

MARGIE'S MAILBOX

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Utah State University
JUAB COUNTY EXTENSION

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Creative Date Ideas for Couples

Window Shopping—For an inexpensive date, do some window shopping at a mall. Check out the latest electronic gadgets. Get ideas for decorating your home. Try on a new clothing look. Take some goofy photos together in a photo booth. Treat yourself to lunch at a restaurant you've never tried before. Be sure to keep your eyes and ears open; this is the perfect opportunity to get gift ideas for your sweetheart for future occasions.

Progressive dinner for two: Go to several different restaurants, enjoying a yummy appetizer at one, your favorite main course at another and the dessert you've been craving at the last.

The Way We Were: Watch your wedding video or look at your photo album. You might notice something that you missed the first time.

Amazing Race: (Group date with several other couples) Make a list of unique items located throughout the city such as a take-home menu from a local diner, etc. Meet at a specific location and have one hour to gather the items on the list. Meet back at an ending location. Prizes for the winners.

Surprise Dinner with a View.

Plan a picnic dinner ahead (can be as easy as a bucket of chicken). Run a few errands,



and surprise your spouse by taking a detour to a beautiful lookout point. Pull out the dinner and enjoy the beautiful view.

Culture Night: Make a list of different cultures. Cut up the slips and draw from a hat. Your date will then be centered on this theme.

Sources: *How to date you spouse* and *Fun & Creative Dates for Marries couples*, both available for checkout at the Extension Office.

Spice It Up Date Night

Couples that play together stay together. Join us for a fun-filled night as we play games as couples and make delicious appetizers, just in time for holiday entertaining. Come learn ways to 'spice up' and enrich your marriage/ relationship while participating in the evening activities.

**Thursday, November 3,
 7-8:30 pm, Juab County
 Center Cultural Hall.**

Space is limited to the first 20 couples. Pre-registration is required. Sign-up online or at the Extension office.

Each participating couple will receive a "Living Well" Cookbook (\$25 value) for free.



Upcoming Events

- Oct. 18, Food \$ense Class, Healthy Pie Crusts
 - Oct. 25, Recycling Meeting
 - Nov. 3, Spice It Up Date Night
 - Nov. 15, EIC/VITA Kickoff
 - Nov. 16, Food \$ense Class, Slow and So Simple
 - Nov. 26, Christmas Festival and Extension Food \$ense Holiday Booth.
- For our complete events calendar please visit our web site at extension.usu.edu/juab

Be a volunteer and assist with VITA (Volunteer Income Tax Assistance). Kickoff will be Nov. 15, 3:30 pm in Commission Rm. Refreshments.

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Happy Holidays on a Budget

It's wonderful to be in the spirit of giving, of course, but think it through before you go gift-wild at the mall. Buying even modest gifts for a long list of friends and relatives will add up fast. Remind yourself, the holidays are not just about presents. And don't get locked into the thought that how much you spend measures how good of a person you are.

Batten down the hatches and spend less this year—preferably with money you already have. Use these suggestions as inspiration to create a more frugal—but just as happy—holiday.

1. Make a spending plan. If you don't budget and set a specific dollar limit, then your spending grows and grows. Remember to include food, travel and entertainment.
2. Know your limits. Make a list of gift recipients and decide how much you can spend on each person.
3. Track your spending. Include holiday clothing, cards, wrapping paper, postage and decorations.
4. Shop with a list.
5. Shop early. The best window for holiday shopping is between October 1 and December 1. This gives you time to compare prices and think twice before you buy.
6. Load up your wallet with cash. Leave your credit cards at home. Spend cash. This will force you to budget and make overspending more obvious. There is no emotional attachment to plastic like there is to cash.
7. Use credit judiciously. When you must, shop with no more than two credit cards, preferably low-interest rate credit cards, not the expensive department store cards.
8. Beware of sales pitches. Don't fall for "skip a payment", or "buy now and pay later."

Downsize holiday spending, not your holiday joy. Limit the size of your Christmas in terms of gifts, and make it big on meaning—from family, friends and tradition to creating memories.

Source: bankrate.com



Avoid Holiday Weight Gain

The average adult gains one to two pounds a year and much of our holiday indulgences contribute to our expanding waists. Instead of gaining, maintain your weight during the holidays with the following :

Make a plan: We tend to disappear for six weeks and then wake up January second and think, what did I do? Place goal reminders on post-it notes around the house, or a photo of yourself at an ideal weight on the fridge.

Have a little: At mealtime, fill half your plate with veggies, one quarter with a serving of lean protein, and save the remaining quarter for small tastes of rich, sauce-laden dishes.

Pick your battles: Forgo items that you can have any time of year, such as rolls and mashed potatoes. Save your calories for something that is specific to the holidays.

