



The FACS of Life

Complete Meal on a Grill



Grilling meat, poultry or fish outdoors typically eliminates the need to heat the oven - and the kitchen. Still, many couples, families and friends divide meal preparation between inside and outside chores when grilling. Fruits and vegetables can move almost all meal preparation out of the kitchen and offer a potential savings on summertime cooling bills, said Sandy Procter, Kansas State University Research and Extension nutrition specialist.

“Grilling also enhances the flavor of many foods,” said Procter, who shared tips for completing a meal on the grill:

* Cut fruits and vegetables into sizes that won't slip through a grill grate. Pur-

chasing an inexpensive grill pan can protect foods during outdoor cookery, and a home-made version made with a double layer of heavy-duty aluminum foil and fashioned with a turned-up edge (to prevent food from rolling off the grill or into coals) also will work.

* Allow grill surface to get hot before placing raw foods, including fruits and vegetables on it. If using a charcoal grill, allow 30-40 minutes for coals to reach ash stage. (Placing food on the grill when flaming will typically burn or char it.)

* Brush fruits and vegetables lightly with cooking oil before placing them on the grill to enhance color and prevent sticking. An oil-based Italian-style dressing, which will in-

roduce Italian seasoning, also can be used.

* Use separate tongs, plates or platters when grilling meats, hamburgers and hot dogs, poultry, fish, fruits and vegetables or toasting breads to avoid cross contamination.

* Grilling time will vary with the size of the cut fruits and vegetables. Two to three minutes per side may be all that it takes to grill fruits and vegetables.

“When grilled to taste, most fruits and vegetables will be fork tender,” said Procter, who recommended potato, squash, onion or eggplant wedges, pepper strips, thick-sliced tomatoes or halves as candidates for completing a meal on the grill.

August 2009

August is:

National Peach Month

National Eye Exam Month

National Water Quality Month

“Knowledge for Life”

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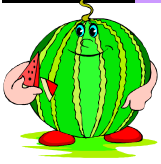
Who is Responsible for a Deceased Relative's Debts?

When a family member dies, the last thing grieving relatives may expect are calls from debt collectors asking them to pay their loved one's outstanding debts. The fact is surviving family members often have no legal obligation to pay the debt of a deceased

relative. Even a spouse's obligation to pay may be limited under state probate law. To help consumers understand who is responsible for a dead relative's debts, the Federal Trade Commission (FTC), the nation's consumer protection agency responsible for enforcing the

Funeral Rule, just published *Paying the Debts of a Deceased Relative: Who Is Responsible?* Dealing with the death of a relative is difficult enough without having to worry about misconceptions over financial obligations.

For more information go to www.ftc.gov



Chunk Melons for Easy Desserts, Snacks

“Fresh melons complement summer meals and snacks, yet melons of any size can intimidate children, or be bypassed by teens and family members looking for finger food or a quick snack,” said Sandy Procter, Kansas State University Research and Extension nutrition specialist. “When washed, cut, chunked, placed in a covered container and refrigerated, summer melons are readily available for a snack or quick addition to a meal,” Procter said.

Fresh melons typically have a high water content that makes them refreshing and helpful in maintaining hydration during summer heat.

“Melons also are low in calories, usually about 60 calories or less per one cup serving,” said Procter, who sug-

gested using a measuring cup as a serving scoop to help family members judge serving sizes.

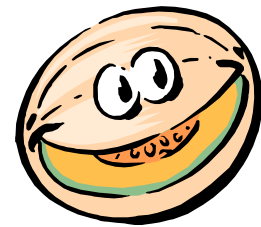
According to Procter, combining chunks of muskmelon such as a cantaloupe (which is orange) and a light green honeydew melon with blueberries, blackberries, raspberries or fresh sliced strawberries adds color, a wide range of nutrients and variety with minimal calories.

“Washing the skin of a melon before cutting into it will prevent transferring any microorganisms that may have been present in the garden or on the skin of the melon to the edible portion of the melon,” Procter said.

“Berries stay fresher longer if stored unwashed and washed directly before

eating,” said Procter, a registered dietitian and state coordinator for the United States Department of Agriculture’s Expanded Food and Nutrition Education Program.

