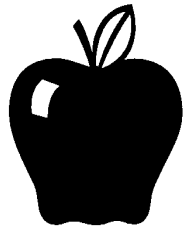


# Extension to Families At Work...At Home

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For your  
health



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## Eating Well While Traveling



Don't let "on the road eating" put you on a crash course with an unhealthy diet. Take healthy snacks with you to eat better on the road. Stock a cooler with cheese, pre-cut vegetables, yogurt, and other food to munch on while traveling. Pack a bag with individual portions of low-fat popcorn, trail mix, energy bars, nuts, or dried fruit. Avoid sweetened soda and other drinks that add empty calories. Drink more water. If you crave a sweet drink, try low-fat chocolate milk.

Pick healthy menu items when eating out. Opt for lighter fare like salads, grilled sandwiches, and wraps. Check the nutritional information on the menus. If you must indulge, choose small portions or share larger ones.

Always start a day of travel with a healthy meal to help balance out what may come later. Eat a good breakfast. If your overnight hotel/motel room has a refrigerator, load it the night before with cereal, low-fat milk, yogurt, and fruit. If breakfast is provided at your overnight stay, great!! But remember, wise choices apply here also.

## Watermelon



Today the U.S. ranks 4th in the world in growing watermelons. The fruit is grown in 44 states with Florida, Texas, California, Georgia, and Arizona leading the way. Of the 200-300 varieties, 50 are popular.

How does a person choose a watermelon?

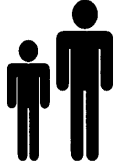
- Choose a watermelon that is firm and free from bruises, cuts, and dents.
- Watermelons are 92% water, weighing from 5-30 pounds.
- Look for a creamy yellow spot. This indicates the area where the watermelon was sitting on the ground. That means the fruit ripened in the sun.

## On the Grill



Grilled and barbecued chicken are family favorites. Make your grill a safety zone with these tips.

1. Wash hands after handling raw chicken. Twice as many men as women do not consistently wash their hands after handling raw meat or chicken. Lack of hand washing can lead to foodborne illness.
2. Completely thaw poultry before grilling so it cooks more evenly. Defrost in the refrigerator, in cold water, or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
3. Cook poultry until it reaches a safe internal temperature of 165°F. Use a food thermometer. You can't tell it is cooked by looking!
4. Use a clean plate for cooked food. Never place cooked food on a plate that previously held raw meat.
5. Wash cutting boards and utensils in hot, soapy water between uses.



## All in the family



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## Teaching Children to Get Along



One of the best things you can teach your child or grandchild is how to get along well with others. This will help him at home, at child care or school, and all through life. Here are some ways you can help.

Show him how to express feelings. Teach the words for feelings by talking about them while they are happening. When he gets frustrated trying to do something difficult say, "It looks like you are frustrated." Help him recognize the feelings of other people. "Andrew looks sad." Encourage your child to notice others and to help them when it is needed.

Self-control is learning to think before you act. Children learn much about self control from watching the adults in their lives. You teach a child self-control when you teach him to wait for a turn or to ask for something, rather than just taking it.

Children are not born knowing how to share, yet we often hear an adult say to a young child, "You need to share your toy." The word share has no meaning for young children. They need to learn how to take turns before they are able to begin to understand what sharing is. A simple activity to teach a child how to take turns is to roll a ball back and forth to each other. Tell the child you are taking turns while doing this.

One of the best skills you can teach children is how to solve a problem with words instead of hitting or pushing. Children as young as three years old can learn how to do this.

## Problem Solving Basics for Children

- Ask each child what she thinks the problem is.
- Then ask each child how she thinks it can be solved. Say, "What can we do about this?"
- Try their ideas, but both children need to agree for it to work.
- If the children refuse to do this, model for them what needs to be done. Children learn faster when we show them how to do something.
- Have the children evaluate how it worked or did not work.

*Source: Better Kid Care Program, Penn State University Extension*

## When Kids Don't Win



Learning to cope with disappointment is another enormously important life skill. Kids need to learn the skills of graceful losing. Elizabeth Crary's book *Dealing with Disappointment: Helping Kids Cope When Things Don't Go their Way*, says parents can do three things to help:

1. Just listen to your child's feelings instead of trying to solve the problem for her.
2. Acknowledge the feeling. "You've worked so hard for this. You're really disappointed." You don't have to judge her or agree with her.
3. Make a gentle offer of help. "Is there any way I can help?"

You are telling your child that her feelings are okay and also leaving the responsibility for dealing with the feelings to the child.

*Source: "When Your Child Doesn't Make the Team" by Shari Steelsmith, Parenting Press, October 2006.*

With jobs being cut or hours reduced, people still suffering from natural disasters and the increase in food prices, family budgets are being stretched. For families already living paycheck to paycheck, the additional costs are having serious consequences and budgets are increasingly important!

### Reasons to develop a budget!



**Control** - A budget puts you in control of your money rather than having your money control you.

**Live Within Your Means** - Making a budget will tell you if you are spending more than you are earning. Before the use of credit cards, you could tell if you were living within your means because you had money left over after paying all your bills. The use of credit cards has made this much less obvious. Many people don't realize they're living far beyond their means until they're knee deep in debt.

**Achieve Your Savings Goals** - It is much easier to reach your savings goals if you have a budget. Making a budget reveals areas where you're spending too much money so you can refocus on your most important goals.

**Find the Spare Cash** - Tracking your expenses and following a realistic budget frees up spare cash so you can use your money on the things that really matter to you instead of frittering it away on things you don't even remember buying.

**Focus Your Family on Shared Goals** - Making a budget helps your entire family focus on common goals. A good budget is not just a spending plan; it's a communication tool that can even improve your marriage. Done right, a budget can bring the two of you closer together as you identify and work towards common goals and reduce arguments about money.

**Prepare for Emergencies** - Making a budget helps you prepare for emergencies or large or unanticipated expenses that might otherwise cause financial troubles.

**Get Out of Debt** - Making a budget can keep you out of debt or help you get out of debt and sleep better at night. A budget helps you sleep better at night because you don't lie awake

worrying about how you're going to make ends meet.

### Budgeting tips!



Good money management is a habit, an everyday task, especially if you need to stick to a plan to make ends meet. By tracking your expenses, you will have the tools to plug the leaks in your spending.

**Keep all records, receipts, and bills in one central location.** Review receipts and records from your checkbook based on what was spent last month, and estimate what you will spend this month.

**Divide your spending into categories** such as housing, food, transportation, clothing, personal, recreation, medical, education, and savings.

**Find a tracking system that works for you.** Computer software programs, spreadsheets, envelopes, and ledgers are a few different methods of tracking your expense. The Alabama Cooperative Extension System's money management calendar also provides a template to track expenses and develop a budget. The 2009 calendar is available for free at <http://www.aces.edu/pubs/docs/H/HE-0493-I/HE-0493-I.pdf>. For a small fee, you can have a printed copy of this calendar sent to you by calling Erin Ludwig at 563-382-2949 or [eludwig@iastate.edu](mailto:eludwig@iastate.edu).

**Develop a budget.** Using a time period that works for you, develop a budget. For some a 2 week budget might work best because they get paid every 2 weeks while others will find a monthly budget advantageous.

After tracking your spending, you may discover you have to make some adjustments to find the money to meet your goals. Expenses such as food, clothing, recreation, and other flexible expenses are easier to reduce than fixed expenses such as rent and car loan payments.

For more information on other issues related to dealing with tough times, be sure to visit: [www.extension.iastate.edu/toughtimes/](http://www.extension.iastate.edu/toughtimes/)



## Your money's worth



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