



Focus on Families

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*For more information about
family living issues, visit our website:*

taylor.uwex.edu

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How to Develop Strong Communities

What's Happening

Communities have a great influence in families' lives. Just as plants are more likely to thrive in a garden with good soil and plenty of sunlight and water, families are more likely to thrive in nurturing communities. A safe place for children to play is one feature of a nurturing community. Other features include the availability of food, shelter, and medical care for families, as well as a culture that encourages neighbors to get to know and help one another. Nurturing communities can help build strong families.*

What You Might Be Seeing

Strong, nurturing communities that are supportive of families will have:

- Parks and recreation facilities that are accessible, safe, and inviting places for families
- Resources to help families in need access food, jobs, medical care, and other resources
- Early education programs that are easily accessible and welcoming
- Safe, affordable housing available to all families
- Clean air and water

What You Can Do

Baby Steps

- Meet and greet your neighbors.
- Go to a parents' meeting at your child's school.
- Participate in an activity at your local library or community center.

Small Steps

- Set up a playgroup in your community at people's homes or a local park (consider inviting people who may not have children at home, such as local seniors).
- Organize a community babysitting co-op.
- Volunteer at your child's school through the school's administration or the parents' organization.
- Encourage local service providers to produce a directory of available services in the community

Big Steps

- Organize a community event (a block party, father/ daughter dance, parent support group).
- Run for an office in the parent organization at your child's school.
- Attend local government meetings (city council or school board meetings) and let them know how important resources are in your community. Let them know how parks, strong schools, and accessible services help to strengthen your family and other families.
- Join or create a group in which parents and children meet regularly to play or serve together, such as scouting, a flag football league, or service club.

Remember: Everyone can take steps to make communities more supportive of families!

From Building Community, Building Hope
www.childwelfare.gov

What's the latest on food product dating?

The Grocery Manufacturers Association and the Food Marketing Institute recently asked their members to standardize quality dates that appear on food packages in an effort to curb the problem of food waste.

A 2013 [report](#) from the Harvard Food Law and Policy Clinic and the National Resource Defense Council estimated that 40 percent of food in the U.S. goes uneaten, resulting in waste of at least 160 billion pounds of food each year. At the same time, nearly 15 percent of U.S. residents

struggle to put food on the table. The report argued that clear food product dating would reduce food waste and help to eliminate food insecurity, or the lack of enough food to stay healthy, in the country.

"Most food products carry dates that advise consumers when the product remains within a certain standard of quality set by the manufacturer," says Barbara Ingham, food safety specialist with the University of Wisconsin-Extension. "However, with the exception of infant formula, these dates are not linked to food safety. In most cases, food products maintain their quality well after the date marked on the package."

Consumers now see dates with these phrases:

"Best if Used By/Before." This indicates when a product will have the best flavor or quality. It is not a purchase or safety date.

"Sell-By." This tells the store how long to display the product for sale for inventory management. It is not a safety date.

"Use-By." This is the last date recommended to use a product at peak quality. It is not a safety date, except on infant formula.

GMA and FMI are asking companies to do away with the terms "Expires On" and "Sell By" and replace them with "Best if Used By." For some highly perishable products like lunch meat or raw oysters, manufacturers could put "Use By" on their products.

"Federal law does not require expiration dates on food," says Ingham. "As a food product passes its 'expiration' date, it may get stale, and some products, like milk, may go sour. But according to food safety experts, most spoiled foods, though unpalatable, aren't particularly hazardous."

According to the USDA, up to 30 percent of food may be lost or wasted at the retail or consumer level. One source of food waste arises from consumers or retailers throwing away wholesome food because of confusion about the

meaning of dates displayed on the label.

GMA and FMI are attempting to reduce consumer confusion and wasted food by recommending the "Best if Used By" date be applied to most foods. "USDA indicates that research shows the 'Best if Used By' phrase conveys that the product will be of best quality if used by the date shown. Foods not exhibiting signs of spoilage should be wholesome and may be sold, purchased, donated and consumed beyond the labeled 'Best if Used By' date," Ingham says.

With the exception of infant formula, a product should still be safe and wholesome beyond its "Best If Used By" date as long as it is handled and stored properly. "For instance, pasteurized milk that is kept refrigerated and properly handled, should be safe to drink after the date marked on the container and can be consumed until it shows signs of spoilage," says Ingham.

The exception to food product dating is when a date is applied to infant formula. Because proper nutrition is vitally important for healthy development of an infant, **infant formula should be removed from sale and discarded after the 'Use By' date marked on this product.**

Consumers should remember that while food that is not properly handled may spoil even before the date marked, most foods will remain wholesome and tasty well after the date marked on the package.



From <http://fyi.uwex.edu/news/2017/03/20>

The New and Improved Nutrition Facts Label – Key Changes

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings
The number of “servings per container” and the “Serving Size” declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously ½ cup and now is ¾ cup. There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories
“Calories” is now larger and bolder.

