

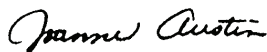
November 2009

Cut the Cost of Your Thanksgiving Feast

By Joanne Austin

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry, learning, and the application of research.

Joanne Austin
Extension Faculty



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LOCAL WSU EXTENSION OFFICE

WSU Skagit County Extension
11768 Westar lane, Suite A
Burlington, WA 98233

360-428-4270 / Fax 360-428-4263
TDD-1-800-833-6388

Joanne Austin, Extension Faculty
Family & Consumer Science

Bill Dwinelle, *Connection* Newsletter Editor
Ideas for Living Program Coordinator
e-mail: billd@co.skagit.wa.us
Web: <http://skagit.wsu.edu>

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Concerned about the cost of your Thanksgiving dinner? Will it stress you financially right before Christmas?

The two factors that will most likely reduce the cost of your holiday meal are planning ahead and smart shopping. First develop a menu of the basics, those things you can't live without and are reflective of your family's traditions. Once you have the basics you can add other menu items if your budget allows.

The typical basics include:

- **Turkey:** Since this is the biggest cost factor in the meal, look for specials. Allow one pound of turkey per person. If your dinner is for a small group of people and you don't have room for leftovers, consider turkey legs rather than a whole turkey. Brown the legs in a skillet and place them in a baking dish with one cup of water. Cover and bake at 350° for 2½ hours.
- **Mashed Potatoes:** Sometimes it is less expensive to use instant potatoes if the group is large. Add more potato flakes than suggested to give additional thickness and season with chives or onion powder.
- **Stuffing:** It is cheaper to dry your own bread than to purchase prepared stuffing mix. Save bread ends. Place them on a cookie sheet and dry in the oven at 350° for 20 to 30 minutes. Turn the bread over if necessary. You will also need celery, onion, and sage. Bulk seasonings are less expensive than those in containers, plus you can purchase only the amount you need. Used canned chicken broth rather than butter to moisten the stuffing. This cuts fat as well as cost.



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- **Cranberries:** Canned cranberry sauce is less expensive than buying fresh cranberries and making your own.
- **Sweet potatoes or yams:** Compare the cost of canned vs. fresh.
- **Coleslaw:** To complement the soft textures of the rest of the meal, add some low-cost “crunch”. Rice vinegar alone is a very low-cost dressing. Two tablespoons of rice vinegar is enough for approximately 4 cups of chopped cabbage. One and a half tablespoons of sliced toasted almonds are a nice addition. To cut the expense, grated carrots could be used to replace the almonds.
- **Relish tray:** This can also be used for the “crunch” of the meal. Carrots and celery may be left from the other things prepared for the meal. Consider cutting the vegetables into shapes other than sticks. Carrot coins (circles) and celery fans make a relish tray more interesting. First, cut the celery into sticks. Slice each stick from one end to within a half-inch of the base. Crisp in ice water to spread the fan. Additional vegetables can be added for color and interest. Don't buy prepared vegetable dips. Instead, make your own using sour cream, mayonnaise, and/or yogurt as the base and adding seasonings.
- **Dessert:** If Thanksgiving isn't Thanksgiving without pie, determine if it has to be pumpkin. Apple might be a cheaper option, especially if you have an apple tree or know someone who has a plentiful harvest. Make your crust from scratch. A low-cost, low-fat whipped cream can be made with dry milk by using the following recipe:

½ cup ice water
 ½ cup dry milk
 ¼ cup sugar
 1 tablespoon lemon juice
 ½ teaspoon vanilla (if desired)



Mix the ice water and dry milk in a **cold** bowl. Beat with an eggbeater or electric mixer until stiff. Add sugar slowly while beating. Beat in lemon juice and vanilla immediately.

Once your menu is planned, check your cupboards for what you have on hand and make a grocery list. Determine the amounts needed or if you should plan for leftovers. If so, how will they be used? Do you have enough storage space? Check food ads to determine which store has the lowest prices for the things you need and clip coupons.

When you get to the store, stick to your list unless you discover a less expensive substitute for something that is already on your list.

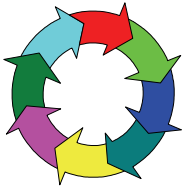


If you find your Thanksgiving dinner plans exceed your budget, consider a potluck approach.

As you plan, also think about the time and energy the meal will require. Don't over plan to the point that you are stressed and don't have time to enjoy your guests. This should be a time to give thanks and enjoy the fellowship of friends and family.

