

# HUMPHREYS CO. FAMILY & CONSUMER SCIENCES EXTENSION NEWSLETTER

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## It's a spooky season!

October's newsletter provides information on healthy slow cooker meals, saving money, upcoming extension programming, and social media safety tips for parents.

### Stuffed Peppers

#### Ingredients

- 1/2 cup brown rice (uncooked)
- 4 medium bell pepper (green, red, yellow, or orange)
- 1/2 cup onion (chopped)
- 1/2 can chickpeas (garbanzo beans, drained and rinsed)
- 1 cup cheese (reduced fat, divided)
- 2 medium tomatoes (chopped)
- 4 ounces green chiles (drained)
- 1 clove garlic (minced)
- 1/2 teaspoon chili powder
- 4 tablespoons cilantro (fresh or 4 teaspoons dried)
- 1/8 teaspoon black pepper

#### Directions

1. Preheat oven to 400 degrees F. Wash hands with soap and water.
2. Cook brown rice or barley on stovetop according to package directions. Gently rub produce under cold running water.
3. Cut tops off peppers and spoon out seeds. Set aside.
4. Spray a small skillet with nonstick cooking spray. Cook chopped onions until soft, about 5 minutes, in skillet over medium heat.
5. Mix together garbanzo beans, 1/2 cup cheese, tomatoes, cooked onion, green chilies, garlic, chili powder, cilantro, salt, and pepper in a medium mixing bowl. Add cooked rice and mix gently to combine.
6. Spoon mixture evenly into peppers.
7. Add peppers to a baking dish. Bake for 40 minutes. Top with remaining cheese and bake for an additional 10-15 minutes.
8. Create festive peppers by carefully cutting a jack-o-lantern face.

Servings: 4 | Serving Size: 1 Pepper | Total Calories: 280 |

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

Recipe of the Month

Healthy and Safe Meals  
Using a Slow Cooker

Saving Doesn't Have to Be  
Scary

Social Media Safety for  
Teens

Extension Programming

Skill Up Tennessee

Dates To Remember

## Healthy and Safe Meals Using a Slow Cooker

Americans' busy lifestyles often show up in their cooking and eating habits. More than 54 percent of food dollars are spent on food away from home, which is typically higher in calories and fat and lower in calcium, fiber, and iron. Planning meals ahead can improve health while saving time and money. When families eat together, meals are likely to be more nutritious. Family meals also provide a great time for children and parents to reconnect. One way to increase meals at home is to use a slow cooker. Check out the following information on slow cooker benefits, food safety, and recipe ideas.

### **Benefits, food safety, and recipe ideas:**

*Slow cooker benefits.* They use less electricity than an oven and can be used year-round. Because of the long, low-temperature cooking, slow cookers help tenderize less-expensive cuts of meat. They usually allow for one-step preparation; putting all the ingredients in the slow cooker saves time and reduces cleanup. A variety of foods can be cooked in a slow cooker, including soups, stews, side dishes, main dishes, meats, poultry, and desserts.

*Know your slow cooker.* Most slow cookers have two or three settings. Food typically cooks in six to 10 hours on the low setting and four to six hours on the high setting. If possible, turn the slow cooker on the high setting for the first hour of cooking time and then use the setting that fits your needs. Read your slow cooker instruction manual and follow manufacturers' directions. Slow cookers are available in different sizes, so instructions will vary.

*Slow cookers and food safety.* Begin with a clean cooker, utensils and work area. Keep perishable foods refrigerated until preparation time. Store cut-up meat and vegetables separately in the fridge. Always thaw meat or poultry before putting it into a slow cooker. Vegetables cook slower than meat and poultry, so if using them, put vegetables in first. Then add meat and liquid suggested in the recipe, such as broth, water or sauce. Keep the lid in place, removing only to stir the food or check for doneness.

*Safely handle leftovers.* Do not store leftovers in a deep container, such as the slow cooker. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is completed. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 degrees Fahrenheit (F). Then the hot food can be placed in a preheated slow cooker to keep it hot for serving, at least 140 degrees F as measured with a food thermometer.

*Recipe conversions.* Most recipes can be converted. Because liquids do not boil away in a slow cooker, you can usually reduce liquids by one-third to one-half. This reduction in liquid does not apply to soups. Pasta may become mushy if added too early, so it could be added at the end of the cooking process or cooked separately and added just before serving. Milk, cheese and cream may be added one hour before serving.