3. Fats
“Calories from Fat” has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars
“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food. Scientific

Current Label

| Nutrition Facts | |
|--|-----------------------|
| Serving Size 2/3 cup (55g) Servings Per Container About 8 | |
| Amount Per Serving | Calories from Fat 72 |
| Calories 230 | % Daily Value* |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 1g | |
| Protein 3g | |
| Vitamin A | 10% |
| Vitamin C | 8% |
| Calcium | 20% |
| Iron | 45% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

| | | | |
|--------------------|-------------------|---------|-------|
| Total Fat | Less than 65g | 80g | 2,500 |
| Sat Fat | Less than 20g | 25g | |
| Cholesterol | Less than 300mg | 300mg | |
| Sodium | Less than 2,400mg | 2,400mg | |
| Total Carbohydrate | 300g | 375g | |
| Dietary Fiber | 25g | 30g | |

New Label

| Nutrition Facts | |
|---|-----------------------|
| 8 servings per container Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories 230 | % Daily Value* |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Manufacturers will need to use the new label by July 26, 2018, and small businesses will have an additional year to comply. During this transition time, you will see the current Nutrition Facts label or the new label on products.

data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients
The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount in grams in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium. The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote
The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.



For more information about the new Nutrition Facts label, visit: www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm385663.htm

At Your Finger-Tips

Learning hand hygiene begins long before children can read and write. The American Cleaning Institute offers parents 5 Finger-Tips in order to help prevent their young ones from getting sick, spreading illness and missing school.



american cleaning institute®
for better living
www.cleaninginstitute.org

1

Set a good example by washing your own hands often and properly.

3

Explain to kids the reasons they should wash up, to keep from getting sick and spreading germs.

2

Teach kids to wash their hands for at least 20 seconds, rinsing and drying completely.

4

Tell kids when to wash, such as after using the bathroom, before eating and after touching animals, blowing your nose, coughing and sneezing.

5

Keep alcohol-based hand sanitizers, gels or antibacterial wipes on hand when soap and water are unavailable.



Spring and Summer Energy Saving Tips

Here are some strategies to help you save energy during the spring and summer when the weather is warm and you are trying to keep your home cool. Some of the tips below are free and can be used on a daily basis to increase your savings; others are simple and inexpensive actions you can take to ensure maximum savings throughout the spring and summer.

Use Your Windows to Gain Cool Air and Keep Out Heat

- If you live in a climate where it cools off at night, turn off your cooling system and open your windows while sleeping. When you wake in the morning, shut the windows and blinds to capture the cool air.
- Install window coverings to prevent heat gain through your windows.

Operate Your Thermostat Efficiently

- Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.



FACT: In tree-shaded neighborhoods, the summer daytime air temperature can be up to **6 degrees cooler** than in treeless areas.

Use Fans and Ventilation Strategies to Cool Your Home

- If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.
- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove the heat and humidity from your home. Your laundry room might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

Keep Your Cooling System Running Efficiently

- Schedule regular maintenance for your cooling equipment.

- Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Vacuum registers regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

Don't Heat Your Home with Appliances and Lighting

- On hot days, avoid using the oven; cook on the stove, use a microwave oven, or grill outside.
- Install efficient lighting that runs cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.
- Take advantage of daylight instead of artificial lighting, but avoid direct sunlight.
- Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.
- Take short showers instead of baths.
- Minimize activities that generate a lot of heat, such as running a computer, burning open flames, running a dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

Keep Hot Air from Leaking Into Your Home

- Seal cracks and openings to prevent warm air from leaking into your home.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

Lower Your Water Heating Costs

- Water heating accounts for about 18% of the energy consumed in your home.
- Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.



#DidYouKnow: A well-planned landscape can reduce an unshaded home's air conditioning costs by **15-50 percent**.

From ENERGY.GOV
Energy Saver

Preparing Your Family for an Emergency



Why Make a Plan?

Do you know how your family would cope in an emergency? Does each person know what to do? Do you have what you need close at hand?

An emergency could be a one of the following:

- Fire
- Natural disaster (such as an earthquake, flood, or tornado)
- Power outage
- Disease outbreak

What You Can Do

Taking steps to prepare now could help your family survive and thrive in an emergency.

- **Learn how you will be notified.** Ask your local emergency management agency (<https://www.fema.gov/emergency-management-agencies>) what methods they use. These might include radio and TV, sirens, digital road signs, phone calls, or text messages. Ask your mobile service provider if your device can receive free alerts. For more information, visit <https://www.ready.gov/alerts>.
- **Make an emergency supplies kit.** This collection of basic items should be gathered in advance so that it's ready when you need it. You should have nonperishable food, water, clothing, supplies, and medicine to last at least 3 days. Keep a kit at home, at work, and in your car. Find a list of what to include on the Centers for Disease Control and Prevention website at <https://emergency.cdc.gov/preparedness/kit/disasters/index.asp>.
- **Be prepared to evacuate or shelter in place.**
 - **Evacuation.** In situations like a fire or flood, it will be necessary to leave your home and go somewhere safer. Keep your gas tank full and an emergency kit in your car if evacuation seems likely. Identify several places you could go, and identify different routes.
 - **Shelter in place.** In cases like tornadoes and winter storms, it will be safest to stay where you are ("shelter in place") until authorities say it is safe to

go outside. Choose a safe room in your home and watch TV, listen to the radio, or check the Internet often for instructions.

