

The Sampler

1181 North Fairgrounds Drive
 Ogden, UT 84404-3100
 801-399-8200

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Staying Connected in a Modern World

Staff:



Teresa Hunsaker
 FCS Faculty



Naomi Brower
 FCS/4-H Faculty

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As we implement social distancing to deal with the current COVID pandemic, many of us are spending more time at home with each other. But technology has revolutionized the way people interact and just because we are together physically doesn't mean we are connecting. Consider the following tips to staying connected and protecting relationships in an increasingly technological world.

Create a media plan. Have a family discussion about technology use and set boundaries about how much time will be spent online and how much time will be spent “unplugged.”

Consider including a discussion about the kind of media use as some screen time may be more beneficial than others. For example, while not all media will be educational, parents may want to encourage media use that helps youth think critically, develop creativity through creating new content (i.e. songs, art, etc.) or helps them connect with the

larger world in related offline activities.

Unplug. Decide on and create technology free zones and/or times that you will turn off all the electronic devices and be together. For example, don't allow any electronic devices at the dinner table. It is becoming increasingly common in many households to use cell phones or other electronic devices while eating to talk to others (or each other!) at the dinner table. When we set down the



technology, we can better connect with those that are around us and more fully enjoy the moments with those we care about. Because electronics can be a potential distraction after

bedtime, consider having an inaccessible place to charge electronics at night, or download apps that disable the device at bedtime to remove temptation from using screens at night.

Screen time shouldn't always be alone time. Using tablets or phones is often a solo activity. Make an effort to

use technology together when possible. Watching and playing together can help to increase social interactions, learning, and bonding.

Learn and practice digital etiquette. Use this opportunity to open up discussion about being good online citizens, including treating others with respect, and how to protect ourselves online. Youth need to know that once content is electronically shared they will not be able to remove or delete it completely. Teach youth about privacy settings and be sure to monitor their activity to keep them safe.

Use technology to bond. While technology is not ideal to share highly important or personal messages, it can be a great way to stay connected if we can't see them face to face while practicing social distancing. For example, send a text message letting others know that you were thinking about them or share something you appreciate about them. Send a picture to your loved one of something you think would make them laugh or play a virtual game together (for example see jackboxgames.com/remoteplay/)

Communicate in person. Take time to communicate without technology. Over half of our communication is shared through body language, including eye contact, which is



generally not possible through technological ways of communicating. Taking time to talk face to face not only helps us to better understand each other, but it also communicates that the relationship is valuable.

☞

~Naomi Brower

References:

Davis, E., & Brower, N. (2017). *Making Media Work for Your Marriage*. Retrieve from: <https://extension.usu.edu/relationships/ou-files/makingmediaworkforyourmarriage.pdf>

Hansen, K. & Schramm, D. (2017). *Technology Tips and Traps in Your Relationship*. Retrieve from: https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=2811&context=extension_curall

<https://www.commonsemmedia.org/>

Working with Young Eaters continued from page 8

Chicken Tenders

1 lb. chicken breast
1 cup plain Greek yogurt
1 cup Panko or breadcrumbs
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon salt
Olive oil
Nonstick spray

Cut chicken breast into chicken finger or nugget-sized pieces. Place chicken in a medium sized bowl and cover with yogurt. Mix well so each piece of chicken is coated with yogurt. Mix Panko, garlic powder, and onion powder in a bowl. Add Panko mixture to chicken mixture and stir to coat. Arrange chicken on a baking dish sprayed with non-stick cooking spray. Drizzle chicken with olive oil. Bake at 350° for 25-30 minutes or until chicken is cooked through.

