

FACES NEWSLETTER

Family and Consumer Science



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Food and Nutrition

September is National Fruit and Veggies- More Matters Month

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Fruits and vegetables can fit into any budget. The following tips can help you save money as you strive to eat more fruits and vegetables. Remember, fresh, frozen, canned, and dried types all count toward getting more fruits and veggies.

Before You Shop

- Look for store ads and use them when planning your weekly grocery list. Plan to buy the fruits and vegetables that are on sale and use them in meals and snacks that week.
- Plan your weekly meals and snacks before you go shopping. Look through your freezer and pantry to see what fruits and vegetables you have at home that you can use.
- Think variety! Make a point to try a new fruit or vegetable each week.

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While You Shop

- Purchase fresh fruits and vegetables in season when they tend to be less expensive.
- Buy whole fruits and vegetables instead of pre-cut or pre-packaged forms, which tend to be more expensive.
- Consider frozen and canned if fresh are too expensive. Frozen and canned fruits and vegetables have the same nutrients as fresh and they keep longer.
- Shop smartly! Look out for added sugar in canned fruits; look for fruit packed in water or juice. Choose veggies with low sodium.

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- Consider generic or store brands instead of name brands. Store brands tend to cost less and have similar taste and nutrition.
- If your budget allows, buy larger bags of frozen fruits and vegetables. They may be a better bargain and you can use what you need and keep the rest for later use.
- Buy canned or dried beans and use them in recipes instead of meat, which is more expensive. Traditional recipes made with meat such as chili, soups, and Mexican dishes like burritos are delicious with beans.

After You Shop

- Use fresh fruits and vegetables within a few days after shopping and use frozen and canned fruits and vegetables later in the week.
- As you are putting your groceries away, chop some fruits and vegetables and place in bags or storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and snacks.

Clean Ideas: End-of-Summer Cleanup - Tips for getting things ready for storage

Now that all those back-to-school activities are over, plan to spend some end-of-summer time returning seasonal items to their best possible state before you store them away. This will prove to be a time saver when you want to use them again next spring.

- Musty beach towels: Launder, using the hottest water that's safe for the fabric. Add a small amount of fabric softener to the final rinse. Machine-dry thoroughly.
- Sandy sleeping bag: Turn the bag inside out. If the sand is damp, let the bag air out until the sand is dry. Shake the bag to remove as much loose sand as possible; then brush or vacuum away the remaining residue. If the bag is soiled, clean according to the sleeping bag's care label instructions.
- Muddy tennis shoes: Let the mud dry completely. Then take the shoes outside and bang the soles together to remove as much of the dried mud as possible. Using a solution of warm water and hand dishwashing liquid and an old toothbrush, scrub gently to remove the remaining dirt. For stubborn dirt marks, scrub with a nylon pad. Wipe with a damp sponge or damp paper towels. Stuff the tennis shoes with clean paper towels and let them air-dry.
- Grungy plastic tablecloths: A wipe-down with a soapy sponge may clean the top of the tablecloth, but not the flannel backing. To clean the whole thing, machine-wash, using the gentle cycle. Machine-dry on the delicate cycle for about 15 minutes. This is just enough time to remove the creases caused by machine washing, but not long enough to harm the vinyl. If the cloth is still damp, line-dry.

- Grubby molded-resin outdoor furniture: Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches and silicone cleaners.
- Soiled outdoor cushions: Acrylic, polyester and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.
- Dirty plastic pool toys: Mix 3/4 cup of chlorine bleach per gallon of warm water. Soak the prewashed toys for five minutes. Rinse and then air-dry. If the toys aren't used during the winter, store them in a closed container so they'll stay clean and dust-free.

(Source: Soap and Detergent Association)

Make Sure School Lunch Boxes Stay Safe

School is back in session and packing your child's lunch can be a good way to make sure you know they're eating. If you pack what they like they're more likely to eat it. However, many kid friendly lunch choices may require special care to keep the "lunch box bug" called food poisoning at bay. To keep those lunchboxes safe follow these tips from the American Dietetic Association.

Wash Hands Often

- Be sure to wash hands before, during and after preparing children's lunches.

- Make sure the counter surface is clean and dry when preparing lunch to prevent germs from spreading to the food. Don't forget to make sure the lunch box is clean, too.
- Teach children to wash their hands before digging into lunch. For extra protection, pack moist towelettes in the lunch box or bag.

Keep Raw Meats and Ready-to-Eat Foods Separate

- At home, store fruits, vegetables and cooked and ready-to-eat meats for kids' lunches separately from raw meats.
- To help prevent cross-contamination, keep a supply of shelf-stable foods that don't require much preparation or refrigeration such as crackers, fresh fruits, packaged puddings and canned fruits or meats.

