



A Family Life and Resource Management
Newsletter

TOP SUMMER FOOD SAFETY TIPS

Research showed that food borne illness or “food poisoning” is more prevalent in warmer weather, and Florida is quite warm in summer. Many bacteria or microorganisms in foods and environment can grow very fast at temperatures from 90° to 110°F. These temperatures are typical summer temperatures in Florida. What can you do?

- ▲ Wash your hands with clean potable water and soap often, especially before eating or preparing foods.
- ▲ If there is no clean water to wash your hands, use alcohol-based gels.
- ▲ Keep the hand sanitizers away from small children and follow directions carefully.
- ▲ When the temperature is above 90°, perishable foods should not be left out for more than one hour.
- ▲ Safe shelf-life of perishable food is a combination of time and temperature. Discard your perishable food if it has been on a picnic table for a long time! *If in doubt, throw it out!*
- ▲ Ice is a food! Handle ice as you would handle food. Ice that is used for cooling drinks and other foods should not be used in your drink! Consider putting other perishable food in a separate cooler. Keep ice for drinking separate from ice for cooling food.
- ▲ If your family enjoys eating home-made ice cream in the summer, follow the safe handling of eggs.
- ▲ Follow safe handling of fresh fruits and vegetables to reduce the risk of food borne illness!
- ▲ At family picnics, teach your children and family members the importance of good personal hygiene and serving etiquette to prevent some potential cross-contamination of germs from your hands to others!

(Source: Amy Simone, Ph.D., University of Florida/IFAS Associate Professor, Food and Safety Quality)



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CHATTING WITH KATHY

Welcome Summer!! The school year is just about over and once again kids will be around the house looking for something to do. How will you keep your young ones entertained during the summer vacation?

High gas prices and tight money situations may put a damper on many summer activities. How about exploring Central Florida? There are plenty of things to do and see right here. Take time to look over the area you live in and discover the treasure in your own backyard.

The article in this newsletter entitled, "Vacation Around the World-Without Leaving Home," offers suggestions for fun and interesting activities in which the whole family can take part. Give them a try — you may also learn something interesting about another culture. Have Fun!!

Quotable Quote

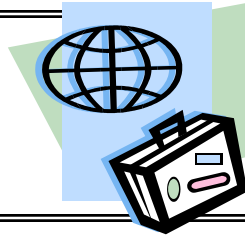
*Where attention goes,
energy flows,
and results show.*

Author Unknown

Kathy M. Bryant

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Vacation Around the World



Without Leaving Home

Thinking of vacationing along France's beautiful Mediterranean coast? Imagining your family on safari in Kenya? Hearing steel drums calling you to visit the Caribbean islands of Trinidad and Tobago? Don't have the funds for these exotic trips? You don't have to travel to enjoy at least a taste of places you would like to go.

Summer is a great time for children of all ages to explore the world, from their home and their community library. Along the way, they'll learn other important skills, too.

Summer Vacation

- ▲ Learn about about a country your family would like to visit. Help your child find information about the country from a variety of sources.
- ▲ Public libraries often have many children's books, music CDs, and movies available.
- ▲ Select a few age appropriate websites for your child to read.
- ▲ Help her or him send a letter or email to the country's tourism center for brochures and maps.
- ▲ Post a map and colorful pictures of the destination's cities, countryside, and people.
- ▲ Pick a traditional dish you can make together at home and serve it to your family, or at a potluck party.
- ▲ You might want to come up with a few questions for your child to answer about the country's famous citizens, natural environment, family life, and so on.
- ▲ Have an international feast. Invite friends for an international potluck dinner where everyone brings a dish from another country or culture. You may want to encourage younger children to dress in clothing from the country they studied.
- ▲ Get started with another language. Listen to language training tapes or enroll your child in a language camp or lessons in your town. Listening to music or watching movies or TV in another language are fun and entertaining ways to learn.
- ▲ At your local museum, look at art work from other countries. Or, use the internet to find information about a country's art.
- ▲ Find international music at your music store, bookstore or library. There are fantastic international music CDs compiled specifically for children. Be on the lookout for performances by international artists at nearby locations.

These activities can be adapted. For example, while younger children will be satisfied with thinking about the country's culture, older children may be just as interested in political controversies, government and social systems, and the country's heroes. Also, children can work alone, but may find it even more fun to work with a sibling or friends, exploring one country together or learning about different nations. They help broaden a child's perspective on the world's cultures, history, and environment. Don't forget to take some pictures!

