

## PROGRAM HIGHLIGHTS

Family Living has been out at each of the Wood County Farmers' Markets to promote eating fruits and vegetables along with providing recipes and tips on how to prepare and eat fruits and vegetables which are "in season." UW-Extension also provides resources on food safety topics and home food preservation methods.

Becoming Money \$mart classes are offered each month either at McMillan Memorial Library or the Wisconsin Rapids Job Center. Come to Becoming Money \$mart and learn the following tips: how to handle your day to day spending, setting a money goal for yourself, planning for unexpected expenses and making room for buying what's most important to you. **Class dates are listed below in the Upcoming Events.**

## UPCOMING EVENTS

### • Lunch & Learns

Friday, September 2: Active Shooter Training

Wednesday, October 12: Identity Theft and Your Credit Report

Wood County Courthouse, Room 114; 12:00-12:45 pm

### • Becoming Money \$mart

Monday, September 19; 1:00—2:00 pm

Wisconsin Rapids Job Center

Monday, October 17; 1:00-2:00 pm

McMillan Memorial Library

### • UW-Extension Grab and Go's

Thursday, September 22; 4:15-6 pm

The Neighborhood Table, United Methodist Church, Wisconsin Rapids

Monday, September 12; 10:00—4:00 pm and Monday, September 26; 4:00—6:00 pm

St. Vincent de Paul, Marshfield

To register for any of these events, contact the Family Living office at 715.421.8437, [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us) or sign up at <http://wood.uwex.edu>

## TIPS

### FINANCIAL

Think about your spending. Before making a purchase, ask yourself these questions:

- Will this meet my goals?
- Do I NEED this, or want it?
- Can I afford it?
- What do I give up to have it?
- Would I come back to get it?
- Am I buying it because it's on sale?

### FAMILY LEADERSHIP

Going Back to School? Here are some tips to get your family ready for school:

- Attend all the back-to-school events sponsored by your child's school
- Be sure your child is in good physical and mental health
- Re-establish a bedtime routine at least a week before your child goes back to school
- Plan for a nutritious breakfast and lunch
- Share a positive attitude about school and learning

Remember to include back-to-school shopping in your spending plan for the months of August and September. Check out the Wood County UW-Extension website at <http://wood.uwex.edu> to access the electronic spending plans.

### HEALTHY LIVING

Stop by the Wood County Farmers' Markets to pick up your fresh, colorful fruit and vegetables. Preserve your foods to enjoy them during the long winter months. Check out the UW-Extension website for tips on freezing, dehydrating and canning. Keep your meals colorful and full of the five food groups.

# Calendar of Events

## AUGUST

30: UW-Extension at the Peach Street Farmers' Market  
9:00 am - 12:00 pm  
Aspirus Clinic Parking Lot  
Wisconsin Rapids

31-9/5:  
Central Wisconsin State Fair  
[www.centralwisconsinstatefair.com](http://www.centralwisconsinstatefair.com)  
Marshfield

## SEPTEMBER

6: UW-Extension at the Main Street Marshfield Farmer's Market  
9:00 am - 12:00 pm  
Festival Foods Parking Lot  
Marshfield

8: UW-Extension at the Wood County Farmers' Market  
9:00 am - 12:00 pm  
Rapids Mall Parking Lot  
Wisconsin Rapids

9: UW-Extension at the Pittsville Farmers' Market  
9:00am - 12:00pm  
Baum's Parking Lot  
Pittsville

## WISCONSIN NUTRITION EDUCATION PROGRAM (WNEP)

WNEP Nutrition Educator Jodi Friday recently taught *"Nutrition for the Young at Heart"* at Cedar Rail Senior Apartments in Marshfield. The four week series helped seniors examine their diets from the perspective of unique challenges to senior households.

- The first lesson focused on "What Makes a Meal?". Seniors often find it difficult to prepare complete meals, sometimes from lack of energy or health concerns, or the desire to cook meals for a smaller household. During the lesson, seniors challenged themselves to build simple, yet complete meals, by including foods from all five food groups or to include missing food groups through planned snacks. The seniors learned this strategy through an interactive "rummy-style" card game. One learner commented that she used the card game strategy the following week to build more balanced meals.
- The second lesson focused on one of the toughest challenges for seniors, "Cooking for One or Two." The seniors learned how to reduce recipes to make smaller quantities and learned a concept called "planned overs." This strategy entails cooking a main protein, such as a whole chicken, then planning to use the cooked chicken meat in several recipes later in the week. In this example, the possibilities are limitless: chicken salad, chicken soup, chicken tacos, and chicken pot pie. The strategy also encourages smaller households to freeze a portion of the already cooked protein to be used later in the month. In addition, this strategy can help households save money by taking advantage of store specials for "planned overs" main proteins and reducing food waste by planning to use the leftovers.
- The third lesson focused on "Dining Out." For convenience, senior households may find it easier to dine out. This lesson focused on choosing healthier options when dining out, such as choosing grilled over fried foods and including more fruits and vegetables when possible. As both a money and calorie saver, the lesson included requesting a to-go box when the meal arrives rather than at the end. Seniors could cut large portion sizes to a more manageable size plus have a meal for another day.
- The last lesson focused on "Food Safety." Main tips from this lesson included proper storage of hot and cold foods, labeling and dating food and "when in doubt, throw it out."



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 [Wood County UW-Extension Family Living Program](#)