

HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

Denise Schaeffer | (931) 296-2543 | dschae5@utk.edu | 108 Thompson St. Waverly, TN 37185



Happy Valentine's Day!

February's newsletter provides general information and tips on food safety for Superbowl Sunday get-togethers; also how to recognize the signs of teen dating violence; budgeting: a way to get out of debt; and finally, how to start working out for better fitness.

Exercise Move of the Month



Marching Curl

1. Transfer your body weight to your right leg and bring your left leg up in a high-step march while you bend forward slightly to contract your abdominal muscles.
2. Lower the left leg and repeat on the opposite leg.
3. Continue the movement in a marching rhythm.

The latest on this month's issue:

Exercise Move of the Month

Superbowl Sunday Food Safety Tips

Signs of Teen Dating Violence

Budgeting to Get Out of Debt

Starting a Workout Routine

Skill Up Tennessee

Dates To Remember

Superbowl Sunday Food Safety Tips

" February 12 marks Super Bowl LVII and Americans from coast to coast will gather with friends and family to cheer on their team, enjoy the halftime show and partake in traditional football foods. While foods prepared at home remain a popular option, delivery and takeout options are convenient alternatives. Since this event can last up to four hours, harmful bacteria have ample time to develop in your favorite dishes, which increases the possibility of foodborne illness.

The U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) wants to keep you in the game with some tips on how not to get benched by foodborne illness.

"Many Americans enjoy delivery and takeout foods during the Super Bowl for convenience, but food safety precautions are the same as food prepared at home," said USDA Under Secretary for Food Safety Dr. Emilio Esteban. "To prevent foodborne illness, food should not be left out for over two hours without proper heating or cooling and should be placed out in small amounts and replenished as needed to keep your family and friends safe."

Follow some tips from the food safety playbook to tackle foodborne illness head on throughout the game:

Play 1: Boost your Food Safety Defense Strategy with Four Simple Steps for Preparing Foods

You can't see, smell or taste harmful bacteria that may cause illness. When preparing food, follow the four guidelines below to keep food safe:

- **Clean** — When handling raw meat and poultry, wash your hands for at least 20 seconds and clean and sanitize surfaces often with soap, water and a sanitizer.
- **Separate** — Don't cross-contaminate. Use separate cutting boards, plates and utensils to avoid cross-contamination between raw meat or poultry and foods that are ready-to-eat.
- **Cook** — Cook to proper internal temperatures, checking with a food thermometer.
- **Chill** — Refrigerate promptly and do not leave food out at room temperature for over two hours.



"Play 2: Block Foodborne Illness and Bacteria by Staying out of the Danger Zone

Leaving takeout and delivered foods out too long at room temperature is not safe.

Dangerous bacteria can grow most rapidly in the range of temperatures between 40 F and 140 F (the Danger Zone), doubling in number in as little as 20 minutes.

- If you order food and it's delivered or picked up in advance of the big game, divide the food into smaller portions or pieces, place in shallow containers and refrigerate until ready to reheat and serve. You can also keep the food warm (above 140 F) in a preheated oven, warming tray, chafing dish or slow cooker.
- Perishable foods, such as chicken wings, deli wraps and meatball appetizers, should be discarded if left out for longer than two hours without something keeping them hot or cold. To prevent food waste, refrigerate or freeze perishable items within two hours.
- Leftovers should be reheated to an internal temperature of 165 F as measured with a food thermometer. If using a microwave to reheat, cover and rotate the food for even heating. Food should be placed evenly in a covered microwave safe glass or ceramic dish with the lid or wrap vented to let the steam escape.

Play 3: Get in the End Zone – Store Your Leftovers Safely

- To prevent bacterial growth, it's important to cool food rapidly so it reaches a safe temperature of 40 F or below as fast as possible. Divide large amounts of food into shallow containers and cut large items of food into smaller portions to cool.
- Place leftovers into airtight containers to help keep bacteria out and retain moisture.
- Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Signs of Teen Dating Violence

Romantic relationships between teenagers are incredibly complicated. The undertaking of a relationship, very often, requires more maturity than most teens have developed. These relationships are more likely to be riddled with problems include communication, jealousy, and selflessness.

