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FamilyConsumerSciences

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RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL

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Go slow while shoveling snow!

Snowstorms can be deadly in many ways, and shoveling the white stuff is one of them. Hundreds of people die each year from heart attacks suffered while shoveling snow. Cardiologists believe many of those deaths could be prevented. Some who die have heart disease, but others so not. The American Heart Association says those most at risk are middle-aged or older and sedentary. Cold requires the body to work harder to keep warm. Combine that with the exertion of shoveling and it strains the heart. Wet, heavy snow is the most dangerous.

The American Heart Association gives this advice:

Wear layered clothing. Take the outer layer off if you get hot. Less clothing will help you move better.

Push it, don't lift it. Use a shovel with a curved blade. Push snow to the side of a walkway, even if it leaves a narrower path way to walk on. For a driveway, push only enough snow to the side for one car to get out. If you must lift, use a smaller shovel on walkways that doesn't allow you to pick up as much snow.

Use a leaf blower instead. When several inches of snow are predicted, power up your leaf blower and blow off the walkway and driveway two or three times before the snow gets deep.

Take breaks. Don't feel that you have to do the whole shoveling job at once. If you feel tired, stop and rest or go inside for a time to recover.

Shovel before dinner. Don't eat a heavy meal or drink alcohol before snow shoveling.



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Live so that when your children think of fairness and integrity, they think of you.
- H. Jackson Brown, Jr.

Food Facts: Smart Shopping 101

The Food and Drug Administration (FDA) requires that foods be clearly and honestly labeled so that people can tell what's in them. Labels of foods that are alike must use the same serving sizes so that different brands can be correctly compared. The Nutrition Facts label must be printed on the package. If a package is too small for a nutrition label, it will show a telephone number or address so you can obtain this information.

If a product has a health claim attached, it must meet certain standards. Knowing the following terms will make you a smarter shopper.

Free: an amount so small that it most likely won't have any effect on your body. Examples are "fat-free" or "calorie-free."

Low: a small amount of or low source of calories, fat, or cholesterol.

Reduced: a product that has at least 25% less fat, calories, cholesterol, or sodium than a regular food.

High: a product that has 20% or more of the Daily Value for a nutrient. For instance, "high in calcium" or "high in vitamin C."

More: a product that provides 10%-19% of the Daily Value for a nutrient.

Healthy: a product that is low in fat and saturated fat, has no more than 480 mg sodium per serving, has at least 10% of the Daily Value per serving for vitamin A, vitamin C, calcium, iron, protein, and fiber.

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition.



Examine Your Expenditures

Your expenditures hold the key to how well you do when dollars are scarce. If your family does not follow a Spending Plan, this is the time to start. Family input is essential, so is being both realistic and flexible. Be creative about how to cut expenses.

Here are some suggestions:

- Before making purchases above a certain dollar amount, discuss the potential purchase with other family members.
- Create an emergency spending plan by identifying what you absolutely have to have to survive. Then add what you would need to be comfortable, prioritizing items added to the list. Thinking through the emergency plan will help you prioritize your spending and see where you can cut back.
- **Control impulse buying.** Make a shopping list and weigh the importance of each item. Before buying anything, ask yourself: "Is this purchase absolutely necessary"?
- Practice effective consumer skills. Comparison shop. Examine the specials. Use coupons. Go to price-competitive stores. Look for cash discounts. Shop at thrift or discount stores. Repair rather than replace.
- Team up with a relative, friend or neighbor to save money....buy in bulk and divide the product, borrow each other's tools and equipment, carpool and check with each other before running errands. Trade skills and services.
- Engage in in-home production...cook low-cost meals, do your own housework and yardwork. Make it a family affair. Learn new skills and have fun. Whenever possible, use free or low-cost community services.
- Brainstorm ways to have fun without spending money...have a pizza and movie night at home, pack a picnic and spend a day at the park, take advantage of free and low-cost community events, have potluck dinners with friends and family, spend an evening at the library, join a book club, find a walking partner.
- **Postpone the purchases of noncritical items.** Although prices may be tempting at end-of-season or out-of-season sales, carefully consider the purchase of something out of season to ensure that you have the funds necessary for the current season's necessities. **Stop buying on credit.**
- **Do not drop insurance coverage.** The need for insurance is magnified by the stress you may be experiencing. However, if you have several policies, make sure that you are not paying for duplicate coverage.
- Do not cancel essential medical and dental appointments. Canceling such appointments may prove to be more costly long term. Some medical and dental professionals may be willing to negotiate payment schedules if details are worked out in advance.

