

Home & Family Update

Providing relevant, unbiased, science-based information for you and your family,

May—June—July—Aug.

2010



South Dakota
Cooperative Extension Service

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Providing relevant, unbiased, science-based information for you and your family



PYRAMIDS OF COLORFUL VEGETABLES

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A couple of years ago when I was in elementary school I recall learning about the food pyramid. Since then a few changes to the pyramid have taken place. The former version of the pyramid illustrated that certain foods should be eaten in larger quantities while others should be used sparingly. The new pyramid looks more like the colors produced when light travels through a glass prism. I would imagine the main idea of the new pyramid is variety; in the foods that should be eaten, in the way food should be eaten, and in the activities that should be conducted for a healthy lifestyle. Variety is what this article is all about.

Variety in gardening is a concept many do not think about when planning their garden. Planting a garden with a variety of vegetables allows us to have a healthier garden and healthier food choices after the harvest. Some common vegetables include; sweet corn, cabbage, peas, beans, tomatoes, peppers, radishes, lettuce, and onions. In addition to these there are some overlooked not so common vegetables. Bok Choy, Napa cabbage, Daikon radishes, kale, endive, okra, and tomatillo just to name a few will give you a greater palette of vegetables for your dinner table.

Healthy gardens start with variety. A garden with good variety can withstand some weather troubles, disease problems, and pest pressures. Granted some problems affect all vegetables but depending on how the plant grows and when planted many situations can be averted. For example planting sweet corn over several weeks can result in eluding the destructive corn ear worm. Planting other crops can have similar results or in the least many vegetables in the kitchen.

Cultivars have been bred to provide resistance to diseases, increased yield, shorter maturation periods, and even oddly colored vegetables. Some examples include; 'Violet Queen' cauliflower, 'Purple Haze' carrot, 'Green Zebra' tomatoes, 'Purple Podded' pole beans, 'Tigger' melons, 'Indian Summer' sweet corn, and 'Bright Lights' Swiss chard. These and many others like them can add color to your garden making it a work of art. From a nutritional standpoint these vegetables have different amounts of pigments called anthocyanins which are high in vitamins and minerals.

I would challenge you to try something new and see what happens. Use the new food pyramid as a guide. After all it is colorful, indicates how we can eat healthy, become more active, and get physically fit, all of which has a foundation in the garden. Feel free to contact me with questions or comments at 605-394-2188 or email ricky.abrahamson@sdstate.edu.



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CHECK IT OUT AT:

<http://www.mediafamily.org/switch/index.shtml>

The National Institute on Media and the Family launched its new innovative program designed to help communities, schools and families promote and choose healthy lifestyles. Specifically, *Switch* provides a practical and fun way to help children and families:

Switch what you Do 

Switch what you View.TM 

Switch what you Chew 



Family Caregiving: Why is it so hard to ask for help?

What's a good response to the statement, "Call me if you need me?" Despite the fact that family caregivers are drowning in responsibility or are really confused about what the next step ought to be, they often respond "no thanks" when help is offered. Asking for and accepting help is a complex issue.

Obviously you first need to admit that having some help will make a real difference in your loved one's quality of life, and therefore yours as well. Then you need to define what help you need. Which tasks or chores would be the easiest to ask others to do? Which do you really want to do yourself? And which, if any, can you afford to pay others to do? If this just sounds like more work, know that it doesn't have to be an overwhelming task but rather just a way to organize the thoughts and information you already have.

Recognize that caregiving, like any job, is made up of lots of individual tasks, not all of which are of the same importance. Some tasks take a few minutes; some may take many hours. Some tasks are easy; others require some skill and fortitude. The challenge is to know the difference.

Recognize that asking for help is a sign of strength and not of weakness. It means you truly have a grasp on your situation and have come up with a proactive problem-solving approach to making things easier and better.

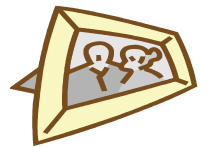
Create a list of the tasks that need to get done in any given week, or at least those you are most concerned about, such as balancing your responsibilities at work with taking mom to the doctor and Susie to soccer practice, bathing and dressing your husband, cooking, cleaning, etc. When you see how long the list is you'll quickly understand why you are so tired and don't have time for yourself.

