



***Stretch Your Food Dollars at Home***

**Prevent Food Waste**

- ▲ Cut down on the amount of food you throw away; freeze leftovers or use them in recipes like soups or casseroles.
- ▲ Take leftovers for lunch instead of eating out; store properly to keep foods safe to eat.
- ▲ Before buying an unfamiliar food, be sure you know how to prepare it.
- ▲ Buy only the amount of food you can store and use it before it spoils.



**Plan Ahead**

- ▲ Plan meals for a week using foods on hand and grocery store specials.
- ▲ Clip and use coupons.



- ▲ Cook large batches when possible; divide into portions and freeze.

**General Money Saving Tips**

- ▲ Cut down on expensive ready-to-eat, salty and sweet snacks.
- ▲ Enjoy seasonal or dried fruit, veggies (cut your own), whole grain crackers, or low-fat yogurt for nutritious snacks.
- ▲ Limit pre-made meals and fast foods.
- ▲ Buy a reusable water bottle and fill it with tap water. Refrigerate overnight and keep it with you during the day.
- ▲ Avoid excess soda, expensive energy drinks, and coffee shop drinks.



Adapted from: Henneman, A. (2008) Supermarket Savings: 16 Tips that Can Total Big Bucks. Retrieved June 6, 2008, from <http://lancaster.unl.edu/FOOD/ftm-j08.shtml>.

**Winter  
2009**

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**CHATTING WITH KATHY**

*With this year passing quickly by, many people are looking towards the future with encouragement and excitement. New Year's has traditionally been a time of reflection over the past year and on the changes we may want to make for the coming year.*

*This has been a tough year for many people so here are a few resolutions for you to consider: Enjoy life more – Visit family and friends more often; take more walks; find humor in everyday situations. . . LAUGH!*

*Size up your financial situation – Times are tough and the economy is a bit scary, however, it's a good opportunity to get your spending under control. We all spend some money in less than effective ways.*

*Learn something new – keep your mind sharp by challenging it to learn a new skill, craft, or talent. Studies show that exercising the mind is such a manner delays or prevents the onset of dementia. It also keeps boredom and depression away.*

*Help others – whether it's family or friends or perfect strangers, the acts of kindness you show reap huge rewards for you. After all, you never know when or if you may need to be on the receiving end of a helpful hand.*

*Well, these are just a few resolutions to help get you started. Look forward to the New Year with enthusiasm and encouragement of better times. Happy New Year!*

**Quotable Quote**

*Live each day to the fullest.  
Each minute is a blessing from God.  
Never forget—the people who make a difference in our lives are not the ones with the most credentials, the most money, or the most awards.  
They are the ones who care about us!  
Live simply.  
Love seriously.  
Care deeply.  
Speak kindly.  
Leave the rest to God.*

*Kathy M. Bryant*

Extension Agent  
Family & Consumer Sciences

# RECIPE for Family Communication

By: **Kathleen M. Bryant**  
Family Consumer Science Agent III

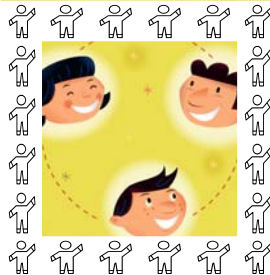
One of the most important things that parents can do is to talk to their children. Healthy family communication leads to better decision making in many areas of life. Effective communication is characterized by:

- **R**eflective Listening. This involves asking questions and re-stating the message to make sure that you understand correctly. For example, a child might say, "I don't want to eat that." Parents may respond in one of the following ways:

With a question, "Do you want to know what else we're having for dinner?"

A statement, "You don't like what I'm making."

Or with empathy, "Sometimes it's hard to try new things."



- **E**ncouragement. Encouragement lets your child know that you appreciate them. Parents may respond in the following way:

"Sometimes it's hard for me to know what you like and don't like. Thank you for telling me that you don't like what I'm making for dinner."

- **C**ooperation and Compromise. This is one of the most critical ingredients in the **RECIPE** for family communication. Parents may respond in the following way:

"Here are some choices for dinner. I'll let you choose what we'll fix for tonight."

- **"I"** Messages. This is a way of telling others what you feel without pointing a finger.

"I really like it when you make my favorite meal."

"It makes me feel bad when you turn your nose up at the food I prepare".

- **P**actice. Practice, Practice, Practice! Like any new skill, good communication requires practice.
- **E**ngagement. The final ingredient, engagement, refers to each family member's level of involvement in the process. Engagement means paying attention to others and reducing the distractions that prevent us from being attentive.

Adapted from Family Nutrition Newsletter: A RECIPE for Good Communication.  
By Larry F. Forthen, Ph.D.CFLE, UF Extension Specialist

## Benefits of Laughter

By: Kathleen M. Bryant, Family & Consumer Science Agent III



Research has shown healthy benefits of laughter ranging from strengthening the immune system to reducing food cravings, to increasing pain threshold. There is even emerging thought that humor helps people heal more quickly. Some of the physiological benefits include easing muscle tension, increasing pulse and breathing, and improved blood circulation. Laughter not only refreshes the spirit, but has other important stress relieving benefits as well:

- ▲ Laughter provides physical and emotional release.
- ▲ A good laugh amounts to a small workout.
- ▲ Laughter reduces the level of stress hormones and increases the level of health-enhancing hormones. Laughter strengthens the immune system by increasing the number of antibody-producing cells and improves the effectiveness of T cells.
- ▲ Laughter provides distraction from negative emotions such as anger and guilt.

