

# HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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## It's March Extension Month!

March's newsletter provides general information and tips on understanding what the calorie counts mean on food menus, cultivating gratitude in your workplace, shrinkflation: how it affects you, and the benefits of yoga.

## *Exercise Move of the Month*



### Front Raise

1. Sit in a chair with your feet hip-width apart and flat on the floor.
2. Hold a dumbbell in each hand, palms facing the floor, and put a slight bend (approximately 30 degrees) in each elbow.
3. Hold your back straight and look forward. Keep your chest up and tighten your abdominal muscles.
4. Lift both arms in front of you by squeezing the muscles in the shoulder.
5. Avoid shrugging the shoulders to the ears. Maintain the bend in your elbows; do not increase or decrease it.
6. Pause for a breath when your arms are slightly below or at chest level.
7. Slowly return to the starting position.

Note: This exercise can also be done while standing.

Real. Life. Solutions.

### ***The latest on this month's issue:***

Exercise Move of the Month

March Extension Month!

Calories on the Menu

6 Ways to Cultivate Gratitude at Work

Shrinkflation: Increasing Prices, Decreasing Quantity

The Benefits of Yoga

Skill Up Tennessee

Dates To Remember

HUMPHREYS COUNTY  
**UT EXTENSION**  
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The University of Tennessee Extension is an off-campus division of the UT Institute of Agriculture. It is a statewide educational organization, funded by the federal, state and local governments, that brings research-based information about agriculture, family and consumer sciences, and resource development to the people of Tennessee where they live and work. Extension agents are supported by their office mates, area and state faculty, and the educational and research resources of the USDA and land grant university system. The Mission is to help people improve their lives through an educational process that uses scientific knowledge to address issues and needs.

Extension faculty members develop and carry out programs to meet the specific needs of local citizens. They use a variety of methods -farm and home visits, educational meetings, field demonstrations, publications, and mass media- to provide educational programs for both adults and youth.

Agriculture and Natural Resources programs are focused on maintaining the competitiveness of agriculture, enhancing environmental stewardship, protecting agriculture and communities from natural or induced threats, and improving the viability of rural communities. Soil and forage testing, plant and pest identification, and lawn and garden recommendations are among the services provided to farmers and homeowners in Humphreys County.

Family and Consumer Sciences programming provides education in the areas of parents education, child development, financial management, food safety, health, and nutrition. UT Extension partners with Humphreys County Council of Family & Community Education (FCE) clubs (formerly known as home demonstration clubs) to strengthen individuals, families and communities through education, leadership development, and community service.

Education youth development activities for boys and girls are carried out through 4-H Clubs, which are organized in schools and communities. 4-H clubs membership is open to youth in grades four through twelve.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



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# Calories on the Menu

## Eating Out and Eating Healthy – Just Got Easier

In today's busy world, Americans eat and drink about onethird of their calories from foods prepared away from home. In general, these foods provide more calories, sodium, and saturated fat than meals consumed at home. For the average adult, eating one meal away from home each week translates to roughly 2 extra pounds each year. Over the course of 5 years, that's 10 extra pounds.

Calorie labeling on menus can help you make informed and healthful decisions about meals and snacks. So, beginning May 7, 2018, calories have been listed on many menus and menu boards of restaurants and other food establishments that are part of a chain of 20 or more locations. This will help you know your options and make it easier to eat healthy when eating out.

**Here are 3 steps for making dining out choices that are healthy and delicious:**

### 1. Find Out Your Calorie Needs

Knowing your calorie needs is important to managing your daily food and beverage choices. You can use 2,000 calories a day as a guide, but your calorie needs may vary based on your age, sex, and physical activity level. To find out your specific calorie needs, use the Estimated Calorie Needs table at [www.fda.gov/caloriesonthemenu](http://www.fda.gov/caloriesonthemenu).



**2. Look for Calorie and Nutrition Information** You may have noticed calorie information on some menus or menu boards. Or maybe you have seen nutrition information on restaurant websites or on phone apps. This information can help you make informed and healthful meal and snack choices.