Group your tasks into categories such as personal care tasks for your loved one, transportation, household chores. You can group your tasks into only a few broad categories, or many specific ones. There's no right or wrong way. It's all a matter of personal preference.

Write down your caregiving worries. Where will we get the money to pay for John's medications? Who will care for Mary if I get sick? Where can I find an adult day facility that provides transportation? Seeing them in black and white helps diffuse some of their emotion. It also allows you to think more rationally about your concerns and understand how getting help with some of your tasks might lessen the stress. It can provide the basis for deciding which tasks you might ask a neighbor, family member or the church to help out with, which you are willing and able to pay someone else to do, and which there might be a public program for.

Share your lists with someone you trust before you actually reach out for help—a friend, therapist, or clergyman, perhaps. The intent is to first get comfortable with the idea of talking about your need for assistance and hopefully get some encouragement and good ideas in the process. Then take a deep breath and actually ask someone to help with one of the tasks on your list, or ask for guidance in resolving your most persistent worry. Start with something small, especially if you are looking for hands-on assistance or something that requires someone doing you a favor. Don't get discouraged if you get rejected at first. It sometimes takes perseverance. Just remember—the effort is worth it because the goal is better care for your loved one and yourself.

Source: National Family Caregivers Association
Submitted by: Elynn Eddy



Spring is finally here in South Dakota. I wasn't sure I would ever see snow free ground again! Soon, families will be setting dates for their spring/summer picnics and camping trips. It is a great way to spend some quality time with your family, but precautions need to be taken to ensure the safety of food consumed.

Bacteria grow and multiply rapidly in the food danger zone (between 40° F and 140° F). Food transported without an ice source or left out in the sun won't stay safe for long. This is why summer is the season when more people become ill from food borne bacteria.

The following tips will help to keep your food safe so your family can enjoy themselves:

- Plan how much food will be needed and only take that amount. This way, you don't have to worry about storage or safety of the leftovers.
- Clean preparation is essential. Bacteria not only live on most foods, but also our hands and work areas. Ensure that utensils, hands, and work area are clean before preparing food.
- Foods cooked ahead of time need to be chilled thoroughly in the refrigerator and kept below 40° F until ready to serve.
- If you're eating take-out foods like fried chicken make sure to eat it within two hours of pick-up.
- Don't put the cooler in the trunk of your car; carry it inside the air-conditioned car.
- Make sure to keep the cooler in the shade. Keep the lid closed and avoid repeated openings to keep food cool. Make sure to keep replenishing the ice if it melts.
- Use separate coolers for drinks and perishable foods.
- Place all leftovers in the cooler soon after grilling or serving. Anything left outside for more than an hour should be thrown away. If there is still ice in the cooler when you get home, the leftovers are okay to eat.
- When handling raw meat, remove only the amount you will be cooking from the cooler.
- To be sure that all bacteria are destroyed, cook meat to the appropriate temperature:

USDA Recommended Safe Minimum Internal Temperatures

Steaks & Roasts - 145 °F
Fish - 145 °F
Pork - 160 °F
Ground Beef - 160 °F
Egg Dishes - 160 °F
Chicken Breasts - 165 °F
Whole Poultry - 165 °F

When taking foods off the grill, put them on a clean plate. Do not put cooked food on a platter that held raw meat.

Picnic / Camping Food Safety



By following these rules, your family will not only have fun on your outing, but be safe as well.

Source: Iowa State University: Pack Safety in Your Picnic Basket



Family Focus: "Family Summer Safety Tips"

The summer season marks the time for families to enjoy some of America's traditional summer pastimes such as barbecues, parties and backyard gatherings. However, family festivities could be interrupted by a trip to the emergency room if you do not follow simple steps to safeguard your family and friends against summer hazards. Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

For Babies Under 6 Months: The main recommendation is to prevent sunburn by avoiding sun exposure and dress infants in lightweight long pants, long-sleeved shirts and brimmed hats that shade the neck to prevent sunburn.