Maintain Proper Temperatures

- Pack hot foods like soup and chili in well-insulated, tightly sealed containers until ready to eat.
- If sending perishable cold foods for lunch (such as hard-boiled eggs, milk, yogurt, cheese or a sandwich with meat, chicken, turkey or tuna), include a frozen icepack to help keep them cold until lunchtime. A frozen individual juice box can help serve as a cold pack.
- Invest in an insulated lunch box or use double paper bags.

Refrigerate Promptly Below 40° F

- If packing a sandwich the night before, keep it in the refrigerator at below 40 degrees Fahrenheit until your child leaves for school.
- Instruct your child to throw away all perishable leftovers after lunch.

Children and Money

Teaching children the value of money is a leading concern among parents. Money conflicts between parents and teenage children have become a prominent feature of family living.

The question that both parents and adolescents often ask is how much allowance the youngster should get. However, the real problem is how to teach a child the value of money in a society using high pressure selling techniques aimed at all ages – adults, adolescents and children.

The pressures of advertising on young people are of serious concern to parents. Youngsters are subjected to many pressures by disc jockeys, record companies, the soft drink industry, toy manufacturers and even illegal drug dealers.

Family agencies and church organizations have also been concerned about these spending pressures and they have come to recognize the need to teach children values and money management. Successfully teaching children the value of money can be done if all the available tools and knowledge are used rather than relying on just one.

The educational process needs to be started at home well before a child reaches school age, and definitely before the teen years. One of the most useful methods is to have the child join in the family's budget discussions when they are old enough to understand. When they know what the family's expenses and income are, they begin to understand the need to make choices and to cooperate in holding down family expenses. These discussions also can be used to help children learn how to give and share, as well as receive.

The Meaning of Money

Money is many things to a child. To a very young child it is a shiny copper penny, a silver dime, or the jingle these coins make in his or her pocket or hand. Then the child learns that coins can be used to get candy or toys. Before long he or she notices that you use coins plus some "green stuff" to buy food and clothing and many other things. A child may begin to think that you can get anything you want.

To the older child, money is what he or she gets for supplying their services to Mrs. Cunningham or Mr. Wilson down the street. By mowing lawns, raking leaves, or babysitting, the young person receives money in exchange for his or her time and effort. The money can be used to buy something the child wants, to save for something, or to use for sharing with others.

Like most parents, you probably want your child to learn how to use money wisely. Children need to develop a good attitude toward money and its uses, and to learn to make choices when spending money or using other resources. You probably want your children to enjoy spending their money for things they

want or need, but you also may want them to save for the future. You might want your child to be generous, but not extravagant, in sharing with family, friends and those less fortunate.

Learning about the proper use of money and other resources begins at home. Parents still do more than anyone else to mold the attitudes of their children. Of course you won't be the only one teaching your child about money.

The child will be influenced by friends, teachers, television programs and advertisements and the pressures of society as a whole. Create the opportunity to teach your child about spending, especially in the early years.

Varied Family Backgrounds

With the fluctuating economic and social backgrounds of today's families, it is no wonder that many children are confused about money and the things it can buy. The major part of a family's income still goes to purchase family needs. You as a parent have a big responsibility in helping your children develop desirable attitudes toward money and other resources.

Remember, there are many more things to buy and many more choices to be made in today's market than when you were a child. The ever-increasing number of items to buy makes it essential that you teach your children how to choose what to buy, how to buy it and the best time to buy.

You have had years of practice in spending money. If you have practiced sound decision-making, have been able to live within your family's income, have had mostly good experiences and are reasonably happy, then you are probably

making wise use of your money. Pass this "know-how" on to your children.

When to Teach Your Child About Money

As soon as your youngster can understand the transaction involved in buying a lollipop, the child is ready for an explanation about money. Whatever the age, you can help your child by giving advice, both direct and indirect, and by setting an example. You can let your child observe money being used, and you can let him and her use money. Provide a child with opportunities to start using money at an early age. Give children small amounts so that their mistakes will not be too costly.

Regardless of the training you give or the plan you follow, you will find that no two children use their money in exactly the same ways. The chief purpose is to teach your child about money management – how to handle money wisely weighing values to make appropriate decisions that provide maximum satisfaction for the money spent. These decisions will be as different as the unique personalities involved. (*Next month, the second portion of this article, "Children and Money".*)



Mosquito Activity Will Be Increasing

Many areas of the state saw significant rainfall last month and that also means they will see a rise in mosquito activity particularly by the Asian tiger mosquito which takes advantage of those small and often inconspicuous sites around your property that fill with storm water and become prime mosquito breeding sites. So, before people start planning a chemical assault on their yards as the solution to their mosquito problems, they need to start with the simpler and more long-term approach of eliminating “collectibles”. I don’t mean souvenirs; we’re talking about all of those objects that collect and retain rainwater for days or even weeks. For example:

-Bird baths- simply flush them out with a garden hose and you flush out the mosquito larvae in the process. Plus, the birds will appreciate the fresh water. For horse owners with water troughs near stalls or out in pastures, one option is to use a product such as “Mosquito Dunks” which contain the bacteria *Bacillus thuringiensis israelensis* which kills the mosquito larvae (not the adults). Although you can use them in outdoor water bowls for pets, it’s far simpler (and better for your animals) if you “tip and toss” the water from the bowl and replenish it with fresh water “daily”.

