

# On the Home Front



Improving Family,  
Resources & Health

## CLOSE TO HOME

November/December 2008

by Jana Darrington, Family & Consumer Sciences Agent

### KIDS in the KITCHEN: Holiday Helpers

While few of today's cookie monsters will actually become tomorrow's pastry chefs, most children are intensely interested in food. It's one of their greatest pleasures.



Phyllis Dennee, a nutrition education expert with the Montana State University Extension Service, said, "Children love learning to cook when parents can take time with the project. Fixing their own food develops self-esteem and helps many fussy eaters accept new foods."

#### All Ages

- ☆ Wash hands in hot, soapy water before beginning food preparation.
- ☆ Wash hands, utensils and other counter surfaces after handling raw meat, poultry or fish and before preparing foods.
- ☆ Keep the kitchen clean.
- ☆ Make sure perishable foods are not out of the fridge for over two hours.

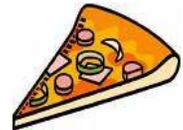
#### 2 ½ to 3 Year Olds

- Wash fruits and vegetables
- Peel bananas
- Stir batters
- Slice soft foods with table knife (cooked potatoes, bananas)

- Pour
- Fetch cans from low cabinets
- Spread with a knife (soft onto firm)
- Use rotary egg beater (for a short time)
- Measure (e.g. chocolate chips into cups)

#### 4 to 5 Year Olds

- Grease pans
- Open packages
- Peel carrots
- Set table (with instructions)
- Shape dough for cookies or hamburger patties (caution children not to put their hands in their mouths while handling raw meat. It can carry harmful bacteria. AND, they need to wash their hands with hot, soapy water after they're finished handling the meat.
- Snip fresh herbs for salads or cooking
- Wash and tear lettuce for salad, separate broccoli or cauliflower
- Place toppings on pizza or snacks



#### 6 to 8 Year Olds

- Take part in planning part or all of an entire meal
- Set table (with less supervision)
- Make a salad
- Find ingredients in cabinet or spice rack
- Shred cheese or vegetables
- Garnish food
- Use microwave, blender or toaster oven (with instructions)
- Measure ingredients
- Present prepared food to family at table
- Roll and shape cookies

#### 9 to 12 Year Olds

- Depending on previous experience, plan and prepare entire meal

Source: Fox, L. (1992). *Holiday Helpers*. Food news for consumers.

## Money Stories for Children

Check out these books from your local library or add to your personal collection.



As we enter the "Season of Giving," it can sometimes be hard to tell our children that we don't have enough money to buy the presents they want for Christmas. While our children may not always understand what is happening in the world of finance, we can help teach

them some simple concepts through wonderful books. Consider sharing the following stories with your children and using them as tools to start a conversation about money in your own household.

### Books for Younger Children (Ages 4 to 8 years)

- *My First Job* by Julia Alen
- *The Berenstain Bears & Mama's New Job* by Stan & Jan Berenstain
- *A Bargain for Frances* by Russell Hoban
- *Alexander, Who Used to be Rich Last Sunday* by Judith Viorst
- *Tight Times* by Barbara Shook Hazen
- *A Chair for My Mother* by Vera B. Williams
- *Arthur's Pet Business* by Marc Brown
- *Money Trouble* by Bill Cosby

### Books for Older Children (Age 9 and older)

- *All the Money in the World* by Bill Brittain
- *Tybee Trimble's Hard Times* by Lila Perl
- *The Toothpaste Millionaire* by Jean Merrill
- *Finder's, Keepers?* By Shel Silverstein

For a longer list (with summaries) for children and adults, visit the University of Nevada Extension at

[www.unce.unr.edu/programs/sites/moneybookshelf/](http://www.unce.unr.edu/programs/sites/moneybookshelf/)

Source: University of Nevada Extension

## For the Love of Food Library Series

November 18 - Feeding Infants: *Introducing Solids*

When will your baby be ready? Not every baby is ready at the same time. There are other signs that your baby will use to tell you he/she is ready for solids.

December 16 - Preschool Children: *Healthy Eating and Activity*

What are your child's needs and how much should he/she eat?

Where: Provo City Library

550 North University, Provo

Time: 7:00 - 8:00 pm

Classes are free and registration is not necessary.

## Lunch and Learn

Holiday Breads & Traditions

Thursday, November 20

11:00 am - 1:00 pm

County Administration Bldg.

Extension Office, Rm. L600

(Conference Rm.)



We'll be talking about holiday traditions and you'll get a chance to learn about some fun holiday breads. You'll even get a chance to sample a few.

Come ready to share your own holiday traditions and ideas and enjoy good company and yummy food at this month's Lunch and Learn.

Call 801-851-8479 to reserve a spot or go to this website for a downloadable registration form:  
<http://extension.usu.edu/utah/htm/fcs>

**UtahState**  
**UNIVERSITY**  
**extension**



## Nutrition Class Schedule

Come learn how to:

- Make your food money last all month
- Plan mouth watering, economical menus
- Learn nutrition information and tips

Anyone can come! Classes are free to the public.