More food, nutrition, food safety and health tips are available at the Smith County K-State Research and Extension offices and on Extension Web sites: www.ksre.ksu.edu, www.ksre.ksu.edu/humannutrition, www.ksre.ksu.edu/foodsafety/ and www.rrc.ksu.edu.



Help Child Get School Year Off to Good Start

Parents who fret about sending their first child to school may later send his or her siblings off without a second thought, a Kansas State University child development specialist said.

“While not the first in the family to enter school, most children can, however, benefit from parental attention when settling into a new school year,” said Charles A. “Chuck” Smith, Kansas State University Research and Extension child development specialist.

“A new school year requires transitions for children and their parents,” said Smith, who explained that the age of the child will influence recommendations for parents.

“A child who attended a neighborhood pre-school and is now entering kindergarten in a larger school building housing primary grades can benefit from some practice runs,” he said. He encourages parents to walk with their

student to and from the school (or the bus stop) to learn the route and practice crossing the street.

“Schools often will host a parents’ night or get-acquainted open house,” said Smith, who encouraged families to attend and, while at the school, to help the child find his or her classroom, locker or coatroom, restroom, lunchroom, and, yes, to even try out the playground.

Meeting a child’s teacher is a plus, but Smith also recommends that parents make an appointment to meet with a teacher (without a child present) to share special needs.

“Children want to fit in and may be self-conscious about allergies, yet a teacher will need to be in the know to pick up on early symptoms,” Smith said.

“Let your child’s teacher know that you are concerned about his education,” he added. Ask: “What can we do to help support our child’s education?”

“Making an effort to get acquainted

with a child’s teacher lets a child know that parents are concerned about his or her education and sets the stage for successful interaction at parent-teacher conferences during the year,” the child development specialist said.

“Parents may be very involved when a child is starting school, but parental involvement and support for education should be ongoing,” Smith said.

“Children pick up on their parents’ interest – or lack thereof,” he said. “By the time a child has reached the third or fourth grade, parents may recognize that he or she is doing well in some areas,” Smith said. Still, with any change – advancement to the next grade level, making the change from elementary to middle school or to a larger school in a different location, or new teacher – even a seemingly well-adjusted child can be fearful and likely to benefit from parental interest and reassurance.

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Help Child Get School Year Off to Good Start—Continued



“Though reassuring a child is important, continue to maintain expectations and structure within the home,”

Smith said.

“Children typically do better when they know what to expect,” said Smith, who encouraged parents to strive to maintain a consistent routine, such as fairly regular bedtime hours, time allowed for eating breakfast, and time for the family to come back together in the evening. And, if you want to know how a child’s school day went, don’t ask: “How was your day?” “Asking a direct

question can put a child on the spot,” said Smith, who encourages parents to share an interesting or unusual note about their day as an invitation for conversation.

Younger children often will be eager to pipe up about their experiences, while teens, who are protective of their privacy, are more likely to share when doing something else, such as riding along on an errand, or better yet, practicing his or her driving while joining a parent on a trip to the store. Smith also encourages parents to free-up time for homework, to provide

a quiet place for children to study, and to be available to answer questions, but to not to do the homework.

“Let the child take pride in his or her work,” said Smith, who encouraged parents to praise effort, rather than grades.

“If a child balks at doing his homework, he also may learn from accepting the consequences for the failure to do the work,” said Smith, who reminded parents that a child should not be expected to have the same skills and abilities or to get the same grades as his or her parents or siblings.

America Saves

The personal savings rate is near zero, most Americans are not saving adequately for retirement, and most lower-income households do not have adequate emergency savings for unexpected expenditures like a car repair. But with more societal encouragement and support, more Americans will be persuaded to build wealth, not debt. America Saves (<http://www.americasaves.org/>) is a nationwide campaign in which a broad coal-

ition of nonprofit, corporate, and government organizations help individuals and families save and build wealth. Services are provided to participants free of charge. Through information, advice, and encouragement, the America Saves program assists those who wish to pay down debt, build an emergency fund, save for a home, save for an education, or save for retirement. Throughout the country, many Cooperative Extension agents are involved in ongoing city, county, or state

America Saves campaigns and/or they participate in annual America Saves Week events. America Saves participants can register in person through a local Saves program or online at <http://www.americasaves.org/enroll/>.



Baked Peach Dessert

Since August is Peach Month, we will give you a simple baked peach dessert.