Source: www.eXtension.org

Establishing Predictable Routines in a Child Care Setting

Consistent, predictable routines help young children understand the child care environment and feel secure. A regular routine enables children to reduce anxiety by knowing what is coming next. A well-planned routine will also help encourage children's positive behavior by meeting their basic needs for eating, sleeping, active and quiet play, time alone, and time with other children. Here are a few basic guidelines for setting up a consistent routine in your child care program:

- **Plan based on children's ages.** Children of different ages need different types of schedules and routines. Infants respond best to individualized care, where they eat and sleep on their own biological schedules. Trying to get all infants to nap or eat at the same time is frustrating, both to the infant and the child care provider.
- **Establish consistent times for eating and napping once children reaches the toddler age.** Children's small stomachs and high energy levels need nutritious snacks and meals frequently. All children need to rest, even if they don't sleep. Children whose basic needs are met will be less cranky and whiny.
- **Balance active times with quiet times.** Children are full of energy and don't know how to slow down and rest. Planning your daily schedule so there are active play times and quiet play and rest will help children learn how to pace themselves.
- **Balance group time with time to be alone.** Children two years old and older need time to come together as a group, time to play with one or two friends, and some alone time. This teaches them the importance of community, the value of friendships, and respect for individual needs. Create a schedule that balances whole-group activities, small-group interaction and child-directed free play.
- **Keep routines consistent.** Doing the same things in the same order helps children know what to expect in child care. For example, toddlers may know that when the teacher says it's lunchtime, they need to put away their toys, go wash their hands, sit down at their place at the table and wait for the teacher to sit down. Most children who have been in child care for a while remember the basic routines and are less stressed when the routine is consistent.

Source: eXtension.org

Forget-Me-Nots

Make cleaning often-forgotten places your new year's resolution.

1. **Inside bottom of dishwasher door**—Spray a non-abrasive, all-purpose cleaner along it, then sponge clean it. You'll be amazed at what you pick up!
2. **Interior walls and shelves of refrigerator**—For health and cleanliness, always remember to wipe up spills immediately. This keeps your refrigerator looking its best, and helps prevent the growth of bacteria. Use a non-abrasive, all-purpose cleaner or a solution of baking soda and water.
3. **Insides of light fixtures**— Even a thin coat of dust can cut down on light output. First unplug the light and allow to cool. Then, use a disposable dust cloth to clean.
4. **Tops of ceiling fan blades**—Capture all that dust with special dusting mitts or dusters that are designed for getting to these hard-to reach surfaces.
5. **Ovens**—Cleaning spills as you go will make this job easier. First, allow surfaces to cool before cleaning. Then, use an oven cleaner; however, don't use an oven cleaner on a self-cleaning or continuous cleaning oven because it may damage the surface.

Source: American Cleaning Institute (ACI)

Cook's Corner

Golden Apple Oatmeal

Ingredients

1 apple, diced
 1/3 c. apple juice
 1/3 c. water
 Dash of cinnamon
 Dash of nutmeg
 1/3 c. oatmeal, uncooked

Directions

In a medium saucepan, combine apples, juice, water, cinnamon, and nutmeg; bring to a boil. Stir in oatmeal; cook on medium for 1 minute. Cover and let stand 3 to 4 minutes before serving.

Yield 1-1/2 cup serving

Nutrition Information Per Serving

Calories: 200; Total Fat: 2 g (3% DV) Saturated Fat: 0 g (0% DV) Cholesterol: 0 mg (0% DV) Sodium: 300 mg (13% DV); Total Carbohydrate: 45 g (15% DV); Dietary Fiber: 6 g (24% DV) Sugars 23 g; Protein: 4 g; Vitamin: 2%; Vitamin C: 10%; Calcium: 2%; Iron: 8%
 Source: National Fruit and Vegetable Program at www.fruitsandveggiesmatter.gov (<http://www.fruitsandveggiesmatter.gov>)