*Where will I see the calories?*

Calories are listed next to the name or price of the food or beverage on menus and menu boards, including drive-thru windows, and may be at the following types of chains:

- Chain restaurants
- Chain coffee shops
- Bakeries
- Ice cream shops
- Self-service food locations, such as buffets and salad bars
- Movie theaters
- Amusement parks
- Grocery/convenience stores

What about meals with multiple options? When a menu item is available in different flavors or varieties (for example, vanilla and chocolate ice cream), or includes an entrée with your choice of side items, such as a sandwich that comes with either chips, side salad, or fruit, the calorie amounts will be shown as follows:

#### Two Choices

Calories are separated by a slash  
(for example 250/350 calories)

#### Three or More Choices

Calories are shown in a range  
(for example 150-300 calories)

*Where will I NOT see calorie information?*

- Foods sold at deli counters and typically intended for further preparation
- Foods purchased in bulk in grocery stores, such as loaves of bread from the bakery section
- Bottles of liquor displayed behind a bar
- Food in transportation vehicles, such as food trucks, airplanes, and trains
- Food on menus in elementary, middle, and high schools that are part of U.S. Department of Agriculture's National School Lunch Program
- Restaurants and other establishments that are not part of a chain of 20 or more

Will information about other nutrients also be available? In addition to calorie information, covered establishments are also required to provide written nutrition information such as saturated fat, sodium, and dietary fiber to consumers upon request. So, when eating out, don't hesitate to ask for more nutrition information if you need it.

3. Make the Best Choice for You Eating healthy comes down to personal choices. Try these tips to help you make the best choices for you and your family.



**Comparing calorie and nutrition information** can help you make better decisions before you order.



**Side dishes** can add many calories to a meal. Steamed, grilled, or broiled vegetables and fruit are often lower-calorie options. With calorie information, you can make the best choice for you.



Calorie information can help you decide **how much to enjoy now** and how much to save for later.



Asking for sauces or salad dressings **on the side** lets you choose how much to use.



Foods described with words like creamy, fried, breaded, battered, or buttered are typically **higher in calories** than foods described as baked, roasted, steamed, grilled, or broiled. Use calorie information to help you make the choice that is right for you.



**Calories from beverages** can add up quickly. With calorie information, you can find lower-calorie options.

## 6 Ways to Cultivate Gratitude at Work

Be honest: When was the last time you expressed thanks for something or someone at work? While showing appreciation may not be a priority in your busy, time-strapped days, the truth is that gratitude may be one of the most overlooked tools that we have access to in the workplace. When we embrace and practice gratitude regularly, it has the power to measurably improve our overall happiness and well-being all while benefiting those on the receiving end.

Numerous studies have documented the perks. Research shows that an attitude of gratitude can lead to improved physical health, make you more optimistic and less prone to negative emotions, and even help you sleep better and avoid the type of exhaustion that leads to burnout. What's more, showing thanks to others can strengthen your bonds and help you build new friendships at work.

But here's the best part: In addition to the boost we get, gratitude can also bring out the full potential in those around us. In one study, employees who were thanked more often had better sleep, fewer headaches, and healthier eating habits—all because their work satisfaction spiked. And the nature of gratitude is that it leads to a pay-it-forward mentality: When team members feel appreciated, they're more invested in helping others feel the same. No wonder gratitude is linked with being a better "organizational citizen"—meaning workers go above and beyond their job descriptions to do things like mentor junior staffers or deliver exceptional customer service.

Given the incredible superpowers of gratitude in the workplace, we should all make an effort to bring more of it into our day to day. So how do we begin? According to Dr. Robert Emmons, Ph.D., a leading researcher in positive psychology, practicing gratitude is two-pronged: First you appreciate what's good about your life or your work situation, which requires self-reflection. Then you acknowledge who—outside of yourself—contributes to that goodness, and let them know you're thankful. To help you cultivate the habit, I'm sharing my six go-to tips for making gratitude a priority — each and every day.

## **6 Ways to Cultivate Gratitude at Work**

### **1) Be spontaneous**

In this busy world, we often forget the power of a simple but heartfelt “thank you” or “I appreciate what you did for me; it meant a lot.” But it takes as little as 30 seconds to point out to someone how they impacted you in some way — big or small. I keep note cards in my desk drawer, so when a colleague does something that I appreciate, I can take a couple of minutes to write a note letting them know what they did and how it made me feel. Then — importantly — I share it with them.