To find these great recipes and more, check out our USU Create Better Health Kids Create blog, <https://kidscreateutah.org/home/>. For more tips on healthy eating for kids and dealing with picky eaters see, <https://www.myplate.gov/life-stages/toddlers>. ☞

~Courtney Adamson, Weber County Ambassador

Canning Lid Shortage-What Are My Options? continued from page 4

following the individual manufacturer's directions for use, the chances for success and safety are greater. For more information regarding supplies and products from Ball, call the company at 1-800-240-3340, or contact your local USU Extension Office.☞

~Teresa Hunsaker

Sources:

Dr. Brian Nummer, USU Extension Food Science Specialist
Utah State University Preserve the Harvest website: <https://extension.usu.edu/preserve-the-harvest>
University of Wisconsin-Madison Extension <https://fyi.extension.wisc.edu/safefood/2020/09/14/safe-preserving-tips-in-the-time-of-covid-19>
North Carolina State University Extension <https://foodsafety.ces.ncsu.edu/2020/10/two-is-better-than-one-especially-when-it-comes-to-canning-lids/>
Clemson University Extension <https://www.clemson.edu/extension/food/canning/canning-tips/22mason-jars.html>
National Center for Home Food Preservation <https://nchfp.uga.edu/>

Family and Consumer Science Events

Home Buyer Education Classes

USU Extension Office
1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, March 13, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, May 8, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, July 17, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more. Cost is \$25 per household for certificate and free if you only want education. Call 801-399-8207 to register.



Stretch Your Bucks Classes

Zoom Classes

Thursdays, March 4, 11, 18
5:30 - 7:30 p.m.

Learn to stretch you money with these free classes. You will learn how to budget, what your money personality is, and information on credit, investing, and much, much more. Call 801-399-8207 to register. Once you are registered, you will get an email with a link a few days before the class.

Virtual Family Finance Camp

Wednesdays, April 7, 14 & 21, 2021
6:30 - 7:30 p.m.

Do you want to improve your family's money habits. Then you will want to attend this finance camp. This activity is for the entire family and will include an activity tote for each family. Our goal is to help your family work together on your own family economy, set money goals together, and help you raise money smart kids.

Live Date Nights!

Remember those?

Creating a Marriage Masterpiece Date Night

Friday, March 19, 6:30 - 8:30 p.m.
Busy Bee Co., Layton
\$40 per couple

Learn tips to creating a marriage masterpiece while expressing your inner talent through painting a creative joint work of art with your sweetheart. See below for the masterpiece you will be creating the night of the event.



Growing Your Relationship Date Night

Friday, May 14, 6:00 - 8:00 p.m.
Ogden Botanical Gardens, Ogden
\$15 per couple

Come learn how to make your marriage bloom as you complete a tour of the Ogden Botanical garden and create your own decorative air plant. This date night will be held at the Ogden Botanical Gardens. Cost includes all activity costs, one decorative air plant per couple, refreshments, prizes, and fun!

Family Fun at Home Adventure Guides

Looking for ideas to play together as a family while spending time at home? Experience the new, FREE family fun at home adventure guides! Connect and play together using a guide, give feedback, and be entered to win prizes! It's a win, win, win! Download the guides here: hiddengems.usu.edu

Canning Lid Shortage-What Are My Options?

With Spring just around the corner, many of us are gearing up for the planting and growing season, as well as canning season. And again, this year, the limited supply of canning equipment and supplies has left us wondering about just how much canning we will be able to do. You, like many, may be asking a few of these similar questions:

- ◆ What do we do when there is a shortage of the tried and true canning jars and lids we are all so used to using?
- ◆ Is there an option for safe canning with 'off-brand' products?
- ◆ When will we see our favorite brands on the shelves again?

Utah State University Extension offices (along with many other University Extension offices across the country) are aware of these concerns and offer these recommendations:

- ✓ Extension recommends standard home canning jars (Mason type jars) for canning. If you choose to use other types of jars, they must fit a two-piece metal lid and band. There is greater risk of jar breakage and possible seal failure with non-standard canning jars...such as mayonnaise jars, pickle jars, etc. These jars are not intended to be used in canning and are not made with the same quality of tempered glass. Check all jars to make sure they are not chipped or cracked.
- ✓ Only two-piece metal lids are recommended for home canning. For best performance, lids should be purchased new each year (the sealing compound will break down on storage); although stored in a cool, dry location, lids stored up to three years may still seal.
- ✓ Under no circumstances should you reuse canning lids. Reusing the flat metal lid is not recommended due to a higher risk of seal failure because the sealing compound is often dented after use and does not cover the jar sealing surface properly and/or there is not enough sealing compound left in the well to form a proper seal on the jar. Using them more than once may result in an improper seal. A jar that does not seal

effectively may spoil or the contents may become unsafe. Individuals who have been canning for years are often surprised to find that lids no longer need to be heated before use, and they should never be boiled before using.

