/pubs/consumer/09938.html>

Removing Cat Odors and Stains

<http://www.extension.umn.edu/info-u/household/BK634.html>

Lead Removal from your home

<http://www.extension.umn.edu/info-u/household/BK658.html>

Lead-based Paint in Homes Colorado State

<http://www.ext.colostate.edu/pubs/consumer/09538.html>

Keeping it Clean: Tips on Cleaning Floors

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79500.pdf>

Keep Your Terrazzo Floor Beautiful

<http://edis.ifas.ufl.edu/pdf/files/HE/HE78000.pdf>

Heating with Wood: Principles of Combustion

<http://msuextension.org/publications/HomeHealthandFamily/MT198405HR.pdf>

Home Mold

How to Remove Mildew

Keeping it Clean: controlling Mildew

<http://www.extension.umn.edu/distribution/housingandclothing/00039.html>

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79600.pdf>

Home Windows

Window Management for Energy Conservation

Keeping it Clean: Glass – Windows and Mirrors

The Danger of Plate Glass Understanding and Avoiding that Painful Thud

<http://edis.ifas.ufl.edu/pdf/files/FY/FY54800.pdf>

<http://edis.ifas.ufl.edu/pdf/files/FY/FY79400.pdf>

<http://www.fws.gov/birds/documents/Glass.pdf>

Insects

Ants

Batty about Bats

There's Something Bugging Me – Or Is There?

West Nile Virus

<http://www.ipm.ucdavis.edu/PDF/PESTNOTES/pnants.pdf>

<http://cals.arizona.edu/pubs/insects/az1456.pdf>

<http://cals.arizona.edu/pubs/insects/az1396.pdf>

http://www.aragriculture.org/biosecurity/cross_referenced/west_nile_virus.htm

Insects Pest Control

How to Select a Pest Control Company

Low Toxic Cockroach Control

House Fly Control Guide

How to Bug Proof Your Home

Termite Control for Homeowners

<http://www.ianrpubs.unl.edu/epublic/live/g1647/build/g1647.pdf>

<http://www.ianrpubs.unl.edu/epublic/live/g1523/build/g1523.pdf>

<http://www.ianrpubs.unl.edu/epublic/live/g958/build/g958.pdf>

<http://cals.arizona.edu/pubs/insects/az1320.pdf>

<http://cals.arizona.edu/pubs/insects/az1356.pdf>

Nutrition

Milk Matters

Modifying a Recipe to be Healthier

The Food Label and You (complete set of fact sheets)

Tips for Using the Food Label, UDHHS

Dietary Guidelines for Americans 2005, Key

Recommendations, USDA

Food Additives – Are They Safe

Chemicals and Foods

Calcium Supplement Guidelines

Making Safe Baby Foods

<http://cals.arizona.edu/pubs/health/az1490.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5543.pdf>

http://www.fpa-food.org/upload/pdfs/fly_printable.pdf

http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/tips_food_label.htm

!

<http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>

<http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>

<http://www.clemson.edu/extension/hgic/food/pdf/hgic3860.pdf>

<http://ag.arizona.edu/pubs/health/az1042.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00026.html>