- **Plan for how your family will communicate.** Your family may not be together when a disaster strikes.
 - Make sure all family members are able to receive alerts and carry family contact information.
 - Agree on meeting locations (in your neighborhood, in case of a fire; and outside of your neighborhood, in case you must evacuate).
 - Identify a person out of the local area that everyone can contact to confirm that they are safe. Have everyone memorize the number.
 - Remember that in an emergency, it may be easier to text than call.
- **Practice your plan regularly.** Review how you would evacuate, where you will meet if separated, and other safety plans.
- **Ask about school plans.** Make sure your children's schools and daycare providers have emergency communication plans and supply kits. If they do not, offer to help create them.

Remember: Children feel better when they are involved in planning. The following websites provide ideas to help plan with your children:

- <https://www.ready.gov/kids>
- <http://www.cdc.gov/phpr/readywrigley/index.htm>

For more information about the specific disasters that are most likely to occur where you live, visit the Red Cross at <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies> or Ready.gov at <https://www.ready.gov/prepare-for-emergencies>.

Clean Sweep

Taylor County will be conducting a collection of chemicals and appliances for its residents.

HOUSEHOLD & AG CHEMICAL DROP-OFF:

- Herbicides
- Pesticides
- Cleaners
- Solvents
- Anti-freeze
- Varnish
- Paint thinner
- Mercury waste/thermometers
- Driveway sealer
- Rechargeable/Battery Pacs/Hearing Aid/Cell Phone Batteries
- Oil filters (limit 10 or pay fee)
- Fluorescent/CFL tubes from residence/farm
- Oil-based paints only (*Latex-based paints will NOT be accepted. They can be disposed of by drying the can out & placing it in the garbage.*)



ELECTRONICS DROP-OFF:

- \$15.00:** Computer Monitors
- \$20.00:** TVs (in plastic case)
- \$45.00:** TVs (wood console or projection)
- \$55.00:** Large office copiers
- FREE:** VCRs/DVDs
- Scanners/Faxes
- Desktop Printers/Copiers
- CPUs/Laptops/Tablets
- Keyboards/Mice & cables
- Stereo equipment
- Satellite Dishes/Receivers
- Vacuum Cleaners
- Cell phones
- Other small electronics: *coffee makers, mixers, toasters, slow cookers, popcorn poppers, etc.*



SATURDAY, MAY 6

Medford: Fairgrounds
8:00 – 11:30 a.m.

Gilman: High School Student
Parking Lot (E Crumb St)
2:00 – 3:30 p.m.

AGAIN THIS YEAR *Pharmaceutical Collection*

APPLIANCE DROP-OFF:

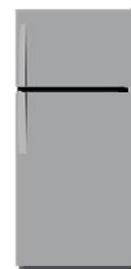
\$5.00: Washers & Dryers

- Stoves
- Microwaves
- Dishwashers
- Humidifiers
- Water heaters
- Furnaces



\$10.00: Water softeners
Empty 20#+ Propane Tanks

\$18.00: Refrigerators
Freezers
Dehumidifiers
Ice makers
Water coolers
Water fountains



\$20.00: Air conditioners

FREE: Scrap metal of all kinds
Electrical wiring
Lead acid vehicle batteries
Untamated motor oil and transmission oil
(*in not larger than 15 gallon non-leaking containers*)

Oil will be rejected if mixed with water or anti-freeze.

These lists are not all-inclusive. For more information, contact:

Taylor County Recycling—715-748-1485

Due to funding cuts there will NOT be an August collection in 2017.



Taylor County

Taylor County UW-Extension
County USDA Service Center
925 Donald Street Room 103
Medford WI 54451

Postage & Fees Paid
Non-Profit
Medford WI 54451
Permit No 196

Please pass this on to others when you have finished reading it.

CURRENT RESIDENT OR

[Empty box for current resident information]

If you no longer want to receive this newsletter, please let us know—715-748-3327 ext. 9

UPCOMING EVENTS

- April 29: **Maple Fest** at the Fairgrounds, NE corner of Hwy. 13 & 64 in Medford
- June 11: **June Dairy Breakfast** at the Fairgrounds
- June 16–18: **Gilman June Dairy Days**
- August 3–6: **Taylor County Youth Fair** at the Fairgrounds

Rib Lake Summer Strong Bones Class

- June 6–August 8, Tuesdays & Thursdays
- Rib Lake Senior Center
- \$15

Register at the Senior Center through the end of May or at the UW-Extension Office, 925 Donald St in Medford.

For more information, contact Peggy Nordgren, UW-Extension Family Living Agent, at 715-748-3341.

Strong Bones classes are for both women and men of any age, with an emphasis on those over 40. Classes include strength-building, flexibility, and balance exercises. Those over age 70 will need a doctor's approval.



Interested in a summer Strong Bones class in Medford?
Contact Peggy Nordgren, 715-748-3341.