## Slow Cooker Chicken Tortilla Soup

**Yield:** 8 servings

### **Ingredients:**

- 3 chicken breasts, boneless, skinless
- 2 (14.5 ounce) cans diced tomatoes with mild green chilies
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (15 ounce) can tomato sauce, no salt added
- 1 (4 ounce) can green chilies
- 1 cup salsa
- 1 cup frozen corn (optional)
- Cheese, shredded (optional)
- Cooked rice or corn chips (optional)
- Fresh cilantro, gently rubbed under cold running water, chopped (optional)

### **Directions:**

1. Wash hands with soap and water. Spray slow cooker bowl with non-stick cooking spray.
2. Place chicken breasts in bottom of slow cooker. Wash hands with soap and water after handling uncooked chicken.
3. Add tomatoes, black beans, tomato sauce, green chilies, salsa and corn, if desired. Gently mix.
4. Cook on low for 8-10 hours or on high for 4 to 6 hours and until internal temperature of the chicken reaches 165 °F as measured with a food thermometer.
5. Thirty minutes before serving, remove chicken breast and shred. Return chicken to slow cooker and stir.
6. Optional, serve over rice or top with cheese, tortilla chips or cilantro, if desired.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

### **Nutrition Information:**

Serving Size (1/8 of recipe): Calories 230 | Total Fat 2g | Saturated Fat 0.5g | Sodium 845mg | Total Carbohydrates 32g | Fiber 10g | Protein 23g



# Saving Doesn't Have to Be Scary

Saving money may seem scary or intimidating, especially if past budgeting attempts have been frustrating or felt unattainable. The Consumer Financial Protection Bureau recommends putting 20% of your monthly income into savings. They suggest following a 50-30-20 ratio with your budget after taxes: 50% on needs, 30% on wants, and 20% on savings. If that number seems unrealistic for your budget, don't be scared to consider other ways to save that may work better for your family.

## THINK BIG PICTURE

The first step to saving is becoming aware of how much money flows in and out of your household each month. To do this, compare your income to your expenses. Create and tally three lists: (1) sources of monthly income, (2) recurring monthly bills and financial obligations, and (3) other expenses that occur throughout the year, such as annual bills, holiday gifts, or vacations. From big purchases to small ones, estimate how much you spend on groceries, gas, entertainment, and unplanned purchases. Certain categories are essential such as housing, utilities, transportation, and food. Others leave room for discretion.

## START SAVING SMALL

Once essential needs are met, closely examine the amount of money you have remaining. Decide how much money you can realistically put into savings each month. This amount will vary based on your personal budget and debt-to-income ratio. Saving deposits do not have to be large to make an impact. Small amounts will add up over time, especially if invested in an account that earns compound interest. Look for ways to cut back and redirect that money into savings. For example, choosing to cook at home rather than eat out once a week could free up enough to start a small savings account. That \$30 a week adds up to more than \$1500 for the year (and likely more with earned interest).

