

# PERSPECTIVES

Utah State University  
COOPERATIVE EXTENSION

extension.usu.edu/boxelder



Summer 2010

## Make Family Time Active Time

Doing fun, active things together is a great way to strengthen family bonds and get healthier. Make it a family project. Start by gathering family members together and brainstorming a list of activities that would be fun to do together. Remember that when you are brainstorming, all ideas are accepted and no criticisms or judgments are made. Focus on creating the best list you can. One of the best things about brainstorming is that one idea may spark another and lead to an even better idea. After you have a great list of ideas, have family members pick out the ideas they like the best. Decide which ones you have the resources (time, money, etc.) to do. Next, get out the calendar and schedule the family activities you have chosen. If you haven't been doing any, start with one every week. When that is going well, increase the number of activities.

There are hundreds of ways to enjoy being active as a family.

- Go for a bike ride and end up at the park for a picnic.
- Take a hike to a favorite spot and collect leaves, pebbles, sand, shells, etc. to create a collage.
- Learn to take photographs and go on a photo safari to practice new picture taking skills.

Travel to safari locations by walking, biking, hiking, skateboarding, roller skating, etc.

- Organize a neighborhood event for families. It might be a water fight, softball game, hopscotch tournament, or obstacle course competition. Be creative.
- Explore new areas of your community by taking an evening family walk in different neighborhoods.
- Play catch or soccer with your children in the back yard or at the park.
- Go bowling.
- Play ping pong.
- Roller skate at a local park or rink.
- Play Frizbee™ golf. Place several hula hoops on the ground to make the holes and have golfers throw Frizbees™ into the hoops. Count each toss as a stroke.
- Run through the sprinklers, play on a Slip N Slide, or have a water fight.
- Jump on a trampoline.
- Go swimming.
- Play tag or hide n seek.

## Energy Saving Tip

If you have a water heater set at 140°F, turn the temperature down to 120°F (medium setting on a gas heater dial), and you'll cut your water heating costs by 6-10%. For exceptionally soiled clothing, diapers, or when someone is ill, you may want to turn it back up when laundering.

## Inside this Issue:

<b>Sweet Potato Wrap</b>	2
<b>How can I regulate my child's TV watching?</b>	2
<b>Get Ready for Canning Season</b>	2
<b>Slashing Your Grocery Bill</b>	3
<b>Enjoy Fruits and Vegetables in Season</b>	3
<b>Upcoming Events</b>	4

# Sweet Potato Wrap

## Sweet Potato Sandwich Wraps

This recipe is a winner!

- 1 medium sweet potato
- 1/2 teaspoon chopped garlic
- 2 tablespoon lemon juice
- 1/4 teaspoon salt
- Pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon basil
- 4-10 inch flour tortillas
- 8 slices turkey breast
- 1 large ripe tomato, thinly sliced
- 1 avocado, pitted and sliced

Boil sweet potato until softened. Remove skin and puree in food processor. Stir in garlic, lemon juice and seasonings and set aside to cool. Spread puree to 1/2" of the edges of the tortillas. Add toppings and roll each tortilla.



Adapted from the North Carolina Sweet Potato Commission

# FAQ

## How can I regulate my child's TV watching?

1. Get the TV out of the child's bedroom. This promotes watching all they want, unsupervised.
2. Create a TV budget, post it to the refrigerator so they know the shows or movies they are going to watch and when.



3. Be a good TV role model. The whole family needs to participate in watching less and posting the family TV schedule.
4. Don't eat with the TV on. Dinner should be time to discuss events of the day, not watch TV.
5. Don't keep the TV on all the time. This promotes channel surfing and mindless watching. Tune into specific shows that are in your TV budget.
6. Create a list of activities with your child that you can do together instead of watching television. The list may include things like playing outside, drawing, dancing, going to the park, etc.

For more objective, research-based, credible information and tools you can use every day to improve your life, visit

<http://www.extension.org/>

# Get Ready for Canning Season

1. Have your pressure canner gauge checked for accuracy to prevent under processing and potential food borne illness. USU Extension can check your gauge Monday through Friday from 8:30 a.m. until 4:30 p.m. Testing costs \$3 per gauge.



2. Make sure your canning resources are up to date and are published by a reliable source. Two great online resources are the National Center for Home Food Preservation ([www.uga.edu/nchfp](http://www.uga.edu/nchfp)) and the USU Extension publications ([extension.usu.edu/htm/publications](http://extension.usu.edu/htm/publications)). You can also count on resources from U.S.D.A., the Extension Service, and the Ball Blue Book.

