



Let's Try New Foods!



Enjoy all kinds of foods! That's good advice for kids - and for you. Why? When kids learn to enjoy many foods, they have more choices for smart eating throughout life. That's good because different foods promote growth and health in different ways.

Food variety makes eating more interesting and fun, too. Remember: seeing, trying, comparing, and talking about different foods is part of learning.

Good feelings about trying new foods help lead to a lifetime of healthful eating. Try new fruits and vegetables as fun experiences with your child.

- ▲ **Offer a new food first, before foods your child eats already.** Kids usually are more willing to try new foods when they are hungry.
- ▲ **Have your child choose a new food as you shop.** Trying new foods is more fun for kids when they pick them.
- ▲ **Do a taste test.** Talk about a new food. Have your child describe the color, shape, feel, smell, sound, and taste – and not whether your child likes or dislikes it. No “yucks”!
- ▲ **Go for at least “one bite.”** But stay away from forcing your child to taste. Keep food trying positive.

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Chatting with Kathy

Happy Spring! Spring is the season of rebirth and growth that inspires a sense of hope. Hope is a feeling that good things can happen. Hope provides opportunities to improve our lives and our world. It allows us to dream and to make those dreams. We turn dreams into reality by taking action. Ask each family member to share three wishes or dreams they have for themselves or the community. Talk about what can be done and ways to achieve these dreams. Decide on one or two steps that can be taken now to make it happen. Sometimes we can't make the whole dream happen, but usually we can make part of it come true. That's a start!

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Quotable Quote

Hopes and Dreams motivate us to “shoot for the stars” and give us the strength to persevere.

Kathy M. Bryant

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Do you consider yourself to be a savvy shopper? A savvy shopper gets what they want at the very best price. In order to determine just how savvy you are, take the following quiz.

1. You decide to buy a new pair of shoes. Upon reaching the shoe store you find a pair of shoes you like, but they cost a little more than you had planned to spend. You:
 - A) Buy the shoes anyway, spending the extra money because they look great on you!
 - B) Choose a pair of shoes that are in the price range you really want to pay, even though they are not the ones you want.
 - C) Search other shoe stores, looking for a better price and maybe even a better pair of shoes.
2. You just saw an ad for a new computer - the one you've been saving for - and it is a great deal! At the store you find out the price doesn't include a printer, this will add another \$250.00 to the total price. You decide:
 - A) To pay the extra money, you can afford it and you really want to buy this computer. You are determined not to go home without it.
 - B) Go home without it, continue to save your money and look for a better deal.
 - C) Take the ad to other stores and see if they will match or beat the computer price and sell a printer for less.
3. Last week you bought a new handbag. You really like the versatility and functionality, but today you notice the zipper does not work. You:
 - A) Complain to your friends but don't do anything else. You would be way too embarrassed to go back to the store and talk to someone.
 - B) Go to the store, ask for your money back and purchase another bag for less money. When you get home, you realize the new bag just isn't as nice as the other one.
 - C) Go to the store and find out if there is a repair policy and, if not, you exchange it for another one without a defective zipper.



If your answers to these questions were mostly:

- A: Then you spend money, even though you may not get the best buy. But, the good news for you is there are many ways you can save money and still enjoy shopping. Read the Savvy Shopping and Saving Tips section to learn how to improve your shopping habits.
- B: You want to save money and get many good deals, but you tend to compromise for less quality than you want. Learn how to get exactly what you want and save too. The Savvy Shopping and Saving Tips section will give you some ideas.
- C: **WOW!** You are a savvy shopper. You know a lot about getting what you want at the best price. Read the Savvy Shopping and Saving Tips section for additional suggestions to save even more.



Shopping Savvy and Saving Tips



Recognizing your own shopping style is a start to savvy shopping and saving, but putting into practice some of these techniques will make you more successful in getting more for your money. All of these suggestions will help you save money; however, some will be easier to accomplish for you than others.