When: November 19 - Dairy

December 17 - Snacks

Where: DWS

1550 North 200 West, Provo

Time: 6:30 pm - 7:30 pm

When: November 13 - Fruits & Vegetables

December 9 - Breakfast

Where: Community Action

815 South Freedom Blvd., Provo

Time: 6:30 pm - 7:30 pm

Call Lisa Rice for more information at 801-851-8472

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political needs or disability. "Utah State University is an affirmative action/equal opportunity institution."

## Pumpkin Recipes

### Pumpkin and Bean Soup

Serving size: 1 cup

Yield: 6 servings

Ingredients:

1 can white beans

1 small finely chopped onion

1 cup water

1 can (15 ounce) pumpkin

1 ½ cups apple juice

½ teaspoon cinnamon

1/8 teaspoon nutmeg, allspice or ginger

½ teaspoon black pepper

¼ teaspoon salt

Instructions:

1. Blend white beans, onion and water with a potato masher or blender until smooth.

2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper and salt. Stir together.

3. Add the blended bean mix into the pot.

4. Cook over low heat for 15-20 minutes, until warmed through.

Source: Adapted from Pennsylvania Nutrition Education Network Website Recipes



### Pumpkin Pancakes

2 cups all purpose flour

2 tablespoons packed brown sugar

1 tablespoon baking powder

1 ¼ teaspoon pumpkin pie spice

1 teaspoon salt

1 ¾ cups milk

½ cup pumpkin

1 large egg

2 tablespoons vegetable oil (plus more for greasing the skillet)



Combine the flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl. Then combine milk, pumpkin, egg and vegetable oil in a medium bowl, mixing well. Add wet ingredients to the flour mixture and stir just until moistened (may be lumpy). For a thinner batter, add more milk. Heat a griddle or skillet over medium heat and brush it lightly with vegetable oil. Pour batter by quarter cupfuls onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and continue cooking until golden brown (about 1.5 to 2.5 minutes). Makes about 1 dozen 3- to 4-inch pancakes.

Source: Nedra Christensen, USU Extension Nutrition and Food Science Specialist

### Benefits of Pumpkin

- Pumpkin and pumpkin seeds are high in vitamin A, protein, fiber, zinc, iron and monounsaturated and polyunsaturated fats.
- Health benefits of eating pumpkin include a healthy cardiovascular system (mono and polyunsaturated fats) healthy skin (Vitamin A), healthy vision (Vitamin A), decreased osteoporosis (zinc), decreased arthritis (less lipid peroxidation) and decreased colon cancer (fiber).
- One cup of mashed pumpkin contains 49 calories, 0.2 grams of fat, 0 milligrams of cholesterol and 2,651 International Units of Vitamin A.
- One ounce of pumpkin seeds contains 153 calories, 13 grams of fat, 0 milligrams of cholesterol and 108 IU of Vitamin A.
- Try using a regular cake mix BUT replace the water and half the oil with pumpkin.

Source: Nedra Christensen, USU Extension Nutrition and Food Science Specialist

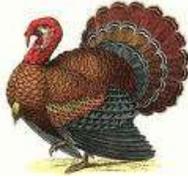
### How to roast pumpkin seeds

To roast pumpkin seeds, remove them from the pumpkin and rinse in a colander, pulling pulp or strings from the seeds. Place seeds on a cookie sheet. Add butter (2 tablespoons to 1 cup of seeds) and soy sauce or Worcestershire sauce, garlic salt and onion salt to taste. Bake at 250° for one hour, turning every 15 minutes.



## Hinton Around the Yard & Garden

**HORTICULTURE NEWSLETTER**  
by **Adrian C. Hinton,**  
**USU Extension**



### **GREETINGS FROM YOUR COUNTY AGENT**



Welcome to one of the shortest seasons we've had in many years. We had a light frost early on and most plants did not survive. Most of the tender vegetables like tomatoes, beans and corn didn't make it.

We hope that you have all of your pumpkins and squash properly stored for the winter. We also hope that you are getting ready for a very Happy Thanksgiving, Merry Christmas and a frantic first of the year.

We look forward to seeing all you Master

Gardeners at the Winter Award Banquet. Be sure and come to pick up your Master Gardener certificates.

We will be having the banquet at a very special place this year. Be sure to visit the Master Gardener Corner in the newsletter to find out what we have in store for you.

Be sure and check the Timely Tips and have a safe winter season.