As a result, teenagers are more likely to be involved in relationships that are unhealthy, violent, and/or abusive. If you are a teenager involved in a romantic relationship it is important to understand the behaviors that may point to an unhealthy and/or abusive relationship.

Red Flags in Teenage Relationships

Unhealthy or abusive relationships take many forms, and there is not one specific behavior that causes a relationship to be categorized as such. However, there are certain behaviors that should be cause for concern. Behaviors that should raise a red flag include:

- Excessive jealousy or insecurity;
- Invasions of your privacy;
- Unexpected bouts of anger or rage;
- Unusual moodiness;
- Pressuring a partner into unwanted sexual activity;
- Blaming you for problems in the relationship and not taking any responsibility for the same;
- Controlling tendencies;
- Explosive temper;
- Preventing you from going out with or talking to other people;
- Constantly monitoring your whereabouts and checking in to see what you are doing and who you are with;
- Falsely accusing you of things;
- Vandalizing or ruining your personal property;
- Taunting or bullying; or
- Threatening or causing physical violence.

If your partner frequently engages in these behaviors it may be wise to speak with someone with whom you feel comfortable. Adults who have experience with relationships may be able to provide advice that can help you to determine if you are in any danger.

If You Think You Are in an Abusive Relationship

If your partner exhibits any of the behaviors outlined above, or if your partner has physically harmed you in any way, there are many things you can do. Trust your gut – if you think you are in danger or in an unhealthy relationship, you should end it. If you are afraid of confronting your partner, or fearful of what they may say or do, there are numerous resources you can contact for help, guidance, or counseling. If you think you are in an abusive relationship, you should consider:

- Reaching out to a trusted friend, teacher, parent, or mentor;
- Spending more time with individual with whom you are comfortable;
- Getting involved with activities you enjoy that will allow you to associate with positive people;
- Seek the guidance of a school counselor or therapist; or
- Calling the National Domestic Violence Hotline at 800-799-SAFE (7233).

Studies have found that negative or abusive behaviors in unhealthy relationships are more likely to increase over time. Abuse escalates as the relationship progresses, and victims are more likely to sustain substantial injuries or harm. If you believe that you may be in an abusive or unhealthy relationship do not hesitate to ask for help. Teenage dating violence is more common than you know; you are not alone.



Budgeting to Get Out of Debt

The feeling of not having enough money to pay your debts can be stressful and overwhelming because money and debt inherently involve emotions. But a budget—and the act of creating a budget—can help you step back, evaluate your situation, and reduce the stress of money management. Simply taking action can help to calm the nerves.

The Role of a Budget

If you're struggling with debt, a budget can be your way out of the woods. It sets firm rules for what you can do with your money, and it gives you a tangible way to chart your progress. By removing the guesswork of where your money goes, it tells you when you're on the right path—and when you're not.

Once you've figured out where your money is going, you can decide what you might like to change to meet your goals.

How to Get Started if You've Never Used a Budget

Setting up a budget isn't difficult if you have the right tools, but it does take some thought. If you don't understand and buy into your reasons for creating a budget, you may have a hard time maintaining one. Our suggested approach includes the following steps, outlined in MMI's **Ultimate Guide to Creating a Budget**:

Identify your why

The best budget begins with a clear, meaningful reason for doing a budget in the first place. What's your why, and why now? Make sure it's something you care about – and be as concrete as you can. It could be getting out of debt. It could be saving for your dream vacation. It just needs to be well-defined, meaningful, and motivating.

Set your priorities

Separate from your budget goals, what's most important to you? What makes day-to-day life fun, rewarding, and meaningful? Which activities or hobbies are most important? Determining your priorities helps you make hard choices more easily. In other words, if something rises to the top as a priority, it comes first. Basing your budget and spending around your priorities makes staying on track much easier.



WALKING TOWARDS BEING DEBT-FREE.



Track your spending

It's best to figure out where your money is going before you change anything about how you spend it. For example, maybe you estimate your grocery bill to be a certain amount, but it turns out you rely on take-out food deliveries more than you realized. Accurate tracking is the only way to see where your money goes.

Choose your method

What budgeting method works best for you? Pick the style that you think you'll have the easier time sticking with. MMI's Ultimate Guide spells out the different budgeting styles, including the 50/30/20 Rule, Zero-Sum Budget, Anti-Budget, and Money Flow. Take a look at them to see what will work for you. If you're tracking to the penny, one of the first two might be best.

