

# Link-Ages

Resources and Information for All Families

This newsletter is partially funded by Tony Grampas Tobacco Initiative money.



## Pueblo Initiative for Grandparents Raising Grandchildren

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## March, 2007

Welcome to spring! Is your mouth watering thinking about gardening and all the fresh produce that spring and summer bring? Do you want to preserve all of those luscious foods, including peppers, for winter? Do you worry about the safety of the canned or frozen items because you haven't canned in a long time? Then consider the possibility that you just might be a candidate for Master Food Safety and Preservation Advisor (formerly known as Master Food Preservers) for CSU Extension! You would receive your training in El Paso County from an expert Extension Agent and then do volunteer hours in the Pueblo CSU Extension Office.

Volunteer time is often assisting with preservation classes, talking to people at the Farmer's Market, or even teaching food safety classes to children and youth. It's a great opportunity to learn about all kinds of preserving and food safety and have lots of fun at the same time. Consider this opportunity to learn and use what you learn. Call me or the El Paso County office (see flyer) if you have questions. Happy Spring!

Lois Illick,  
 Extension Agent,

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Special Insert-  
 Become a Master Food Safety and Preservation Advisor

## The "Four Myths" that Smoking Parents Believe

### The Odor Myth:

-Spraying room deodorants removes second-hand smoke.

### The Ventilation Myth:

-Opening a window or turning on a fan removes second-hand smoke.

### The Distance Myth:

-Walking into another room will reduce their kid's exposure to second-hand smoke.

### The Quit Myth:

-If they can't quit, they can't do anything for their kids.

And the "One Step" parents can take to protect their kids:

-Step OUTSIDE!



## Link-Ages Grandparent Section

### Your Grocery Shopping Style



Just as sure as you have a personality type, you also have a grocery shopping style that is most comfortable for you and which you should embrace. Determine which strategies work best for you and then hone your skills. If you are diligent you really can drastically cut the cost of feeding your family without sacrificing health and nutrition.

**CHERRY PICKER.** You are a loss-leader lover. You can't wait to pick up those items each week that are priced so low, the store actually takes a loss so you can bag a bargain. Grocers use them as bait to get you through the door, but you are too clever to get hooked on paying full-price for other items while you're there. You don't mind going from store to store.

**Strategy:** Weekly flyers from all those stores are your friends. But why bother with all that paper when you can simply log on to [MyGroceryDeals.com](http://MyGroceryDeals.com), a free site that uploads weekly flyers for most major supermarkets in the country. Just input your area code and you can create your shopping list, store by store. Print it out and you're on your way. No matter your food shopping style, this is a resource you need to use.

**COUPON CLIPPER.** You are nuts about manufacturers' coupons. You clip, file, use and purge with ease. Your coupon caddy is one of your prized possessions. And you know the best tip of all: Hold a coupon until that item goes on sale. That's how you make a double play—sale price plus coupon.

**Strategy:** It takes a lot of time to track sales and match coupons. Hire [TheGroceryGame.com](http://TheGroceryGame.com) to do that for you. Be sure to try the four-weeks-for-\$1 trial before committing to a longer period. Even if you think you hate coupons, you should check this out.

**SALE SEEKER.** You aren't into coupons and you don't want to drive all over town picking up specials. But you're on a budget and refuse to overspend. You're a sale sleuth. Rarely do you have to pay full price for anything because you remain flexible.

**Strategy:** Log on to [TheCouponMom.com](http://TheCouponMom.com), a site that lists the week's best deals for most major supermarkets across the country. When your budget allows, buy several items when the price is really low to last until the next time they go on sale.

**CAN'T BE BOTHERED.** You stop by the store whenever you need food. You arrive with no particular plan in mind—loading up your cart with whatever happens to look, smell or taste good (love those samples). Because you are hungry, which is the reason you thought about going to the store in the first place, most everything looks good. You leave with enough for tonight's dinner, but soon realize tomorrow is another day. And another trip to the store.

**Strategy:** Given the way food costs are skyrocketing, without a plan you'll likely spend more in 2007 on food than on housing or transportation. Your best bet is to look for a second job. You're going to need it to pay for your groceries!