Nutrition - continued

Forming Good Habits in Children to Avoid Obesity	http://www.ces.purdue.edu/extmedia/CFS/CFS-149-W.pdf
Dietary Fiber	http://ag.arizona.edu/pubs/health/az1127.pdf
Eggs Basics for the Consumer Packaging, Storage, and Nutrition Information	http://anrcatalog.ucdavis.edu/pdf/8154.pdf
Fruits and Vegetables Are a Convenience for Busy People Ohio State	http://ohioline.osu.edu/hyg-fact/5000/pdf/5302.pdf
Whole Grain Handout	http://www.extension.iastate.edu/NR/rdonlyres/221E390D-8D2B-411D-ADA9-C3B0DE19209D/0/whole_grain.pdf
Brighten up with breakfast	http://www.clemson.edu/extension/hgic/food/pdf/hgic4106.pdf
Healthy Meetings!	http://cals.arizona.edu/pubs/health/az1379.pdf
Infant Botulism and Honey	http://edis.ifas.ufl.edu/pdf/AA/AA14200.pdf
Honey	http://maarec.cas.psu.edu/PDFs/Honey.pdf
Healthy Fats	http://cals.arizona.edu/pubs/health/az1452.pdf
Calorie Need Estimates	http://cals.arizona.edu/pubs/health/az1390.pdf
Carbohydrate Needs	http://cals.arizona.edu/pubs/health/az1389.pdf
Teen Nutrition for All the Right Reasons	http://pubs.caes.uga.edu/caespubs/pubs/PDF/FDNS-E64.pdf
Nutrient Recommendations for Adults	http://www.ianrpubs.unl.edu/epublic/live/g1555/build/g1555.pdf
The Healthful Soybean	http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.104.pdf
The Glycemic Index	http://extension.usu.edu/files/publications/factsheet/FN_2004-01.pdf
Women's Nutrition Issues	http://www.ces.purdue.edu/extmedia/CFS/CFS-608-W.pdf
Commonsense Nutrition for Women	http://www.ianrpubs.unl.edu/epublic/live/g1193/build/g1193.pdf
Food vs Pills	http://www.ext.colostate.edu/PUBS/FOODNUT/09338.html
Brighten Up With Breakfast	http://www.clemson.edu/extension/hgic/food/pdf/hgic4106.pdf
Healthy Meals on the Go	http://cals.arizona.edu/pubs/health/az1364.pdf
Healthy Eating for Elders: Super Sandwiches	http://edis.ifas.ufl.edu/pdf/FY/FY71100.pdf
Nutrition and Aging	http://www.ces.purdue.edu/extmedia/CFS/CFS-605-W.pdf
Elder Nutrition	http://edis.ifas.ufl.edu/pdf/FY/FY62800.pdf
Healthy Eating: Fluids	http://edis.ifas.ufl.edu/pdf/FY/FY07000.pdf
Healthy Eating: Folate	http://edis.ifas.ufl.edu/pdf/FY/FY05500.pdf
Healthy Living for Elders Tips for Staying Regular	http://edis.ifas.ufl.edu/pdf/FY/FY06300.pdf
Altering Recipes for Better Health	http://www.ces.purdue.edu/extmedia/CFS/CFS-157-W.pdf
Adapting Recipes	http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.001.pdf
Nuts	http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1001.pdf
Protein Power Play	http://cals.arizona.edu/pubs/health/az1365.pdf
Sodium in the Diet	http://www.ext.colostate.edu/pubs/foodnut/09354.html

Nutrition - continued

It's Snack Time

Snack Attack! Everyday Healthy Snack Choices

Ingredients Substitutions

Sugar Substitutes – are they Safe?

Sweeteners

Satisfying Your Sweet Tooth

<http://www.ianrpubs.unl.edu/epublic/live/g1033/build/g1033.pdf>

<http://cals.arizona.edu/pubs/health/az1362.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09329.pdf>

<http://ag.arizona.edu/pubs/health/az1229.pdf>

<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=287>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-22a.pdf>