*Adrian C. Hinton*

## Timely Tips for November and December

by Juliana Broadbent

1. Fall is a great time to plant hardy ground covers, perennials, shrubs, trees and vines. Set them in about six weeks before the ground freezes. Water deeply and spread at least six inches of mulch over the top of the root ball to prevent freezing.
2. Plant your bulbs now. If you want to plant deer and rodent proof bulbs, here are a few to try: blue, pink or white blue bells, white giant snow drops and the ever popular daffodils.
3. Clean flower beds, remove diseased limbs from trees. Spread three inches of compost over flower beds.
4. Fertilize everything when trees are dropping their leaves. Put all-purpose fertilizer on your lawn, around perennials and beneath trees and shrubs. Plants fertilized in the fall have a jump start on spring. Make sure you follow the application instructions.
5. Aerate your lawn, especially in high traffic areas that get compacted.
6. Mulch your leaves after they fall for a better garden in spring.
7. Dig up and store summer bulbs in a cool, dark place.
8. Make a journal of what worked this year and what didn't. It may help you not make the same mistake twice.
9. Be sure sprinkling systems, hoses and other water conveyors are drained to prevent freezing.
10. Start ordering catalogs and seeds for next spring.

## *Malathion Request to Terminate Uses*

The EPA is issuing a notice of receipt of a request by the technical registrant to voluntarily amend their registrations to terminate uses of certain products containing the pesticide malathion.

The request would terminate malathion use in or on commercial storages/warehouses premises (excluding stored grain facilities such as silos), commercial transportation facilities (feed/food, nonfeed/nonfood), commercial institutional/industrial premises/equipment (indoor and outdoor), dairies/cheese processing plant equipment (food contact), eating establishments, food processing plants, golf course turf, greenhouse - empty, indoor hard surfaces, indoor premises, residential dust formulations, residential lawn (broadcast), residential pressurized can formulations, and sewage systems.

The request would not terminate the last malathion products registered for use in the United States. The EPA intends to grant this request at the close of the comment period unless they receive substantive comments that would merit its further review of the request, or unless the registrant withdraws their request within this period.

Upon acceptance of this request, any sale, distribution or use of products listed in this notice will be permitted only if such sale, distribution or use is consistent with the terms as described in the final order.

## Master Gardener Winter Award Banquet



This year Jackie Coleman, Master Gardener Treasurer, has graciously volunteered to host the Winter Award Banquet. This is really a special treat as her husband and artist Michael Coleman are opening their home and his studio for the Master Gardeners to enjoy.

Michael Coleman was born and raised in Provo and spent his boyhood hunting, fishing and trapping throughout the Rocky Mountains. Early on, he decided on a career in art, studying at BYU. The Indian encampments, wildlife and hunting subjects portrayed against these magnificent areas are rendered in such a way as to give the viewer a sense of gazing on the past.

Some notable collections include: The White House, National Museum of Wildlife Art, Anschutz Collection, Corning Museum, Clint Eastwood, Gulf States Paper Corporation, Canadian Embassy and the National Museum of Dubai.

Michael Coleman loves best the dusky-grey, misty, muted tones of fall and early winter and is known for his landscapes of rich colors and detail. He combines realism and atmospheric styles, but his pieces always suggest a balanced harmony between artist, animal and nature.

This is an evening you won't want to miss. The Coleman's immense collection of wildlife and artifacts is spectacular.

The banquet will be on Tuesday, December 9 at 7:00 p.m. This is a dessert only banquet, so please bring your favorite Christmas treat to share.

When: Tuesday, December 9

Time: 7:00 pm

Where: 2822 Rolling Knolls Drive, Provo

What to bring: Your favorite Christmas treat



For directions, Google mapquest or call the Extension office at 801-851-8479. The Coleman residence is only about five minutes away from the Extension office.

Be sure to come and receive your Master Gardener Certificate as well. See you there!

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Weather means more when you have a garden. There's nothing like listening to a shower and thinking how it is soaking in around your green beans. -Marcelene Cox

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It's time to renew if your  
expiration date is  
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## Earned Income Credit for Tax Year 2008

*Get up to \$4,716 with the Earned Income Tax Credit (EITC), even if you don't owe any Federal Income Tax for 2008.*

The EITC lets some families with children and some workers without children pay less Federal Income tax or get money back.

### How Much Can You Get?

- For workers with one child, up to \$2,853.
- For workers with more than one child, up to \$4,716.
- For workers between age 25 and 64 on 12/31/07 with no children, up to \$428.

### Do You Qualify?

- You must have earned income.
- You must have a Social Security number.
- Your filing status can't be "Married filing separately."
- You must be a U.S. citizen or resident alien all year, or a non-resident alien married to a U.S. citizen or resident alien filing a joint return.

## Workers with Children

The income you earn can be from someone paying you or from a business of your own. Your investment income can't be more than \$2,900. Your adjusted gross income must be less than \$33,241, or \$35,241 for married filing jointly. Two or more children, adjusted gross income must be less than \$37,783 or \$39,783 for married filing jointly.

### *Do You Qualify for Free Income Tax Preparation?*

Need assistance with your tax return? If you have a low to moderate income - a total combined household income of less than \$43,500 - you may want to visit a VITA site (the IRS Volunteer Income Tax Assistance program).



Trained volunteers will prepare basic tax returns and help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit and Credit for the Elderly. There is no charge. You get to keep all the money owed you.

### How to Get Help Preparing Your Taxes

To find out where the nearest free IRS VITA site is located, call 2-1-1.