## SAVE FOR EMERGENCIES

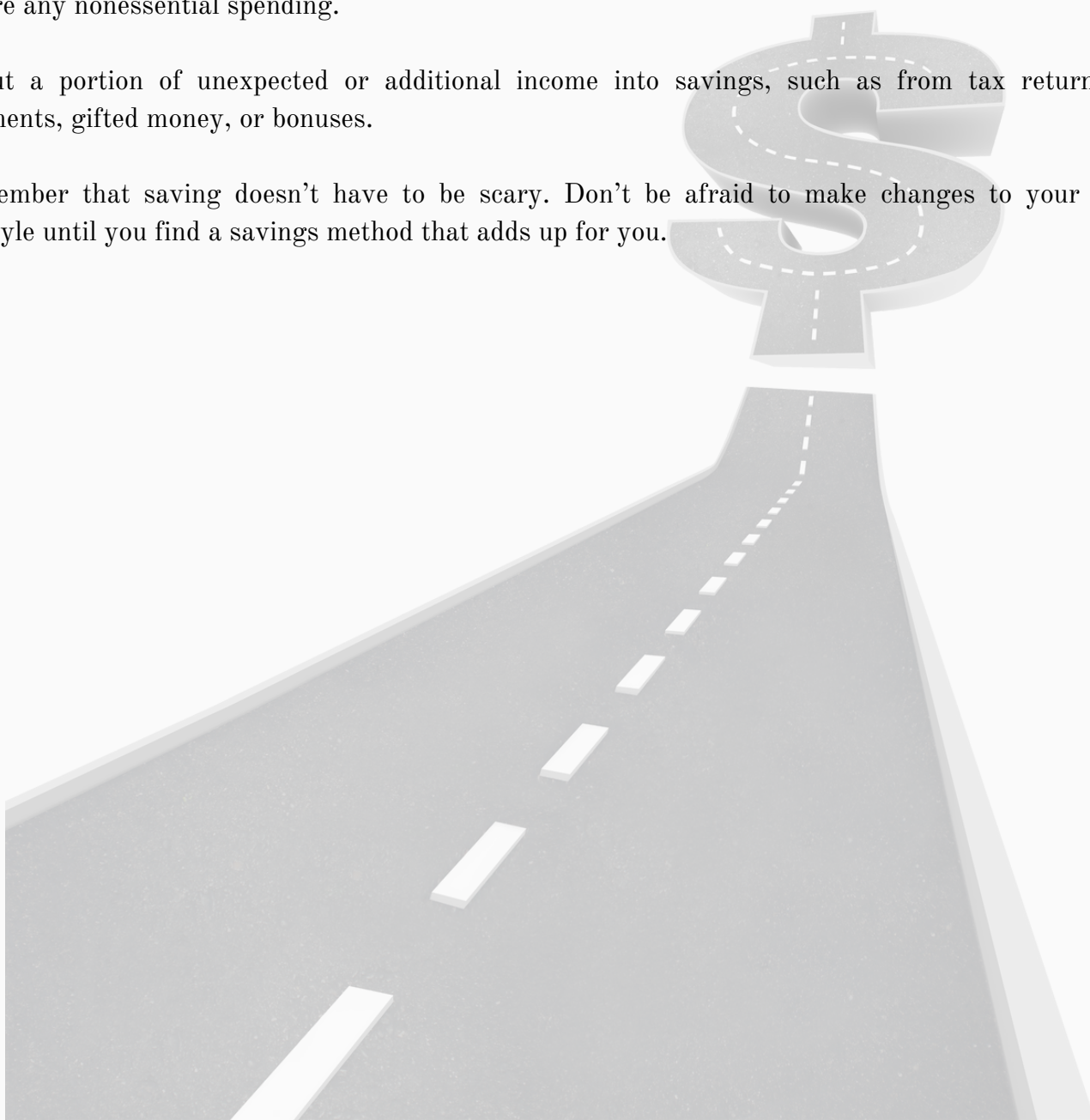
One of your first savings goals should be to build an emergency fund. Aim to cover three to six months of necessary expenses in the event of an unexpected financial emergency. This may include job loss, medical bills, home repairs, or automobile maintenance, for example. Because emergencies rarely come with warning, make sure that this money is easy to access when needed and can be withdrawn without excessive penalty. Talk to a trusted financial adviser or banker at your financial institution to discuss high yield, accessible options.



## TIPS FOR SUCCESSFULLY SAVING

- Work to pay off debt then stop buying things that don't fit in your budget. Instead of paying interest toward a credit card, put money into savings and earn interest instead.
- Set specific savings goals — such as saving for a car, a vacation, or concert tickets — to help motivate you to cut out unnecessary purchases and stick to your savings plan.
- At the end of the month, if you don't spend all money in a budgeted category, put the difference into savings.
- Set up automatic transfers to your savings account each payday. This ensures that you “pay yourself first” before any nonessential spending.
- Put a portion of unexpected or additional income into savings, such as from tax returns, stimulus payments, gifted money, or bonuses.

Remember that saving doesn't have to be scary. Don't be afraid to make changes to your budget and lifestyle until you find a savings method that adds up for you.