Nutrition Disease

A guide to Microorganisms

Cancer and Diverse Audiences - How Diet and Activity

Affect Risk for Some Cancers

Diabetes and Diverse Audiences

Heart Disease and Diverse Audiences - What You

Should Know to Lower Your Fat and Cholesterol

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.011.PDF>

<http://cals.arizona.edu/pubs/health/az1405.pdf>

<http://cals.arizona.edu/pubs/health/az1406.pdf>

<http://cals.arizona.edu/pubs/health/az1407.pdf>

Nutrition Fats and Cholestrol

Cholesterol and Fats

Trans Fat

Fat and Cholesterol Update

Fat: The Good, The Bad, the Ugly

Omega – 3 Fatty Acids

Beneficial Fats

Trans Fats and your Health U of Kentucky

<http://www.ext.colostate.edu/pubs/foodnut/09319.pdf>

<http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.158.pdf>

<http://ag.arizona.edu/pubs/health/az1126.pdf>

<http://www.wvu.edu/~exten/infores/pubs/fypubs/140.wl.pdf>

<http://www.ianrpubs.unl.edu/epublic/live/nf624/build/nf624.pdf>

<http://www.extension.umn.edu/info-u/nutrition/BJ883.html>

<http://www.ca.uky.edu/hes/fcs/heel/release/AUG2006-5.doc>

Nutrition Fish and Seafood

Safe and Nutritious Seafood in Virginia

Is it Okay to Eat Fish?

Fish Consumption Advisory

Storing and Mailing Vacuum Packaged Fish

Smoking Fish at Home

<http://www.pubs.ext.vt.edu/348/348-961/348-961.pdf>

<http://www.fcs.uga.edu/pubs/PDF/FDNS-E-89-46.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00037.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00221.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00325.pdf>

Nutrition Food Groups

How to Use MyPyramid
Make Half Your Grains Whole, NDSU
Focus on Fruits, NDSU
Get Your Calcium-Rich Foods, NDSU
Go Lean on Protein, NDSU
Know Your Fats, NDSU
Vary Your Veggies, NDSU
Mix Up Your Choices in Each Food Group, USDA

http://ag.arizona.edu/extension/efnep/mypyramid_lesson_plan.pdf
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-grains.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-fruits.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-calcium.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-protein.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-fats.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-veggies.pdf>
<http://www.health.gov/dietaryguidelines/dga2005/document/media/FoodGroups.pdf>

Nutrition Food Guide Pyramid

MyPyramid USDA
Anatomy of MyPyramid USDA
Food Guide Pyramid for Young Children USDA

Introducing My Pyramid
My Pyramid Fruit Group
My Pyramid Grains Group
My Pyramid Meat and Beans Group
My Pyramid Milk and Milk Products Group
My Pyramid Vegetable Group
Eating to Live.... Not living to eat U of Kentucky

<http://www.mypyramid.gov/>
http://www.mypyramid.gov/professionals/pdf_anatomy.html
<http://www.cnpp.usda.gov/Publications/MyPyramid/OriginalFoodGuidePyramids/FGP4Kids/FGP4KidsLine.pdf>
<http://www.ext.nodak.edu/food/mypyramid/mypyramid-intro.pdf>
<http://www.ianrpubs.unl.edu/epublic/live/g1606/build/g1606.pdf>
<http://www.ianrpubs.unl.edu/epublic/live/g1607/build/g1607.pdf>
<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=449>
<http://www.ianrpubs.unl.edu/epublic/live/g1611/build/g1611.pdf>
<http://www.ianrpubs.unl.edu/epublic/live/g1605/build/g1605.pdf>
<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.154.pdf>

Nutrition Food Safety

Egg and Egg Product Safety and Quality
Food Additives are They Safe?
Food Product Dating and Storage Times
Food Safety Know-how
Pesticides versus Organically Grown Food
Egg Products and Food Safety, USDA
Egg Products and Food Safety Spanish, USDA

<http://cals.arizona.edu/pubs/health/az9715.pdf>
<http://ag.arizona.edu/pubs/health/foodsafety/az1082.html>
<http://ag.arizona.edu/pubs/health/az1068.pdf>
<http://ag.arizona.edu/pubs/health/az9716.pdf>
<http://ag.arizona.edu/pubs/health/foodsafety/az1079.html>
http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety.pdf
http://www.fsis.usda.gov/PDF/Egg_Products_and_Food_Safety_SP.pdf

Nutrition Fruit

Figs
Grapes

http://extension.usu.edu/files/publications/publication/FN_Harvest_2005-06pr.pdf
http://extension.usu.edu/files/publications/publication/FN_2005_Harvest-11.pdf