From there, choose your budget tool. It could be a simple spreadsheet or an app like **Mint**, **You Need a Budget (YNAB)**, or **Digit**. Pay attention to any subscription fees. For a spreadsheet template, do a simple Internet search and decide which one looks good to you.

A Few Other Budget-starting Secrets:

It's not always easy to figure out where to cut back or make room in your budget when attempting to slash debt. Take a look at these **low-effort ways** to cut back on spending, including "batching" your shopping trips to reduce spending exposure, tallying your online purchases before hitting "checkout," and reviewing your recurring expenses regularly.

Paycheck budgeting is a granular strategy for budgeting each paycheck. A two-week budget might work better for you. Explore these **budget secrets** for other tips.

How a Budget Helps with Unexpected Expenses

Clear priorities are the cornerstone of a good budget. The most important expenses come first—core human requirements like shelter, food, and healthcare.

But a budget can also make unexpected emergencies easier to navigate because your immediate financial responsibilities are already spelled out. You have all the budgeting information you need at your fingertips to make an informed decision about, for example, a sudden car repair.

To get the money for the repair, you can see where to cut back. It's possible that you may need to fall behind somewhere, but at least you see everything clearly. That makes the unexpected expense decision easier to map out.

How to Break Bad Money Habits

Sometimes we do things that aren't necessarily bad one or two times, but over time they add up and ruin our best budgeting intentions—such as ordering take-out several times a week because we didn't shop over the weekend. Habits that deviate from your budget are bad money habits. But don't feel guilty! Consider these tips:

Don't sweat it too much

Habits are psychological—they're patterns that develop subconsciously over time. Feeling bad won't help you break a habit. Instead, focus on creating positive change.

Consider what triggers the habit

Lots of people stress shop. But everyone's triggers are different – it could be anything from your emotional state to a specific time of day to shopping with another person who frequently overspends. Try to identify when the habit kicks in.

Identify what you get from the habit

Does stress shopping make you feel calm? Does it trigger a sense of belonging or purpose? If you do something that you consider “bad,” you're likely getting something out of it. Try to figure out what that positive return is.

Experiment with alternatives

For example, maybe your relationship with your mother stresses you out. You notice that when you talk to her on the phone, you open Amazon and fill the virtual cart. What could you do instead—for free? Yoga? Exercise? Fill the cart and cancel the order? Try to find something that gives you a similar response but doesn't involve your credit card.



Starting a Workout Routine

Exercise is a vital part of a healthy lifestyle. But if you've gotten out of the habit of being active — or have never found an exercise routine that works — it might feel like an impossible task to get started.

Luckily, it's never too late to figure out a workout routine. Here's how to start exercising — and tips to stay motivated when all you want to do is hang out on the couch instead.

WHAT SHOULD I INCLUDE IN MY EXERCISE PROGRAM?

Every exercise session should include a warm-up, a conditioning phase and a cool-down phase.

THE WARM-UP

In a nutshell, a warm-up helps your body adjust slowly from rest to exercise. Making this part of your routine reduces the stress on your heart and muscles, and slowly increases your breathing, circulation (heart rate) and body temperature. A warm-up can also help improve your flexibility and reduce muscle soreness.

The best warm-up includes stretching, range of motion activities and beginning the activity at a low-intensity level.

CONDITIONING PHASE

The conditioning phase follows the warm-up and is the time when you're burning calories and moving and grooving.

During the conditioning phase, you should monitor the intensity of your activity. The intensity is how hard you're exercising, which can be measured by checking your heart rate.

Over time, you can work on increasing the duration of the activity. The duration is how long you exercise during one session.

COOL-DOWN PHASE

The cool-down phase is the last phase of your exercise session. It allows your body to gradually recover from the conditioning phase. Your heart rate and blood pressure will return to near-resting values.

However, a *cool down* does not mean *to sit down*. In fact, for safety reasons, don't sit, stand still or lie down right after exercise. This might cause you to feel dizzy, lightheaded or have heart palpitations (fluttering in your chest).

The best cool down is to slowly decrease the intensity of your activity. You might also do some of the same stretching activities you did in the warm up.