# Social Media Safety for Teens

**Parental Guardian(s), the following checklist can help you take steps to keeping your teen(s) safer online.**

- **CHECK THEIR COMMENTS AND IMAGES.** Have they posted anything inappropriate or illegal, like threats, nudity, alcohol, or drugs?
- **LET THEM KNOW TO TALK TO THEIR FRIENDS ABOUT WHAT'S OK TO POST.** They must agree that the friend(s) won't post embarrassing or hurtful comments or images of each other. Make sure they are clear that they'll delete – or if needed, remind them to report – any posts that are inappropriate, illegal, threatening, or could get them in trouble.
- **MAKE SURE TO REVIEW THEIR ACCOUNT SETTINGS.** Always ask them – what they are revealing on their profiles and who can see it?
- **REMIND THEM TO CHECK WHO THEY ON SOCIAL MEDIA LIKE FRIENDS, CONTACTS, AND FOLLOWERS.** These are the people who can see, share, and comment on what they post so they want to be sure you can trust them and cautious of fake accounts. Block and report anyone who makes harassing, threatening, or inappropriate comments.
- **KEEP AN EYE ON 3RD PARTY AND CONNECTED APPS.** Some of these will allow them to log into one app using account information from another. Be careful, as this may allow the company access to their profile information.
- **DON'T FORGET MOBILE.** When they use mobile devices like smartphones and tablets to post something or check in, they could also be sharing their location. Check their settings to make sure they are only sharing what they want to.
- **REPORT.** Your child has the right to be safe online. If anyone cyberbullies them, make a report to the website or app. If anyone shares or asks them to share sexual messages or images, make a report to [CyberTipline.org](https://www.cybertipline.org).



# Humphreys County Extension October Programming

Humphreys County UT-TSU Extension,  
Ava's Acres & Debra Stewart present

## GOAT YOGA

Let's Walk For Health Together  
**Humphreys Co.  
Extension Walking Club**

Let us know you are attending here!

**OCT  
14  
10-11 AM**

**LOCATION:  
AVA'S ACRES**

1521 Bateman  
Branch Road in  
McEwen

**ADULT & YOUTH**

Join us for beginner-  
level yoga with goats!  
\$20 registration fee per  
person. Limit of 20  
people per class.

Questions? 931-296-2543

Dates:  
October 09, 2023 at 5:00 - 6:00 PM -  
Waverly City Park (Waverly)  
October 23, 2023 at 5:00 - 6:00 PM -  
Byram-Phy Park (McEwen)

**UT-TSU Extension Humphreys County  
PRESENTS**

**OCTOBER 9, 2023 - DECEMBER 4, 2023**

**Register NOW:**

<https://tiny.utk.edu/WAT2023>

Contact Denise Salonga for more information: dschae5@utk.edu or (931) 296-2543

**Who:**

Anyone can join. Form teams of neighbors, family members, friends, or at specific places such as a workplace, churches, fitness centers, assisted living, etc. All you need is 6 people for a team!

We will have TWO divisions:

- Walking Only
- Go-Getters ( can count all fitness activities using conversion chart and calculator.)

**What:**

Walk Across TN is an 8-week program designed to encourage friends and family to incorporate more physical activity into their day. The goal is to reach 500 miles collectively to "walk across the state."

Only intentional miles for fitness count -- not everyday steps!

**How:**

1. Form a team and select a captain.
2. Remember to select the division your team members will be competing in.
  - a. *All members must compete in the same division!*
3. Choose a unique name.
4. Captains, register your team by October 6th, 2023. Only 1 registration is needed per team.

**Why:**

There will be a first place prize in each division. The winning team in each division will receive a plaque. Individual prizes will be given to our top male and female.

Physical activity can improve mental health, self-esteem, and improve overall well-being. By just walking 75 minutes a week, we can add two years to our lives!

## Tai Chi for Arthritis Classes in November

Waverly Senior Center  
206 N Church Street  
Waverly, TN 37185  
\$48 for 8 classes

Contact Shirley at the  
Waverly Senior Center  
to register at (931) 296-  
2979.



**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 COLUMBUS DAY INDIGENOUS PEOPLE'S DAY	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 HALLOWEEN				

## Dates to Remember

10/02/2023: SSSH @ 11:15 AM  
 10/04/2023: SSSH @ 11:15 AM, Friendship FCE Club  
 10/05/2023: Youth Sewing Class  
 10/09/2023: SSSH @ 11:15 AM, Walking Club @ 5:00 PM  
 10/11/2023: SSSH @ 11:15 AM  
 10/14/2023: Goat Yoga @ Ava's Acres 10:00 AM  
 10/16/2023: SSSH @ 11:15 AM  
 10/18/2023: SSSH @ 11:15 AM  
 11/23/2023: SSSH @ 11:15 AM, Walking Club @ 5:00 PM  
 11/25/2023: SSSH @ 11:15