Nutrition Fruit - continued

Pears
Pomegranate Fruit and Juice
Rhubarb Recipes

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_05.pdf
<http://www.unce.unr.edu/publications/files/hn/2005/fs0536.pdf>
<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00064.pdf>

Nutrition Herbs

Horse Chestnut
European Elder
European Mistletoe
Red Clover
Health Benefits and Safe Handling of Salad Greens
Herbs
Magic, Medicine, or Mystery
Echinacea
Feverfew
Feverfew Herbs at a glance
Feverfew
St. John's Wort
Valerian
Herbal Supplements using Dietary Supplements Wisely

Peppermint Oil
Milk Thistle
Dandelion
Licorice Root
Ginkgo
Echinacea
Asian Ginseng
Chasteberry
Cat's Claw
Aloe Vera
Black Cohosh
Chamomile
Green Tea
Grape Seed Extract

http://nccam.nih.gov/health/horsechestnut/D321_Herbs.pdf
http://nccam.nih.gov/health/euroelder/D391_Herbs.pdf
http://nccam.nih.gov/health/mistletoe/D270_Herbs.pdf
http://nccam.nih.gov/health/redclover/D319_Herbs.pdf
<http://www.ext.colostate.edu/pubs/foodnut/09373.html>
<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561L.pdf>
<http://www.ksre.ksu.edu/library/fntr2/MF2378.pdf>
<http://www.ksre.ksu.edu/library/fntr2/mf2377.pdf>
<http://www.umm.edu/altmed/articles/feverfew-000243.htm>
<http://nccam.nih.gov/health/feverfew/>
<http://www.ksre.ksu.edu/library/hort2/mf2614.pdf>
http://nccam.nih.gov/health/stjohnswort/D269_Herbs.pdf
<http://ods.od.nih.gov/factsheets/valerian.asp>
<http://nccam.nih.gov/health/supplements/wiseuse.htm>

http://nccam.nih.gov/health/peppermintoil/D365_Herbs.pdf
http://nccam.nih.gov/health/milkthistle/D285_Herbs.pdf
http://nccam.nih.gov/health/dandelion/D302_Herbs.pdf
http://nccam.nih.gov/health/licoriceroot/D318_Herbs.pdf
http://nccam.nih.gov/health/ginkgo/D290_Herbs.pdf
http://nccam.nih.gov/health/echinacea/D271_Herbs.pdf
<http://nccam.nih.gov/health/asianginseng/asianginseng.pdf>
http://nccam.nih.gov/health/chasteberry/D335_Herbs.pdf
http://nccam.nih.gov/health/catclaw/D334_Herbs.pdf
http://nccam.nih.gov/health/aloevera/D333_Herbs.pdf
http://nccam.nih.gov/health/blackcohosh/D268_Herbs.pdf
http://nccam.nih.gov/health/chamomile/D388_Herbs.pdf
http://nccam.nih.gov/health/greentea/D273_Herbs.pdf
http://nccam.nih.gov/health/grapeseed/D370_Herbs.pdf

Nutrition Herbs - continued

Hoodia	http://nccam.nih.gov/health/hoodia/D387_Herbs.pdf
Kava	http://nccam.nih.gov/health/kava/D314_Herbs.pdf
Noni	http://nccam.nih.gov/health/noni/D398_Herbs.pdf
Ephedra	http://nccam.nih.gov/health/ephedra/D336_Herbs.pdf
Saw Palmetto	http://nccam.nih.gov/health/palmetto/D275_Herbs.pdf
Soy	http://nccam.nih.gov/health/soy/D399_Herbs.pdf
Flaxseed and Flaxseed oil	http://nccam.nih.gov/health/flaxseed/D313_herbs.pdf
Cranberry	http://nccam.nih.gov/health/cranberry/D291_Herbs.pdf
Fenugreek	http://nccam.nih.gov/health/fenugreek/D364_Herbs.pdf
Turmeric	http://nccam.nih.gov/health/turmeric/D367_Herbs.pdf
Yohimbe	http://nccam.nih.gov/health/yohimbe/D356_Herbs.pdf
Ginger	http://nccam.nih.gov/health/ginger/D320_Herbs.pdf
Thunder God Vine	http://nccam.nih.gov/health/tgvine/D400_Herbs.pdf
Garlic	http://nccam.nih.gov/health/garlic/D274_Herbs.pdf
Goldenseal	http://nccam.nih.gov/health/goldenseal/D343_Herbs.pdf
Hawthorn	http://nccam.nih.gov/health/hawthorn/D344_Herbs.pdf
Astragalus	http://nccam.nih.gov/health/astragalus/D384_Herbs.pdf
Bitter Orange	http://nccam.nih.gov/health/bitterorange/D390_Herbs.pdf
Bilberry	http://nccam.nih.gov/health/bilberry/D312_Herbs.pdf

