Are you feeling a bit out of balance? You’re not alone. Balancing demands of work, family and the rest of life can be a challenge and create stress. This can be especially true when trying to take advantage of all the summer activity possibilities. Additionally, too little sleep, lack of exercise and infrequent personal time can add to stress. When stress is not managed well, individuals can become overwhelmed and experience emotional exhaustion, burnout or other negative feelings. Fortunately, there are ways to cope with work-life stress and aim toward a more healthy balance. Consider some of the following tips to find balance and enjoy the summer months:

1. **Prioritize.** Setting priorities will help in deciding how to best spend your time. Use a calendar and schedule the most important things that reflect your priorities first, such family vacations or a date with a significant other.

   Discuss goals and schedules with family members and significant others often so everyone is invested. Remember, there is no “right way” to prioritize, but rather you have to decide a balance that is comfortable for you and your family.

2. **Be here now.** In this age of technology it is easy to get distracted by things other than our priorities, especially when work or social media is just a click away. Taking a break from electronics and focusing on living fully in the moment, wherever you may be, will help to reduce stress.

3. **Set realistic goals and expectations.** Let’s be honest, as much as many of us would like to give everything to everyone all the time, it’s unrealistic and thinking that way will cause conflict and stress. So, instead, examine your priorities and adapt your goals and expectations to fit your current situation. If married or in a relationship, be sure to include your partner in this process and discuss
the roles that each of you will take. Revise plans and goals that don’t work—achieving balance is an ongoing process.

4. **Share the load.** Some people try to reduce stress by taking control and doing everything themselves, but doing so can sometimes keep them from reaching their most important goals. Consider your support system and how others might be willing to help lighten the load. Remember, delegation is a sign of strength, not weakness.

5. **Take care of yourself.** It can be challenging to eat healthy, exercise, and get enough sleep, let alone squeeze in a few minutes of “me” time, but taking care of yourself will help you in all areas of your life. Make a goal to take at least 15 minutes of “me” time every day even if it’s to take a quick walk on a break at work, or to read a book. Remember you can also include family or friends.

6. **Keep a sense of humor.** Humor can help to manage stress when things don’t work out as planned. Consider, “How will I think about this situation in a year from now?”

While there are many approaches to creating balance, what works for one individual may not work for another, and life challenges and possible solutions may change with time. Creating and maintaining a balance in life is an ongoing process; if the current approach isn’t working, try something else. The balance may not always be perfect, but small efforts toward balance can still have a tremendous impact on life satisfaction. 

~Naomi Brower


USU Extension, here in Weber County, would like to introduce you to Jordan Aaberg. He is our relatively new Finance Education Assistant. He has a background in Personal Finance from USU and currently works full time for a credit union here in the area. He is married with 3 kids, and loves all things to do with family finance. He will be assisting me with finance programming, including the Home Buyer Education classes, Family Finance Camps, Couples and Money, and more.

We would like to have you get to know him, while at the same time getting to know more about money matters. We will be offering a 6 part FaceBook Live family finance discussion this Fall, and would love to have you join us. If you think you might be interested in participating with us, please give us a call and we will get you on the list to follow up with more details. (While we think this series would be applicable to all, we especially hope young single adults, and young married folks will join in.)

Also, if you would like to have one or both of us come out and do a finance related class for a group you are involved with, please don’t hesitate to call. Here is a listing of just a few of the classes we offer:

- Celebrate the Holidays without Going Broke
- Budgeting Basics...a Refresher Course
- Dealing with Debt
- The Coupon Craze
- Kids and Cash...Tips to Raise Money Savvy Kids
- Couples and Money

Hope you’ll consider joining us at our FaceBook Live events!
Family and Consumer Science Events

**Home Buyer Education Classes**  
USU Extension Service  
1181 No. Fairgrounds Dr., Ogden

- Saturday, August 4, 9:00 a.m. to 3:30 p.m.
- Saturday, October 13, 9:00 a.m. to 3:30 p.m.
- Saturday, December 1, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc. Cost is $25 per household for certificate and free for education only. Call 801-399-8207 to register.

**Family Finance Camps**  
Mondays, August 6, 13 & 20  
6:00 - 8:00 p.m.  
Ogden-Weber Community Action Partnership  
3159 Grant Avenue, Ogden

Do you want to improve your family’s money habits? Come to the FREE Family Finance Camp and learn how. Bring the whole family! Classes for kids (ages 5-12) and adults. Dinner will be provided each week. To register, call 801-399-8207.

**Food, Fun, & Reading**  
July, 18, 19, 20, 25, 26 & 27  
10:00 - 11:00 a.m.  
Ogden-Weber Community Action Partnership  
3159 Grant Avenue, Ogden

This is a new program for preschoolers through second grade and their parents. Join us in a reading adventure that combines storytelling with a fun hands-on experience in creating and eating healthy snacks. To register, call 801-399-8207.

**Mark your calendars. . .**

**Money & Your Honey Dinner Date**  
Thursday, Oct. 11, 6:00 p.m.

As couples, what can we do to make the most of our money? How do we get past the differences in money attitudes? How are we preparing our children to handle money? This class will answer all these, and many more couples and money questions.

**Date Nights. . .**

**Shooting For Par Date Night**  
Friday, August 17, 6:00 - 8:00 p.m.  
Valley Regional Park, Salt Lake City  
$15 per couple

Learn tips and traps of disc golf and healthy relationships at the same time in this fun outdoor date night. Cost includes your own disk, refreshments and prizes.