(Source: Suzanna D. Smith, Ph.D., MSW, CFLE, University of Florida/IFAS Associate Professor, Human Development and Family Relations)



Sunscreen Stains

Q: *I always apply sunscreen on my children before they go outside to play. How can I protect their clothes from sunscreen stains.*

A: Most sunscreens contain oils to make them moisture resistant. The oil can be very difficult to remove from fabric if they get into clothing. Stains that are not noticed right away could even present problems later as they become more visible as they age. To prevent sunscreen stains from damaging clothing, it is recommended you follow the directions provided by the product manufacturer. Most suggest you allow the product to dry before you put on clothing, and wash your hands thoroughly after you have applied the lotion and before you handle any garments. Should you get sunscreen on a garment, pre-treat the stain as quickly as possible and then launder the garment. Careful handling can help prevent staining from occurring; however, keep in mind that some residue can transfer from normal perspiration.

Healthy Summer Snacks for Kids

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

If it's been 3-4 hours since your child's last meal, it's time for a snack; for preschoolers snack time will come even sooner. When a snack attack strikes, refuel with one of these nutrition-packed mini-meals.

1. Mix together ready-to-eat cereal, dried fruit and sunflower seeds in a sandwich bag for an on-the-go snack.
2. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
3. Top low-fat vanilla yogurt with crunchy granola or wheat germ. Add blueberries or any in-season fruit. (Save money by purchasing a 32 oz. yogurt and look for store brands.)
4. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
5. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
6. Spread peanut butter on apple slices or celery. Top with raisins.
7. Blend milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
8. Fill an ice cream cone with cut-up fruit and top with low-fat vanilla yogurt.
9. Toast an English muffin or mini bagel, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
10. Spread mustard on a wheat tortilla. Top with a slice of turkey, low-fat cheese and lettuce. Then roll up. If your child doesn't like mustard, try low-fat cream cheese.



Go for the Whole Grains

When purchasing cereals, bread, and crackers for snacks choose whole grains at least half of the time. Here's how to find whole grains:

- ▲ The ingredient statement will list whole grains by the specific grain, such as whole wheat, whole oats, or whole grain corn.
- ▲ The phrase "whole grain" or "whole" will appear first in the ingredient list.
- ▲ Look for at least three grams of fiber per serving in the nutrition label.
- ▲ If the first ingredient says "enriched flour" or "wheat flour", the product is not a whole grain.

Tips on Buying Fruit

Kids love fruit for a snack. To cut expenses look for:

- ▲ Canned fruit in it's own juice (use coupons, store brands, and sale items).
- ▲ Dried fruit like raisins.
- ▲ Fresh fruit in season.
- ▲ Save money at your local farmer's market.
- ▲ Purchase frozen fruit so you can portion out just what you need.

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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*



FINANCIAL FOCUS: Pay Yourself First

Do you have trouble saving money? Many people do until they learn the secret of saving success. The secret is to “Pay Yourself First.”

A plan for saving money is an important part of any budget. Saving can help you meet emergencies as they occur and help you plan for future wants and needs, such as a vacation or perhaps a new home. Regular savers end up saving far more than occasional savers, even when they save only a small amount at a time. It is important to make saving a habit.



We are all different. We have different needs and goals and savings should reflect this difference. People often wonder how their savings compare with others and how much they should save. Most experts suggest the average family have a goal to save between 2% and 10% of take-home pay. Others suggest a minimum savings of six months income be established for an emergency fund. Whatever you decide, the important thing is to do it, and the time to begin is now.

There are many ways to save. A popular way is to have your employer deduct a portion of your earnings each pay-day and deposit it directly into some form of a savings account. This saving method is least painful because you never have the money, therefore you don't miss it. Or, you may want to try putting your change into a jar or home bank each evening.

When it is full, deposit the money in a savings account. Other ideas include when you pay off a debt continue to make the payment, but to your savings account. Another option is to put half of any raises or bonuses into a savings.

Perhaps the best method of all is “Paying Yourself First.” This means examining your budget, determining how much can be saved and setting that amount aside before any bills are paid. Write your first check each month to your savings account. If we only save the money left over after paying all of our bills and providing for living expenses, most of our savings accounts will be quite small.

How fast will your savings add up? It will depend on several factors: how much you can save, how long it is kept in savings, and at what interest rate.

It is amazing how fast a little adds up. The key to saving success is consistency. Always save some amount and save it regularly. Don't fall into the trap of not saving!

Three reasons people fail to save are: (1) procrastination, (2) failure to set financial goals, and (3) ignorance of what money must do to accomplish that goal. Remember, the secret of accumulation of great wealth is a “part of all I earn is mine to keep.” Pay yourself first and you'll be surprised at what you too can save.

(Source: Dr. Josephine Turner, Ph.D., University of Florida/IFAS)