Nutrition Labeling

Reading the Nutrition Facts Label	http://cals.arizona.edu/pubs/health/az1477.pdf
What's on a Food label?	http://www.oznet.ksu.edu/library/fntr2/L883.pdf
Health Claims on Foods	http://www.extension.iastate.edu/Publications/PM1790.pdf
New Food Words – Phytochemical, Functional Foods, and Nutraceuticals	http://www.extension.iastate.edu/Publications/PM1846.pdf

Nutrition Meat

Nutritional Value of Meat	http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.113.PDF
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Nutrition Mineral

Minding Your Mineral	http://www.unce.unr.edu/publications/files/hn/2004/fs0452.pdf
Calcium	http://ohioline.osu.edu/hyg-fact/5000/pdf/5506.pdf
Folate (Folacin, Folic Acid)	http://ohioline.osu.edu/hyg-fact/5000/pdf/5553.pdf

Nutrition Mineral - continued

Iron

Iron: An Essential Nutrient

Potassium and Health

Zinc

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5559.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09356.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09355.pdf>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5560.pdf>

Nutrition Sports

Healthy Meals on the Go

Protein Power Play

Protein Needs

Game Food

Fluid Tips for Training and Competition

Food Tips for Training

Fluid First! Get a Slam Dunk with Your Fluids during sports

Body Composition Guidelines Weight Gain Tips for Athletes

Body Composition Guidelines Weight Loss Tips for Athletes

<http://cals.arizona.edu/pubs/health/az1364.pdf>

<http://cals.arizona.edu/pubs/health/az1365.pdf>

<http://cals.arizona.edu/pubs/health/az1388.pdf>

<http://cals.arizona.edu/pubs/health/az1361.pdf>

<http://cals.arizona.edu/pubs/health/az1387.pdf>

<http://cals.arizona.edu/pubs/health/az1386.pdf>

<http://cals.arizona.edu/pubs/health/az1363.pdf>

<http://cals.arizona.edu/pubs/health/az1385.pdf>

<http://cals.arizona.edu/pubs/health/az1384.pdf>

Nutrition Supplements

Coumadin and Vitamin K

Vitamin B6

Vitamin D

Vitamin E

Zinc

Tips For Savvy Supplement User

Chromium

Magnesium

Vitamin A and Carotenoids

What are Dietary Supplements?

Can You Benefit from Taking a Dietary Supplement?

Herbals for Health?

<http://ods.od.nih.gov/factsheets/cc/coumadin1.pdf>

<http://ods.od.nih.gov/factsheets/vitaminb6.asp>

<http://ods.od.nih.gov/factsheets/vitamind.asp>

<http://ods.od.nih.gov/factsheets/vitamine.asp>

<http://ods.od.nih.gov/factsheets/cc/zinc.html>

<http://www.cfsan.fda.gov/~dms/ds-savvy.html>

<http://ods.od.nih.gov/factsheets/chromium.asp>

<http://ods.od.nih.gov/factsheets/magnesium.asp>

<http://ods.od.nih.gov/factsheets/vitamina.asp>

http://www.extension.iastate.edu/healthnutrition/food/safety/dietary_supplements.htm

