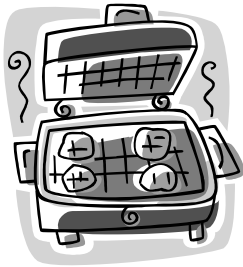


# Healthy, Happy Families

Family & Consumer Sciences Newsletter

Summer 2008

## Get Grilling!



A quick and easy way to cook all year round, grilling is especially fun in the summertime. Follow these easy tips to keep summer foods safe.

Remember safety first. Allow a minimum of 30 minutes

for coals to reach the right cooking temperature. About 80% of the coals should be ash white before cooking begins.

Cook all foods a minimum of 6 inches above the coals.

To check beef for doneness, make a small cut near the bone and look for desired color. Chicken is done when fork tender and its juices run clear. Fish is ready to serve when it flakes easily with a fork. Vegetables

should be fork tender and slightly crisp.

Apply sauces containing hone, tomato or sugar during the last 15 to 30 minutes of cooking to prevent charring.

Always serve cooked food on a clean platter—not the one that held the raw food.

For fast and even cooking, shape burgers into thin patties, and cut chicken in small pieces.

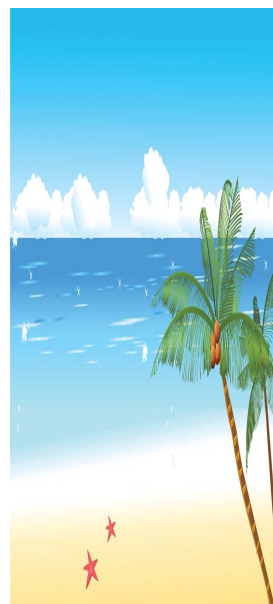
Source—Cancer Research Nwl.

## Family Vacations

“Summertime, and the living is easy,” the old song goes. But these days, summertime often means family vacations. For many families, it’s a major expense. Family vacations don’t have to break your budget. The biggest budget breaker is the lack of planning. It’s almost impossible to find good deals, save money or bargain hunt if you wait until the last minute.

Find a saving plan that works for you and your family. The plan can be as simple as saving extra money and change in glass vase or jar. Place the jar in a prominent place so it’s easy for everyone to see. It will be a great reminder of how important it is to make plans and save the money to go. And when the vacation is over, you can come home with lots of good memories

instead of bills.



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## Time to “Concentrate” on Laundry Detergent



Smaller package,  
same value

You may have noticed something smaller in the laundry detergent aisle lately. A number of liquid laundry detergent containers are smaller than they used to be—but they still pack the same punch when it comes to cleaning clothes.

Concentrated laundry products—also referred to as “ultra” products—aren’t new to most consumers. These products have existed in one form or another, powdered or liquid, since the 1960’s.

But the latest advances in liquid detergent formulation offer benefits to consumers and the environment.

- Smaller bottles use less plastic—which means less packaging to recycle or dispose of and less impact on the environment.
- Manufacturers use less water in their product formulation—which means reduced use of this precious natural resource.
- Smaller containers mean that less fuel is needed to ship these products to retailers, helping to control greenhouse gases and other emissions.
- The smaller, lighter containers are easier to carry and store at home.

- With concentrated detergents, consumers can still clean the same number of laundry loads as they did before.

### Proper Dose = Better Clean

To get maximum value out of concentrated products, make sure you use the right amount of detergent—less than you would have used before. The product label describes how to select the right amount to use, usually measured with the product cap.

## How to Learn and Grow with Your Infant or Toddler

Loving care,  
nutrition,  
good health care,  
and daily learning  
help a child’s brain  
to develop.

- Learn about the child’s natural routines and moods. From the first days of life on, answer his cries for help and his feelings of happiness. Hold, touch, comfort, and play when he wants to. When he needs to rest, let him rest.
- Develop warm, loving relationships which show how much you care, value who he is, and make the child feel safe and secure.
- Understand that each child is different and special.
- Talk to, sing to, and read to the child. Early language development is the key to success in school.
- Encourage play and have a safe play space, use stimulating toys and listen to the child.
- Keep routines and rituals to help the child know what to expect.
- Discipline is teaching. Help the child to understand the results of their behavior.
- Choose good child care and stay involved in the care.
- Remember to take care of yourself, too.



## Good Money Management Starts Early

From a piggy bank to a first credit card, personal money management is a fact of life best taught by parents. With the pressure of advertising and their peers, young people need good money sense more than ever.

Children need to know the relationship between income and outgo— about living within your means. They need to know about providing for such basic needs as food, clothing, shelter, and transportation.

When they're young, kids can begin to grasp that relationship by earning allowance money for doing chores at home. When they're older, a great way for them to get a better grasp of income limitations is by getting a

job. Teenagers benefit from employment in many ways. Not only do they earn money and get a greater sense of responsibility, but they gain work experience—a welcome addition to any resume when it comes time to apply for their first 'real job.'

One of the first things teens learn is that their paychecks might not be as much as they thought. Deductions withheld can be a significant sum for a new employee—another way of learning the importance of careful budgeting. Parents and teens can work together to set up a budget plan for the new income. Teen workers can keep track of everything they spend for one week and then compare that to the amount they earned

during the same time frame. This information will help them determine where they can cut expenses or increase savings.

Paychecks are an excellent incentive to open a checking account. This account can introduce teens to such necessary skills as check writing, checkbook balancing, bill paying and money managing.



## What to Do if You Lose Your Purse or Wallet

You may have lost your wallet or purse or it may have been stolen. We have all heard about fraud that's committed using your name, address, Social Security number, and credit cards. Here is some very important information to limit the damage in case this happens to you or someone you know.