GENERAL EXERCISE GUIDELINES

In general, experts recommend doing a five-minute warm up, including stretching exercises, before any aerobic activity, and include a five- to 10-minute cool down after the activity. Stretching can be done while standing or sitting.

Here are some other things to keep in mind when starting a workout routine:

DETERMINE THE BEST EXERCISE ROUTINE FOR YOUR LIFESTYLE

Not everybody likes to hop out of bed in the morning and go for a run. Figuring out a routine that fits your lifestyle can help you be more successful.

Here are some questions you can think about before choosing a routine:

- *What physical activities do I enjoy?*
- *Do I prefer group or individual activities?*
- *What programs best fit my schedule?*
- *Do I have physical conditions that limit my choice of exercise?*
- *What goals do I have in mind?*
- (These might include losing weight, strengthening muscles or improving flexibility, for example.)

DON'T TRY AND EXERCISE TOO MUCH TOO FAST

Gradually increase your activity level, especially if you haven't been exercising regularly. Guidelines around how often to exercise also differ depending on your age, any health conditions you have and your fitness history.

Set big *and* small goals — and be specific

If you're looking to reach a particular goal, exercise specialist Ben Kuharik suggests setting mini goals to achieve along the way. This ensures your motivation stays strong over the long haul.

Setting a *specific* goal is also important. "For example, if you want to lose *some* weight, it's hard to be motivated or stick to a plan," he says. "That's because you don't have the excitement in knowing you are getting closer to achieving it."

Having smaller goals or milestones to reach in between the big ones keeps you on track. "If you want to lose 8 pounds in two months — and you set a mini goal of losing 1 pound a week in the process — you get the sense of accomplishment that reaffirms your efforts," Kuharik says. "And this can snowball into achieving even greater goals."

This also applies if you fall short of your goal. "If you only lose 7 pounds in two months, you're still 7 pounds down than when you started," Kuharik affirms. "You'll feel great about the progress you've already made."



SCHEDULE EXERCISE INTO YOUR DAILY ROUTINE

Plan to exercise at the same time every day, such as in the mornings when you have more energy or right after work. Add a variety of exercises so you don't get bored.

Where exercise is concerned, something is also always better than nothing. "Not every day will go as planned," Kuharik notes. "If you unexpectedly have a tight schedule or are even just having an off day, doing half of your planned workout that day is much more rewarding and beneficial than skipping it altogether."

EXERCISE AT A STEADY PACE

Keep a pace that allows you to still talk during the activity. Be sure not to overdo it! You can measure the intensity of your exercise using the Rated Perceived Exertion (RPE) scale. The RPE scale runs from 0 to 10 and rates how easy or difficult you find an activity.

For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity. In most cases, you should exercise at a level that feels 3 (moderate) to 4 (somewhat heavy).

KEEP AN EXERCISE RECORD

Keep a record of how much and when you exercise. This can help you look at goal-setting, as well as get a sense of how much activity you're doing in a given week.

TIME YOUR EATING AND DRINKING PROPERLY

Wait at least one and a half hours after eating a meal before exercising. When drinking liquids during exercise, remember to follow any fluid restriction guidelines you might have.

ONLY BUY WHAT YOU NEED

Exercise doesn't have to put a strain on your wallet. Avoid buying expensive equipment or health club memberships unless you're sure you'll use them regularly. But you'll want to dress for the weather (if working out outside) and wear protective footwear. Sneakers are the one thing you should prioritize, as you want to make sure your feet are protected.

STICK WITH IT

If you exercise regularly, it'll soon become part of your lifestyle. Make exercise a lifetime commitment. Finding an exercise "buddy" can also help you stay motivated.

DON'T FORGET TO HAVE FUN

Exercising should be fun and not feel like a chore. "Consistency is key — but to do something consistently, it's important to find a way to enjoy it," Kuharik says. So, above all, choose an activity you enjoy! You'll be more likely to stick with an exercise program if you don't dread working out.

"Try to look at exercise as an opportunity to get away from stress, clear your mind and leave nagging thoughts at the door," Kuharik encourages. "With this in mind, over time, you will look forward to giving your mind a break and feeling good after a great workout session!"

EXERCISE: WHERE TO START

You should always talk to your doctor before starting an exercise routine. Together, you can figure out a plan to ease into regular physical activity.