<http://www.extension.iastate.edu/nutrition/supplements/benefit.php>

<http://www.ext.colostate.edu/PUBS/FOODNUT/09370.pdf>

Nutrition Vegetables

Safe Handling of Fresh Fruits and Vegetables

Blanching Vegetables – Why and How

Asparagus

Beets

Pickled Beets

Broccoli

Cabbage

Carrots

Chile

Processing Fresh Chile Peppers

Corn

Corn

Lettuce

Morel Mushrooms

More Mushrooms, Please

Valuing Vitamins

Water-Soluble Vitamins

<http://postharvest.ucdavis.edu/datastorefiles/234-418.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00053.html>

<http://www.extension.iastate.edu/healthnutrition/foodrecipecactivity/food/asparagus.htm>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561A.pdf>

<http://www.extension.umn.edu/distribution/nutrition/00045.html>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561B.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/anr/FNH-00561C.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561D.pdf>

http://extension.usu.edu/files/publications/publication/FN_2005_Harvest_01.pdf

<http://cahe.nmsu.edu/pubs/e/E-324.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561E.pdf>

http://extension.usu.edu/files/publications/publication/FN_Harvest_2005_08pr.pdf

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00561F.pdf>

<http://www.uaf.edu/ces/publications-db/catalog/hec/FNH-00020.pdf>

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.156.PDF>

<http://www.unce.unr.edu/publications/files/hn/2004/fs0455.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09312.html>

Nutrition Vitamins

Vitamin C Ascorbic Acid

Fat-Soluble Vitamins

Vitamin A Retinol

Coumadin and Vitamin K Rich Foods

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5552.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09315.html>

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5551.pdf>

<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-33a.pdf>

Senior and Elderly

Preventing falls in the Elderly

Safer Housing for the Elderly

Elder Law Hotline State of Arizona

<http://www.ext.colostate.edu/Pubs/consumer/10242.html>

<http://www.ext.colostate.edu/pubs/consumer/09913.html>

<http://www.supreme.state.az.us/selfserv/elderlaw.htm>

Special Diets

The Clean Plate Club

Diet and Hypertension

Go Mediterranean!

<http://ces.uwyo.edu/PUBS/MP112-1.pdf>

<http://www.ext.colostate.edu/pubs/foodnut/09318.html>

<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-29a.pdf>

Special Diets - continued

Fad Diets
Sweeteners
Satisfying Your Sweet Tooth

Special Diets Allergies

Food Allergies
Adverse Reactions to Food
Decoding Food Labels: Tools for People with Food Allergies
Living Wheat-Free

Special Diabetes

Diabetes ...Until You See a Dietician
Healthy Eating Nutrition and Diabetes for elders

Supplements

Osteoporosis Calcium Supplement Guidelines
Herbs Feverfew
Herbs St. John Wort
Herbs Valerian
Herbs Echinacea
Herbs Feverfew
Herbs Feverfew Herbs at a glance
Herbs Peppermint Oil
Herbs Milk Thistle
Herbs Dandelion
Herbs Licorice Root
Herbs Ginkgo
Herbs Echinacea
Herbs Asian Ginseng
Herbs Chasteberry
Herbs Cat's Claw
Herbs Aloe Vera

<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.119.PDF>
<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=287>
<http://fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-22a.pdf>

<http://ag.arizona.edu/pubs/health/az1067.pdf>
<http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.049.PDF>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY72300.pdf>

<http://www.ca.uky.edu/hes/fcs/FACTSHTS/FN-SSB-207.pdf>

<http://www.unce.unr.edu/publications/files/hn/2006/fs0605.pdf>
<http://edis.ifas.ufl.edu/pdffiles/FY/FY68500.pdf>

