



Extension
Utah State University



The Sampler

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

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Panic Buying: Causes and Solutions

Staff:

Naomi Brower
FCS/4-H Faculty

Naomi Brower

Stephanie Carlson
FCS Faculty

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Are rising prices bringing your anxiety and fears up with them? Are you experiencing a sense of scarcity and uncertainty about your finances? These feelings can cause people to panic-buy. Panic buying is essentially buying irrational or excessive amounts of goods. People trying to cope with stress and anxiety want to feel like they are in control of something amidst the many things they can't control. Making household preparations is totally rational and is highly recommended. Anxiously buying in excess, out of a fear, with no plan can really wreak havoc on your budget. Let's take a look at what causes panic buying and some solutions to combat it.

Main reasons for panic buying:

- 1. Guilt and shame avoidance:** Nobody wants to be the person who's unprepared or doesn't have the things they need in times of emergency.
- 2. Social Cues:** You see other people buying lots of various goods or you see pictures of empty shelves, so you feel a need to buy a lot of those goods as well.

- 3. Anxiety:** Especially during times of uncertainty and unrest in the world, we want to feel like there is something we can control.

Tips to combat panic buying:

Now that you know the main reasons for panic buying, here are five tips to help you combat this issue and avoid adding extra financial stress to your situation.

- Don't over consume news and social media:** When we're not sure what to do, we start to look at the people around us for clues. Commonly we see people on social media or television

making panic buying a herd behavior. Surround yourself with positive influences. The news and social media can make shortages appear worse than they really are and even cause people to go into panic buying.

- Control what you can:** Control is the antidote for anxiety- the basis of panic buying. People want to feel as though they are in control of something, amidst all the things they can't control. Focus on the things you CAN control rather than the things you can't.

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- **Find a positive way to manage anxiety:** Whether it's being out in nature, enjoying music, sports, exercise, meditation or spending time with family, spend time doing healthy things that help you cope with stress and anxiety besides shopping.
- **Be productive:** Whatever productivity looks like to you, do it!! Being productive can help you feel like you're in control and can help take your mind off stressful things happening around you.
- **Spend time with your favorite people:** If there are certain family members or friends that stress you out or that really focus on the stressful things in life (and most of us can think of at least someone), consider spending a little less time with them until things calm down. Or, try to think of other things you can talk with them about that are more uplifting. ☺

~Alicia Nelson-Bell, Empowering Financial Wellness Program Coordinator

How Do You Know if Your Relationship is Healthy?

All too often, individuals talk about what makes a relationship unhealthy. Most people are well aware of the “red” flags in relationships and know what to avoid: lying, manipulation, control, etc. However, what are the “green” flags? People know what to avoid but are less sure of what they should look for in relationships. Below are three of the important green flags and indications of a healthy relationship:

- ➡ **Communication:** Your partner shares their thoughts and feelings with you honestly and openly. They use both body language and verbal language to accomplish this. A big part of communication includes listening: your partner actively listens to your concerns, thoughts, and expressions.
- ➡ **Boundaries and Consent:** Your partner respects your boundaries, whether they be physical, emotional, and/or spiritual boundaries. They make an active effort to understand your boundaries and communicate their boundaries. You and your partner should never feel pushed to do something that feels uncomfortable or non-consensual.
- ➡ **Trust:** You should be able to trust your partner, and your partner should be able to trust



you. Trust can be built through vulnerability, reliability, respecting one another, and honesty.

While there are countless red and green flags in a relationship, these three green flags lay the foundation for a healthy relationship. If you feel as though one of these foundational pieces is missing from your relationship, you may want to reevaluate your relationship with your partner.

For more information see <https://www.ny.gov/teen-dating-violence-awareness-and-prevention/what-does-healthy-relationship-look> ☺

~Sophia Pettit, student intern & Naomi Brower, Utah State University Extension Professor

“A successful relationship requires falling in love multiple times, but always with the same person.” ~Unknown

Family and Consumer Science Events

Home Buyer Education Virtual or In Person Classes

- ◆ Saturday, May 14, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, July 9, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, Sept. 10, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, Nov. 12, 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 \$30 per household. Call 801-399-8207 to register.



Coping with Race-Related Stress and Trauma in Your Relationship

Monday, May 23rd, 2022 at 6-7 p.m.
Taught by Dr. 'Ofa Hafoka-Kanuch

- Understand what race-related stress and trauma is
- Learn helpful ways to cope
- Learn how to support a partner who has experienced it

Registration Link: https://usu-edu.zoom.us/webinar/register/WN_-VAGTB-jSo6UGWJrVe7W9w

After registering for either webinar, you will receive a confirmation email containing information about joining the webinar.



Utah Marriage Commission Webinars

Rebuilding Trust: Guidance for Couples on the Brink

Thursday, May 5th, 2022 at 6-7 p.m.
Taught by Geoff Steurer, MS, LMFT

- Get clear on exactly what you need to do right now to start repairing your relationship
- Understand why your betrayed partner is responding the way they do
- Learn how to create healing conditions where trust can grow
- Implement strategies for the immediate aftermath of broken trust
- Develop long-term patterns for maintaining trust

Registration link: https://usu-edu.zoom.us/webinar/register/WN_SUQKeMqLTJyQS69uGmMISw

Upcoming Date Night. . .

Drought Proofing Your Marriage

Friday, May 13, 2022 6:00 p.m.
Conservation Garden Park, West Jordan
\$15 per couple

Life can be challenging! Learn how to “drought proof” your marriage while also learning how to drought proof your yard in this fun garden tour. Cost includes activity costs, refreshments, and prizes!

