



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

December 2019

Ask the Agent

Q: I have perspiration stains on my white dress shirts. What is the best way to get rid of them? What about coffee stains?

A: The American Cleaning Institute is one of my go-to resource for any cleaning questions. For any bodily fluid stains, they recommend you pretreat or soak the garment in a product containing enzymes then launder using sodium hypochlorite bleach, if safe for the fabric, or oxygen bleach. For coffee stains, sponge or soak stain in cool water. Pretreat with a prewash stain remover, liquid laundry detergent, liquid detergent booster or paste of powder laundry product and water. Finally, launder as noted above.

Source: www.cleaninginstitute.org

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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Healthy Eating Habits 101

December 2019

When it comes to eating, we have strong habits. Some are good ("I always eat breakfast"), and some are not so good ("I always clean my plate"). Although many of our eating habits were established during childhood, it doesn't mean it's too late to change them.

Making sudden, radical changes to eating habits such as eating nothing but cabbage soup, can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea, and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you Reflect, Replace, and Reinforce.



REFLECT on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.

REPLACE your unhealthy eating habits with healthier ones.

REINFORCE your new, healthier eating habits.

REFLECT:

- ⇒ **Create a list of your eating habits.** Keeping a food diary for a few days, in which you write down everything you eat and the time of day you ate it, will help you uncover your habits. For example, you might discover that you always seek a sweet snack to get you through the mid-afternoon energy slump. Use a food diary to help increase your awareness of your eating habits. It's good to note how you were feeling when you decided to eat, especially if you were eating when not hungry. Were you tired? Stressed out? You can find a sample food diary created by the CDC on the Geary County K-State Research & Extension website under Resources for Good health at: <https://www.geary.k-state.edu/health-home-family/health-wellness.html>
- ⇒ **Highlight the habits** on your list that may be leading you to overeat. Common eating habits that can lead to weight gain are:
 - Eating too fast
 - Always cleaning your plate
 - Eating when not hungry
 - Eating while standing up (may lead to eating mindlessly or too quickly)
 - Always eating dessert
 - Skipping meals (or maybe just breakfast)
- ⇒ **Look at the unhealthy eating habits** you've highlighted. Be sure you've identified all the triggers that cause you to engage in those habits. Identify a few you'd like to work on improving first. Don't forget to pat yourself on the back for the things you're doing right. Maybe you almost always eat fruit for dessert, or you drink low-fat or fat-free milk. These are good habits! Recognizing your successes will help encourage you to make more changes.
- ⇒ **Create a list of "cues"** by reviewing your food diary to become more aware of when and where you're "triggered" to eat for reasons other than hunger. Note how you are typically feeling at those times. Often an environmental "cue", or a particular emotional state, is what encourages eating for non-hunger reasons.
- ⇒ **Common triggers for eating when not hungry are:**
 - Opening up the cabinet and seeing your favorite snack food.
 - Sitting at home watching television.
 - Before or after a stressful meeting or situation at work.
 - Coming home after work and having no idea what's for dinner.
 - Having someone offer you a dish they made "just for you!"
 - Walking past a candy dish on the counter.
 - Sitting in the break room beside the vending machine.
 - Seeing a plate of doughnuts at the morning staff meeting.
 - Swinging through your favorite drive-through every morning.
 - Feeling bored or tired and thinking food might offer a pick-me-up.

(continued on page 2)

Healthy Eating Habits 101 *(continued)*

- ⇒ **Circle the “cues” on your list that you face on a daily or weekly basis.** Going home for the Thanksgiving holiday may be a trigger for you to overeat, and eventually, you want to have a plan for as many eating cues as you can. But for now, focus on the ones you face more often.
- ⇒ **Ask yourself** these questions for each “cue” you’ve circled:
 - **Is there anything I can do to avoid the cue or situation?** This option works best for cues that don’t involve others. For example, could you choose a different route to work to avoid stopping at a fast food restaurant on the way? Is there another place in the break room where you can sit so you’re not next to the vending machine?
 - **For things I can’t avoid, can I do something differently that would be healthier?** Obviously, you can’t avoid all situations that trigger your unhealthy eating habits, like staff meetings at work. In these situations, evaluate your options. Could you suggest or bring healthier snacks or beverages? Could you offer to take notes to distract your attention? Could you sit farther away from the food so it won’t be as easy to grab something? Could you plan ahead and eat a healthy snack before the meeting?