<http://ag.arizona.edu/pubs/health/az1042.pdf>
<http://www.ksre.ksu.edu/library/hort2/mf2614.pdf>
<http://www.ksre.ksu.edu/library/hort2/mf2629.pdf>
<http://www.ksre.ksu.edu/library/hort2/mf2632.pdf>
<http://www.ksre.ksu.edu/library/fnr2/mf2377.pdf>
<http://www.umm.edu/altmed/articles/feverfew-000243.htm>
<http://nccam.nih.gov/health/feverfew/>
http://nccam.nih.gov/health/peppermintoil/D365_Herbs.pdf
http://nccam.nih.gov/health/milkthistle/D285_Herbs.pdf
http://nccam.nih.gov/health/dandelion/D302_Herbs.pdf
http://nccam.nih.gov/health/licoriceroot/D318_Herbs.pdf
http://nccam.nih.gov/health/ginkgo/D290_Herbs.pdf
http://nccam.nih.gov/health/echinacea/D271_Herbs.pdf
<http://nccam.nih.gov/health/asianginseng/asianginseng.pdf>
http://nccam.nih.gov/health/chasteberry/D335_Herbs.pdf
http://nccam.nih.gov/health/catclaw/D334_Herbs.pdf
http://nccam.nih.gov/health/aloevera/D333_Herbs.pdf

Supplements - continued

Herbs Black Cohosh	http://nccam.nih.gov/health/blackcohosh/D268_Herbs.pdf
Herbs Chamomile	http://nccam.nih.gov/health/chamomile/D388_Herbs.pdf
Herbs Green Tea	http://nccam.nih.gov/health/greentea/D273_Herbs.pdf
Herbs Grape Seed Extract	http://nccam.nih.gov/health/grapeseed/D370_Herbs.pdf
Herbs Hoodia	http://nccam.nih.gov/health/hoodia/D387_Herbs.pdf
Herbs Kava	http://nccam.nih.gov/health/kava/D314_Herbs.pdf
Herbs Noni	http://nccam.nih.gov/health/noni/D398_Herbs.pdf
Herbs Ephedra	http://nccam.nih.gov/health/ephedra/D336_Herbs.pdf
Herbs Saw Palmetto	http://nccam.nih.gov/health/palmetto/D275_Herbs.pdf
Herbs Soy	http://nccam.nih.gov/health/soy/D399_Herbs.pdf
Herbs Flaxseed and Flaxseed oil	http://nccam.nih.gov/health/flaxseed/D313_herbs.pdf
Herbs Cranberry	http://nccam.nih.gov/health/cranberry/D291_Herbs.pdf
Herbs Fenugreek	http://nccam.nih.gov/health/fenugreek/D364_Herbs.pdf
Herbs Turmeric	http://nccam.nih.gov/health/turmeric/D367_Herbs.pdf
Herbs Yohimbe	http://nccam.nih.gov/health/yohimbe/D356_Herbs.pdf
Herbs Ginger	http://nccam.nih.gov/health/ginger/D320_Herbs.pdf
Herbs Thunder God Vine	http://nccam.nih.gov/health/tgvine/D400_Herbs.pdf
Herbs Garlic	http://nccam.nih.gov/health/garlic/D274_Herbs.pdf
Herbs Goldenseal	http://nccam.nih.gov/health/goldenseal/D343_Herbs.pdf
Herbs Hawthorn	http://nccam.nih.gov/health/hawthorn/D344_Herbs.pdf
Herbs Astragalus	http://nccam.nih.gov/health/astragalus/D384_Herbs.pdf
Herbs Bitter Orange	http://nccam.nih.gov/health/bitterorange/D390_Herbs.pdf
Herbs Bilberry	http://nccam.nih.gov/health/bilberry/D312_Herbs.pdf
Dietary Supplements What are They?	http://www.extension.iastate.edu/healthnutrition/food/safety/dietary_supplements.htm
Can you benefit from Taking a Dietary Supplements?	http://www.extension.iastate.edu/nutrition/supplements/benefit.php
Herbals for Health?	http://www.ext.colostate.edu/PUBS/FOODNUT/09370.pdf
Tips For The Savvy Supplement User: Making Informed Decisions And Evaluating Information	http://www.cfsan.fda.gov/~dms/ds-savvy.html