If your Thanksgiving plans are already in place and there is no turning back, keep these tips in mind for your next holiday meal. It's just around the corner.





Winners Circle

Lou Tice, The Pacific Institute
<http://www.pac-inst.com>

People Pleaser

Are you a people-pleaser? How important is it to you to get the approval of others? Let's talk about our need for approval.

Most of us feel good when we're basking in someone else's approval, especially when we are kids and the approval is coming from a parent or other authority figure.

For some people, this feeling of approval comes to be so important they want to have it all the time. Then, instead of simply preferring to have approval, they come to believe they must have it. But the costs of such a strong need for approval can be extraordinarily high. It robs you of your right to think and feel like the unique individual you are, because you're always trying to behave in a way that lives up to someone else's expectations instead of to your own. It stops you from following your dreams, because, after all, what if others disapprove?

Too much need to please can leave you in a state of exhaustion, keep you from expressing your true feelings or thoughts, and create anger and resentment that often goes underground to cause trouble. It's healthy and natural to want approval, and we all want to please others, especially those we are close to. But if we want to give to others in a truly meaningful way, a strong foundation of self-esteem and a good sense of what we think, feel, and want as individuals has to be there, too.

You see, when it's all said and done, the better you treat yourself, the better you'll be able to treat others.

Words to Live By

Being Thankful for Your Parents

Okay, the single day of Thanksgiving is (nearly) over, but that doesn't mean you should stop being

thankful, especially for your parents.

Whether you're a teenager living at home or an adult dealing with your own unique relationship to your parents, I hope you'll take some special time before the long weekend is over to think about whether you have adequately appreciated and communicated your gratitude to them.

Even if you don't have or didn't have a perfect home life or ideal parents, it's important for you to remember that, whether they deserve it or not, moms and dads crave affirmation, approval, and encouragement as much as you did when you were a child. It's natural to criticize your parents and be preoccupied with your own life, but this doesn't free you from the basic responsibility to be courteous, kind, empathetic, respectful, and grateful.

Children, especially teens and young adults, often become so self-absorbed with their own lives that they really believe they're too busy or too poor to be attentive to their parents' emotional needs. They don't make thoughtful phone calls or get even symbolic birthday, anniversary, or holiday gifts (with parents, it really is the thought that counts). Because their parents forgive them, they think what they did or didn't do is okay. Well, it isn't.

You have an enormous power to cause happiness or hurt. Sharing good news, even asking for advice, can give your mom or dad great pleasure and pride. If, however, you ignore, demean, or shut out your parents due to thoughtlessness or malice, you can cause enduring distress, even misery.

Good parents – the ones who are easiest to hurt – change their lives in thousands of ways for their children. They don't do it for gratitude, but they deserve thankfulness. In a moment of despair, King Lear utters an age-old truth: "How sharper than a serpent's tooth it is to have a thankless child."

Source: Commentary by Michael Josephson, November 2008

Para Su Familia (For Your Family)

Healthy Snacks

By Sheila Ryan

Since kids get about one-fourth of their calories from snacks, try to make these foods low in fat, sugar and sodium. Healthy snacks include low fat trail mixes, low fat yogurt, veggies and dip, fruit and whole grain foods like popcorn.

Encourage healthy snacking by:

- Letting kids help choose vegetables, fruits and other healthy snacks at the store
- Offering similar nutritious choices: apple or banana, not apple or cookie
- Designating a shelf in the refrigerator and cabinet stocked with healthy snacks

If you have toddlers, avoid choking hazards like whole grapes or cherry tomatoes, chunks of hot dog, nuts, hard candies or raw veggies.

Meriendas Saludables



Como los niños obtienen un cuarto de las calorías de las meriendas, intente que estas comidas tengan bajo contenido graso, de azúcar y de sodio.

Las meriendas saludables incluyen mezclas de frutos secos de bajo contenido graso, yogur de bajo contenido graso, vegetales y salsas, frutas y alimentos hechos con granos enteros como las palomitas de maíz.

Incentive a los niños a comer meriendas saludables de esta manera:

- Deje que los niños lo ayuden a elegir vegetales, frutas y demás meriendas saludables en la tienda
- Ofrézcales opciones nutritivas similares: manzana o banana, no manzana o galletas
- Guarde meriendas saludables en un estante

del refrigerador y en el armario

Si tiene niños pequeños, evite los riesgos de asfixia como las uvas enteras o los tomates “cherry”, los trozos de perros calientes, las nueces, los dulces duros o los vegetales crudos duros.

