

Family & Consumer Sciences Newsletter

May/June 2017

Dear Readers,

I would like to start off by introducing myself. My name is Lesley Workman and I am the new Family & Consumer Sciences Program Coordinator for Monroe County. I am a 2009 graduate of Monroe Central High School and a 2014 graduate of Campbell University in North Carolina, where I received my Bachelor's Degree in Psychology. My husband Jason and I have been married for 7 years and we just recently moved back to Monroe County after living in North Carolina and Kentucky for the last 6 years due to his military service. We currently operate a dairy farm in the county and I also teach preschool 3 days a week at Covenant Christian Academy in Woodsfield.

I am looking forward to working with the community on topics that focus on Healthy People, Healthy Relationships, and Healthy Finances. If you have any questions, concerns, or suggestions, please feel free to contact me!

Sincerely,



Lesley Workman

Enclosed:

FCS Clientele Survey



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Upcoming Dates

May 29

Office Closed for Memorial Day

June 1

Successful Co-Parenting Class

10am-12pm @ OSU Extension Office

June 13

Mental Health First Aid Training

8:30 am to 5:30 pm @

Monroe County District Library

Register by June 8th

June 27

Intro to Couponing Class

6:30-7:30 pm @ OSU Extension Office

RSVP by June 20th

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Contact your Family and Consumer Sciences Educator directly by phone or e-mail or visit the Monroe County Extension website at monroe.osu.edu or Facebook page at <https://www.facebook.com/MonroeFCS/> or upcoming events and links to resources.



Healthy Relationships

Overscheduled Kids

Article by: Shannon Carter, Extension Educator, Ohio State University Extension, Fairfield County

As parents, we encourage our kids to do their best in the classroom, on stage, on the ball field. We want them to be well rounded and try new activities, so we tend to push our kids. Some amount of pushing can help a child develop grit and perseverance. According to child psychologists with Child Mind Institute, when children learn to push through tough situations, they feel accomplished and confident.

We sign our kids up for piano lessons and dance lessons and quiz team and soccer. After all, we don't want them to become video game-addicted couch potatoes. But how do we know if we're pushing our kids too much? How do we find the right balance of activity between bored and overscheduled?



Here are some signs kids might be over-scheduled:

- Feeling tired, anxious or depressed. Sometimes the pressure to perform leaves them stressed and anxious. Perhaps they feel they may not live up to the expectations of parents, teachers or coaches
- Stomachaches or headaches. The child may not be getting enough sleep, or maybe he is missing meals in order to meet the demands of the schedule.
- Falling behind in school. If a child is busy with extra curricular activities he may not have enough time to get homework done. School and homework should be a top priority.
- No longer enjoy activities. If a child no longer enjoys activities they used to love (riding a bike, playing with friends), that could be a sign he is over scheduled.
- Overscheduled parents. Busy kids mean busy parents, running them to piano lessons, soccer practice, etc. And if there are multiple children in multiple activities, that complicates the schedule.

So how do we find balance?

- **Keep a calendar.** It's helpful if you can use one that the whole family can access, whether it's a wall calendar or an online calendar. Schedule some down time or a free day with no activities.
- **Balance activities among the children.** Make sure to strive for equitable balance of activities and attention among all the children in the family.
- **Make school a priority.** Sometimes families get so busy they lose sight of what's important. Success in school should be primary to other activities.
- **Stick with it.** It's ok to teach kids to honor their commitments and follow through. If they join a soccer team, they should finish the season.
- **It's ok to say no.** Even when children beg to join another activity, know when to say no. Consider your child's personality and stress level before committing to another activity.
- **Kids need some down time to just be kids.** They need time to play in the yard, play with friends, play with their families. It can be a challenge to find that balance. Christine Carter of Greater Good Science Center recommends that kids get some PDF every day: **Play time**, **Down time** and **Family time**.



Healthy People

Strawberries—Nature's Gift



Did you know that one cup of strawberries contains more vitamin C than one orange? Strawberries are also high in folate and fiber.

They contain no fat or cholesterol. Research indicates that strawberries' phytonutrients assist in maintaining our overall health. According to Oregon State University, they are effective in the fight against cardiovascular disease, cancer and cognitive decline. Strawberries are one of nature's sweetest gifts.

Fresh strawberries can be found year round but are at their peak in May and June. They can be added to recipes or enjoyed as they are right off the vine.

When buying fresh strawberries remember that they do not ripen after they are picked. Look for berries that are red, plump and firm. For the tastiest strawberry, reach for the small to medium ones over the large berries.

As strawberry season approaches think about adding these healthy treats to your family snacks and meals. The USDA's Mixing Bowl has dozens of easy, healthy strawberry recipes. <https://whatscooking.fns.usda.gov/>

Broccoli Strawberry Orzo Salad

Prep time: 15 minutes

Makes: 6 Servings

Fresh broccoli and strawberries are colorful additions to this refreshing summer delight. Lemon dressing brings a bright flavor to this pasta dish.