Take control of your environment: Keep healthy foods around the house. If attending a party, take a fruit salad or veggie tray, knowing there will be at least one guilt-free dish available.

Chew sugar-free gum to prevent you from going back to the buffet line for seconds.

Don't graze: Broken cookies DO have calories, and lots of little plates add up to lots of calories. It's better to put together a meal and sit down to enjoy it.

Divert your attention: Don't look at a party as just a food event. Enjoy your friends company or dancing. Focus on something other than food.

Limit tastes while cooking: Limit yourself to two small bites of each item, pre- and post-seasoning.

Walk it off: Make a new holiday tradition—the family walk, which not only benefits you physically, but also puts you in a mindset to be more careful about what you eat.

There's something about activity that puts you in control.

Outsmart the Buffet: Never arrive to a party hungry. Have a nutritious snack or water before. At the buffet use the smallest plate available and don't stack food. Go for the simplest foods like fruits and vegetables.

Source: webmd.com, life.gaiam.com



Food \$ense Nutrition Education Program

Do you need to make a menu and shopping list?
Do you need help preparing fast, delicious meals?
Do you need to stretch your food dollars?
Wait no more! Let Food \$ense help with **FREE** classes. Call 435-623-3450 for more information.

Why eat more fruits and vegetables?

Color & Texture. Fruits and vegetables add color, texture and *appeal* to your plate.

Convenience. Fruits and vegetables are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!

Fiber. Fruits and vegetables provide fiber that helps fill you up and keeps your digestive system happy.

Low in Calories. Fruits and vegetables are naturally low in calories.

May Reduce Disease Risk. Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Vitamins & Minerals. Fruits and vegetables are rich in vitamins and minerals that help you feel healthy and energized.

Variety. Fruits and vegetables are available in an almost infinite variety...there's always something new to try!

Quick, Natural Snack. Fruits and vegetables are nature's treat and easy to grab for a snack.

Fruits & Vegetables are **Nutritious AND Delicious**



Roasted Vegetables

½ lb. (1½-2 cups) sweet potatoes, scrubbed and cubed

½ lb. (1½-2 cups) parsnips, peeled and cubed

½ lb. (1½-2 cups) carrots peeled and cut

2 large potatoes, scrubbed and cubed

Salt

Pepper

1 tsp. Italian seasoning

3 Tbsp. olive oil

Other spices to taste

Preheat the oven to 400°F. In a mixing bowl, toss all vegetables with the oil; season with Italian seasoning, salt and pepper; Place on a baking sheet and roast for 40 to 50 minutes or until golden brown, turning every 10 minutes with a spatula. Serve hot.

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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 \$ense Classes

Healthy Pie Crusts

For pies or quiches, this whole-grain crust will add texture and color to your favorites without losing the taste. Come learn how and then go home and get several made and in the freezer for the holidays.

October 18, 7 p.m.

Slow and So Simple

Who doesn't like the idea of throwing ingredients into a *slow cooker* and coming back hours later to a finished meal? Around the holidays it's a must have.

November 16, 7 p.m.

Call 623-3450 to sign up for either class, or sign up online at www.extension.usu.edu/juab.

Both classes will be held in the Extension Office Kitchen, 160 North Main, Nephi.

Recycling Meeting

Are you interested in recycling but frustrated that there aren't many options in your area for household recyclables? Are you a business owner working with recyclable materials looking to expand your business? Or are you interested in starting a business in the recycling industry?

Interested business owners and citizens are invited to attend a meeting discussing the options of recycling. Meeting information is as follows:

Tuesday, October 25, 7-8 pm, Cultural Hall of the Juab County building, 160 N. Main Nephi.

Light refreshments will be served.

This meeting is sponsored by Utah State University Extension, Six County Associations of Government, and the Panoramaland Resource Conservation and Development Council. For questions, please call Rebecca Mills, Sevier County USU Extension faculty member at 435-893-0471.



Holiday Festival

This year the Nephi Christmas Festival will be held on Saturday, November 26th. Come and visit Extension's Food \$ense Holiday Booth at the craft and food fair. Other festival attractions include entertainment, a Christmas tree display, kid's games and activities, a holiday lighting ceremony, Main Street Light Parade, a Christmas program, a visit from Santa and more.



Watch for more information in the paper, or visit juab-fineartscouncil.com or extension.usu.edu/juab

Clear Jel Available

Clear Jel® is a heat-stable modified food starch (corn starch derivative) that is used to thicken foods. It can be used anywhere flour or cornstarch is used as a thickener, producing clear and lump-free results. The USDA recommends using Clear Jel® in bottled pie fillings. Clear Jel® can be purchased at the Juab County Extension office, the Mending Shed in Orem, Alison's Pantry representatives, Orson Gygi in SLC, or do a google search and order it online. Prices will vary as will shipping and handling charges.



Check us out on the web:
<http://extension.usu.edu/juab>