Getting Involved at School

By M. Christine Price, Director,
WSU Grant County Extension



School is in full swing and you can help your child take full advantage of their education. A child’s “readiness to learn” begins with parental involvement and support. Here are some ideas you can use to help your child be actively involved with his/her education:

- *Show interest.* Listen as your child describes the happenings of their day. It is important for them to be able to share these events freely.
- *Volunteer.* Volunteers are needed in the classroom and with other school activities, even at the high school level. Being involved at school gives you a better understanding of your child’s specific needs.
- *Get clarity.* Ask for clarification if you don’t understand what you see and hear coming from your child’s school.

Cómo participar en la escuela

La escuela se encuentra en plena actividad y usted puede ayudar a su hijo a aprovechar al máximo su educación. La “disposición para aprender” de un niño comienza con la participación y el apoyo de los padres. Estas son algunas ideas que puede usar para ayudar a su hijo y participar de forma activa en su educación.

- *Muestre interés.* Escuche cuando su hijo le describe lo que le sucedió en el día. Es importante que puedan compartir estos eventos libremente.

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- *Ofrézcase como voluntario.* Los voluntarios son necesarios en la clase y con otras actividades escolares, incluso a nivel de escuela preparatoria. Participar en la escuela le proporciona una mejor comprensión de las necesidades específicas de su hijo.
- *Haga preguntas.* Pida aclaraciones si no comprende lo que ve y escucha relacionado con la escuela de su hijo.

Source: *Para Su Familia*, octubre de 2009

USDA Foods: Healthy Choices. American Grown. - This is the new name for the USDA food commodity program. The name change reflects a move toward more healthful foods consistent with the US Dietary Guidelines, such as whole grains and foods lower in sodium and sugar. Through this program, USDA purchases foods produced in the US and provides them to schools at minimal cost. Because of the federal government's enormous purchasing power, USDA Foods are generally lower in cost than similar products that a school could purchase on its own. The program is a boon to both school districts and to agricultural producers. Some of the healthier items available include brown rice, dried beans, lean ground beef, orange juice, frozen sweet potatoes, and whole grain pasta.



Pack a Safe Lunch - Lunches packed in the morning before work or school are often kept at room temperature for many hours before eating. By the time lunchtime arrives, will that food still be safe? Washington State University has a free downloadable leaflet that

explains potential risks and provides practical tips to keep foods safe. It divides foods into two categories: those that can be safely kept at room temperature for half a day, and those that are perishable and potentially unsafe. Karen Killinger, a food safety expert at Washington State University, says it's a good reference, but now recommends that fresh vegetables and

fruits (especially if they are cut) be kept cold. For *Pack a Safe Lunch*, go to <http://cru.cahe.wsu.edu/CEPublications/eb1490/eb1490.pdf> (Contact: Karen Killinger, School of Food Science, Washington State University, 509-335-2970, karen_killinger@wsu.edu)

Not Your Father's Lunch Pail - If you haven't shopped for a lunch box lately, you might be interested to see the new soft-sided thermal lunch boxes that have special insulation to keep the contents cold. Instead of freezing sandwiches or juice boxes to keep perishable foods cool until lunchtime, the entire lunch box can be refrigerated ahead of time and will keep the food inside cold and safe for many hours. Who knows...maybe the "brown bag" will become as obsolete as the typewriter!



Know Your Farmer, Know Your Food

New farm-to-school tactical teams are being launched by USDA to better connect schools with locally grown foods. This is part of an overarching program called "Know Your Farmer, Know Your Food," announced by Agriculture Secretary Tom Vilsack this month to help develop local and regional food systems and spur economic opportunity. Vilsack says, "Reconnecting consumers and institutions with local producers will stimulate economies in rural communities, improve access to healthy, nutritious food for our families, and decrease the amount of resources to transport our food." The teams will travel state-to-state to work with local farmers, local and state authorities, school districts, and community partners to develop farm-to-school projects and provide assistance on the best ways to buy more locally grown foods for the National School Lunch Program. (Source: USDA newsroom, www.usda.gov/wps/portal/usdahome)

Source: *Energize Newsletter*, September 2009.

