

Your county extension office



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LEAPS & BOUNDS

PARENTING PRESCHOOLERS

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This newsletter is also available for viewing on our website: <http://taylor.uwex.edu/>

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Dear Readers:

Periodically, UW-Extension takes steps to ensure that our partners know and understand our policy of nondiscrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services, or in employment.

Further, UW-Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination. Categories of prohibited discrimination include, race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record or membership in the national guard, state defense force or any other reserve component of the military service.

Consistent with the Americans with Disabilities Act, persons who need materials in alternative format or other accommodation must write or call the UW-Extension contact person for the specific program or call the main telephone number of the Taylor County Extension Office, 925 Donald St., Room 103, Medford, WI 54451, at least ten working days prior to the event.

Individuals who need TTY access may contact the Taylor County Extension Office by calling (715) 748-3327 or by calling 711 for Wisconsin Relay service.

The University of Wisconsin-Extension staff in Taylor County thanks you for collaborating with our many educational endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Taylor County.

Sincerely,

Arlen Albrecht
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Agriculture Educator

DON'T DO THE

FLOU

HELP KEEP GERMS AWAY DURING THE HALLOWEEN SEASON!

Trick or treat is a prime time to reinforce the importance of clean hands. It's a season filled with tempting treats like candy apples, cupcakes, popcorn balls and lots of candy. Take a few moments to talk to your children about the ways that they can scare away germs with good hygiene before trick or treating begins!

This year, celebrate Hallow-CLEAN! Remind your children, family members and co-workers to wash their hands with soap and warm water for 20 seconds. When there's no soap or water – reach for a hand sanitizer or wipe.

When should you wash your hands?



When preparing food



Before snack and meals



After using the restroom



After touching animals



When hands are dirty



When you or someone around you is ill



american cleaning institute™
for better living

For more information about hand hygiene, visit www.cleaninginstitute.org.
This resource is intended for educational purposes and may be reproduced in whole or part without permission but with credit given to the American Cleaning Institute®.

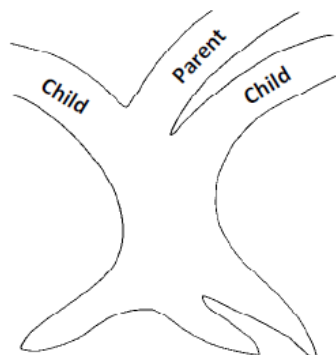
Creating a Family Tree

Strong families see themselves as a worthy group and are proud of themselves. Strong families treasure and honor each family member.

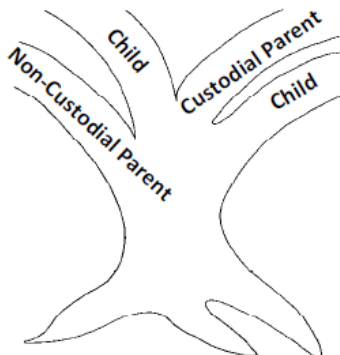
To help your preschooler develop a sense of family history and belonging, create a family tree. A **family tree** is a chart representing family relationships in a conventional tree structure. Young children need to feel the security of having an understanding of who

they are and where they came from. Knowing about family members helps a person appreciate others as well as realize their own uniqueness.

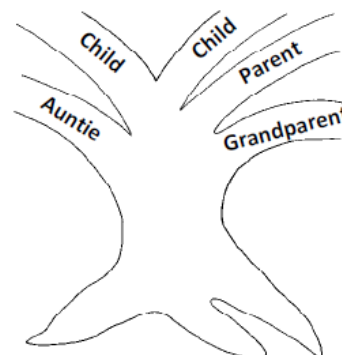
Different families have different family trees, depending on who is living in your household and who is providing care for your child. The following gives a few examples of likely family trees for a two-child family. Your situation may differ from the examples.



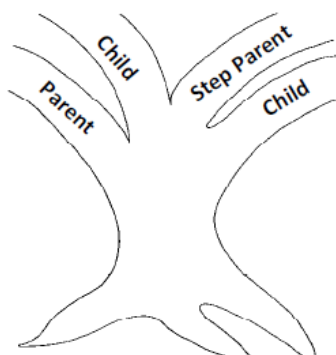
Single-Parent Family



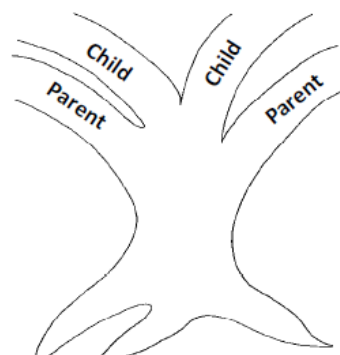
Single-Parent Family



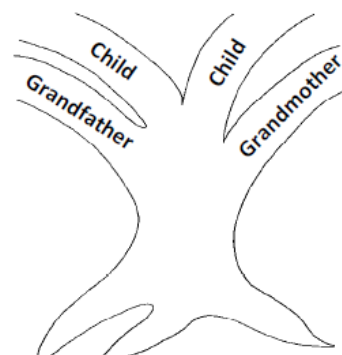
Multi-Generational Family



Blended Family



Traditional Family



Grandparent Family

On a large sheet of paper, draw your own family tree. Put both your child's name and your family name at the top of the page.