(Continued on bottom of page 3)

# Florida's Bountiful Winter Crops

**By: Jill Taufer, RD LD/N**  
**Family Consumer Science Agent I**



Just as the fresh, locally grown fruits and vegetables disappear from tables farther north, Florida's bountiful winter harvest is starting. Think about serving locally-grown, fresh foods during the cooler months. Many of the fruits and vegetables recommended for your Five-A-Day are available all winter long in Volusia County and throughout the state. Here are just a few of the many choices you have available right now.

- Salad greens and all the "fixings", cucumbers, tomatoes, radishes, and green peppers (also, try yellow, red and purple peppers).



- Oranges, tangerines, and grapefruit (and other citrus) are abundant and readily available all winter and some even into spring. Citrus is known for its high vitamin C content. One medium orange provides more than a full days supply of this essential vitamin. Try some of the lesser known varieties like ambersweet, red navel and blood oranges.

- Enjoy fresh Florida strawberries available December through April.

- Broccoli, cauliflower, sweet corn, carrots, snap beans, squash, kale and eggplant are just some of the great options for side dishes throughout the winter season.

One of the best places to buy locally grown produce is at a farmers market. Take your time looking for the best quality and price. Talk to the vendors and they will tell you where and when the produce was harvested.

To get the freshest fruits and vegetables pick it yourself at a U-Pick farm. These are farms where you can harvest the produce yourself and make shopping into a family adventure. To find "U-Pick" farms and farmers markets in and close to Volusia County visit the University of Florida, Volusia County Extension website at:

<http://www.volusia.org/extension/horticulture.htm>

Look under the Commercial Horticulture title and click on "U-Pick-Your-Own" to find farms, click on "Farmers Markets" to find a Volusia County market near you.

Adopted from *Fresh Local Fruit and Vegetables from Florida*, by Dr. Mickie Swicher, Associate Professor, Sustainable Agriculture, University of Florida

## Benefits of Laughter

(Continued from bottom of page 2)

- ▲ Humor can give us a more lighthearted perspective and viewpoint in challenging situations.
- ▲ Laughter connects us with others. By elevating the mood of those around you, you can reduce stress levels and improve social interactions. People are drawn to those who are happy and more fun to be around.

Laughter is a great stress management strategy and it's free, convenient, and beneficial in so many ways. Look for ways to add more humor into your daily life. A few suggestions are: watch funny movies and programs, read the funny papers, and spend time with people who are naturally upbeat and funny.

Expose yourself to humor by surrounding yourself with funny people, you'll find yourself enjoying life more as you tune into the funny side of the world. Sharing your inner, lighter side with another will enhance their life too.



**VOLUSIA COUNTY  
UNIVERSITY OF FLORIDA  
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386-257-6012 - Daytona Beach  
386-822-5778 - DeLand  
386-423-3368 - New Smyrna Beach



*Volusia County/University of Florida Extension gives leadership to family-focused informal education through the Family and Consumer Sciences program. Dedicated to strengthening families through education, we believe the family is the most effective unit for building strong communities. The family has the right to meet basic needs and to make choices about its future, and is inter-dependent within communities and their environment. Extension strives to achieve this through a variety of formats, including:*

- *Workshops & presentations*
- *Newsletters and fact sheets*
- *Telephone consultations*
- *Learn-by mail correspondence courses*



**Welcome to W.I.C. (Women, Infants, and Children)  
for Volusia & Flagler Counties**

The **W.I.C. Program** is the federal Special Supplemental Nutrition Program for Women, Infants, and Children administered by the Department of Health in the State of Florida. **You may qualify for WIC if you are a pregnant, postpartum or breastfeeding mother. Infants and children under the age of five also may qualify.** WIC offers family nutrition and health education, and issues food checks for WIC approved foods that are redeemable at local groceries at no charge.

**WIC has two eligibility criteria:**

1. **Income eligibility:** You will automatically qualify income-wise if you participate in TANF, Medicaid or Food Stamps. If you are employed, the gross income (before taxes and deductions) level of your household must fall below 185% of the poverty level. Please refer to the table for those levels of income based on household size\*.
2. **Nutritional or medical risk:** All participants in WIC have had a health assessment to determine if they are at nutritional or medical risk.

Family Size	Weekly	Bi-Weekly	Twice Monthly	Monthly	Annual
1	\$370	\$740	\$802	\$1,604	\$19,240
2	\$499	\$997	\$1,080	\$2,159	\$25,900
3	\$627	\$1,253	\$1,357	\$2,714	\$32,560
4	\$755	\$1,509	\$1,635	\$3,269	\$39,220
5	\$883	\$1,765	\$1,912	\$3,824	\$45,880
6	\$1,011	\$2,021	\$2,190	\$4,379	\$52,540
7	\$1,139	\$2,277	\$2,467	\$4,934	\$59,200
8	\$1,267	\$2,534	\$2,745	\$5,489	\$65,860
Additional Person	+\$129	+\$257	+\$278	+\$555	+\$6,660

Standards for eligibility and participation in the WIC Program are the same for everyone regardless of race, color, national origin, age, handicap, or sex.

*(Gross before deductions) Guidelines effective as of April 8, 2008*  
\*For a pregnant woman, each unborn infant counts as 1 extra person in the household size.

If you are interested in applying to the WIC Program, please contact the following offices throughout Volusia and Flagler counties. Your call is important to us.  
**You may also call Toll Free 1-866-WIC-FOOD**

Daytona Beach (Main Office)..... (386) 274-0675 or (386)274-0676  
Daytona Beach (Keech St. Clinic)..... (386) 947-3690  
DeLand..... (386) 822-6223 or (386) 943-7724 for Spanish

Deltona..... (386) 860-7150  
New Smyrna Beach..... (386) 424-2074  
Flagler County (Bunnell)..... (386) 437-7294

There is no application fee or cost for participating in the program and there is much to be gained for you and your family. We hope to hear from you.