TURKEY BASICS

BUYING A TURKEY

Frozen	Frozen Pre-Stuffed	Fresh	Pre-cooked
Buy any time but keep frozen until 1-5 days before cooking. (See THAWING)	Buy any time. Keep frozen until ready to cook. DO NOT THAW.	Buy 1-2 days before cooking. DO NOT BUY PRE-STUFFED.	Bring the turkey home and serve within 1-2 hours
1 lb per person	1-1/4 lbs. per person	1 lb. per person	1 lb. per person

THAWING A TURKEY

Thawing Time in the Refrigerator (40°)	Thawing Time in Cold Water	Thawing in the Microwave
Roughly 24 hours per 5 pounds (Whole Turkey)	Roughly 30 minutes per pound (Whole Turkey)	Check manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound and the power level to use for thawing. Cook immediately after thawing.
8 to 12 pounds 1 to 2 days	8 to 12 pounds 4 to 6 hours	
12 to 16 pounds 2 to 3 days	12 to 16 pounds 6 to 8 hours	
16 to 20 pounds 3 to 4 days	16 to 20 pounds 8 to 10 hours	
20 to 24 pounds 4 to 5 days	20 to 24 pounds 10 to 12 hours (change water every ½ hour)	

After thawing, remove neck and giblets, wash turkey inside and out with cold water, drain well. Defrosted turkey may remain in refrigerator 1-2 days. WASH HANDS, UTENSILS, SINK AND ANYTHING ELSE THAT HAS CONTACTED RAW TURKEY.

STUFFING A TURKEY

Stuffing in the Turkey	Stuffing Separate
Mix and stuff ingredients immediately before putting in oven. Stuff lightly. Cooking time takes longer. Allow ¾ cup stuffing per lb./turkey.	If you are in a hurry, bake stuffing in a greased, covered baking dish at 325 degrees F. for 45-60 minutes or until heated to 165 degrees F.

ROASTING A TURKEY

Timetable for Fresh or Thawed Turkey at 325 F.

Weight (pounds)	Unstuffed (hours)	Stuffed (hours)
4 to 6 (breast)	1 ½ to 2 ¼	Not Applicable
6 to 8	2 ¼ to 3 ¼	3 to 3 ½
8 to 12	3 ¼ to 4	3 ½ to 4 ½
12 to 16	4 to 4 ½	4 ½ to 5 ½
16 to 20	4 ½ to 5	5 ½ to 6 ½
20 to 24	5 to 5 ½	6 ½ to 7
24 to 28	5 ½ to 6 ½	7 to 8 ½

Place turkey breast-side up on a rack in a shallow roasting pan. Insert meat thermometer in thigh. Do not add water. Cover turkey with loose tent of heavy-duty aluminum foil. Remove foil 20-30 minutes before roasting is done. Final temperature for safety and doneness - 180 degrees F. in thigh: 165 degrees F. in stuffing. Juices should be clear not pink. **When turkey is done remove stuffing.** Let bird stand 20 minutes for better carving. Then serve sliced turkey and stuffing.

STORING YOUR LEFTOVERS

Debone turkey and refrigerate all leftovers in small, shallow containers. Use leftover turkey and stuffing within 3-4 days, gravy within 1-2 days, or freeze these foods.

QUESTIONS ON YOUR HOLIDAY TURKEY?

USDA Meat and Poultry Hotline: 1-800-535-4555 or <http://www.fsis.usda.gov/>

Butterball Turkey Talk-Line: 1-800- 323-4848 or <http://www.butterball.com/en/index.jsp>

El Cuidado del Pavo

Como Deshelarlo

Deshelarlo Pronto:

1. Dejarlo en la envoltura original.
2. Ponerlo en agua fría en una tina profunda o una cazuela grande. Cambie el agua frecuentemente. Un pavo de 4 - 16 libras se descongela de 4 - 7 horas. Un pavo de 16 - 24 libras se descongela de 7 - 12 horas.

Deshelarlo en el Refrigerador:

1. Dejarlo en la envoltura original.
2. Ponerlo en el refrigerador. El pavo de menos de 20 libras se descongela en 2 - 3 días. El pavo de más de 20 libras se descongela en 3 - 5 días.

Como Cocinarlo

1. Cocinarlo cuando el pavo está deshelado.
2. Cocinar el relleno en una sartén aparte, o rellenarlo ligeramente poco antes de cocinar. Usar ½ taza de relleno por libra de pavo.
3. Frotar la piel con aceite y rociarla con sal y pimienta.
4. Poner en una cazuela grande, con el pecho hacia arriba. Para un color dorado y atractivo, cucharear la salsita encima del pavo cuando está cocinándose.
5. Asar a 325°F hasta estar bien cocido. El pavo está cocido cuando la coyuntura de la pierna se mueve fácilmente y la carne de los muslos está suave al tocarla. Si el pavo tiene un “botón”, el “botón” se desaparecerá.

