

## In This Issue

- Celebrating Diversity
- Eat Your Greens
- Be Heart Smart
- Clothing Tips
- Organize Your Records for Tax Season



## Celebrating Diversity

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With the 2002 Winter Olympics here in Utah, what a great time to celebrate diversity.

throughout history. Ways of celebrating differ as well, according to customs and religions of the world. Whatever the custom, most people feel the same sentiment. With a new year, we can expect a new life.

Even in regions of the world where there are no elaborate traditions favorite family dishes are served on New Year's Day, or "lucky" dishes are eaten.

In the United States, the legal holiday is January 1st, but Americans begin celebrating on December 31st, featuring drinking, sweets, and general frivolity. In the southern states, black-eyed peas (sometimes known as "Hoppin Johns") are traditionally served for luck on New Year's Day.

In Spain and Portugal, it is customary to eat twelve grapes or raisins at each stroke of the clock at midnight. It is believed to bring luck for each month of the coming year. A similar practice takes place in the Philippines following the New Year's Eve

fiesta meal, but only 7 grapes are eaten. In Poland, jelly doughnuts (pacski) are traditional of New Year's Eve. In Greece, a sweet bread called vasilopitta is prepared with a coin baked into it for New Year's. The person who gets the piece with the coin in it has good luck in the upcoming year.

While it's important we learn about our own culture, it's equally important to become informed about other cultures, thereby gaining respect and appreciation for all people. Different cultures, as diverse as they seem to be, reflect the same set of common human values and needs. Exploring different cultural food traditions and holidays is a perfect guide to help bring people together. Learning more about the history and tradition surrounding many joyous occasions combines people's favorite pastimes: celebrating holidays and eating great food.



### January Holidays

Pongal (The New Year)- India, Epiphany, Dia de los Santos Reyes (Three Kings Day) - Spain, St. Knut's Day - Sweden

### New Year's Day

New Year's is a time to reflect on the past and look towards the future. The beginning of the New Year has been welcomed on different dates

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In Scotland, a different sort of food is popular, haggais. Haggais is a pudding made from sheep's stomach stuffed with oatmeal and the innards are drenched in Scotch whiskey before it is eaten.

### February Holidays

Setsubun (First Cry of Spring) - Japan  
Lunar New Year - Asia  
Tincunaco Ceremony - Argentina  
Argungu Fishing Festival - Nigeria  
Losar - Tibet

### March Holidays

Nau-Roz/Nowrooz - Iran  
Haru Matsuri (Spring Festival) - Japan  
Holi (The New Year)- India  
St. David's Day - Wales  
Chogna Choeba (The Butter Lamp Festival) - Tibet  
St Joseph's Day - Southern Italy  
Mothering Sunday - Britain

### Shrove Tuesday / Mardi Gras/Carnival

The last day before the beginning of Lent (the 40 day fast period before Easter) is known as Shrove Tuesday (when one confesses one's sins to shrive) or in French, Mardi Gras (meaning "Fat Tuesday"). During the Middle Ages, Lent included abstinence from most animal products, such as meat, butter, and eggs. The day before Lent, all

that would be left in a home to use up would be the butter and eggs, which were often made into pancakes, waffles, fritters, doughnuts, or cakes of some sort. In France, these items are still consumed on Mardi Gras. In Olney, England a pancake flipping race for women is held to commemorate the day. In Germany, wild festivities (called Karneval, Fasching, Fassenacht, or Fasnet depending on the region), are held in the weeks before Lent. Masquerade balls, parades with floats and costumes, and plenty of drinking and singing are featured.

Throughout Latin America, particularly in Brazil and the Caribbean, Carnival is one of the most significant holidays during the year. Feasting, drinking, dancing, and merrymaking take place during the weeks leading up to Lent, culminating with parades featuring extravagant costumes.

In the U.S. Mardi Gras is most associated with New Orleans, highlighted by parades with floats, bands, and outrageous costumes. In the Louisiana countryside, the Cajun celebration includes a "run", with men on horseback riding from farm to farm, collecting chickens, sausages, and other makings for a gigantic community gumbo. At each stop, beer and boudin are offered to the riders who faire le maque ("make like a monkey"— clown around).

