

# MARGIE'S MAILBOX

160 NORTH MAIN, NEPHI, UT 84648 · (435) 623-3450 · EXTENSION.USU.EDU/JUAB

**Utah State University**  
JUAB COUNTY EXTENSION


3rd quarter 2011


## Check It Out!

A big 'Thank You' goes out to those of you who participated in our strengthening marriage/relationships activities this year. Due to a great response from Juab County residents our grant funding for additional educational programming has been renewed for another year and will run from July 1, 2011 through June 30, 2012. Watch for details in upcoming newsletters and on our website: [extension.usu.edu/juab](http://extension.usu.edu/juab).

Through the Strengthening Marriages Grant, Juab County Extension recently purchased some great DVDs, games, books and curriculum to check out for couples and individuals interested in enriching and strengthening relationships. The Utah Marriage Handbook is designed to share helpful information and provide important keys, tips and activities to achieve a successful marriage/relationship.


### Relationship Enrichment Resources available for 2 week checkout:

 **DVDs:** *Guide teaches principles of healthy and unhealthy relationships.*  
Up  
Cheaper by the Dozen  
Enchanted  
Shrek

 **Relationship Books:** *Learn principles that guide couples toward a harmonious and long-lasting relationship.*  
Beyond the Myth of Marital Happiness  
Fighting for your Marriage  
L.O.V.E. Putting Your Love Styles to Work for You  
Love Talk  
Love Talk Starters  
Making Relationships Work  
Massage for Beginners  
Take Back Your Marriage  
The 5 Love Needs of Men & Women  
The Art & Science of Love (DVD & manual)  
The Love List  
The Marriage Garden

The Seven Principles for Making Marriage Work  
Why Marriages Succeed or Fail  
Your Time-Starved Marriage (also available on DVD)  
The Relationship Cure

 **Date Idea Books:** *Creative & unique new ideas for date night.*  
2002 Romantic Ideas  
40 Unforgettable Dates with Your Mate  
52 Fantastic Dates for You and Your Mate  
Fun & Creative Dates for Married Couples  
How to Date Your Spouse

 **Games:** *Play your way to a better understanding of communication and important relationship skills.*  
Totika  
Relationality  
Money Habitudes

## Upcoming Events

- 7/19: **Whole Wheat FS Demo**
- 7/20, 8/22, 8/30, 9/8: **Pressure Canner Testing**
- 8/8-13: **Juab County Fair**
- 8/16: **Eating Fruit FS Demo**

For our complete events calendar please visit our web site at [extension.usu.edu/juab](http://extension.usu.edu/juab)

## More Relationship Resources

[www.utahmarriage.org](http://www.utahmarriage.org)  
[strongermarriage.org](http://strongermarriage.org)  
[smartmarriages.com](http://smartmarriages.com)  
[healthymarriage-info.org](http://healthymarriage-info.org)  
[extension.usu.edu](http://extension.usu.edu)

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## Vacationing on a Shoestring

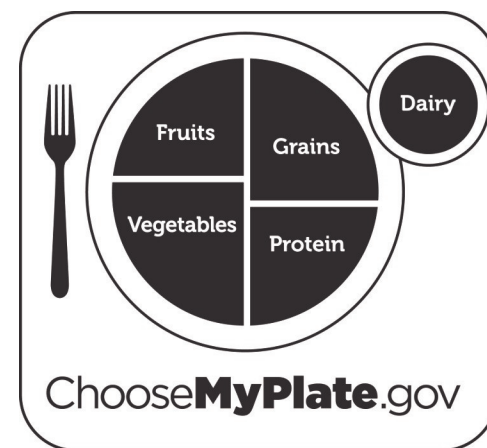
*Want to vacation this summer? Strapped for cash? Consider these money-saving tips:*

- Take your own water bottle and snacks to theme parks. Check our [www.themeparkinsider.com](http://www.themeparkinsider.com) for the latest happenings.
- Eat only one restaurant meal a day. Dine out at lunchtime (it's cheaper) or share entrees at dinner. Stay at hotels with in-room refrigerators and microwaves. Pack foods such as granola bars, fruit, and canned juices for breakfast and snacks.

- Shop around, comparing at least three competing products and service providers, such as car rental companies.
- Share expenses with family and/or friends. Divide the cost of rent (for a condo or beach house) and food.
- Fly last minute, looking for airfare deals through websites such as [www.kayak.com](http://www.kayak.com) or "last minute deal" links on airline websites.