Ingredients

- ¾ cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- ¼ cup sunflower seeds

Lemon Poppy Seed Dressing:

- 1 tablespoon lemon juice (fresh or bottled)
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar (or honey)
- 1 teaspoon poppy seeds (1 optional)

Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. drizzle with lemon poppy seed vinaigrette and toss.
3. Season with salt and pepper.
4. Chill in refrigerator until ready to serve.



Article by: Yvette Graham, LISW-S, Expanded Food & Nutrition Education Program, Program Specialist, Ohio State University Extension, Stark County

Summer Grilling Safety

Ready for a Cookout?

Article by: Pat Brinkman, Extension Educator, Family and Consumer Sciences, Ohio State University Extension Fayette County

This is the season for grilling out. Whether you prepare a whole meal on the grill or just part, make sure your cookout is safe by following these tips:

C = Clean your grill by using a wire brush and wiping down with a cloth to make sure you don't leave any bristles behind. Avoid leaving the charred buildup on your grill which may transfer to your food.

O = Observe food safety by [washing your hands](#) before and after handling raw foods.

O = Off with excess fat on meat to prevent flare-ups, which contain chemicals linked to various types of cancer. If grilling meat, poultry, or fish use marinates to reduce the formation of potential carcinogens and [grill on lower heat](#). You can also put your meat on foil with holes to help prevent some flare-ups.

K = Keep raw foods separated from cooked foods. [Always use a clean plate](#) for your cooked foods. Keep utensils and surfaces clean.



O = Observe other food safety rules. Keep hot foods hot and cold foods cold. Only allow food to be at room temperature for two hours and then refrigerate. If the temperature is 90° F outside only allow food to be out for one hour.

U = Use a thermometer to check if meat is cooked to the proper temperatures. Beef, pork, lamb and fish should be at least 145°F, hamburgers and ground meats to 160°F, and poultry, ground poultry, and pre-cooked meats like hot dogs should be 165°F. Meats and poultry may brown quickly and appear to be done when they are not thoroughly cooked yet.

T = Try vegetables and fruits on the grill. Grilling increases the flavor and they don't develop any harmful carcinogens. Enjoy vegetables and fruits on the grill!



S = Spray bottle with water should be handy to control flare-ups on the grill to keep down the formation of potential carcinogens when grilling meat.

Enjoy your cookouts and be food safe!

A Guide to Safe Leftovers

Article courtesy of: University of Nebraska –Lincoln, Nutrition Education Program

<http://food.unl.edu/nep-materials>

If food looks or smells bad, the general rule is , “When in doubt, throw it out!” However, not all foods that are unsafe to eat are as obvious as spoiled milk or moldy bread. Spoiled food may not always look, smell, or even taste bad. Follow these guidelines to keep your leftovers safe.

Room Temperature Storage:

- Perishable groceries, prepared foods, and leftovers should not remain at room temperature for more than *two hours*. The sooner you can get it in the refrigerator or freezer, the better.
- Foods should be cooled in the refrigerator after cooking, not on the counter.
- Some foods, such as apples, can be left at room temperature and stored on the countertop or in cupboards in covered containers.
- Bread can be left on the countertop in its original packaging, but will keep longer if kept in the refrigerator. Bread can also be stored in the freezer to keep it for use at a later time.

Refrigerator Storage:

- Refrigerators are meant to hold food at a cool temperature. To cool leftovers faster, separate large amounts of leftovers into shallow 2-inch containers or cut large pieces of food into smaller pieces.
- Your refrigerator should be kept at or below 41°F. This can be measured by keeping a thermometer in your refrigerator.
- Refrigeration does not stop bacteria from growing but slows the process. Most foods will only keep in the refrigerator for a short period of time.
- Food should always be covered or in a storage container with a lid sealed to slow the growth of bacteria.
- Label and date your leftover containers to keep track of how long it has been in the refrigerator.
- Do not overstuff the refrigerator. Cold air needs to be able to circulate to keep food safe and prevent freezing.

Freezer Storage:

- If you are not planning to eat your leftovers within a few days, store them in the freezer to stop bacteria from growing.
- Use the “First In, First Out” rule to prevent food spoilage.
- Your freezer should be kept at or below 0°F. This can be checked by keeping a thermometer in your freezer.
- Prevent freezer burn by storing food in good quality, air-tight containers, using frozen foods as quickly as possible after freezing, and opening your freezer as little as possible to keep it at 0°F.
- Label and date your food before freezing.

Room Temperature Storage

<u>Food</u>	<u>Storage Time</u>
Apples, pears, bananas, oranges, uncut fruit	3-4 days, then refrigerate
Loaf of bread (store bought)	7 days
Canned fruit, tomatoes, pickles, (acidic food)	12-18 months
Canned vegetables, soups, meats	2-5 years
Unopened processed snacks (crackers, chips, etc.)	3-8 months



Refrigerator Storage

<u>Food</u>	<u>Storage Time</u>
Fresh ground meat, poultry, seafood	1-2 days
Cooked meat, fish, and casserole dishes	3-4 days
Opened lunch meat, fresh steak, roasts	3-5 days
Milk, cream, cottage cheese, ricotta cheese	7-10 days
Fresh eggs in shell, hard cheeses, such as Cheddar and Swiss	3-4 weeks

Healthy Finances

The Freedom of Having a Budget

If “budget” is on your short list of words describing a restrictive life style – one that will limit your freedom – you’re misguided. Many people who struggle with financial freedom simply don’t know where their money goes. Many also don’t understand that if they planned the where and how their dollars are spent, they would be much more likely to achieve their financial goals and have a stronger financial foundation on which to build. In that sense, a budget actually creates freedom – freedom from worry and confusion.