Ingredients:

- 2 T. whole wheat or AP flour
- 1 t. ground cinnamon or pumpkin pie spice
- 1/3 c. quick-cooking rolled oats, dry
- 2 T. packed brown sugar
- 1 T. vegetable oil
- 1 1/2 c. fresh or frozen peach slices, or a 15 oz. can

Directions:

Preheat oven to 350 degrees F.

In a bowl, mix together all ingredients except peach in the order shown. Stir after each addition.

Spray a 9x5 inch loaf pan with non-stick cooking spray.

If using fresh peaches wash them and remove seed and slice. If using canned or frozen, drain or thaw peach slices.

Place peach slices in the pan.

Spoon oat mixture over the top of the peaches.

Bake uncovered for 15 minutes, or until fruit is tender. Serve hot or cold.

Nutrition Facts: Each serving provides, 160 calories, 6 g. fat, 27 g. carbohydrate, 3 g. protein, 9 mg cholesterol, 0 mg. sodium and 3 g. dietary fiber.



Controlling Indoor Mold

What is it? Why is it growing in my home? And most importantly, how do I get rid of it? These are the basic questions we all want to know when it comes to indoor mold.

Molds are part of the natural environment. Outdoors, they have the important role of breaking down dead organic material such as wood, leaves, and other unwanted plant debris. However, indoor growth is a problem that can cause damage to your home, your furniture and may affect your health.

Molds produce microscopic spores that float through the air. When they land on a damp area they begin growing and digesting whatever they attach to – wood, carpet, drywall, food, paper, etc. Many people are sensitive to molds – cause allergic reactions. Exposure can irritate the eyes, skin, nose, throat, and lungs, and also trigger asthma episodes.

Preventative Measures

Moisture control is the key element in preventing indoor mold. Although mold cannot be eliminated, there are many

actions you can take to manage this problem:

- Inspect for water stains and water damage. Common sites for indoor mold growth include bathroom tile and grout, basement walls, and areas around windows and sinks. There is also a possibility for hidden mold, such as that found between wallpaper and walls, underneath carpets, etc. Hidden mold can often be detected by its smell or the presence of a newly reported health problem.
- Check drip pans below your refrigerator and air conditioners on a regular basis, as mold can grow within the water collected.
- Fix leaks or spills immediately. If an organic building material (wood, carpet, drywall, etc.) is properly dried out within 48 hours after water infiltrates the surface, the probability of mold growth greatly decreases. However, mold is more likely to grow in areas where the moisture content lingers above 12% for more than 48 hours.
- Control water penetration from the out-

side. Regularly inspect the roof and siding. Also make sure the property slopes away from the building to avoid water collecting at the foundation.

• Control humidity levels by:

– Providing adequate ventilation within the building, including the use of exhaust fans in kitchens and bathrooms and an outside vent for your clothes dryer.

– Using dehumidifiers and air conditioners.

– Acting quickly if you see moisture collecting on windows, walls, or pipes. Possible solutions include covering surfaces with insulation, or increasing ventilation or air temperature.

• Keep indoor humidity levels between 30-50% (mold flourishes in levels approaching 70%). Check levels by using a moisture or humidity meter, available at many hardware stores.

Remember, keep it dry and prevent mold growth. If you have concerns about mold in your work place, call us to discuss (785-532-5856). SOURCE: NATIONAL SAFETY COUNCIL

What is more important for weight control, diet or exercise?

That is a good question that doesn't have a simple answer. In order to lose weight, a person has to have a calorie deficit. In other words, a person has to burn more calories than are consumed. Some studies have shown that when the calorie deficit is equal, diet alone and exercise alone can both produce similar weight and body fat reductions.

To lose a pound of body fat, one needs to burn 3,500 more calories than are eaten. With a daily deficit of 500 calories, a person could lose a pound of fat in a week. Studies show that making better food choices and eating smaller portions can easily reduce calorie intake by 500 calories a day. Burning an

extra 500 calories through exercise can be more difficult. You would need to do the following activities for at least one hour to burn 500 calories: rowing, running (11.5 minute mile), ice skating, cross-country skiing, or walking up stairs. A combination of calorie restriction plus exercise seems to work best for most people for weight loss and maintenance. Exercise has the added benefit of increasing good cholesterol, increasing muscle sensitivity to insulin, protecting against bone loss, and reducing stress.