- ✓ Both jars and lids should be washed in clean, soapy water and rinsed before use. Jars should be pre-heated before filling. Sort through screw bands to make sure they are not rusted before applying.
- ✓ If using an unfamiliar brand of lids check seals every few months, and especially right before consuming the canned foods. It is helpful to remove the rings and not to store with rings on... so as to better see/check the seal and jar contents.

Retailers/distributors of the traditional Ball/Kerr brand products have informed consumers that they that they have not been given any clear timelines from the Newell Corporation as to when manufacturing orders would be fulfilled, due to smaller production lines still in place due to COVID. A recent conversation with a representative from the Newell Corporation (manufacturer of Ball, Kerr, and Golden Harvest canning products), indicates they are hoping for new shipments to go out toward the end of March 2021, but in limited quantities, and production will continue through the summer of 2021. With that in mind many consumers are turning to other manufacturers of canning jars and lids.

Utah State University Extension does not have a strong basis for suggesting people use or not use the 'other' brands of canning jars or lids. We do not have enough information in regards to their performance, sealing success or failure, or the strength of the seal (which is based on how much air gets forced out of the jar during processing and cool down time) to provide specific guidelines one way or another. We are also not aware of any available research data regarding the use of these brands. Therefore, it is a case of 'buyer beware'.

However, we can say, with a degree of confidence that if the consumer follows all of the above practices, along with using up-to-date canning times/temperatures, recipes, and proven methods, and

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The Money Messages We Teach Our Kids

A recent conversation with my 27-year-old daughter got me thinking more about something I have known for years...and teach in my finance classes...and that is, as parents, we set the tone in our homes for our kid's future relationship with money.

In good humor, my daughter, was teasing me about my 'penny pinching' and said my favorite brand of anything is 'On Sale'. I suppose that can be looked at as a badge of honor, but I also realized that it can lead to impressions in their minds that may not be true, or clear.

In truth, are there even some basic money messages that may in fact be bordering on 'half truths'? What I mean is, are there things we say (or don't say) regarding our finances or the handling of money that send unclear or easily misconstrued ideas or messages? One of the most frequent ones I see is when a child asks a parent to buy them something and the response sounds pretty close to this, "We don't have the money." Then the parent proceeds to pull out the credit card or check book and pay for all the items in their shopping cart. What we missed is the opportunity to actually discuss priorities, trade-offs, and needs verses wants.

Maybe what we could say instead is, "We haven't planned for that in our shopping today." or "I can see you want that pretty bad. Let's go home and make a plan together on how you/we might be able to get that for you." The next step is key. You need to follow through with them on a plan. There is value in teaching kids the concept of delayed gratification and self-mastery, and prioritizing.

Part of the discussion might then include the opportunity cost associated with spending, meaning if I say 'yes' to this, I say 'no' to something else. How bad do you want it? What are you willing to do to get it? Teach them and talk to them about the consumer culture they are growing up in, and how to delay or resist it. There is no question that all of us are inundated with messages to buy, buy, buy. How do children learn to navigate that without some help from us?

Most of the time our kids are pretty perceptive, and maybe we are underestimating their readiness to learn about money. Maybe we are even

underestimating their ability to pick up on the messages we may be sending. Sometimes I wonder if we are 'just too busy' to bother with more intentional conversations about money with our children. This can happen through all the ages and stages of their growing up years.

Teaching children about the wise use of money may or may not be as

difficult as some other basic skills, but it does require us to be thoughtful and intentional about the

things we say, the example we set, and the money experiences we give our children. It also might be helpful to know that just like adults, kids learn best at a time when the lessons are relevant to them.