Tiempo para Cocinar

Si su pavo pesa:

6 hasta 8 libras
8 hasta 12 libras
12 hasta 16 libras
16 hasta 20 libras
20 hasta 24 libras

Asarlo a 325°F por:

3 hasta 4 horas
3½ hasta 4½ horas
4½ hasta 5½ horas
5½ hasta 6½ horas
6½ hasta 7 horas

Refrigerar los sobrantes inmediatamente después de la comida.

1. Sacar todo el relleno del pavo. Refrigerarlo aparte.
2. Tapar el pavo y refrigerarlo. Cortar la carne de los huesos y separar los huesos, si es necesario.

Sugerencias para las Compras

- El pavo en pedazos, a veces, cuesta menos que el entero.
- El pavo congelado, usualmente, es más barato que el pavo fresco.
- Aprenda a utilizar todo el pavo si usted compra un pavo entero. Usar las alas, el pescuezo y los huesos para la sopa. Usar los sobrantes para cacerolas, ensaladas, sándwiches y los tacos.

Para mayor información:

Línea de Información sobre Carnes y Aves del USDA: 1-888-674-6854 o http://www.fsis.usda.gov/En_Espanol/index.asp
Guía Butterball : 1-800-323-4848 o <http://www.butterball.com/es/index.jsp>

Health News



National Maternal and Child Oral Health Resource Center, Georgetown University - New Consumer Brochures in English and Spanish

The National Maternal and Child Oral Health Resource Center (OHRC) is pleased to announce the availability of three new brochures in English and Spanish.

All brochures are written in an easy-to-read style that is appropriate for all audiences, including those with lower literacy levels.

A Healthy Smile for Your Baby: Tips to Keep Your Baby Healthy

Una sonrisa saludable para tu bebé: Consejos para mantener sano a tu bebé

A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy

Una sonrisa saludable para tu niño pequeño: Consejos para mantener sano a tu niño

These brochures are designed to provide mothers with information about how to ensure that their infant or young child enjoys the best possible oral health. Tips are provided on how to take care of an infant's or young child's mouth, the best foods to offer, getting dental care, and maintaining the mother's oral health.

Two Healthy Smiles: Tips to Keep You and Your Baby Healthy

Dos sonrisas saludables: Consejos para mantenerte a ti y a tu bebé sanos

This brochure is designed to provide parents with

information about the importance of oral hygiene and oral health care during pregnancy and after their infant is born.

Tips are provided on oral hygiene, eating healthy foods, obtaining oral health care, and caring for the infant's gums and teeth.

Single or multiple print copies of the brochures are available at no charge from OHRC and can be ordered online. To order the brochures, click on the following link: <http://www.mchoralhealth.org/order/index.html>

Questions or comments? Contact the National Maternal and Child Oral Health Resource Center, Georgetown University by clicking on the following link: <http://www.mchoralhealth.org/>.

Then click on the words, **Let us know** which appear near the bottom of the web page. This will bring up a form you can use to submit your question or comment.



Call This Flu What It Is: H1N1

According to a recent statement by U.S. Agriculture Secretary Thomas Vilsack, it's important to know that the H1N1 virus is not "swine flu". Mislabeled of this novel virus (H1N1) has resulted in harm to consumers across the globe and to levels of pork consumption as well. Secretary Vilsack also points out that "it is simply not fair or correct to associate the 2009 pandemic H1N1 influenza with hogs, an animal that does not play a role in the ongoing transmission of the pandemic strain."

More information about H1N1 is available from the U.S. Department of Agriculture at: http://www.usda.gov/wps/portal/?navid=USDA_H1N1

Reprinted with permission from the International Food Information Council Food Insight Newsletter, October 2009