If you’ve never tracked your spending, you probably don’t know where all of your money goes. When it comes to tracking spending, it’s not too difficult to keep track of regular fixed expenses such as a car payment, or rent and mortgage payments, as these amounts typically don’t change month to month. It’s the flexible or occasional spending dollars that often drift away, because flexible spending is difficult to keep in our heads (and our wallets.) Most people assume they know how much they spend on things like groceries, eating out, clothes, and entertainment, but without a regular tracking system and a budget in place, it’s not uncommon to underestimate the dollars actually spent.

Pause from reading for a moment and ask yourself what you spent on groceries last month. What about your trips to the hair salon? How about those lunches out during the week? You took your best guess – right? But, if you’re like a lot of people, you really don’t know how much of your money is going to these discretionary expenses and you likely underestimated. These “lazy” dollars can add up to a lot of money over time, which is why a budget is important. A budget is a plan for your dollars – all of them.

Once you have a budget in place, it may feel restrictive to limit your spending on things you once simply bought without thought, but those feelings will surrender to the enthusiasm and freedom you experience once you’ve built up some savings toward more lasting life goals.

There are a lot of budgeting tools online to get you started, ([MyMoney.gov](#), and the [National Endowment for Financial Education](#) to name a few) but few of them provide guidance for how much is a “reasonable” amount for each expense category. It may be beneficial to review the average average monthly budget percentages by household in your area. For example, here is the average breakdown for the Midwest region in 2015 compiled by the [U.S. Bureau of Labor Statistics](#) in August 2016:

Housing (includes utilities, furniture, etc.): 29%
Transportation (includes insurance): 16%
Food (both at home and away from home): 12%
Personal insurance, Social Security and Pensions: 10%
Savings: 8%
Healthcare (includes health insurance): 8%
Other (reading, education, personal care, tobacco): 6%
Entertainment: 5%
Clothing: 3%
Giving: 3%

These percentages have been rounded to the nearest whole number.



Again, these are averages, not recommendations, but these will provide you a better understanding of how households manage money in various expense categories.

It’s also important to keep in mind that these are the averages across the entire Midwest. Your personal situation may require you to spend more than the average in some categories and allow you to spend less on others. For example, if someone in your family has dietary restrictions, you may need to budget more than the average for groceries. If you live in an area with inexpensive housing, you’ll likely be able to keep your housing costs less than the average of 29%. These percentages are simply meant to provide some basic framework.

To get you started, track all of your spending for a couple of weeks and then sit down and write down all of your monthly expenses. Include all the categories listed above – the fixed expenses such as rent and car payments, as well as a realistic monthly amount for the flexible expenses you tracked such as groceries and entertainment. Hopefully, your spending is less than your net monthly income. Calculate what percent of your net income goes to each living expense category and see how your household spending compares to Midwest averages. Keep in mind, the one month you used to track and compare yourself to these averages may have more (or fewer) dollars coming in or going out than other months throughout the year. But this exercise will certainly provide you the opportunity to become more aware of your spending and motivate you toward saving for your future financial security.

Now that sounds like freedom.

Article by: Kathy Michelich, OSU Extension Educator

Family and Consumer Sciences Clientele Survey

Please take a few minutes to complete this questionnaire . We look forward to providing research based information that will strengthen families and communities.

Name: _____
Address: _____ City: _____ Zip: _____
Phone: _____ Cell Phone: _____
County: _____ Email: _____
Business/Organization/Agency Name: _____
Title/Position: _____

Please check the following areas that you would be interested in receiving information/programming on in the future:

Food Preservation

- ◇ Canning Basics
- ◇ Water Bath Canning
- ◇ Pressure Canning
- ◇ Canning & Freezing Meats, Soups & Stews
- ◇ Jams and Jellies
- ◇ Drying Foods for Home Storage

Food Safety

- ◇ For ServSafe certification
- ◇ For Quantity Cooking & Volunteers
- ◇ For the Home & Workplace

Financial Management

- ◇ Basic Budgeting
- ◇ Homeownership Education
- ◇ Buying a Home

Health and Wellness

- ◇ Proper Handwashing
- ◇ Sun Safety
- ◇ Feeding Young Children
- ◇ Understanding Food Labels
- ◇ Dining with Diabetes
- ◇ Slow Cooker Solutions
- ◇ Cooking for One or Two
- ◇ Heart Healthy Meals

Other

- ◇ Parenting
- ◇ Practical Stress Reduction Strategies
- ◇ Older Wiser Learners
- ◇ Child Development
- ◇ Building Stronger Families
- ◇ Couponing Basics
- ◇ Other: _____
- ◇ Other: _____
- ◇ Other: _____

Thank you for helping us to better serve your needs!



THE OHIO STATE UNIVERSITY

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