1. Put names and/or pictures of each person on the branches of the tree.
2. Select leaves that represent the characteristics of each person. Talk with your child about the strengths of each person on the family tree. Ask what they like about that person. Be sure to ask your child to think about his/her characteristics, too. Pick leaves with the characteristics your child mentions or write down the characteristics on the blank leaves. Glue the leaves for each person onto their branch of the tree.
3. Next, talk with your child about what makes you proud to be a member of this family. Ask, "What makes our family special?" Write your family characteristics onto the trunk of the tree. Some families have mentioned these characteristics:

- Work well together
- Show appreciation for each other
- Give to community
- Have fun together

4. You will want to put family names/pictures of grandparents or even great-grandparents at the roots of the tree. Talk with your child about the people who came before. What are/were some of their characteristics? Each grandparent has two parents, and each of them has two parents. Roots go deeper and spread out as you include more family members.

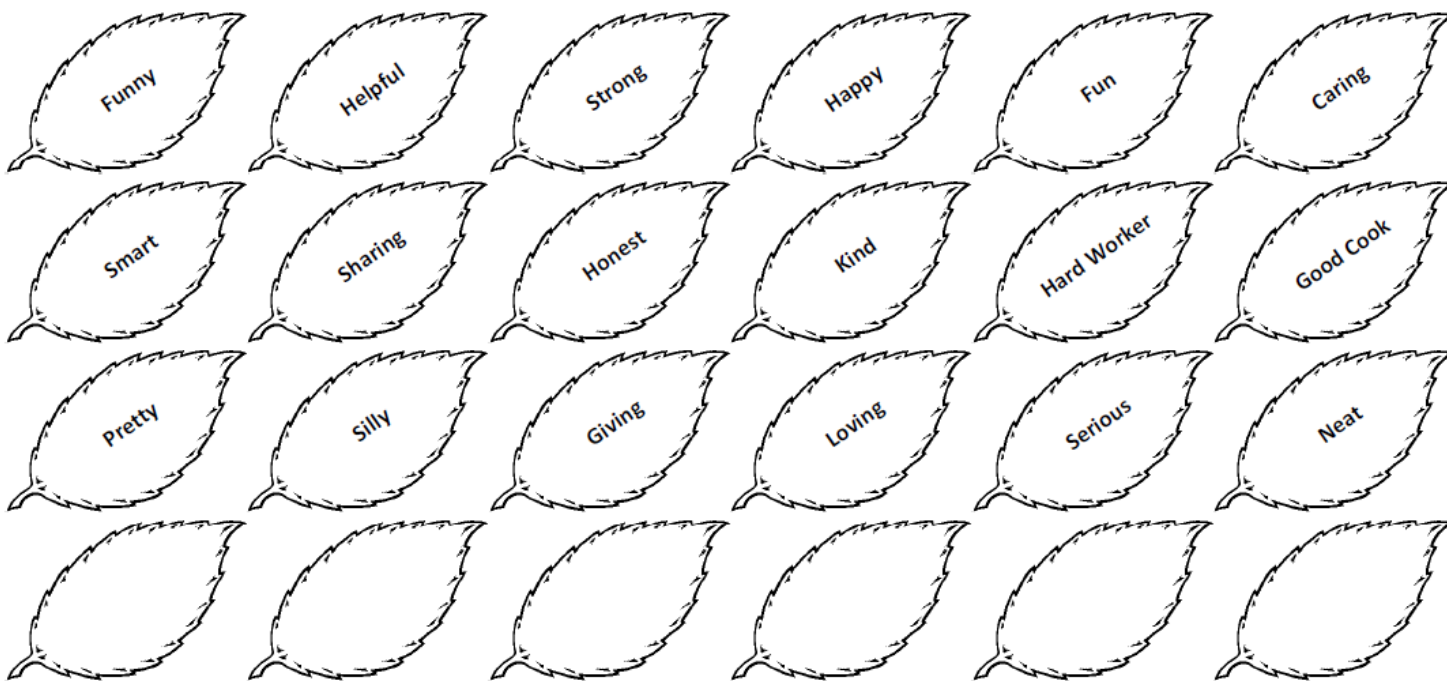
Creating a family tree teaches your child about family:

- Who makes up your family?
- What are the strengths and characteristics of each family member?
- How your child fits into the family?

Learning about family enhances your child's self-esteem. Children with a strong sense of family are more self-assured and have a deeper appreciation and respect for individuality and diversity.