*Contributed by Joanne Roueche, Davis County Extension*

## ChooseMyPlate.gov



### Build a Healthy Plate

1. **Balance calories.** Find out how many calories you need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps balance calories.
2. **Enjoy your food, but eat less.** Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during and after meals. Use them to recognize when to eat and when you've had enough.
3. **Avoid oversized portions.** Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.
4. **Foods to eat more often.** Eat more vegetables, fruits, whole grains and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health. Make them the basis for meals and snacks.
5. **Make half your plate fruits and vegetables.** Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.
6. **Switch to fat-free or low-fat (1%) milk.** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
7. **Make half your grains whole grains.** To eat more whole grains, substitute a whole-grain product for a refined product. For example eat whole wheat bread instead of white, or brown rice instead of white.
8. **Foods to eat less often.** Cut back on foods high in solid fats, added sugars and salt. They include cakes, cookies, ice cream, candies, sweetened drinks and pizza and fatty meats like ribs, sausages, bacon and hot dogs. Use these foods as occasional treats, not everyday foods.
9. **Compare sodium in foods.** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."
10. **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks and sports drinks are a major source of added sugar and calories, in American diets.

## Food \$ense Nutrition Education Program

Take the opportunity to get new ideas with our **FREE** lessons. Call 623-3457 for more information.

### VEGETABLE ALMOND FRIED RICE

1 tsp. + 2 Tbsp. canola oil  
 2 large eggs, beaten  
 1 bunch broccoli, chopped  
 1 large onion, chopped  
 2 large carrots, sliced  
 1/2 tsp. salt  
 1/2 cooked chicken breast, diced  
 1 small summer squash, diced  
 1-2 Tbsp. minced garlic  
 3 cups cooked brown rice  
 1 cup peas  
 4 medium green onions, minced  
 Low-sodium soy sauce  
 1 cup chopped or slivered almonds



1. Add 1 tsp. oil to large skillet along with beaten eggs and cook in a thin layer. Transfer the cooked eggs to a plate, then cut the eggs into small pieces with a dinner knife.
2. Wipe skillet clean and return to high heat. Add 2 Tbsp. oil, coating pan. Add broccoli, onion, carrots and salt and cook for 5 minutes, stirring constantly.

3. Add chicken, squash and garlic. Turn heat down to medium and stir-fry for another 3 minutes or so, until the vegetables are all tender-crisp.
4. Add rice a little at a time and mix. Then dump in peas, green onions and eggs and shake in about 20 good shakes of soy sauce. Stir in the almonds and serve hot.

This material was funded by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).

USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact us at 1-800-221-5689 or online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.



## Upcoming Food Sense Classes

### Whole Wheat, Simple and Delicious

Why buy white French bread when you can come learn how to make sumptuous whole wheat French bread with a simple and delicious recipe. Also, learn the importance of grains and how to use them in your breads.

Date: July 19, 2011  
 Time: 7:00 pm  
 Place: Extension Kitchen



Get some fun recipes, and enjoy tasty samples. To register call 623-3450.

### The Importance of Eating Fruit

Whether you have overripe bananas or you want to take advantage of a deal on the discount shelf, come learn about the importance of eating fruit and get banana recipes and samples.

Date: August 16  
 Time: 7:00 pm  
 Place: Extension Kitchen



Get some fun recipes, and enjoy tasty samples. To register call 623-3450.

## Pressure Canner Testing

Individuals who participate in home canning should check the accuracy of their dial-type gauges and other lid parts as part of their annual routine.

To have the dial gauge on your pressure canner tested free of charge, bring the lid to the Extension office, 160 N Main, Nephi, on any of the following dates: 7/20, 8/22, 8/30, 9/8, 8:00 am - noon, and 1:00 pm - 5:00 pm. If you cannot make it on those days, call 623-3450 for an appointment to have it tested another day for \$1.00.

*The Extension office has a Presto 16-quart pressure canner, and a 21-quart water bath canner (each fit 7 quart jars) available for home food preservation (a three day check-out).*



## Fair Items

### **Juab County Fair:**

Mark August 8-13 on your calendar for the county fair. Plan now to get your exhibits ready to bring down and fill the buildings. **Open Class** exhibits may be entered Tuesday, August 9th from 7-9 pm, or Wednesday, August 10th from 7:30—9 am. **4-H**



exhibit check-in will be Tuesday night only, 7-9 pm for non-livestock entries. **4-H exhibits will not be accepted on Wednesday morning.** Exhibit pick-up is 8/15, 6-8 pm. Premium pick-up is 8/15, 6-8 pm, and 8/18, 1-6 pm.

## Fair Judges Needed

The Extension office needs 25 volunteers to help judge Home Arts and 4-H exhibits for the Millard County Fair in Delta. The time commitment is usually most of the day (about 8 am-3 pm) with lunch being provided. If you will be available to help judge on Wednesday, August 3rd, please contact our office at 623-3450.



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