Upcoming Classes

<u>Class</u>	<u>Date/Time</u>	<u>Location</u>	<u>Facilitator</u>
Meals in Minutes*	November 3/10:00-11:00	Skagit DVSAS	Estela Olguín
Look What \$16 Can Buy	November 4/10:00-11:30	Transitions	Tamee Driver
Turkey Safety**	November 5/8:30-10:30	DSHS	Estela Olguín and Cindee Juel
Making Time	November 9/6:30-7:30	Job Corps	Tamee Driver and Maryann Holbrook
Winning the Money Game	November 10/5:00-6:00	Skagit DVSAS	Tamee Driver
Turkey Safety**	November 12/8:30-10:30	DSHS	Estela Olguín and Cindee Juel
Queso Fresco**	November 16/4:00-6:00	Casa de Santa Rosa	Estela Olguín
Making Time	November 17/5:00-6:00	Skagit DVSAS	Tamee Driver
Turkey Safety**	November 19/8:30-10:30	DSHS	Estela Olguín and Vivian Smallwood
Let's Talk about Spanking	November 24/10:00-11:00	Skagit DVSAS	Tamee Driver and Joanne Austin
Review Class	November 25/10:00-11:30	Transitions	Joanne Austin and Tamee Driver
Winning the Money Game**	November 25/6:00-7:00	Pacific PL Head Start	Estela Olguín and Bill Dwinelle
Meals in Minutes	December 1/5:00-6:00	Skagit DVSAS	TBD
Turkey Safety**	December 3/8:30-10:30	DSHS	Estela Olguín and Vivian Smallwood

*In Spanish

**In English and Spanish

For information about *Ideas for Living* or to schedule a class, please contact Bill Dwinelle by telephone at (360) 428-4270, ext. 239 or by e-mail at billd@co.skagit.wa.us. To learn more about our program visit our web site at <http://skagit.wsu.edu/FAM/IFL.htm>.

Family Living Volunteer Opportunities

DSHS Nutrition Education

Would you like to make a difference in our community by helping food stamp recipients learn more about healthy eating? We provide nutrition education from 8:30-10:30 on Thursdays at the Department of Social and Health Services (DSHS) in Mount Vernon. You will be paired with a WSU Extension nutrition educator who will teach you what you need to know to help others learn new ideas for healthier living. Visit: <http://skagit.wsu.edu/FAM/IFLvolunteer.htm> or call Bill Dwinelle, 360-428-4270, ext. 239.

Food \$ense Youth Nutrition Education - Would you like to help elementary and middle school students develop healthy eating habits? Washington State University Extension in Skagit County provides nutrition education classes in many schools in Burlington and Mount Vernon. The classes center on experiential learning activities and always include a healthy snack. Volunteer now to assist nutrition educators in the classroom! Learn more at: <http://skagit.wsu.edu/FAM/FoodSenseYouth.htm> or call Trish Stinnett, 360-428-4270, ext. 236.

Ideas for Living - *Ideas for Living* volunteers present basic life-skills classes to the clients of social service agencies and other organizations who serve low-income and at-risk individuals in Skagit County. These interactive classes are interesting, informative and fun to present. Topics include parenting, nutrition, budgeting, consumer awareness and other skills that enhance day-to-day living and strengthen families. Visit our website for details: <http://skagit.wsu.edu/FAM/IFLvolunteer.htm> or call Bill Dwinelle, 360-428-4270, ext. 239.

Germ City - Proper hand washing is the easiest, cheapest and most effective way to prevent the spread of communicable disease and food borne illness. Get involved with a fun and interactive way to spread this important message. Volunteer for Washington State University's Germ City Program! Using special lotions and black lights, Germ City provides a visual learning experience that demonstrates the importance of proper hand washing. Germ City visits schools and community events all over Skagit County. Volunteers receive "on the job" training and an official Germ City T-shirt! Check out our website: <http://skagit.wsu.edu/FAM/GC.htm> or call Joanne Austin, 360-428-4270, ext. 234.

WSU Está Contigo - New Time!



We have a new time and you'll have more opportunities to listen to our show! *WSU Está Contigo* now airs every Friday from 11:00 to 11:30 AM on KSVR 91.7 FM. The show is rebroadcast on Saturday at 7:00

AM and 7:00 PM and again on Sunday at 6:00 AM. *WSU Está Contigo* features Estela Olguín as the voice of WSU Skagit County Extension. The program provides educational programming and information in Spanish about people, places, activities, educational opportunities and events of interest to the local Latino community. It also provides opportunities for organizations and individuals to tell their story to help listeners learn about the many resources available in our community. If you have comments about our program or an idea for a show topic, contact Bill Dwinelle, 360-428-4270, ext. 239 or Estela Olguín, 360-428-4270, ext. 230.