Supplements Calcium

Calcium and Calorie Content of Selected Foods	http://ag.arizona.edu/maricopa/fcs/bb/calc_cal.pdf
Calcium Supplement Guidelines	http://ag.arizona.edu/pubs/health/az1042.pdf

Supplements Minerals

Minding Your Mineral
Folate Folacin, Folic Acid
Iron
Iron An Essential Nutrient
Potassium and Health
Zinc
Valuing Vitamins
Water-Soluble Vitamins
Vitamin C Ascorbic Acid
Fat-Soluble Vitamins
Vitamin A Retinol
Coumadin and Vitamin K Rich Foods

<http://www.unce.unr.edu/publications/files/hn/2004/fs0452.pdf>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5553.pdf>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5559.pdf>
<http://www.ext.colostate.edu/pubs/foodnut/09356.html>
<http://www.ext.colostate.edu/pubs/foodnut/09355.html>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5560.pdf>
<http://www.unce.unr.edu/publications/files/hn/2004/fs0455.pdf>
<http://www.ext.colostate.edu/pubs/foodnut/09312.html>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5552.pdf>
<http://www.ext.colostate.edu/pubs/foodnut/09315.html>
<http://ohioline.osu.edu/hyg-fact/5000/pdf/5551.pdf>
<http://www.fcs.uga.edu/ext/pubs/fdns/FDNS-E-89-33a.pdf>

Supplements Vitamins

K
B6
D
E
Zinc
Chromium
Magnesium
Vitamin A and Carotenoids

<http://ods.od.nih.gov/factsheets/cc/coumadin1.pdf>
<http://ods.od.nih.gov/factsheets/vitaminb6.asp>
<http://ods.od.nih.gov/factsheets/vitamind.asp>
<http://ods.od.nih.gov/factsheets/vitamine.asp>
<http://ods.od.nih.gov/factsheets/cc/zinc.html>
<http://ods.od.nih.gov/factsheets/chromium.asp>
<http://ods.od.nih.gov/factsheets/magnesium.asp>
<http://ods.od.nih.gov/factsheets/vitamina.asp>

Water

FDA Regulates the Safety of Bottled Water
Drinking Water Safety in Emergencies
Health & Nutrition Water Drink Up!
Nitrates in Drinking Water
Arsenic in Drinking Water
The Nutrient
Drinking Water Storing an Emergency Supply
Simple Steps to Save Water at Home
Saving Water during Emergencies
Cleaning and Disinfecting a Cistern

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm046894.htm>
<http://www.extension.umn.edu/info-u/nutrition/BJ646.html>
http://www.arfamilies.org/health_nutrition/topics/water.htm
<http://www.ext.colostate.edu/PUBS/crops/00517.html>
<http://ag.arizona.edu/pubs/water/az1112.pdf>
<http://www.ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=296>
<http://www.ianrpubs.unl.edu/epublic/live/g1536/build/g1536.pdf>
<http://www.ca.uky.edu/enri/pubs/enri127.pdf>
<http://www.ca.uky.edu/enri/pubs/enri128.pdf>
<http://www.ca.uky.edu/enri/pubs/enri205.pdf>

Water - continued

Bacteria

<http://www.ca.uky.edu/enri/PUBS/enri208.wtr%20bacteriarev.pdf>

Laboratories Conducting Soil, Plant, Feed, or Water

<http://ag.arizona.edu/pubs/garden/az1111.pdf>

Testing

Tips & Tools Leak Detection Gray Water Re-use

http://www.sahra.arizona.edu/programs/water_cons/tips/re-use/gray.htm

Basics Fluid Tips for Training and Competition

<http://cals.arizona.edu/pubs/health/az1387.pdf>

Basics Fluid First! Get a Slam Dunk with Your Fluids
during Sport

<http://cals.arizona.edu/pubs/health/az1363.pdf>



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Web site:

<http://cals.arizona.edu/maricopa/fcs>

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