(source <http://www.EatEthnic.com>)



## Eat Your Greens, It's Not a Bunch of Blarney

Pauline Williams, MPA, RD, CD – Extension Agent

Eating your greens is not a bunch of blarney, but a healthy addition to your daily diet. Leafy greens such as romaine lettuce, turnip greens, spinach, and mustard greens are high in vitamin C, folate, and potassium. Vitamin C helps with wound healing, folate prevents neural tube birth defects, and potassium is used for heart muscle activity. Try greens cooked as a side dish, in a salad with your favorite low fat dressing, or drop them in your favorite soup to add color and flavor. Fill your St. Patrick's Day with green leafy vegetables – and eat them two or three times a week during the rest of the year.

## Diabetes Tip – Choose Fiber

Pauline Williams, MPA, RD, CD – Extension Agent

Soluble fiber slows down the rate glucose is absorbed into the blood stream after food is digested. An adequate intake of fiber, 25-30 grams/day, may help you keep blood sugar low after meals. Dried beans, root vegetables, citrus fruits, berries, oats, and barley are all good sources of soluble fiber. Strive to eat good sources of soluble fiber all day long. Oatmeal for breakfast is a great way to start. Add dried beans to salad, choose whole grain breads for sandwiches, and eat the whole fruit instead of juice. In addition to helping you regulate blood glucose levels, soluble fiber helps remove cholesterol from the body and insoluble fiber (found in the shells and skins of grains, fruits, and vegetables) may prevent diverticulosis and some types of cancer.

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# Be Heart Smart to Your Sweetheart

Pauline Williams, MPA, RD, CD – Extension Agent

Valentines day – a holiday of love, romance, and heart break? This year, instead of giving a box of chocolate or cookies covered in an inch of frosting, make your sweetheart a heart smart dinner. To eat heart smart consider following the DASH diet. DASH stands for Dietary Approaches to Stop Hypertension. Study results on the DASH diet showed that an eating plan emphasizing fruits, vegetables, and low-fat dairy foods decreased elevated blood pressures. The DASH eating plan includes the following:

Grains	7 to 8 servings / day
Vegetables	4 to 5 serving / day
Fruits	4 to 5 servings / day
Low-fat or fat-free dairy	2 to 3 servings / day
Meat, Fish, and Poultry	2 or fewer servings / day
Nuts, seeds, and dry beans	4 to 5 servings / week
Fats and oils	2 to 3 servings / day
Sweets	5 servings / week



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## Heart Smart Sweetheart Dinner

*DASH through Valentines Day with this DASHing dinner, for your sweetheart.*

**Spicy Baked Cod** (makes 4 servings)  
1 pound Cod or other fish fillet  
1 Tbs. Olive Oil  
1 tsp. Spicy seasoning mix (see below)

Preheat oven to 350 degrees F. Spray small baking dish with cooking spray. Wash and dry cod. Place in dish and drizzle with oil and seasoning mix. Baked uncovered for 12 minutes or until fish flakes with fork.

**Spicy seasoning mix:** Mix together 1-1/2 tsp. white pepper, 1/2 tsp. cayenne pepper, 1/2 tsp. black pepper, 1 tsp. onion powder, 1-1/4 tsp. garlic powder, 1 Tbs. dried basil, and 1-1/2 tsp. dried thyme. Store in airtight container and use in other recipes. (Source: *Natioal Institute of Health* [www.nhlbi.nih.gov/bpl/](http://www.nhlbi.nih.gov/bpl/))

### Spicy Baked Cod

(see recipe) 3 ounces

Green Beans, fresh or frozen cooked without salt 1 cup

Baked Potato 1 large

Low-fat Sour Cream 2 Tablespoons

Chives 1 Tablespoon

Fat-free Cheddar Cheese 3 Tablespoons

Tossed Mixed Green Salad 1-1/2 cups

Olive Oil and Vinegar Dressing 2 Tablespoons

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## Minimizing Lint on Clothing

Make sure you are sorting your laundry carefully. To minimize linting, separate “lint givers” (chenille, towels, flannel, sweaters) from “lint takers” (corduroy, permanent press, synthetics).

Turn “lint taking” garments inside out before laundering.