And walking and climbing stairs are two easy ways to start an exercise program.



WALKING GUIDELINES

- Start with a short walk. See how far you can go before you become breathless. Stop and rest whenever you're short of breath.
- Count the number of steps you take while you inhale. Then exhale for twice as many steps. For example, if you inhale while taking two steps, exhale through pursed lips while taking the next four steps. Learn to walk so breathing in and exhaling out become a habit once you find a comfortable breathing rate.
- Try to increase your walking distance. When setting specific goals, you might find you can go farther every day. Many people find that an increase of 10 feet a day is a good goal.
- Set reasonable goals. Don't walk so far that you can't get back to your starting point without difficulty breathing. Remember, if you're short of breath after limited walking, stop and rest.
- Never overdo it. Always stop and rest for two or three minutes when you start to become short of breath.

Stair climbing

- Hold the handrail lightly to keep your balance and help yourself climb.
- Take your time.
- Step up while exhaling or breathing out with pursed lips. Place your whole foot flat on each step. Go up two steps with each exhalation.
- Inhale or breathe in while taking a rest before the next step.
- Going downstairs is much easier. Hold the handrail and place each foot flat on the step. Count the number of steps you take while inhaling, and take twice as many steps while exhaling.

Whichever activity you choose, remember, even a little exercise is better than none!



In Humphreys County, TN, the current unemployment rate is 7.4%. Based on the US Census Bureau, the state of Tennessee unemployment rate is 9.9%. About 315,000 Tennesseans are unemployed.

WHAT IS SKILL UP TENNESSEE?

Skill Up Tennessee provides SNAP Employment and Training. We help SNAP participants gain the training and skills needed to get a good job. Our goal is to help you prepare for employment.

If you're ready to move forward on your career path, we're here to help. To be eligible, participants must:

- Receive SNAP benefits
- Not receive TANF (Families First) cash assistance
- Be willing and able to work upon completion

HOW CAN WE HELP?

Things like training, testing, and uniforms cost money, and we can help. We focus on short-term training leading to credentials that are in demand. We will pair you with a Career Navigator who will work with you on your journey to help you meet your goals.

Supportive Services

Depending on need, participants may receive financial supports such as these for approved program activities:

- Gas Cards for Transportation
- Uniforms
- Testing Fees
- Textbooks

AVAILABLE AT NO COST TO PARTICIPANTS:

Take the NEXT step today.

- Help to find the training that's right for you and the support you need
- Access to adult education and vocational training
- Work Readiness Training to help you gain professional skills valuable for employment
- Support to help you get started in your new job

Sign Up Today!

Follow this link to see if you are eligible and preregister:



tiny.utk.edu/SkillUpTN

To learn more about Tennessee Association for Family and Community Education

TAFCE Webpage:
<https://www.tafce.org>

Central Region Webpage:
<https://tafcecr.wixsite.com/2020crfce>

Eastern Region Webpage:
<https://eastern.tennessee.edu/eastern-region-fce/>

Western Region Webpage:
<https://western.tennessee.edu/family-and-community-education/>

Facebook Groups:

Tennessee Association for Family and Community Education (TAFCE)

TAFCE Masks of Love Volunteers

TAFCE, Central Region

Eastern Region FCE

Western Region Family & Community Education

Typically TAFCE designates an "issue or cause" to educate the members and to support at the local, county, region and/or state level. Most recently, members have become more knowledgeable about human trafficking awareness, the opioid epidemic, and suicide awareness and prevention.

If you are interested in becoming more involved in your community, learn new skills and make new friends.... check out FCE!

Tennessee Association for Family and Community Education is in partnership with the University of Tennessee Extension.



For information regarding local FCE Clubs, please contact:

Tennessee Association for Family and Community Education



What is TAFCE?

The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: western, central and eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!



Strengthening Families

TAFCE Mission: To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

To Learn

During hands-on workshops and monthly meetings, educational programs are presented. Topics are varied and relate to current issues, changes in technology, health, safety, nutrition, family economics, and more.

To Lead

Members have the opportunity to lead by serving as officers or on committees. Family and Community Leadership (FCL) training is offered to prepare members to contribute to public policy and decision making.



To Serve

Each year FCE offers projects designed to make a difference in the lives of families in the local or broader communities in which we live. FCE members have the opportunity to share and serve, working closely with other local organizations.