REPLACE :

- Replace unhealthy habits with new, healthy ones.** For example, in reflecting upon your eating habits, you may realize that you eat too fast when you eat alone. So, make a commitment to share a lunch each week with a colleague, or have a neighbor over for dinner one night a week. Other strategies might include putting your fork down between bites or minimizing other distractions (i.e. watching the news during dinner) that might keep you from paying attention to how quickly — and how much — you’re eating.
- Eat more slowly. If you eat too quickly, you may “clean your plate” instead of paying attention to whether your hunger is satisfied.
 - Eat only when you’re truly hungry instead of when you are tired, anxious, or feeling an emotion besides hunger. If you find yourself eating when you are experiencing an emotion besides hunger, such as boredom or anxiety, try to find a non-eating activity to do instead. You may find a quick walk or phone call with a friend helps you feel better.
 - Plan meals ahead of time to ensure that you eat a healthy well-balanced meal.

REINFORCE:

Reinforce your new, healthy habits and be patient with yourself. Habits take time to develop. It doesn’t happen overnight. When you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself: Why do I do this? When did I start doing this? What changes do I need to make? Be careful not to berate yourself or think that one mistake “blows” a whole day’s worth of healthy habits. You can do it! It just takes one day at a time!

Source: Centers for Disease Control and Prevention

Family Finances

Holiday Budget Basics

When the holiday season rolls around, many family budgets become strained. With a long list of family and friends, finding enough money to go around may be challenging. To help reduce the stress of your next holiday season, try making gifts instead of purchasing them. Consider these fun and economical gift ideas:

- ✓ Create gift baskets. For the family member who loves movies, make a “night-in” basket. Get a large bowl for popcorn to use as the container. Add packaged popcorn and a coupon for a free movie rental. Gardening, sports or any other themed baskets also work.
- ✓ For parents with young children, provide a homemade coupon good for free baby-sitting. Other ideas include coupons for helping walk the dog, painting or cleaning.
- ✓ Create a recipe booklet with favorite holiday recipes. Copy the recipes onto festive recipe cards, punch a hole in the corner of the cards and tie them together with a red ribbon. Holiday photo albums also can be used to hold recipes.

✓ Fill a holiday mug with packets of flavored tea, hot cocoa or coffee for those who enjoy warm beverages. Or tie a packet of soup mix to a large wooden spoon. Include a bowl and package of biscuit mix for a complete gift.

✓ If you are computer savvy, create homemade calendars for family members. These could include highlighted birthday and anniversary dates. Try adding family photos for a personal touch.

✓ Repurpose old tins, filling them with cookies, muffins or other holiday goodies. A gift like this will be a delight to anybody who has little time for baking.

✓ Make homemade mixes in a jar. Mixes for soups and cookies are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.

Source: North Dakota State University Extension Service publication number: FN1494.

Download the entire handout with recipes on the Geary County K-State Research and Extension Website at: <https://www.geary.k-state.edu/health-home-family/>

I recently listened to a webcast presented by Dr. Barbara O'Neill, Financial Resource Management Specialist for Rutgers University Cooperative Extension Service. The webinar titled "Flipping a Switch for Happiness and Financial Security in Later Life" brought to light some new perspectives as it relates to preparing for retirement. All too often you focus on what you have saved, maintain a rigorous budget, reducing spending, and looking for ways to cut costs.

Now, consider this. What if you have been wise and proactive in your retirement preparations? Is it possible that you will need to "flip a switch" from the mindset of retirement preparation to a mindset of retirement happiness? The paradigm shift can be an obstacle for many retirees. What kind of shift am I meaning? Here are just a few ideas I gleaned from the webinar presented by Dr. O'Neill.

Switching your focus from a long-term career to doing something else. Perhaps it will be a different full time job, becoming an entrepreneur, or focusing on your hobbies and interests.

Transitioning for being a saver to being a spender. This doesn't mean you stop working with a household budget but you redesign your budget to accommodate your cash flow. If you have made wise investments and maintained tight living expenses, you might have a higher monthly income than when you were working fulltime!