WSU Está Contigo sale al aire todos los viernes de 11:00 a 11:30 AM en la estación KSVR 91.7 FM. Hay una nueva transmisión del programa los sábados de 7:00 a 7:30 de la mañana y de 7:00 a 7:30 de la tarde; y los domingos de 6:00 a 6:30 de la mañana. El programa es representado por Estela Olguín, la voz de la Extensión de la Universidad Estatal del condado de Skagit. *WSU Está Contigo* proporciona la programación y la información educativa en español acerca de las personas, lugares, actividades, oportunidades y acontecimientos educativos de interés a la comunidad latina. También proporciona oportunidades para organizaciones e individuos para decir su historia y ayudar a oyentes aprender acerca de los muchos recursos disponibles en nuestra comunidad. Si usted tiene comentarios acerca de nuestro programa o tiene una idea para un tema de exposición, contacte a Estela Olguín, al teléfono 360-428-4270, Ext. 230.



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your support to **Way**

Ideas for Living Class Descriptions

Let's Talk About Spanking

Explore your position on spanking without being judged or threatened. Share ideas and examine alternative ways to discipline children effectively. Positive discipline for children ages 2-12 is the focus.

Communicating with Children

Good communication is the basis of strong family relationships. Learn techniques that will encourage conversation with your children and others. (English only)

Have You Done Your Chores?

Children learn to be responsible and feel the family needs them when they assist with household tasks. Learn about age-appropriate chores. Explore your own expectations and determine appropriate consequences when results do not measure up. (English only)

Developing Positive Eating Habits

Picky eaters, overeaters, healthy eaters – what makes the difference? Through activities and discussions you will learn ways to help your children develop positive eating habits.

Fight BAC - Keep Food Safe

If you've had the "24-hour flu" chances are it was actually food poisoning. Learn how to avoid common mistakes and the tricks to packing a safe sack lunch. The challenges of preparing holiday food and feeding a crowd safely are examined in the 90-minute class: (Holiday Food Safety is also available as a separate 60-minute lesson.)

Cleaning Products: Simple, Cheap & Safe

Spending too much on household cleaning products? Learn to make homemade cleaners that are not only less expensive, but safer to use. Test their effectiveness. Enter a door-prize drawing for a bucket filled with all these homemade cleaners. (60-minutes - English only)

Fast Foods – Healthy Choices

Learn about the nutritional content of fast foods and how to make healthier choices. Gain an understanding of the health problems associated with a high intake of fat.

Vary Your Veggies

Explore the benefits of having vegetables in your diet. Taste samples and learn simple ways to include more vegetables in meals and snacks.

Family Meals: Easy, Tasty and Healthy

Learn how to use the new *MyPyramid* as a guide when preparing meals. Discover which foods are more nutrient dense and ways to make quick, low-cost meals more nutritious. (60-minutes)

Meals in Minutes Demonstration

Short on time? This lesson demonstrates how you can prepare a quick, low-cost meal that includes almost all the food groups. We'll bring the ingredients and prepare a meal using a recipe that can be adapted to please almost any palate. You'll even get to taste it! (60-minutes)

Insider Tips

Explore how food is merchandized and what gimmicks are used to influence consumer buying. Learn to make more informed choices when shopping. (English only)

Winning the Grocery Store Game

Explore the nutritional value and cost of foods. Learn to make nutritious choices based on the Food Pyramid. Examine a variety of food packages to learn how to read labels and use unit pricing to get the most nutrients for the dollar.

Making Time

Never enough time to do it all? Explore how you currently use time and discover new techniques for time management. Creative activities illustrate the benefits of prioritizing tasks and taking advantage of peak energy levels to maximize productivity. (English only)

Winning the Money Game

Determine how to negotiate spending priorities and establish a budget on a fixed income. Try out simple methods for tracking expenses and planning for emergencies. This class is designed for those just learning to budget.

Preventing Diabetes

One in 10 people in the U.S. has diabetes. The good news is that it can be prevented or the onset delayed. How "at risk" are you? Evaluate your risk factors. Learn how to reduce your risk through simple life style changes. Develop a plan that you can easily put into action.

All classes are available in 60 or 90-minute versions in both English and Spanish, except as noted. To schedule a class call (360) 428-4270, Ext. 239 or send an e-mail to billd@co.skagit.wa.us.

Hablemos sobre corregir a nuestros hijos

Explore su posición en lo que respecta a dar nalgadas sin ser juzgado o amenazante. Comparta ideas y examine alternativas para disciplinar a los niños efectivamente. La disciplina positiva para niños de 2 a 12 años es el enfoque.