Source: Everyday Cheapskate January 2007



University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences  
United States Department of Agriculture Local Extension Councils Cooperating  
*University of Illinois Extension provides equal opportunities in programs and employment.*



## Laundering Guide for Beginners

### Getting Started

**Preparing the load** is the most important step. Empty pockets; remove pins, belts with buckles and other hard items; close zippers, snaps and hooks; take off any other accessories that are not washable; tie strings and sashes so that they won't get tangled up, or remove them and hand-wash separately.

**Sort the load** in different piles since you'll wash the items differently. Sort by fabric and weight (cottons, knits, delicate items), by color (white, light colors that won't run, dark or bright colors that may run), by how dirty they are (very dirty, normally dirty, less dirty), and lint givers (bedspreads, towels) from lint takers (corduroy, permanent press, synthetic fabrics).

### Using the Washer

#### Choose the proper cycle.

- Permanent press: warm or hot water (whites and very dirty clothes need hot water), cold rinse, permanent press cycle, and 4 to 12 minutes wash time.
- Regular and sturdy fabrics: hot water (for whites or very dirty items), warm (for

most loads) or cold (for dark or bright colors that may run), cold rinse, normal/regular or heavy wash cycle, and 4 to 14 minutes wash time.

- Delicates and knits: warm or cold water (bright or dark colors will need cold), cold rinse, gentle or delicate wash cycle, and 2 to 8 minutes wash time.

**Add detergent and other laundry aids** to get your clothes clean— normally, about ½ to 1 cup for average loads. But washers are different, and laundry aids vary in their use; so, read directions on both the washer and detergent. Always measure bleach carefully and use liquid fabric softeners only in a deep rinse.

**Clean filter**, if needed, and start washing machine.

**Load the washer** after the tub has filled and agitated for a minute or two. Drop clothes in loosely. Don't pack or wrap items around the agitator. Put both large and small items together in each load to maintain balance. Items should move easily through the water.

### Using the Dryer

**Load the dryer** with the same loads you sorted for the washer. Do not overload because this causes wrinkling and long drying times. Clean the lint screen often. Be careful with plastic and rubber items – use only the air or fluff setting for these.

**Choose a dryer cycle** to compliment your fabrics. Permanent press has a cool-down period to reduce wrinkling; regular or normal has heat settings for fast drying of heavy fabrics.

**Use control settings and charts to determine drying time** since damp items will wrinkle and possibly mildew. Avoid over-drying because it uses more energy than needed.

**When dryer stops**, take everything out. Hang or fold items immediately to reduce wrinkling.

Prepared By: Lois Smith, Extension Educator

## Nutrition and Food Safety-Myth and Fact



**MYTH:** *Filling your sink with water and putting your produce in the standing water is the best way to clean it.*

**FACT:** According to the Partnership for Food Safety Education (PFSE), soaking your produce is risky business. Sinks with standing water can harbor bacteria which can transfer to foods and make you sick.

They advise: to properly clean fresh fruits and vegetables including those with skins and rinds that are not eaten, rinse them under running tap water. Rub firm-skin fruits and vegetables under running tap water or scrub with a clean cloth towel or paper towel. Never use detergent or bleach to wash fresh fruits or vegetables. Bleach and other cleansers are not intended for consumption.

The PFSE is a not-for-profit organization that unites industry associations, professional societies in food science, nutrition and health, consumer groups, and the U.S. government to educate the public about safe food handling. [www.fightbac.org](http://www.fightbac.org), the website of the PFSE, is a resource for food safety and safe food handling information.

## Ten Ways to Participate in Your Children's Education



1. Build your children's self-esteem. Listen to what they have to say and praise them for the things they do well.
2. Encourage your children to talk about their feelings, accomplishments, and problems.
3. Be a positive role model for your children. Teach them right from wrong at an early age.
4. Tell your children it's all right to make mistakes, as long as they learn from them.
5. Allow your children to see you read daily newspapers, books, etc. Read stories aloud and tell them about your culture and heritage.
6. Show an interest in your children's school activities by helping them with their homework and getting to know their teachers.
7. Take your children to museums, the local library, and other free educational and cultural events whenever possible.
8. Ask that report cards and other school documents be made available in both English and Spanish.
9. Ask the school to provide a translator for meetings and whether English as a second language (ESL) classes are available.
10. Join the Parent Teacher Association (PTA) or volunteer at your children's school.

