



A Family Life and Resource
Management Newsletter

INTERNET TIPS & TOOLS

EMAIL

Positive Benefits

Get help with homework.
Practice writing.
Make world-wide pen pals.
Keep in touch with family,
friends, and teachers.

Dangers/Risks

Strangers can communicate
with your child, pretending
to be someone else.
Unsolicited emails with
sexually explicit materials,
products for sale, or money
making schemes.

Parenting Tips

Know your children's email
accounts and passwords.
Talk with your children about
who they are meeting online.
Set rules so your children never
arrange an in-person meeting
without you present.

BROWSING THE WORLD WIDE WEB...

Positive Benefits

Access rich, educational and
cultural resources.
Obtain up-to-date information.
Learn skills for new jobs.
Stay informed by accessing
school web sites.

Dangers/Risks

Inaccurate, misleading and
untrue information.
Easy access to games
with violence.
Sites promoting things in-
appropriate for children.

Parenting Tips

Keep the computer in family
area for easy monitoring.
Discuss the difference between
education and entertainment.
Have strict rules
for ordering products online.

CHATTING

Positive Benefits

Talk to young people with
similar interests.
Communicate instantly
with family, friends, and
teachers.

Dangers/Risks

Offensive language and
adult conversation.
Too much time online may
limit your children's well-
rounded development.

Parenting Tips

Accompany your children in
chat rooms until they learn the
safety rules.
Tell your children never to give
out personal information.

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Quotable Quote

*"Unless you try something
beyond what you have
already mastered, you will
never grow."*

Author Unknown

Chatting with Kathy ...

Hello! Summer vacation is over and it's time to settle back into a regular routine. Take advantage of kids being back in school by focusing a little more on yourself. Become involved in a personal improvement project... volunteer for a local organization, learn a new skill, join an exercise group, or read a book. Whatever you decide, you're worth the time. Rejuvenate!

Kathy M. Bryant

Extension Agent
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THE HEALTHIER LUNCH BOX

Tips for safely adding fruits and vegetables to the daily menu... Childhood obesity is near the top on everyone's list of pediatric healthy concerns. According to a report published by the International Journal of Pediatric Obesity, by the end of this decade nearly half the children in North and South America will be overweight.

Predictions like this, as well as other health concerns, have prompted parents and educators to look for ways to improve the nutritional quality of school lunches and snacks. One way to do this is to substitute fruits and vegetables for foods that have a high sugar and/or fat content. However, unless they're handled safely, fruits and vegetables can be a source of the bacteria that cause food-borne illness. To prevent this, here are some tips, courtesy of Nancy Bock, Vice President of Education at The Soap and Detergent Association.



Shop Wisely... Avoid purchasing fruits and vegetables that are bruised or damaged.

Be sure fresh-cut fruits and vegetables, such as packaged salads and precut melons, are refrigerated at the store before buying. Do not buy them if they are not refrigerated.



Fresh fruits and vegetables should always be kept separate from raw meats and household chemicals, including in the grocery cart and in the bags at checkout.

Handle Safely... In general, always make sure that your hands, food preparation and eating surfaces, and utensils are clean.

Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.

Clean all surfaces and utensils that will touch fresh fruits or vegetables before and after food preparation, including cutting boards, counter tops, peelers & knives, with hot water and soap.

Use disinfectant products to clean your surfaces to help get rid of bacteria.

Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged

fruits and vegetables labeled "ready-to-eat", "washed," or "triple washed" need not be washed.

Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

Dry fruits and vegetables with a clean paper or cloth towel.

Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood, or their juices.

Pack Carefully... Unpeeled fruits, such as apples, oranges and bananas, can be packed "as is." Mother Nature provides the necessary wrapping!



Peeled and/or cut-up fruits and vegetables should be kept chilled.

Insulated wide-mouth jars and food jars adorned with kid-friendly graphics are a cheerful addition to the lunch box. Small plastic containers or self-sealing sandwich bags are another option.

Pack in an insulated lunch container or, if using a brown bag, double-bag it and add a cold source.

Family Meals—FAST, Healthful!

You're running in ten directions! It's 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. And you need to get ready for an evening meeting. How do you put a healthful supper on the table, too?

A few timesaving steps can help you prepare an easy family meal... with less stress. Use the time you save to enjoy your family.