I know for me, I am much more likely to 'learn' something if it is of interest to me...at the moment... when it has practical application. I took a number of different college classes, and truthfully, decades later, I can say I hardly remember much of them. (Unless of course I would use it every day. Otherwise many of the class specifics are not in my quick recollection today.)

The concept of money can actually become a rather abstract concept for them because so many of us very rarely even handle the tangible dollar and coins anymore. All the more reason to consider just how our children are perceiving what we do with money and how we are 'affording' our purchases.

By the way, I am not talking about money conversation overload here. There is no need to overwhelm them, but rather find practical and intentional opportunities to discuss how money works and how to plan and prioritize where the money goes. Encourage your kids to earn and save for something specific. They could have a goal where they can see the value of their effort (work) in achieving that goal.

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Children are much more likely to remember the basics of good money habits that are taught and experienced in the home...where parents engage their children in a combination of visual, audio, and hands-on learning...at a time that matters to the child. Interest, desire, and readiness are key.

Growing up I had 3 cans to distribute my money in. Each had a designation: I 'can' save, I 'can' spend, and I 'can' share. We were encouraged to save 10%, share 10%, and then we could spend the remainder. That method of distribution and purpose has never

left me. Did I make money mistakes, or mismoves? Yes, I did. Did I learn something? Yes, I did. But it served as a good foundation for me to experience and learn while still be guided by my parents.

Without these opportunities and experiences for hands-on learning in the home, our children may have difficulty in purchasing and saving decisions later in life. It is much easier to empower them and set good money habits early, rather than to try and correct or change poor money habits when they are older. ❧

~Teresa Hunsaker

Egg Tips and Tricks for Easter

- Fresh eggs should be stored in their cartons to protect from absorbing refrigerator odors.
- Immediately place eggs into the refrigerator after shopping. If refrigerated immediately, fresh eggs can be stored 4 to 5 weeks in a refrigerator.
- Hard cooked eggs can avoid the unsightly but harmless, greenish/greyish ring around the yolk, if the are cooked correctly. Eggs that are hard boiled develop this ring and tend to be tough, because they are over cooked. To cook an egg correctly follow these instructions:
 1. Place eggs in a large saucepan with at least 1-inch of water over the top of the eggs. Heat water to a full boil over high heat. Immediately remove the saucepan from the heat and cover tightly.
 2. Let eggs stand in hot water, covered, for 15 minutes for hard-cooked eggs.
 3. Pour off hot water and run cold water over eggs to cool them.
- Eggs should not be stored at room temperature for more than **two hours**. If you need to leave the eggs out for more than two hours, dye them in two separate batch's and store the remainder of the eggs in the refrigerator.
- Hard cooked eggs can be stored in the refrigerator for one week.
- Wash eggs to be dyed in a mild detergent solution. This will remove the oil coating so the color will adhere more evenly.
- Food coloring dyes can be used in place of the costly egg coloring dyes.

Fun decorating ideas:

- Use tape and different dye colors to give your eggs a striped effect.
- Add 1 tablespoon oil to the egg coloring. Dipping your egg quickly in and out, you can create a swirling effect on the egg. (Use this technique last since the mixture cannot be used again).
- Swirl food coloring into shaving cream and dip eggs into the mixture—just be sure to don a pair of gloves to spare yourself stained hands.
- Cut out small simple flowers using bright colored paper and glue to egg (depending on the glue you use, do not eat the egg).
- Use puffy paint to make anything from abstract shapes to flowers or animals.
- Use washable watercolor paint and create a watercolor masterpiece.
- Wrap hard boiled eggs in rubber bands of multiple widths in any and every direction and dip egg in dye.
- Wearing rubber gloves, wrap an egg with a coffee filter and use a twist tie to secure the filter. Drop a few drops of food coloring randomly on the outside of the filter and let it soak for a minute or two. Repeat with as many colors as you'd like. Using a spray bottle, wet the entire coffee filter and squeeze the filter gently to make sure it fits snugly around the egg. Let it sit for 10-15 minutes before unwrapping and rinsing with cold water.
- Make patterns by cutting out small pieces of washi tape. Press the tape onto eggs in geometric patterns, making sure to remove any air bubbles, before dipping into dye. Remove tape once dry.