-Old cans, tires, etc- empty them and get rid of them (legally, not simply tossed along the highway to become someone else’s problem).

-Outdoor flower pots- empty the water from the dishes/trays underneath them. Your plants have plenty of water without

the overflow. This also helps reduce fungus gnat problems in the plant soil.

-Remove all of that built-up debris from your gutters- the water and decaying material attract mosquitoes.

-Rain barrels- if you collect water from your gutters or some other system, make sure the barrel is screened to keep out debris and mosquitoes.

-Tarps that cover your boat, grill, firewood, etc.- also collect pockets of water that can remain for 1-2 weeks.

-The bed of the ’57 Ford pickup- that you’ve been “restoring” for the last 25 years can collect water particularly if the tailgate faces uphill in your yard.

-Kids’ pools- if they’re not being used by kids, they’re probably being used by the mosquitoes (and maybe some toads)- empty them. The same thing applies to pools (in ground or above ground) that aren’t maintained (e.g. pools on abandoned or foreclosed properties).

-Drainage ditches- they’re meant to collect storm water temporarily. Keep them free of debris so that water flows and has time to filter into the soil.

-Decorative fish ponds- can be a source of mosquitoes if they contain a lot of vegetation that provides hiding places for the mosquito larvae. “Mosquito Dunks” are an option here.

-Tree holes- when limbs fall off trees, the remaining hole in the trunk can collect water. Flush that out or put a small piece of a mosquito dunk into it.

Many people ask about treating shrubs in their yard. Mosquitoes will rest in these locations, but whether treating them “controls” a mosquito problem is difficult to determine depending on the species of mosquitoes most prominent in your area. Similarly, people using outdoor foggers will definitely kill mosquitoes, but depending on the time of day/evening that they use it, they may be missing the peak activity of the most common mosquito species found in their area. Two other issues about using outdoor foggers are important. First, safety is critical. Make sure that you are standing upwind from the direction that you are dispersing the fog and wear appropriate protective equipment to prevent the fog from getting into your eyes and lungs or on your skin.

Second, know where the fog is going. Some of your neighbors may not actually want chemicals drifting onto their property (particularly if they’re outside eating at the time).

The same applies to the automated misting systems that some people have installed on their homes. From time to time, we get reports of companies that offer “mosquito control” whose response to the question of what they are using is simply that it’s something “safe” or “natural” but they won’t actually tell you what the chemical is. Personally, I would steer clear of a company that isn’t willing to tell you what they are spraying (or propose to spray) on “your” property. You have the right to know the identity of the product and if they won’t reveal it, the NC Department of Agriculture and Consumer Services is very willing to “encourage” them to be forthright about their control program.

One other point to remember – mosquitoes have no concept of property lines. Mosquito management takes a neighborhood effort to be truly effective. We have information on mosquito control on the web at <http://insects.ncsu.edu/Urban/mosquito.htm>.

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The Onslow County Fair is Coming to Town



The Onslow County Fair will be here October 1st, 2012, through Saturday October 6th, 2012. Crafts, sewing items, baked goods, home canned goods are all needed to be judged. Young and old can enter. Entries to be judged can be entered on October 1st from 8:00 am until 4:30 pm. Some flowers entries may be entered the next morning.

Fair books are available at all branches of the county's public library or at the Onslow County Extension Office. All entries into the fair for judging have to have been completed within the last year and all participants with items to be entered have to be a resident of Onslow County. A complete listing of all the rules can be found in the fair book. There's a category for everyone from agricultural exhibits to arts and crafts, to canning and baked goods.

Please join in the fun by entering an item or items into the fair. The money awards are not large but the ribbons are special.

Tuesday, October 2nd, a talent show will be held with youth from all parts of the county. Talent goes on parade at 7:00 pm. We need everyone to get involved with the fair to show those that attend all the talent we have in our county.

The price to get in the fair this year will be \$5.00. Children under the age of three get in free as well as seniors age 65 and older get in free. Ride tickets will be sold separately on the midway. The fair opens on October 1st, at 6:00 pm. Tuesday, October 2nd, through Friday October 5th, at 4:00 pm and Saturday, October 6th, at 12 noon. If you have any questions regarding the entries to the fair or a fair booth, please call us at 455-5873.

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