Source: National PTA

# When adult children move back home: Communication is key

By Laurel L. Kubin, Colorado State University Cooperative Extension, Larimer County Director

Mom and Dad think they've launched their child, high school or college degree in hand, into a world of independence. Then the phone rings and they hear, "I need to move back home." This move might be caused by the child's job that pays too little, loss of a job, debts that have mounted, divorce, or any number of other reasons. Regardless, having a child, and sometimes grandchildren, too, living in the parent's home changes everyone's financial situation.



Discussions about financial responsibilities need to occur early in the living arrangement and be as specific as possible. Some questions to ask could include: How much money can the parents use to help their child? Is the money to be a gift or a loan? Will the child contribute to household expenses, such as for food and utilities? Will the child help with household chores, and if so, which ones? What are the boundaries on how long this new arrangement is acceptable?

Put agreements for shared expenses in writing so all parties clearly understand the arrangements. Be specific about what expenses are to be shared, and how much, and when, the money is to be paid. This can avoid uncomfortable feelings later on. If no room and board is to be paid, then make certain all parties understand the arrangement.

Costs that may increase when there are additional people in the household include utilities, food, laundry and perhaps long distance telephone. Other potential expenses are additional car insurance if the child is driving the family vehicle, personal property coverage for the child's possessions, and childcare for grandchildren.

Money issues aside, include discussions about time management -- bedtime, quiet time, guests and noise levels, for example. Expectations about mealtimes, helping with household tasks, and frequency or method of communications should also be part of the discussion.

Talking about family finances and responsibilities with adult children may not be easy, but not talking can easily create misunderstandings and tension. When an adult child moves home to "get back on their feet," family ties can either be strengthened or stretched. Up-front communications about expectations can avoid many potential problems later on.

Source: Consumer Connection, Colorado State University Extension

## **Master Food Safety & Preservation Advisor Training**

The El Paso County Office of Colorado State University Extension is offering 30 hours of intensive training on methods of canning, freezing, drying, jam & jellies, pickling and food safety.

During the lectures, discussion and labs in the demonstration kitchen, you will learn:

- The latest information on food safety and food preservation from Colorado State University.
- Signs, causes, and prevention of food spoilage.

*A Food Safety Advisor Volunteer Handbook* is included along with current CSU publications and fact sheets from The National Center for Food Preservation. There will be “hands on” activities during the lab times where the safety and preservation techniques are put into practice with plenty of opportunity for questions.

The cost is **\$75** (*with a commitment of 40 hours of volunteer service*) or \$150 if you choose not to volunteer – payable with your application form.

Former Master Food Safety & Preservation Advisors may take the course at no charge with certification and volunteer 20 hours of service.

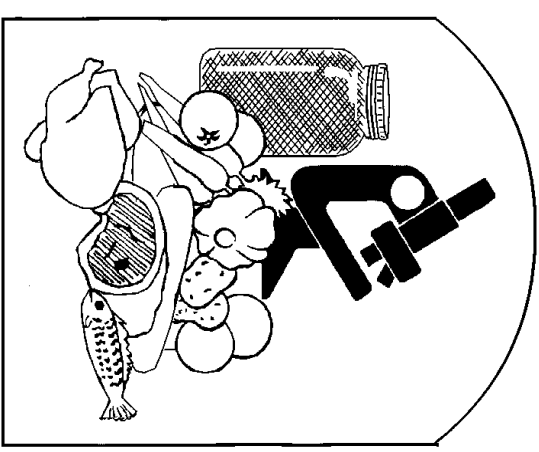
# MASTER FOOD

# SAFETY AND

# PRESERVATION

# PROGRAM

# 2007



**Presented by:**

**Colorado State University  
Cooperative Extension  
El Paso County**

Colorado State University, U.S. Department of Agriculture and El Paso County cooperating. Cooperative Extension Programs are available to all without discrimination.