Plan Ahead

- ▲ Keep meals simple! Food that keeps your family healthy can be quick to fix. Unless it's a special occasion, spend time together, not on making time-consuming meals!
- ▲ Cook when you have more time... maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- ▲ Do some tasks a few hours ahead, or the day before your meal. Wash and trim vegetables or make fruit salad. (Your children can help.) Cook noodles for pasta salad. Cook lean ground meat for tacos.

Three Quick-To-Fix Family Foods

Hearty Soup

Add canned or frozen vegetables to tomato or chicken soup.

Pasta Dish

Mix chopped lean ham or deli meat and cooked vegetables into macaroni and cheese.

Hearty Stuffed Potato

Serve homemade or canned chili over a baked potato or rice.

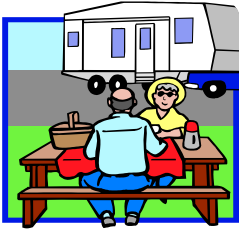
Your ideas:

PICNIC

Picnic Table Protocol

As Fall arrives, the temperature should cool just a bit. It'll be perfect weather to enjoy outdoor barbeques and picnics. Always be mindful of food safety and cleanliness principles.

Before you indulge in the treats, make sure the surface you're about to dine on is clean and germ-free.

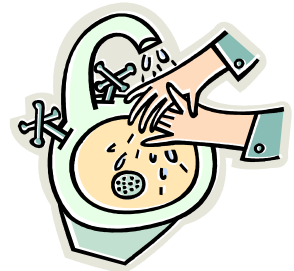


Picnic tables in public spaces are busy places and can be breeding grounds for germs. Even your home picnic table may be subject to attention from birds, insects and other elements of nature, not to mention spilled food.

Keep disinfectant wipes on hand as you travel about. Use them for quick wipe downs on public picnic tables and benches.

At home, cleaning with soap and warm water generally will suffice. However, if you plan to use the table for preparing food, or if meat, poultry, or seafood juices have spilled on the table, the next step is to sanitize it. Mix a solution of three tablespoons of chlorine bleach to one gallon of water. Apply the solution to the surface of the table and let stand for two minutes. Rinse with a solution of one tablespoon of chlorine bleach per one gallon of water.

Remember, clean hands are as important as a clean picnic table. Washing with clean water and soap is best, but if not available, those disposable hand wipes you packed or a hand sanitizer will do just fine.



HALLOWEEN HORRORS

The scariest thing about Halloween may not be the goblins that walk the land. What really haunts us are those hard-to-remove stains. Face makeup, nail polish and candy often find their way off the trick-or-treater and onto costumes, clothing and table linens.

The first step to successful stain removal is to read the care label. Try these tips for removing common Halloween stains:

Cosmetic Stains - Pretreat the area with a prewash stain remover, liquid laundry detergent or a paste of granular detergent and water, and then launder.

Nail Polish - Try nail polish remover, but don't use it on acetate or triacetate fabrics. Test on an inconspicuous area first. Place stain facedown on clean paper towels and apply nail polish remover to the back of the stain. Replace paper towels frequently. Repeat until stain disappears. If it does, rinse and launder. Keep in mind that nail polish may be impossible to remove.

Chocolate and Caramel Candy Stains - Pretreat with a prewash stain remover, liquid laundry detergent or a paste of granular detergent and water, and then launder. If the stain remains, rewash using a bleach that's safe for the fabric. Don't dry the item until the stain is completely removed.

Fruit Stains (Pumpkin, Cider and Apple) - These types of stains should be treated promptly, so the area doesn't oxidize and turn brown. If immediate laundering isn't possible, remove the excess fruit and run the fabric under cold water. This may halt the oxidation process. Wash the item as soon as possible using the warmest water temperature and bleach that are safe for the fabric.

Chewing Gum - Rub the stained area with ice. Using a dull knife, carefully scrape off the excess gum. Saturate the area with a prewash stain remover or cleaning fluid. Rinse, and then launder.

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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*



Please Mom and Dad...

My hands are small—I don't mean to spill my milk.

My legs are short—please slow down so I can keep up with you.

Don't slap my hands when I touch something bright and pretty—I don't understand.

Please look at me when I talk to you—it lets me know you are really listening.

My feelings are tender—don't nag me all day—let me make mistakes without feeling stupid.

Don't expect the bed I make or the picture I draw to be perfect—just love me for trying.

Remember I am a child not a small adult—sometimes I don't understand what you are saying.

I love you so much—please love me just for being me—not just for the things I can do.

Poem courtesy of Joe and Joan Richardson©

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