

October—December 2016

## Program Highlights

Click here to watch the *Check your FREE Credit Report and Identity Theft Lunch & Learn* video from October 19. Contact the Family Living Office at 715.421.8437 or [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us) for more resources on how to Check your FREE Credit Report.

It is the start of November and Family Living has been busy planning education opportunities for Head Start families. Currently Family Living works closely with Nekoosa/Ho-Chunk Head Start but opportunities are available for all Head Start families. Some upcoming opportunities include Shop and Chop: Creating a Grocery List, Importance of Family Meals and WalletWise in Wood County: Spending Plans. For more details on education opportunities available call the Family Living office.

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 in the upcoming events.**

## Upcoming Events

- **Lunch & Learn**  
**Wednesday, December 14:** A Civil Discourse about Substance Use, Addiction, Prevention, and Treatment  
Wood County Courthouse, Room 114: 12:00 – 12:45 pm
- **Becoming Money \$mart**  
Monday, November 21; 1:00-2:00 pm  
Wisconsin Rapids Job Center  
  
Monday, December 19; 1:00-2:00 pm and 6:00-7:00 pm  
McMillan Memorial Library, Wisconsin Rapids, WI
- **UW-Extension Grab and Go's**  
Thursday, November 17; 4:15-6:00 pm  
The Neighborhood Table, United Methodist Church, Wisconsin Rapids  
  
Monday, November 28; 4:00 - 6:00 pm  
St. Vincent de Paul Fellowship Meal, Marshfield, WI  
  
Monday, December 12; 10:00 am - 4:00 pm  
St. Vincent de Paul Outreach, Marshfield, WI

To register for any of these events, contact the Family Living office at 715.421.8437 or email: [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us).

## TIPS

### FINANCIAL

The holidays are approaching! Remember to start saving for your holiday shopping. Here are a few tips to get you started:

- Set aside a little money each month; every little bit helps
- Think about your family's needs and wants – what do family members "need" instead of "want"
- Look at how much you spent last year and try to save the same amount this year
- Keep gifts within reason
- Be creative – give things other than presents
- Plan ahead
- Set aside specific days for shopping, baking, visiting friends and other activities
- Remember to meal plan and make your grocery list ahead of time; this will prevent last-minute shopping

Check out the Wood County UW-Extension website to access the electronic spending plans.

### FAMILY LEADERSHIP

What is the importance of the holiday season? The holiday season is not only about materialistic items. The holiday season should be focused on spending time together as a family and with friends. The religious perspective of the holiday season is also very important for families and friends.

Consider volunteering within your community during the holiday season. Check out the United Way websites for volunteering opportunities.

# Calendar of Events

## NOVEMBER

**17: Financial Grab & Go's**  
4:15 pm—6:00 pm  
*The Neighborhood Table*  
Wisconsin Rapids, WI

**21: Becoming Money\$mart**  
1:00 - 2:00 pm  
*Job Center*  
Wisconsin Rapids

**28: Financial Grab & Go's**  
4:00 pm—6:00 pm  
*St. Vincent de Paul*  
Marshfield, WI

## DECEMBER

**12: Financial Grab & Go's**  
10:00 am—4:00 pm  
*St. Vincent de Paul*  
Marshfield, WI

**14: Lunch & Learn**  
12:00—12:45 pm  
*Wood County Courthouse,  
Room 114*  
Wisconsin Rapids, WI

**19: Becoming Money\$mart**  
1:00 - 2:00 pm  
6:00 - 7:00 pm  
*McMillan Memorial Library*  
Wisconsin Rapids

## HEALTHY LIVING TIPS

Keep in mind the following healthy habits for the holiday season!

- **Practice proper food safety and sanitation while preparing your holiday meals**
  - Remember the key terms: **Clean, Separate, Cook and Chill!**
  - Check out our Wood County UW-Extension website or [www.fightbac.org/](http://www.fightbac.org/) for detailed information.
- **Don't abandon healthy habits**
  - Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
  - Have a healthy snack before holiday parties so that you don't go overboard on high calorie and high fat foods such as desserts, dairy products, meats and drinks.
  - Get plenty of sleep and physical activity. Plan physical activities to do together as a family.
- **Take a breather**
  - Make some time for yourself. Spending as little as 15 minutes alone, without distractions will refresh you enough to handle everything you need to do.
- **Be realistic and learn to say no**
  - The holidays don't have to be perfect or the same each year. As families change and grow, traditions and rituals can change.
  - Choose a few to hold onto and be open to creating new ones. Remember to say no if you are feeling overwhelmed during the holiday season.
- **Ask for help**
  - Make sure to get your family involved in the holiday festivities.
  - Include children in party prep and cleanup. Have relatives bring a dish to pass to holiday meals to make the food preparation easier.

## INTRODUCING FOODWISE (FORMERLY WNEP)

WNEP (Wisconsin Nutrition Education Program) recently changed its name to FoodWise. This community nutrition education program within the Family Living Programs of the University of Wisconsin-Extension, Cooperative Extension, responds to community needs with research-based education and partnerships that support Wisconsin families and communities.

Under the FoodWise name, our Nutrition Educator, Jodi Friday, will continue to share activities with youth, with the goal of reaching and educating low-income populations about nutrition, food safety and food resource management skills.



Sarah Siegel, *Family Living Educator*

Jodi Friday, *FoodWise Educator*

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