Very old and very new items may produce more lint than other items.

Use enough detergent to help hold loose lint in the water

- until it can be flushed away. Follow manufacturer’s
- instructions to determine how much detergent is enough
- for your washer and clothes load. Don’t overload the
- washer. That causes excess abrasion of fabrics, which
- increases linting and pilling. Make sure clothing can move
- freely in the wash and rinse water so loose lint can be
- carried away. Make sure there is appropriate water level for
- the load size being washed.

(Source *Cleanliness Facts- Soap & Detergent Association*)

## Cleaning the Microwave

Simply wipe up spills using dishwashing detergent and water. If food particles have splattered on the sides and ceiling, place a glass measuring cup in the oven partially filled with water. Bring the water to a boil for several minutes. It will create steam in the oven which will help release the stuck on food particles. Then wash with soapy water and rinse. Cleaning is easiest if done after every use.



# Getting Your Records Organized For Tax Season Next Year

Marilyn K. Albertson, CFCS – Family Home & Consumer Science Agent

It is important to have a record keeping system to help you in your tax preparation, as well as, home organization. Now is a great time to make sure you are collecting everything needed for next year's tax preparation.

Here are some ideas that might help you with the project: **Organize all your bills by month.** Prepare a set of file folders labeled with each month. Place them in a convenient place or in the front of your file drawer. As you pay bills, make contributions, etc. place the information, bill, etc. in the folder for that month. You might include a bill reminder form to help you check off expected bills and when they were paid. Then if you miss receiving a bill, you can check on it on bill paying day.

**Prepare a folder or envelope for taxes.** Label a large letter size (9x12 inch) envelope "2002 Taxes". Place the documentation of any transaction needed for tax purposes in the envelope as soon as you receive it. This could include: bills, receipts, invoices, mileage logs, canceled checks, or other proof of payment. Record of contributions, professional expenses, medical expenses, sale of property, brokerage statements, interest income statements, mortgage interest paid could be filed there. As you complete your taxes this year, think about what information you had to

hunt for and make sure you place that information in your tax file envelope for next year when you receive it.

**Include a Receipt file.** If you find yourself struggling to find that receipt for the shoes you need to return, or are not sure if you were already billed twice on your credit card for a purchase, you might try a receipt file. This could be created using folders, envelopes, or even a card file. You could organize it by month, by store name, by person in the family, or by topic. Each time you clean out your wallet or purse or empty those bags of groceries or goods, place the receipt in the file with a quick notation as to the purchase, etc. When you have to find that receipt it is easily accessible.

### Specialty Files:

**Keep Improvement Documentation.** If you are doing maintenance, repair, finishing, or remodeling to your home, keep all receipts of supplies and improvements so they can be deducted from capital gains when the home is sold.

**Guarantee or Warranty Files are important.** If you purchase something with a warranty, keep all documentation including receipt, warranty information, etc. until the product is used up or you no longer have it.

## Could You Be an Overspender?

Marilyn K. Albertson, CFCS – Family Home & Consumer Science Agent

Take this little quiz to see how you are doing. Mark the number of the choice by the spending technique. If a statement does not apply skip it and adjust score accordingly. Are you one of these two types of overspenders? Type A spenders spend beyond their means, beyond their income and ability to pay. Type B spenders pay too much

for things because they fail to comparison shop. Avoid the nightmare of debt and live the American dream. Now is the time to get in control of your spending. (Source Paul Richard, Exec Dir Institute of Consumer Financial Education, Jumpstart Update Fall 2001)

### Choices

1. Totally like me
2. A lot like me
3. Equally like and unlike me
4. A little like me
5. Not like me at all

### Scoring Your Spending Techniques

- 5 . . . . .VERY GOOD  
 6-10 . . . . . Pretty Good  
 11-15. . . . .Average  
 16-20. . . . .Lousy  
 21-25 . . . . . It Stinks!

### Spending Techniques

1.  I always live within my income range.
2.  I set aside at least ten percent of my net income for savings.
3.  My money is managed according to a written spending plan.
4.  Comparison shopping for quality, value, price, etc. is something I do for practically every purchase, large or small.
5.  I take advantage of grocery, other coupons, and rebate offers whenever possible.