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The December 2009 revision of the USDA Complete Guide to Home Canning is now available on the National Center for Home Food Preservation web site.



# Slashing Your Grocery Bill



1. Buy in bulk. Purchase sale items or good deals in quantities that will get you through to the next sale. Take care to purchase what you can use in a reasonable time.
2. Develop a system to keep track of regular prices so you can recognize a good sale and compare prices between stores.
3. Cut down on non-nutritious foods such as soda pop, ice cream and candy.
4. Cut down on convenience foods (especially food packaged in single serving containers.
5. Choose less expensive foods like tuna, powdered milk, cheaper vegetables and fruits.
6. Have more meatless meals by including dried beans, whole grains, eggs, milk and cheese.
7. Take advantage of free food. Accept garden surplus from neighbors, use wild berries, and food obtained through barter.
8. Prepare more foods from scratch.
9. Don't waste food. Plan it into your meals rather than throwing it away.
10. Eat more casseroles, soups, stews, and stir-fry meals which are usually less expensive.
11. Change your thinking about food storage. Look at it as your "food supply" rather than your "food storage".
12. Shop alone after you have eaten. We buy more when we are hungry and when we shop

- with other people, especially children.
13. Plan meals in advance using store ads.
14. Use unit price data to compare the cost of products in different size containers. Larger quantities are not always less expensive.
15. Be a brand switcher. Try generic and store brands. New brands may taste good, have the same nutrition and be less expensive.
16. Compare the cost of meat by the serving rather than by the pound. Though bone-in cuts are cheaper per pound, they yield fewer servings per pound.
17. Insist on freshness. The date marked on all perishable foods is the "pull date", the last day on which the product can remain on the shelf in the store. It is not a spoil date. You may be able to get a discount on these items.
18. Consider group shopping strategies. A neighborhood group might save by buying in bulk directly from wholesalers and farmers. A shopping club could have members shop different stores to pick up advertised specials.
19. Save on milk by using nonfat dry milk in cooking. It costs half as much and the flavor of dry milk is hard to detect in cooked products.
20. Drink more water!

Source: Slashing Your Grocery Bill by Adrie Roberts, [http://extension.usu.edu/files/publications/publication/pub\\_\\_9199810.pdf](http://extension.usu.edu/files/publications/publication/pub__9199810.pdf)

## Enjoy Fruits and Vegetables in Season

There is nothing quite like the taste of a fresh peach or ice cold watermelon or just picked corn on the cob. While they are at their peak this summer take time to enjoy them.

In addition to wonderful flavors, fruits and vegetables also provide important nutrients and fiber that help maintain good health. They are full of

phytochemicals, the natural plant compounds that produce the bright color and provide a variety of health benefits. Eating large amounts of colorful fruits and vegetables that are high in phytochemicals may decrease the risk of developing diabetes, heart disease, and high blood pressure and may protect from some cancers. Don't let the summer go by without enjoying the bounty.



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Check us out on the web:  
<http://extension.usu.edu/>  
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Utah State University is an affirmative action/equal opportunity institution.

## Upcoming Events

Visit our Web site, <http://extension.usu.edu/boxelder>, for more information about classes.

### July

#### Tree Tour

July 13, 2010, 6-8 p.m.  
USU Extension Conference Room  
195 West 1100 South, Brigham

#### Flower Arranging

July 20, 2010, 6-8 p.m.  
USU Extension Conference Room  
195 West 1100 South, Brigham

### August

#### Perennial Garden Design Tour

August 10, 2010, 6-8 p.m.  
USU Extension Conference Room  
195 West 1100 South, Brigham

#### Canning Salsa and Tomatoes—\$3

August 12, 2010, 11 a.m.-1 p.m.  
Bridgerland Applied Technology College  
325 West 1100 South, Brigham

### Box Elder County Fair

August 24-28, 2010  
Box Elder County Fairgrounds  
350 North 1000 West, Tremonton

### September

#### Freezing Fruits and Vegetables

September 7, 2010 6-8 p.m.  
USU Extension Conference Room  
195 West 1100 South, Brigham

#### Cooking with Rice

September 15, 2010 10-11:30 a.m.  
Honeyville Farms  
1080 North Main, Suite 101, Brigham