### **2) Make it personal**

Often, our modern ways of communicating — via our devices — don’t lend themselves to a heartfelt expression of gratitude. Case in point: Hitting “reply all” on a 16-message email thread to say “thanks for that” just doesn’t come across as sincere or warm. Instead, take a moment — offline, if possible — to say, “Hey, that thing you did really impacted me, and I want you to know how much I appreciate you.”

### **3) Keep a journal**

It doesn’t matter whether you use a notebook or your phone, but one of the best ways to flex your gratitude muscles is to turn it into a writing ritual. Toward the end of each day, I jot down five things or people I am grateful for that impacted my day. Some days, the list is a quick, breezy exercise; other days, it’s longer and more detailed. Try not to judge what you write; the important thing is to do it.

### **4) Go inward**

Thanks doesn’t always have to be aimed at someone else. One study found that when people appreciated their own contributions and even their little victories in the workplace, both their mood and motivation improved. So in addition to your to-do list, try keeping a self-gratitude list. And in those moments when your energy is low or you feel discouraged, skimming it may give you just the boost you need.

### **5) Find gratitude in challenging times**

It’s easy to be thankful when things are going well. But it’s important to cultivate appreciation for the experiences that also teach us something, even when those things feel harder to be grateful for. For instance, if a boss delivered a difficult piece of feedback, perhaps you can be grateful for the opportunity to grow from it. Or if a work event didn’t go as planned, maybe you can thank yourself for handling the situation with grace.

### **6) Keep looking for different moments of appreciation**

In my own gratitude journal, I try not to repeat the things I write down—for at least a two-week period. This forces me to see the good in many situations or experiences that may otherwise go unnoticed in the day to day. And when it comes to the workplace, it allows me to appreciate the many different actions, attributes, and behaviors that team members bring to the table, each and every day.

# Shrinkflation: Increasing Prices, Decreasing Quantity

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as "shrinkflation". Let's unpack what this means for your household and explore ways to be more mindful when shopping.

## Understanding Shrinkflation

Sometimes called downsizing, shrinkflation occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small can easily go unnoticed. In fact, manufacturers are counting on consumers **NOT** paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

## Why Shrinkflation Matters

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll than before it was downsized, and you will likely go through each package approximately 8% faster.

## Tip #1: Notice Packaging Changes

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a "new look," some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of 'bonus buy' to the regular product to ensure it contains more.

## Tip#2: Calculate Unit Price

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight on its packaging so that customers can comparison shop between items. However, it does not prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.



For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$6.49 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower price unit than Bacon #1.

### **Tip #3: Save When You Can**

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising cost of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to 'bring home the bacon' because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.



# The Benefits of Yoga

If you've done your "downward dog" yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe.

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

**1. Yoga improves strength, balance and flexibility.**  
Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

**2. Yoga helps with back pain relief.**  
Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

**3. Yoga can ease arthritis symptoms.**  
Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

**4. Yoga benefits heart health.**  
Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

**5. Yoga relaxes you, to help you sleep better.**  
Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

**6. Yoga can mean more energy and brighter moods.**  
You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

**7. Yoga helps you manage stress.**  
According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

**8. Yoga connects you with a supportive community.**  
Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

**9. Yoga promotes better self-care.**  
**Scientific Research on Yoga Benefits**  
The U.S. military, the National Institutes of Health and other large organizations are listening to — and incorporating — scientific validation of yoga's value in health care.

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.

**Please call your local County Extension Office to see if they offer Yoga classes.**

# YOGA



**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](https://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.



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Dates to Remember

03/01/2023: SSSH Level 1 & Level 2

03/01/2023: Friendship FCE Club

03/05/2023: Let's Get Physical! Challenge Begins

03/08/2023: Buffalo FCE Club Meeting

03/09/2023: Chair Yoga Fitness Assessments 12-1 PM

03/12/2023: Daylight Saving Time Begins

03/13/2023: Chair Yoga 12-1 PM

03/15/2023: Chair Yoga 12-1 PM

03/17/2023: Happy St. Patrick's Day!

03/21/2023: Chair Yoga 12-1 PM

03/23/2023: Chair Yoga 12-1 PM

03/27/2023: Chair Yoga 12-1 PM

03/28/2023: Health Council Meeting

03/29/2023: Chair Yoga 12-1 PM

03/30/2023: Walk in the Park 4-4:30 PM - Asbury Park