References:

- Day, T., Small, S., & Fitzsimmons, E. (1987). *Family times*. University of Wisconsin-Cooperative Extension.
- Molgaard, V., Kumpfer, K., & Fleming, E. (2006). *Strengthening families program*. Iowa State University, University Extension.
- Thomason, D. (2009). *Strong families build strong communities: Family history*. Retrieved from Clemson University website at http://www.clemson.edu/fyd/bfs_strengths.htm



This document can be made available in alternative formats, such as large print, Braille, or audio tape, by contacting your county Extension office. (TTY 1-800-947-3529)

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February 2011

10 tips

Nutrition
Education Series

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Cranberries – not just for the holidays anymore

Wisconsin's official state fruit a healthy, year-round option

Cranberries, once found only on the Thanksgiving table, have become a favorite food year-round. Wisconsin's official state fruit has found its way into main courses, salads, breads and desserts to offer taste buds a treat throughout the entire year.



The cranberry, once called “crane berry” by settlers because of the blossom’s resemblance to the sandhill crane, is grown in 20 counties throughout central and northern Wisconsin. Wisconsin is the ideal place to grow cranberries and leads the nation in cranberry production, producing in excess of 45 percent of the nation’s fruit.

Cranberries are one of the few fruits native to North America (concord grapes and blueberries are two others). They were a staple in the diet of Native Americans, eaten fresh, ground or mashed and sweetened with maple syrup or honey.

“Cranberries are not only good to eat, they are good for you,” says Connie Eisch, Wood County UW-Extension family living educator. “Fruit is always a good choice to include in your meals and snacks, but the cranberry is high in fiber and has just 25 calories per one half cup. It is also low in sodium and a good source of vitamin C.”

Cranberries have properties that protect our bodies from certain types of bacteria that can cause urinary tract infections, gum disease and stomach ulcers. Cranberries and cranberry products contain significant amounts of antioxidants that may help protect against heart disease, cancer and other diseases.

You can find fresh cranberries in your supermarket produce section from September to December. “Store good quality fresh berries in the refrigerator in the polyethylene bag in which they were purchased,” says Eisch. Their natural acidity helps to protect them against spoilage and they will keep well for two to four weeks.

To prepare cranberries for cooking, sort out bruised berries, then rinse in cold water. The berries can be easily frozen for up to nine months. Just pop them in your freezer for later use (wash before you use them, but not before freezing). When ready to use, do not thaw, just add them to your recipe as you would fresh berries. They are actually less messy to grind or chop while they are frozen.

The tangy flavor of cranberries enhances that of other foods. Whenever you want to plan a meal or a snack with color and zest, think of a way to include cranberries. “For example, you could start your day with cranberry juice or a cranberry muffin,” says Eisch. Cranberries make beautiful ruby red molded salads and garnishes for poultry and pork. Cranberries in breads and stuffings are other ways to liven up a main course.

If your only recipe for cranberries is “open can and serve,” check out the Wisconsin Cranberry Growers Association website at www.wiscran.org for great recipes including 2011 Wisconsin State Fair winners Cranberry Pecan Bread, Cranberry Pecan Tarts and Cranberry Wine Relish.

Mondays

November 7, 14, & 21, 2011*

1:00—3:00 or 6:00—8:00 PM

Ground Floor Conference Room

Courthouse—Medford

MANAGING YOUR MONEY

*Develop your personal spending plan
and learn how to keep track of your spending.*

***This is a 3-part series.**

**Call the UW-Extension office, at 715-748-3327,
before the first class in the series to pre-register.**

Class size is limited. There is no fee to attend this program.

Get Ready For The Hunt

Some bulletins available at Taylor County UW-Extension office for the hunting season include:

- Wisconsin's Wild Game: Enjoying the Harvest
B3573.....\$2.50
- Canning Meat, Wild Game, Poultry & Fish Safely
B3345.....\$2.50
- So You Got a Deer
G1598.....FREE
- Processing Your Deer
G3847.....FREE

Aim For Safety

Please Hunt Carefully



Holiday Food Questions???

UW-Extension, Taylor County
Peggy Nordgren
Family Living Agent
715-748-3327
Weekdays - 8:00 a.m. to 4:30 p.m.
peggy.nordgren@ces.uwex.edu

USDA Meat & Poultry Hotline
1-888-MPHotline
1-888-674-6854
Email: mphotline.fsis@usda.gov
www.fsis.usda.gov

Butterball®
1-800-BUTTERBALL
1-800-288-8372
10:00 a.m. to 7:00 p.m. CST
The **Turkey Talk-Line** is open to consumers during the months of November and December. Bilingual support is available.
Email: talkline@butterball.com
www.butterball.com

Ocean Spray Consumer Helpline
1-800-662-3263
10:00 a.m. to 5:00 p.m. CST
Monday-Friday
www.oceanspray.com

Fleischmann's Yeast Baker's Helpline
1-800-777-4959
www.breadworld.com

Land O'Lakes Consumer Affairs
1-800-328-4155
9:00 a.m. to 3:30 p.m. CST
Monday
8:00 a.m. to 3:30 p.m. CST
Tuesday-Friday
www.landolakes.com

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