**Keep Your Relationship Sizzling Date Night**  
Friday, Sept. 14, 6:00 - 8:00 p.m.  
Fort Buenaventura, Ogden  
$10 per couple

Heat up your relationship as you enjoy campfire treats and cozy up with your sweetie in the great outdoors. Relationship expert Darren Johansen will share tips on how to keep the sparks in your relationship flying.
Reminder: Wash Your Fruits and Vegetables

Every year hundreds of people become ill from food contamination. This includes becoming ill from poorly cleaned fresh fruits and veggies. With the recent romaine lettuce and E.coli scare, let’s review some pointers that might be helpful to consider when dealing with fresh produce.

1. Wash leafy greens under cold running water before you eat them; rinse even the tightly packed leaves in the interior. One method of washing: immerse loose greens in a large pot of cool water and allow a minute or two for debris to sink to the bottom. (Greens like spinach may need three rinses.) Then place the greens in a colander and wash them under running water. Discard the outer leaves of lettuce and cabbage heads. Use a salad spinner to dry the greens, or pat them dry with a clean cloth or paper towel.

2. When buying packaged greens, don’t assume that everything in cellophane or plastic has been washed. The label should say “prewashed,” “triple-washed” or “ready to eat.” The Food and Drug Administration (FDA) says these prewashed greens are safe to eat without further washing because they are processed in facilities more sanitary than the average home kitchen.

3. Keep your sink, counters, refrigerator drawers and utensils clean. Soap, water and elbow grease will do the trick—you don’t need disinfectants. Wash and/or replace kitchen sponges frequently. Don’t wash or store greens close to raw meat, which can drip on them.

4. Broccoli, cauliflower, leafy greens, melons, potatoes, berries and other produce without a smooth or soft surface are slightly more difficult to clean. They require soaking in a 1 to 3 vinegar and water mixture. This ensures the acidic blend kills all bacteria. For heads of cabbage or other greens, you will need to separate the individual leaves for thorough cleaning.

5. According to Colorado State University Extension, blending lemon juice with the vinegar mixture makes it more effective by increasing the acidity. This can help kill increased amounts of bacteria, including E. coli. Washing berries with a vinegar solution offers additional benefits -- it prevents them from molding within a few days of purchase. When shopping, choose unbruised and undamaged produce.

6. Remember to also wash oranges, melons, squash, pineapple and other produce with inedible rinds before you peel them -- cutting or peeling the produce will transfer contaminants to the edible flesh. Such was the case with the cantaloupe outbreak from a few years back. The same vinegar solution can be used for these as well. Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.

**NOTE:**

- Antimicrobial washes have not been shown to be significantly more effective than regular washing for home use. Scientists are working to develop better washing solutions for processors as well as home use.
- Organic greens are no safer than conventionally grown ones. They must be washed in the same way. The same is true of locally grown produce or even greens from your own garden. Outbreaks from big processors get the most publicity, but that doesn’t mean local is always clean.

~Teresa Hunsaker

**Sources**

- Berkley Wellness Newsletter
- FDA
- Colorado State University
What’s Happening with Food Sense?  
July-August 2018  
FREE Classes for EVERYONE!!

Food Safety: Are You at Risk?  

Summer is one on the most exciting seasons of the year. Summer brings with it beautiful green lawns and flowers of many colors and species that brighten up our neighborhoods. Also, families gathering together at parks and lakes to celebrate holidays and special occasions, such as birthdays and weddings. However, it is also during the summer season that most people forget to be mindful of food safety. For instance, according to Center of Disease Control (CDC), each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 will die. Since foodborne illnesses are more prone to occur during the summer, it is very important to be mindful of food safety when we are planning family activities out in the community.

One way we can be mindful of food safety is to remember to store food at recommended temperature zones. Too often, when people are at recreational parks or lakes, they tend to leave their food out of refrigeration on tables or benches which are exposed to the hot sun. Food exposed to warm temperatures create a healthy environment for bacteria and other microbes to thrive and leaving us vulnerable to foodborne infections. The rule of thumb is not to leave food out longer than 2 hours. If the temperatures are in the 80’s or higher, the time drops to one hour.

Food safety can also be increased during the summer by remembering to cook food at the recommended safe temperature zones. Depending on the meat on the grill, for example beef, fish or poultry, the meat will need to reach its own safe temperature to ensure optimum safety. The best way to know meat has reached the safe zone is to use a meat thermometer. By cooking food properly foodborne illnesses can be prevented.

- Steaks/Roasts/Fish: 145°F
- Pork, Egg dishes, and Ground Beef: 160°F
- Chicken/Poultry: 165°F

Another recommendation of food safety is to be mindful of sanitation as food is being prepared during the summer months. One very important sanitation practice is to remember to wash hands with soap for at least 20 seconds. Doing so can help rid hands of any bacteria which might be present and cause a contamination of food. Bacteria and other infectious pathogens live just about everywhere you can think of. CDC states, “…1 in 6 Americans get sick from contaminated foods or beverages each year…” In addition, a lack of clean facilities and running water will increase food contamination. However, by remembering to be mindful of sanitation out in recreational areas, food safety will increase, and everyone will remain healthy.

As summer activities are being planned out in the community or in our homes, it is important to be mindful of food safety to help prevent foodborne infections that can cause serious health problems and for some, even death.

Sources:

Centers of Disease Control and Prevention (CDC and Food Safety)  
Food Safety, Are You at Risk?

For more information about any of the Food Sense classes, call 801-399-8207.