1. **Pay attention to when your favorite store has sales.** Most stores have a pattern to their sales. Mark on the calendar when you can find the best deals.
2. **Read the fine print.** When browsing through ads, be mindful of the small print. Here you can learn about sales, dates, extra costs, minimum purchase amounts, what is or is not included. Sometimes there are conditions to getting the lowest prices.
3. **Think, think, and think.** Avoid impulse buying. Almost everyone has succumbed to buying something on the spur of the moment and later wished they hadn't. Go home and sleep on it before making a purchase you had not planned on. Many times you will realize it is not a good decision and save the money.
4. **Wait.** Before you buy, consider waiting until an item goes on sale or until the novelty of "new" products wears off and the prices drop.



5. **Prepare yourself.** Before you head out to buy large items, arm yourself with ads and a cool attitude. Do your homework by comparing prices and products so you make an informed, knowledgeable decision.
6. **Follow up on prices.** Some stores have policies that allow you to get a refund on the difference if an item you purchased goes on sale within a certain amount of time. In order to collect you must take in your receipt.
7. **Take it back.** If an item is broken, damaged or quits working within a brief time after purchase, take it back for a refund. Most stores want their customers to be satisfied and will do what they can to make it good for you. Be careful not to abuse the refund policy - don't take items back that are obviously worn out.



8 Tips for Removing Stains

1. **Try to find out what the stain is.** Some stains can be set by the wrong treatment. When in doubt, rinse or soak in cold water before laundering or applying a stain remover.
2. **Check colorfastness of item.** If unsure whether a treatment will harm the fabric or color, apply the recommended stain remover to a hidden part of the garment, such as a clipping from the seam allowance. Rinse out and let dry. If the color of the fabric is not damaged, proceed with the treatment.
3. **Act quickly.** The faster you move against a stain, the more likely it is to come out.
4. **Soak the stain.** This can effectively loosen heavy soils. Soak whites separately from colors. Soak colors that bleed separately or with fabrics of a like color. Follow label directions for the presoak. Generally, they call for a 30-minute or longer period in warm or cool water.
5. **Pretreat tough stains.** This involves treating and sometimes completely removing individual spots and stains prior to laundering. Some common methods are using a prewash soil and stain remover or applying and gently rubbing in a liquid detergent or a paste of water and granular detergent.
6. **Consider prewashing.** This takes less time than soaking. Some washers have a prewash cycle; the washer may also advance to the regular wash automatically. A presoak product, detergent, and/or other laundry additive should be used in a prewash.
7. **Never place a stained fabric in the dryer.** This will permanently bake in the stain.
8. **Be patient.** This can mean repeating a treatment over and over again.

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**Building Family
Strengths!**

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*



*(“Let’s Try **New Foods!**” Continued from Page 1)*

- ▲ **Try new foods, too.** Encourage your whole family to try new foods! Kids copy what they see and hear. Keep quiet if you don’t like the food.
- ▲ **Prepare new foods in different ways.** Many kids prefer to pick up raw vegetables with fingers. That may seem better than the same new vegetable that is cooked.
- ▲ **Try and try again.** Many kids need to try a new food 5 to 10 times before they like it. It’s normal for kids to be cautious at first.
- ▲ **Relax.** Your child doesn’t need to like every food. Everyone (you, too) has different food favorites.



Make food and health a part of everyday conversation. Children can begin learning about nutrition and health by hearing new words. Mealtime is a great time to sneak in some nutrition wisdom. Here are some examples:

“This bread has vitamins in it which help us grow and stay healthy. They are called B vitamins.”

“Vegetables and fruits have lots of vitamins which keep our blood and muscles healthy. Also the skins of fruits and veggies are fiber, and fiber helps us poop.”

“Meat, beans, and eggs have protein to help our muscles grow. But we also have to exercise to keep our bones and muscles strong and healthy.”

“Milk has calcium to help our bones grow and stay hard.”

America Saves!

Now that Congress has approved an economic stimulus package with payments to most households, Americans will be faced with deciding what to do with the money they will receive. What will you do with this extra refund as well as your tax refund for 2007? Will you make a big purchase you have been putting off or maybe pay down some debt left over from Christmas spending? How about putting some of the money into a savings account that could be used for an emergency or unexpected expense? ***Think about it!!!***