Registration Link: <https://www.eventbrite.com/e/drought-proofing-your-marriage-tickets-251598426667>





PRESERVE
the **HARVEST**

2022 ONLINE SERIES

Are you interested in preserving your garden harvest? Join USU Extension Experts online to learn all about preserving, processing, & storing seasonal produce and meats. These 5 online classes feature live demonstrations, lectures, and time for Q&A.

Classes will take place from 7:00-8:30 PM (MST) on Tuesdays and are \$5 each. Registration is required for all classes. Recordings will be available after for those who register.

For more information and to register visit 2022-preserve-usu.eventbrite.com

May 17
Freeze
Drying

May 24
Pressure
Canning

May 31
Tomatoes
& Salsa

June 7
Jams, Jellies,
Fruits &
Fillings

June 14
Dehydrating

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We finally have a new Home and Community Faculty member! Stephanie Carlson has a Master of Education in Communicative Disorders and Deaf Education from Utah State University. She has actively worked with legislators, congress members, and government agencies to develop and change laws to allow medically fragile children access to proper medical care and deaf/blind children access to appropriate services.

She is a amateur radio operator, martial arts instructor, beekeeper, and loves being outdoors.

She will be taking leadership on the topics of:

- Food preservation, safety and nutrition
- Finance and home buyer education
- Emergency and disaster preparedness

You may contact Stephanie at 801-399-8203 or email stephanie.carlson@usu.edu

New Guides Available!



HiddenGems.usu.edu

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UtahStateUniversity. 



Canning season is just around the corner. Be ready by getting your pressure canner lid tested today. Cost is \$2 a lid. Bring in your lid and in many cases you can have it tested while you wait.

STATEWIDE VIRTUAL EVENT

Marriage Celebration.

2022

WEATHERING CHANGE



WATCH PRESENTATIONS FROM TWO MARRIAGE CELEBRATION CONFERENCES

featuring relationship experts across the nation

FOR \$15, GET ACCESS TO

2021 MARRIAGE CELEBRATION

22 recorded presentations &
keynote presentation

2022 MARRIAGE CELEBRATION

18 recorded presentations &
keynote presentation

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To watch presentations, visit:
Relationships.usu.edu/MarriageCelebration2022



**Utah Marriage
Commission**

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Create Better Health News Corner



Warm Weather, Physical Activity, and the 2022 Ogden Summer Farmers Market

Winter is over and Spring and Summer are well on their way! Maybe you are one who loves the many hiking trails that scatter the Wasatch mountains or enjoys biking throughout the neighborhood. For those of us that seek summer-fun in less strenuous ways, we may look forward to the long days that let us be outside more, playing with our families or simply going for a walk. Regardless, if you have the chance, try to take a few minutes outside and be active! Some physical activity is always better than none.

My favorite part about this time of year is the opportunity to enjoy the sun in my small garden. Gardening isn't for everyone, and that's ok. Those of us that want to enjoy the rewards of a garden without putting in the actual work of growing our own produce should consider going to the Ogden Summer Farmers Market! Have you ever enjoyed a freshly picked tomato, eaten a ripe slice of juicy watermelon, or munched on some sweet, sugar-snap peas? These are some of the many treats that can be found at the Ogden Summer Farmers Market – trust me it's worth your time.

Buying local fresh produce not only benefits your health, but also improves Utah's economy. When you visit the Farmers Market this year, have some fun learning about where the produce is coming from. Talking with the market vendors about how they grow and harvest food is a great way to feel a part of the community.

Following is a recipe that's a sneak peak of what USU's Create Better Health staff will bring to the market this year! Pasta salad with asparagus is delicious and the first sample we plan on bringing. It's sure to be a hit. Make sure to come and stop by every Saturday from May 28th through September 10th. We hope to see you soon! ☺

~Sydney Steel, Create Better Health Ambassador

Pasta Salad with Asparagus

1 lb. pasta, uncooked
1-2 cups cooked asparagus
2-3 cups seasonal chopped raw vegetables (radishes, bell peppers, green onions, tomatoes, etc.)
¼ cup plus 2 tablespoons olive oil
¼ cup red wine vinegar
Salt and pepper to taste
1 tablespoon chopped fresh parsley

Cook the pasta according to package directions. Rinse in cold water. Chill. Cook the asparagus using the method of your choice until just tender. Shock in cold water and drain. Cut into bite-sized pieces. Combine pasta and vegetables in a large bowl. Whisk oil and vinegar in small bowl to blend. Add the dressing to the salad, to taste. Sprinkle with chopped parsley.

Optional ingredients: cheese cubes, tuna, hard-boiled eggs, olive oil

FREE Summer Kids Cooking Camps Kids 8-12 years old

Experience two new countries every day through healthy snacks, crafts, and physical activities. Space is limited! Call 801-399-8207 for more information or to register your child.

June 13 – June 16
Ogden High FACS Lab

July 11– July 14
Ogden High FACS Lab

Aug. 8 – Aug 11
Ben Lomond High FACS Lab

All cooking camps are from 9:00 AM—12:00 PM

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.



MAY 2022 FREE WEBINAR SERIES

SPRING INTO FINANCIAL WELLNESS

MAY 3

BUDGETING FOR EMERGENCIES

MAY 10

BUILDING YOUR CREDIT FOR HOME BUYING

MAY 17

ORGANIZING YOUR DOCUMENTS FOR HOME BUYING

MAY 24

CREDIT CARDS

REGISTER AT [FINANCE.USU.EDU/EFW](https://finance.usu.edu/efw)

Live online events will be at 1:00PM & 7:00PM MDT
Link to the online event will be emailed upon registration

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EMPOWERING
FINANCIAL
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