



A Family Life and Resource
Management Newsletter

BIKE RIDING BRINGS BENEFITS
But Don't Let Germs Come Along for the Ride

The League of American Bicyclists is encouraging Americans to trade in their usual four-wheel mode of transportation for a two-wheel one, whether it's for short errands, a leisurely afternoon of recreation, or a healthier way to get to work. It's a hobby the whole family can enjoy.



Biking, like any outdoor activity, means hands come in contact with dirt and grime. And, as with any physical activity, hands often become warm and moist, providing the perfect place for germs to live.

If you're stopping for a snack along the road, hand sanitizers and hand wipes are easy, convenient, and portable. They're the ideal companions when soap and water aren't easily available.

When soap and water are available, or when you return back home, here's how to clean those hands.

1. Wet hands with warm, running water, then apply soap.
2. Rub hands together vigorously to make a lather and scrub all surfaces. Continue for 20 seconds, which is about how long it takes to sing "Happy Birthday" twice through.
3. Rinse well under warm, running water.
4. Dry hands thoroughly using paper towels or an air dryer. If possible, use paper towels to turn off the faucet.



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Chatting with Kathy

Ah... *the Good Ole Summertime!* Life is easy and the days are lazy. Maybe in days gone by, but today summertime can be hectic and full of demands on both time and money. Planning to keep kids busy while out of school can be challenging. Here are a few tips that might make it easier:

- ▶ Plan a family outing. A short road trip to the zoo or a local park might peak their interest and help make great memories.
- ▶ Work on a family project together. Families who participate together in home improvement projects, baking, etc., strengthen relationships and kindle spirits.
- ▶ Eat dinner as a family. At least one or two days a week the family should eat dinner at the table as a unit. Turn off the TV and actually talk to each other. It's a good way to get to know your kids and for them to get to know you.
- ▶ Get your kids involved in a constructive activity like 4-H. Local 4-H clubs offer a variety of projects and activities that teach skills as well as enhance self-confidence, citizenship, and leadership.

Spending time with your kids engaging in creative and fun activities will strengthen your family's spirit, mind, and body.

Quotable Quote

Be a giver of second chances. Make a list of the times you've needed a second chance. Review the list next time you need to show forgiveness and mercy.

Kathy M. Bryant

Extension Agent
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Eating on the Run this Summer? Slow Down and Take a Closer Look at Fast Food

By Jill Taufer RD, LD/N-Extension Agent, Family & Consumer Sciences



School is out and children will be asking parents to take them to their favorite drive-thru, but not all fast food meals are created equal. You have choices other than hamburgers and french fries.

Keep Portion Sizes Small

Parents can lead by example. Order the smallest sandwich or share an adult meal. Bypass hamburgers with two or three beef patties which can pack more than 1,000 calories. A child sized hamburger has about 250-300 calories. The BK Broiler™ chicken sandwich has 267 calories and Wendy's now offers a turkey and cheese sandwich at 250 calories.

Say Bye to the Fries

Fries don't have to be included in every fast food meal. Keep in mind a medium side of fries adds 380 calories and 20 grams of fat. Try these alternatives:

- ▶ Wendy's Kids' Meal® with mandarin oranges or a side salad
- ▶ KFC's corn on the cob or mashed potatoes
- ▶ McDonalds Happy Meal with apple dippers or a side salad
- ▶ Chick-fil-A™ offers a fruit cup or side salad

Think Before You Drink

Many fast food chains are offering 100% juice, low-fat milk and water bottles. These healthy alternatives make a difference because soda does not give children a feeling of fullness. Also, consider that a medium soda (21oz) contains 15 tsps. of sugar.

More Choices

- Try restaurants like SUBWAY™ and Moe's where you have control of sandwich size, toppings, and condiments.
- Ask for "fresco style" at TACO BELL™. Cheeses will be replaced with flavorful fiesta salsa, reducing fat by 25%.
- Use the drive-thru to get a quick mini-meal to hold hunger at bay until you are able to get to a sit-down meal. Try a baked potato, chili or yogurt with fruit to hold you over.
- Order grilled chicken, instead of fried, on sandwiches and salads.
- Use mustard instead of mayonnaise.
- When ordering a salad entrée be aware of dressing options. Choose a low-fat Italian or vinaigrette. Watch out for "creamy" choices. Remember not all salads are healthy. The Fiesta Taco salad at Taco Bell has 840 calories and 45 grams of fat.



Eating on the run doesn't have to be a health disaster. Keep these tips in mind and look for healthier options this summer.



Hidden Germs—Everyday Places Where Germs Hide Out!

Even in the cleanest of homes, there are unexpected places where germs hide out. Some of these hiding places may even be the result of well-intentioned cleaning practices! Some suggestions for spotting germs that have gone undercover:

Sponges. You mop up a spill with a sponge, rinse it out, and set it next to the sink to dry. Or you keep using the same sponge over and over to clean dirty pots and pans. Sponges should be washed and disinfected regularly. One way is to soak them for five minutes in a solution of 3/4 cup of chlorine bleach and 1 gallon of water. Rinse and air-dry. An even easier solution is to run them through the dishwasher. Rotate your sponges so that as soon as the dishwasher is emptied, you can tuck a dirty sponge into the silverware basket where it's ready and waiting to be cleaned.

Hand-held Vacuum Cleaners. That handy little vacuum that's great for a quick crumb pickup can be a nesting place for germs if you leave food particles sitting in the bag. When you're finished cleaning up, open the vacuum, remove the dirt receptacle and dump the crumbs in the trash. Brush off the filter to remove any additional food particles.