Instead of a paycheck, you should consider a payback! Now that you are no longer getting your check from an employer, set up a "payback" that simulates a regular check. You can do this by setting up an automatic monthly withdrawal from investments for 1/12 of their required annual minimum distribution.

Now that you are retired, you could stop accumulating "stuff" and begin downsizing. Take your time and be methodical. Cleaning out a single closet a month is one approach. Dr. O'Neill mentioned that she begins her retirement at the end of this month and has had garage sales almost monthly for the past two years as her way to downsize. A move to warmer climate is imminent and the garage sales have dramatically reduced the amount of work needed in the past few months in preparation for her departure.

These are just a few of the many ways you will need to flip a switch from preparing for retirement to enjoying the fruits of your labor as you step away from career life. Dr. O'Neill offers more on this topic in her book titled "Flipping a Switch for Happiness and Financial Security in Later Life" due to come out after the first of the year.

Grant Writing Workshop January 8, 2020

Individuals and community groups can learn more about writing successful grant proposals at a workshop planned in Junction City on January 8, 2020. Co-sponsored by Live Well Geary County and Geary County Extension, the workshop is presented by Nancy Daniels, a community vitality specialist with K-State Research and Extension and the author of many grant proposals.

"This workshop is for everyone, whether they've never written a proposal before and have no idea where to start, to those who have experience but are looking for ways to improve their approach," Daniels said. "The magic that happens in a local community when people find out they don't have to wait to get something done, that they can do it themselves, is incredible."

The training will be at the Episcopal Church of the Covenant -Guild Hall, 314 N. Adams Street, Junction City, KS from 9:30 a.m. to 3:30 p.m. The cost to attend is \$50 for early bird registrations due December 16, 2019 or \$65 for standard registrations due by December 31, 2019. Lunch, refreshments, and printed resources are included in the registration fee. Register online at: <http://bit.ly/GECOworkshop>

Contact Deb Andres at the Geary County K-State Research & Extension office for more information or view the informational flyer under helpful links at <https://www.geary.k-state.edu/>

Quick Meals for Busy Families January/February 2020

According to the RWJF County Health Rankings and Roadmaps, Geary County ranks 82/102 in Kansas. The county ranks 89/102 in the area of health factors and 8/10 in the area of health outcomes.

With these rankings in mind, Live Well Geary County and Geary County K-State Research and Extension Agent, Deb Andres are partnering together to offer a community cooking and healthy menu class called Quick Meals for Busy Families. Andres shared "Our goal with Quick Meals for Busy Families is to provide residents with basic food preparation skills that will help them incorporate more fruits, vegetables and whole grains into their diet. Providing tools and education is critical."

The class is four sessions in length and participants who complete all four session will receive a food preparation "kit" which includes a 16" electric skillet and kitchen utensils. A recipe booklet will also be included along with a bag filled with ingredients to make some of the recipes at home. The cost of the class has been underwritten by a Heathy for Life® 20 By 20 grant received from the American Association of Family & Consumer Sciences and the American Heart Association. Space is limited.

For more information about the class and how to register, download the flyer under new resources at: <https://www.geary.k-state.edu/health-home-family/>

Geary County

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Upcoming Geary County Extension Programs

**Requires pre-registration. Call 238-4161 for more information

January

- 8 ****Grant Writing Workshop**—This one-day training will help you: 1) conquer grant-writing fears and start writing, 2) learn new sources of data to document community needs, 3) learn new sources for grant funding, and 4) practice in developing grant outcomes, activities, evaluation, and budget. Registrations received by 12/16/2019 are \$50, registrations received from 12/17/2019 thru 12/31/2019 are \$65. Registration closes 12/31/2019. Register online at: <http://bit.ly/GECOWorkshop>
- 13 & 14 ****Quick Meals for Busy Families**— This free four session class is being offered at two locations. Participants in this program will: 1) Gain new skills to prepare and experience healthy food, 2) Receive culturally relevant healthy recipes, 3) Budget and shop for healthy foods and, 4) Increase level of comfort with healthy foods
Space is limited. Register online at: <http://bit.ly/33QONHD>



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