To Have Fun!

Fun, laughter, and friendship abound at every FCE gathering. Meetings, work sessions, camp or retreat, trips, conferences...all are occasions for fellowship and exploration of new places, activities, and new ideas!

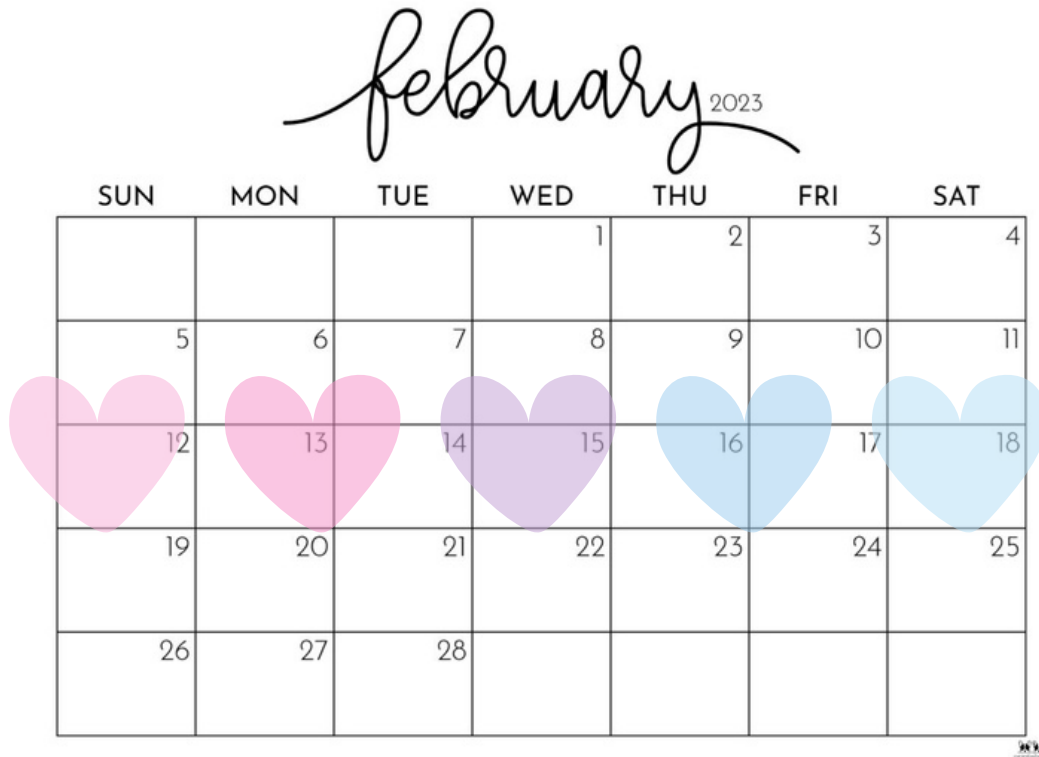
State Projects

TAFCE encourages participation in state projects in the areas of education, community action and leadership. A long-time emphasis in education has been the support of literacy, libraries, and the Dolly Parton Imagination Library. There are countless opportunities for community service, often determined by specific, local community need. The leadership area has recently been added to encourage teaching, mentoring, and assisting with 4-H programs and the Family and Community Leadership (FCL) program.

A recent statewide community service project was Masks of Love. In response to covid-19, members from across the state of Tennessee made facemasks in their homes for Emergency Management Departments, hospitals, health and rehab centers, first responders, community workers, school students, family and friends.



TAFCE member, sewing facemasks.



Dates to Remember

02/01/2023: SSSH Level 1 & Level 2

02/06/2023: SSSH Level 1 & Level 2

02/08/2023: SSSH Level 1 & Level 2

02/08/2023: Friendship FCE meeting

02/08/2023: Buffalo FCE Meeting

02/11/2023: FCE County Council Meeting

02/15/2023: SSSH Level 1 & Level 2

02/17/2023: SSSH Level 1 & Level 2

02/20/2023: SSSH Level 1 & Level 2

02/22/2023: SSSH Level 1 & Level 2

02/27/2023: SSSH Level 1 & Level 2

02/28/2023: Health Council Meeting