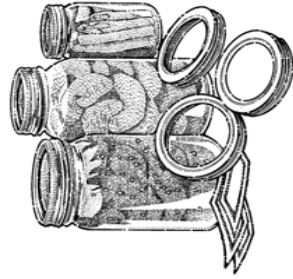
## Master Food Safety & Preservation Advisors are

### Colorado State University Volunteers

After completing your training, you will have an opportunity to choose the volunteer experiences that would be most enjoyable. The experiences enhance the knowledge and skills gained through the training and assist others in the community. In 2006, the MFSP Advisors volunteered 962 hours and assisted 1,490 people!

The 40 hour commitment can be fulfilled by:

- Answering consumer phone calls
- Providing information at local Farmer's Markets, the El Paso County Fair, or other venues
- Conducting presentations or classes as part of a team or on your own
- Preparing educational displays writing articles for newsletters, etc,
- Making samples for use in classes and workshops.



## Schedule of Classes

The Master Food & Safety Preservation Advisor classes will be held at the El Paso County Extension Meeting Room, 305 S. Union Blvd., on Thursdays:

<b>May 3</b>	<b>9:00 a.m. to 2:00 p.m.</b> Orientation & General Food Safety
<b>May 10</b>	<b>9:00 a.m. to 1:00 p.m.</b> High Acid/Water Bath Canning
<b>May 17</b>	<b>9:00 a.m. to 1:00 p.m.</b> Pickled and Fermented Food
<b>May 24</b>	<b>9:00 a.m. to 1:00 p.m.</b> Jams and Jellies
<b>June 7</b>	<b>9:00 a.m. to 1:00 p.m.</b> Low Acid/Pressure Canning
<b>June 14</b>	<b>9:00 a.m. to 1:00 p.m.</b> Freezing and Dehydrating
<b>June 21</b>	<b>9:00 a.m. to 11:00 a.m.</b> Review Test & Volunteer Criteria

## How to Become a Master Food Safety & Preservation Advisor

To have an application packet sent to you, please contact the CSU Cooperative Extension Office.

You may send a letter requesting an application be sent to you. The address is:

CSU Cooperative Extension  
305 South Union Blvd.,  
Colorado Springs, CO 80910.

Or you may call the office and have an application sent to you. The phone number is

719-636-8920.

You may also e-mail the office for an application. Send requests to:

[debbierivera@elpasoco.com](mailto:debbierivera@elpasoco.com) or  
[sheilabarry@elpasoco.com](mailto:sheilabarry@elpasoco.com)

Applications are available online at  
[www.coopext.colostate.edu/elpaso](http://www.coopext.colostate.edu/elpaso)

All applications must be completed and returned to the office by April 20<sup>th</sup>.



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National Extension Association of  
Family and Consumer Sciences (NEAFCS)  
Western Region 3<sup>rd</sup> Place Finalist  
for Newsletters

Non-profit Organization  
US Postage Paid  
Permit #29  
Pueblo, CO



Alcohol and Drug Abuse Division

## Energy-Saving Tips: Lighting

Installing compact fluorescent (CFL) bulbs in and around your home could save you approximately \$25 per bulb in electricity costs over the life of the bulb. They cost a bit more to purchase than regular bulbs, but CFLs last 10 times longer and produce little or no heat. Here are a few tips to help you bring the benefits of CFL's into your household:

**Replace your most frequently used bulbs first.** You don't have to replace every light bulb in your home at once to make a difference. By replacing the bulbs you use most - like those in your kitchen - you can start saving energy right away.

**Use CFLs outdoors.** Because CFL bulbs last so long, they are a great choice for exterior lighting. You may want to consider purchasing outdoor lamps with cold-weather ballasts since standard CFLs can take time to warm up at temperatures below 40° F.

**Replace halogen torchiere fixtures with CFLs.** Halogen torchieres generate excessive heat and are fire hazards. Compact fluorescent torchieres are cooler and use 60 to 80 percent less energy.



Compact fluorescent bulbs produce less heat and last longer than regular bulbs.

Source: Xcel Energy, [www.xcelenergy.com/energysavings](http://www.xcelenergy.com/energysavings)