Sink Overflow. Bathroom sinks usually have small drainage holes located near the rim. If the sink is overfilled, the water drains into these holes and through a small passageway into the trap. Smelly, sludge-like material can build up in this passageway. To clean, mix a solution of liquid detergent and very hot water and pour it down the overflow holes. If you can see the sludge, loosen it with a stiff brush, and then rinse it away. If a musty smell persists, mix a solution of one cup of chlorine bleach with one gallon of water and pour it through the holes. Rinse thoroughly with plain water.

Teaching Kids Responsibility



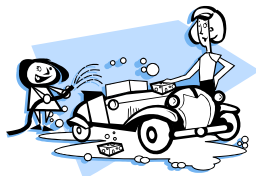
We all want our children to grow into responsible, competent adults. But how do parents accomplish that?


Being responsible is much more than a skill, it's an attitude. It's up to parents to instill that willing, winning mindset, while showing their kids what responsibility entails.

This is really about more than doing a few chores. It's about kids taking charge and making a contribution to the family. The great thing is, when children start handling responsibilities -- however small -- it also boosts independence and self-esteem.

But it isn't something that happens overnight. According to parenting experts, the following steps can get your kids started:

- ▲ Show your children their opinions matter. Give them choices: what shirt to wear, what to pack for lunch. When kids feel they have a voice in family matters, they're more likely to feel their contribution counts.
- ▲ Don't wait on your children... encourage them to do some things for themselves. For example, next time they ask for an apple, show them where the apples are stored and how to wash one off.
- ▲ Gear responsibilities to your children's skill level, and always demonstrate how to do a task. Don't take for granted that your child already knows. Doing a chore together first, makes it easier and more fun.
- ▲ If your children want to help with a task, such as setting the table or washing the car, let them pitch in, even if it takes you longer. It will show them you value their efforts.
- ▲ Instead of assigning certain chores, ask your children for their ideas. They will be more willing to complete the tasks if they are the ones who assigned them!
- ▲ Use praise, not criticism, and avoid nagging. If your children fail to complete their chores, let them experience the consequences. For example, if they don't put their clothes in the hamper, their favorite shirt won't get washed for tomorrow.



- ▲ Even young children can take responsibility for their "stuff." To encourage your kids to put their toys away, surround them with kid-friendly organizers that are safe and accessible to small children.
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- ▲ Caring for a family pet, such as brushing the dog or feeding the cat, is an excellent responsibility builder that teaches children to look after others.
 - ▲ Give your children an allowance, and allow them to make their own spending decisions. When kids feel empowered, it encourages a can-do attitude.
 - ▲ Hang up a responsibility chart to track your children's progress. This not only reminds kids of their duties, but creates a sense of accomplishment. Working towards a small reward is also an excellent motivator.
 - ▲ Engage in family projects and give each family member a specific role. If you're digging a vegetable garden, your kids can be in charge of planting the seeds.
 - ▲ Encourage your children to solve their own problems. Instead of offering quick solutions, ask questions that prompt them to think on their own.

Finally, show your children you believe in them...even when they stumble. Nothing is more powerful than your confidence and encouragement. Keep the faith, and your children will rise to meet your expectations.

Source: Leaps and Bounds Kids

TEACHING KIDS TO MANAGE MONEY

It's never too soon to begin teaching your children "dollars and sense." According to experts, kids who learn how to handle money early on are less likely to get into financial trouble later.

The risk is real, and it's closer than you think. Eighty-three percent of college students have at least one credit card and an average debt of more than \$2,000 according to a recent Nellie May survey. One of the most valuable lessons you can give your kids is a basic understanding of money management.

Teaching kids about money doesn't have to be complicated. You can turn everyday activities into impromptu lessons. For example, at the store, talk about purchasing decisions and when you go to the bank, explain the transaction you're making. At the ATM machine, let your children help you push the buttons.

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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*



The Low Down on Energy-Efficient Laundering

Washing Up

- ▲ Pretreat or presoak stains and heavy soils before washing to get the best stain removal without using extra hot water or re-washing.
- ▲ Read and follow label directions for all laundry products.
- ▲ Start with the recommended amount of detergent. Use slightly more in hard water, for large loads, or for heavily soiled clothes.
- ▲ Choose a wash time and cycle suitable for the type of load (check your washer and care guide).
- ▲ Wash a full load, but don't overload the washer.
- ▲ Match the water level to the load size. For example, with a smaller load use a lower water-level setting.
- ▲ For the best cleaning and energy savings, wash most loads in warm water and rinse all loads in cold water. Some lightly-soiled loads can be washed in cold water.
- ▲ Use a high spin speed for highly absorbent items, such as towels and sweat shirts, to help reduce drying time. The energy it takes to spin water out is less than the energy your dryers uses to dry it out.

Almost all of the energy used by clothes washers is for heating the water. Only about 10% or less of the energy is used by the washer's motor.

Tumble Time



DRYING DOs

- ▲ Separate lightweight and heavyweight items for faster and more uniform drying.
- ▲ Dry full loads. Small loads waste energy.
- ▲ Reload the dryer while it's still warm from a previous load to utilize the residual heat.
- ▲ Clean the dryer's lint screen after each load. Lint buildup can increase drying time by limiting air flow.

DRYING DON'Ts

- ▲ Don't overload the dryer. The load should tumble freely for fast, wrinkle-free drying.
- ▲ Don't add wet items to a partially dried load.
- ▲ Don't over dry. Besides wasting energy, over drying can give a stiff feel to some items and cause shrinkage in others.
- ▲ Don't let garments remain in the dryer after it has shut off. This can cause wrinkling, especially in permanent press articles, making ironing necessary.

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