The Care for the Caregiver Coalition Presents

A Free Online/In Person Educational Series for Caregivers

Resources • Respite • Hope

An educational series held at Weber Human Services,
237 26th Street, Ogden. All classes begin at 12pm with
lunch provided. Respite services available during class time.

(We will have limited seats available) RSVP: 801-625-3866



- 3/19/21 *"It's Been Lovely, but I have to Scream Now!"*
(Caregiver Burnout)
- 3/26/21 *Family Connections*
(Connecting Online with Family)
- 4/2/21 *Eating Well During Covid-19*
- 4/9/21 *What Can APS Do For You?*
(Adult Protective Services)
- 4/16/21 *Let's Get Physical*
(Physical Movement with ALS, MS and Parkinson's)
- 4/23/21 *The Whats of Dementia*
(Dementia 101)
- 4/30/21 *Grief Isn't Always About Dying*
(Grief and Dying)
- 5/7/20 *Ring of Fire*
(Caregiver Burnout)

For more information and to RSVP call
Whitney Fletcher at 801-625-3866

Supported by the State Division of Aging and Adult Services

Create Better Health News Corner

CREATE SNAP-ED BETTER HEALTH

Working with Young Eaters:

Do you have a picky eater at home? Do you sometimes struggle to get them to eat anything besides their favorite snacks? I do! If you personally don't, you probably know of one. Sometimes getting young kids to eat healthy food can be a difficult task. This is particularly hard with toddlers, who can't really understand why it's not good to eat fruit snacks at every meal! That's why it's important for us to help guide our picky eaters to make healthier choices.

Below are some ideas on how to encourage healthy eating for those picky eaters.

- Sit down for meals together. Take time to eat at the table with your child when ever possible. You will set an example of focusing on your meal and limiting distractions. This will also allow your child ample opportunity to fill up on a nutritious meal and hopefully leave less room for snacking between meals.
- Serve them everything you're eating. Even if they haven't liked the food in the past, put a small amount on their plate. You never know when they might decide to try it! Studies have shown that it can take kids 8-10 exposures of a new food before they accept it. (myplate.gov)
- Have them "help" cook. They'll be more excited to eat when they've taken part of the process. Some kitchen tasks that toddlers can help do include, stirring food, dumping in ingredients or rinsing produce. (myplate.gov)
- Hide the junk food. As the old saying goes, "out of sight, out of mind." If you keep a few unhealthy snacks in the house, put them somewhere your toddler isn't going to easily see them. That bag of chips you have in the pantry set aside for the big game, put behind another item so it's not as visible. If they don't see the chips every time you open the pantry door, they probably will ask for it less often.

- Offer up healthy snacks. When you know they are getting hungry, offer up some healthy options like carrots or apples before they ask for candy.
- Look for foods in their favorite colors. Is their favorite color purple? Try purple grapes, blackberries, purple lettuce, etc. You never know what they might be willing to try when they get excited about the appearance.
- Sneak in healthy ingredients to favorite foods. If you know they usually like fruit smoothies, maybe blend in a little spinach. They probably won't even be able to taste it! Below is a kid approved recipe that uses beans in oatmeal cookies. It's a great way to get a little more protein and fiber into their diet while lowering the fat content of your traditional cookie!

Awesome Oatmeal Cookies

- ¾ cup mashed white beans
- 1 teaspoon vanilla
- 2 tablespoon canola oil (optional)
- ½ cup unsweetened applesauce
- ¾ cup brown sugar
- ½ cup granulated sugar
- 1 egg
- 3 cups oats
- 1 cup whole wheat flour
- 1 teaspoon cinnamon
- 1 teaspoon salt
- ½ teaspoon baking soda



Beat mashed white beans, oil, brown sugar, granulated sugar, egg, applesauce, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix. Add to bean and sugar mixture: mix well. Drop onto greased cookie sheets and bake at 350° for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

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This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance 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 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. 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.