As everyone always advises, cancel your credit cards immediately— but

the key is having the toll free numbers and your card numbers handy so you know who to call. Keep them where you can find them easily. That will include credit cards, drivers license, and any other identification.

If your purse or wallet is stolen, file a police report immediately, this proves to creditors you were diligent and is the first step toward an investigation.

Here is what is most important: Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number.

**Equifax-1800-525-6285**

**Experian-1800-301-7195**

**Trans Union-1800-680-7289**



## Setbacks ~ When Being Prepared Counts Most



Look at a setback as an opportunity to learn, and make some plans for what might work better.

Don't quit.  
Keep trying.

One of the most challenging things we face when trying to reach any goal is when we slip-up and do the opposite. We have that cigarette, eat the chocolate cake, skip the workout, drink the caffeine. Whatever the slip-up may be, we have to change our thinking and realize that it is just that—a slip-up. It is not a failure! Just because you have one cigarette does not mean that you need to quit trying. Quitting smoking is one of the hardest resolutions you

will make. Don't give up on your goals the minute you make a mistake. Forgive yourself, be flexible, and have a plan for those days when you don't feel like following through.

Here are some ideas:

*When you feel like smoking:*

- call a friend,
- get active,
- work in the garden or yard,
- figure out how much money you save by not buying tobacco,
- do a craft project, or
- go to a non-smoking mall or restaurant.

*When you feel like not doing your workout:*

- do half of your planned activity,
- change your activity to reduce boredom, or
- do indoor activities when it is too cold or

too hot.

*When you feel like giving in to your food cravings:*

- go for a walk or do something else active,
- call a friend,
- wait 15 minutes before taking a second helping,
- ask for a "to go" box at the restaurant and put half the serving into the box for lunch the next day, or
- allow yourself a dessert at the party—just plan on eating a small amount.

These are just a few ideas for some of the more common healthy goals that people set. Think through the barriers you typically face, and make a back-up plan. Think of the reasons why you want to make this change in the first place so that you can stay positive and motivate d toward your goal.

## Protecting Children from the Sun

Children are targets for the sun's harmful rays because they spend lots of time outside. Severe sunburns that occur during childhood can contribute to skin problems and skin cancer later in life. Use the following steps to protect your child from the sun:

- Babies under 6 months of age should always be protected from direct sun. Make sure they are fully clothed or covered before taking them outside.
- Try to schedule outdoor activities for early in the morning

or late in the afternoon whenever possible.

- Re-apply sunscreen often if children have been in the water or have been sweating.

These steps can protect children from the damaging effects of the sun.



## Better Breakfasts

The best breakfasts have three parts:

1. **A carbohydrate:** Think cereal, bread, muffins, rolls, tortillas, etc. Whole-grain versions pack a better nutritional punch.
2. **A protein:** Go for the lean options, such as a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, yogurt or cottage cheese.

3. **A fruit:** Choose fresh, frozen, canned, or dried versions. The ideal nutritional recommendation is 5 to 9 daily servings of fruits and vegetables—so breakfast is the logical place to start.

Think out of the box: A sandwich, a slice of left-over pizza, yogurt with fruit, dried fruit, a hard-boiled egg. A good breakfast does not have to be



fancy or time consuming. It can even be packed and refrigerated the night before so it's ready and waiting for those on the run.

Breakfast is the jump-start your metabolism needs and it's also the kick-start for your brain.

## Summertime & Bicycles

As we enter these lazy, hazy days of summer, the days are longer, the thermometer is climbing, school is out and children are outside playing. One of the most popular summer activities for children is riding a bicycle. Remember to be on the lookout for these young "drivers" and share the road.

As a parent, it is critical to teach children safe cycling habits from their first day on a tricycle. Bicycles and tricycles are not toys, they are vehicles that rely on human power to move. Wearing a safety helmet is one critical habit that a cyclist needs to adopt.

If children learn to wear a bicycle helmet from the

very beginning, they more likely will always practice the habit. Letting your child choose a helmet is one way to encourage helmet use. Just make sure the helmet fits snugly, covers the forehead, and is certified to meet either Snell, ASTM, or ANSI standards.

Head injuries are the most serious type of injury and the most common cause of death for bicyclists. Wearing a bicycle helmet is just plain commonsense and head injuries are preventable by the proper use of these helmets. Parents and children are both responsible for wearing when they ride.

Once a helmet has been involved in a crash, do not use it again. The damage may be obvious, but sometimes it is not. The helmet may have small invisible cracks which weakens the shell. After a crash, buy a new helmet and use the old one as a reminder that helmets do save lives.



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### **On a Personal Note**

I would like to take this time to introduce myself. My name is Emily Nichols. I am the new Family & Consumer Science Extension Agent for Rockwall County.

I have previously served as the FCS Agent in Franklin and Delta Counties for three years. Growing up in Mount Vernon, I was very involved in 4-H. I have also served as a health teacher in Mount Vernon, Waskom, and Wylie.

I look forward to serving the citizens of Rockwall County in the areas of health, nutrition, parenting and money management. If I can be of assistance, please feel free to contact me at the Extension Office.

A variety of Extension programs are being planned for the upcoming months. A letter with information and registration will be mailed to you about these opportunities.

**Do Well, Be Well with Diabetes** is designed to help people understand and live more successfully with complications related to this disease.

### **Childcare Conference**

**Click and Learn Courses** will be added to the Extension website for at home learning experiences.