For Young Children: Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

Bicycle Safety: Do not push your child to ride a bike until he or she is ready, at about 5 or 6. Take your child with you when you shop for a bike, so that he or she can try it out. Your child needs to wear a helmet on every bike ride, no matter how close to home.



Playground Safety: Make sure metal slides are cool to prevent children's legs from getting burned. Parents should supervise children on play equipment to make sure they are safe. Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.

Bug Safety: Avoid areas where insects nest such as stagnant pools or water, uncovered foods and gardens where flowers bloom. The current CDC and AAP recommendation for children over 2 months of age is to use 30 percent DEET insect repellents. DEET should not be used on children under 2 months of age.



Lawn Mower Safety: Children younger than 16 should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers. Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing. Do not allow children to ride as passengers on ride-on mowers.



(Source: <http://www.aap.org/advocacy/releases/summertips.cfm>)

Submitted by: Ann Schwader



SPECIAL TOPIC: KIDS & CELL PHONES

Did you know that 77% of American teens now have cell phones and that on average they send 440 texts a week of which 110 are sent while in a school class? Experts at the National Institute on Media and Family predict that more than half of the kids ages 8-12 will have cell phones within the next three years.

Listed are 10 tips for parents about kids and cell phones:

- Choose a cell phone plan with reasonable limits and make sure your child has consequences, financial or otherwise, if limits are exceeded.
- Review the cell phone bill monthly with your child.
- Know your child's school policy on cell phone use and support it.
- Talk about cyber bullying. Ask your kids to let you know if they get harassing texts, pictures or phone calls.
- Make sure kids understand no texting or talking while driving—no matter what!



-Tell your kids not to share their cell phone number online, especially to people they don't know, even if they have been talking with them in a chat room or instant messaging.

-Talk to your kids about 'sexting' and make sure they understand that sexually inappropriate language or pictures are not allowed and what the consequences could be.

-Have 'cell phone free' zones in your home – dinner time, bed time and other.

-Talk to your kids about cell phone manners – appropriate times to call, when to answer or not & etc.

-Set a good example as parents by modeling balanced, respectful cell phone use.

For more information on kids and cell phones check out this website - <http://www.mediafamily.org/cell-phones/index.shtml>

Source: National Institute on Media & the Family – Guide to Cell Phones
Submitted by: Corrine Huber

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MONEY MATTERS: Tips for Teens & Savings

As a teen, you're beginning to make some grown-up decisions about how to save and spend your money. That's why learning the right ways to manage money right from the start is important. Here are some suggestions.

Save some money before you're tempted to spend it.

Pay yourself first by putting at least 10 percent, possibly more, into a savings or investment account. Put your spare change to use by collecting loose coins in a jar and eventually depositing them into a savings account.

Keep track of your spending. Budget your money or develop a spending plan by deciding on a maximum amount you aim to spend each week or month.

Consider a part-time or summer job. Talk with your parents about the best job to fit your daily schedule, whether it's babysitting, mowing lawns or a job in a "real" business. Working outside of your home can provide you with income, new skills and references that can be useful after high school or college.

Think before you buy. Before making a purchase, especially a big purchase, ask yourself if you really need or just want the item, and if you can truly afford the purchase without having to cut back on spending for something else.

Be careful with cards. Under most state laws, you must be at least 18 years old to obtain your own credit card and be held responsible for repaying the debt. Teens who do own credit cards should be aware of the financial consequences of making purchases on credit. Debit cards automatically deduct purchases from your checking account.

Protect yourself from crooks who target teens. Even if you don't have a checking account or credit card, a criminal who learns your name, address and Social Security number may be able to obtain a new credit card using *your name* to make purchases. Be very suspicious of requests for your information that can come by phone, e-mail, text message or in the mail.

Be smart about college. If you're planning to go to college, learn about your options for saving or borrowing money for what could be a major expense – from tuition to books, fees and housing. Consider the costs when you search for a school. Otherwise, when you graduate, your college debts could be high and may limit your options when it comes to a career path or where you can afford to live.

Source: www.fdic.gov/consumers/consumer/news/cnspr08 Submitted by: Deb Rombough