Comunicándose con los niños (Sólo en inglés)

La buena comunicación es la base para los vínculos fuertes familiares. Aprenda técnicas que avivarán la conversación con sus niños y otros.

¿Has hecho tus quehaceres? (Sólo en inglés)

Los niños aprenden a ser responsables y a sentirse necesitados por la familia cuando ayudan con los quehaceres diarios del hogar. Aprenda que quehaceres son apropiados dependiendo la edad del niño. Explore sus propias expectativas y determine las consecuencias apropiadas cuando los resultados no son los esperados.

Desarrollando buenos hábitos alimenticios

Personas que son delicadas para comer, que comen de más, comedores saludables - ¿Qué hace la diferencia? Mediante actividades y discusiones aprenderá maneras de ayudar a sus hijos a desarrollar hábitos alimenticios positivos.

Combata la bacteria – Mantenga la comida segura

Si usted ha tenido la “gripe de 24 horas” (24-hour flu, como se conoce en inglés) las posibilidades son que en realidad fue víctima de un malestar estomacal. Aprenda como evitar errores comunes y trucos para empacar un almuerzo saludable. Los retos de preparar comida durante días de fiesta y alimentar a un grupo grandes de personas de forma segura son examinados en esta clase de 90 minutos.

Queso Fresco (Clases de 60 minutos o 2 horas)

El queso fresco es un queso blando delicioso que ha sido hecho desde generaciones. Tradicionalmente, es hecho usando leche fresca (sin procesar) que no ha sido hervida o pasteurizada. Desafortunadamente, esto puede causar serias enfermedades. Aprenda la manera más segura de hacer esta clase de queso en su casa y saboree muestras. Una clase de 2 horas sobre la elaboración y preparación del queso es ofrecida si hay una cocina disponible.

Comida Rápida – Alternativas saludables

Aprendiendo sobre el contenido nutricional de la ‘comida rápida’ y como hacer selecciones saludables. Aprenda sobre los problemas de salud asociados con el consumo en exceso de gordura.

Consejos de los expertos (Sólo en inglés)

Descubra como se mercadea la comida y que trucos son usados para influenciar al consumidor a comprar.

Comidas para su familia ¡fáciles, sabrosas, y saludables! (60 minutos)

Aprenda a usar la nueva pirámide alimenticia, *MiPirámide*, como guía alimenticia cuando prepare alimentos. Descubra que alimentos contienen más nutrientes y las maneras de hacer comidas nutritivas y de bajo costo.

Demostración para cocinar alimentos (60 minutos)

Todos gustamos de ver como se preparan los alimentos, oler el aroma, y después probar. Esta presentación muestra una comida rápida y de bajo costos, que incluye casi todos los grupos alimenticios. Es una receta que puede ser adaptada para agradar a casi cualquier paladar. También proveeremos los ingredientes.

Ganando el juego de los mercados

Explore el valor nutricional y los costos de las comidas. Aprenda como hacer selecciones nutritivas basadas en la pirámide alimenticia. Examine una variedad de comida empaquetada para aprender como leer las etiquetas y aprenda a usar el valor por unidad para obtener los nutrientes máximos por su dinero.

Comprando tiempo (Sólo en inglés)

¿Nunca tienes el tiempo para hacer todas las cosas? Explora como usas tu tiempo en la actualidad y descubre nuevas técnicas para administrar tu tiempo. Actividades creativas ilustraran los beneficios de priorizar quehaceres y tomar ventaja de los niveles más altos de energía para maximizar tu productividad.

Ganando el juego de las finanzas

Determina como negociar prioridades de gastos y establecer un presupuesto bajo un ingreso fijo. Trata simples métodos para llevar cuenta de los gastos y planificar para emergencias. Esta clase esta diseñada para aquellos que están aprendiendo a llevar sus cuentas en orden.

Previendo el Diabetes tipo 2

Una de cada 10 personas en los Estados Unidos tiene diabetes. La buena noticia es que puede ser prevenido o retrasado. ¿Qué riesgo tienes de contraerlo? Evalúa los factores de riesgo. Aprende como reducir tus riesgos mediante cambios simples en tu vida. Desarrolla un plan que puedas poner en acción de forma simple.

Varíe las verduras

El consumo de verduras le brinda beneficios para su salud: las personas que comen más frutas y verduras como parte de su dieta saludable integral tienen menos riesgos de sufrir algunas enfermedades crónicas. Aprende como las verduras le proporcionan nutrientes esenciales para la salud.