



Rock Island County
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Mon thru Fri, 8 am-4 pm
(closed 12 - 12:30 pm)

Henry/Stark Counties
358 Front St. Galva, IL
(309) 932-3447

Mon, Wed, Fri, 8 am-4 pm
(closed 12 - 12:30 pm)

Mercer County
910 13th St. Viola, IL
309-513-3100

Tue, Wed, Thurs, 8 am-4 pm
(closed 12 - 12:30 pm)

We hope you enjoy your copy of this free monthly resource which highlights upcoming programs and topics for better living. To stay up to date on all of our programs, visit our web page: extension.illinois.edu/hmrs and follow us on Facebook @[uiextensionhmrs](https://www.facebook.com/uiextensionhmrs)

Ease your way back into school routines

Chelsey Byers, IL Extension Family Life Educator

With the school year beginning soon, you'll want to make sure both you and your kids are starting to get back into your school time routines.

A great way to ease back into earlier bedtimes is to gradually make that change instead of just starting the school year with a sudden change. **Start by making the bedtime progressively earlier by 15 minutes until you are at the desired bedtime.** Earlier bedtimes should bring earlier mornings that hopefully won't be as rough if beginning the night before school starts. Work towards well-rested kids for the first day of class.



Sleep is so essential for kids to function well. Having a daily routine signals the brain and body to calm down, knowing that bedtime is coming. For some, it can be a concise routine of prepping for the next day, baths, brushing teeth, and saying goodnight, and for others, it may be a longer routine. Some kids need some designated downtime reading a book or listening to music before the lights go out; others may need some quiet time without any stimuli to settle into a good night's sleep. As children age, routines will evolve and change.

Make sure that you plan enough time in the mornings for kids to get ready for the day and time for breakfast. You may need more time in the beginning in order for everyone to get back into their routines. Once routines are running smoothly, it may not take as much time for everyone to get ready and out of the house.

Give your family time to learn the new routine. When everyone is hurrying around in the morning and time is running short, the stress level of everyone in the house will rise. The goal is to have everyone's morning start smoothly and not in rushed chaos. It is incredible how the start of one's day can affect the rest of the day for better or worse.

For children who are not "morning" people, it would be best to **include things into their evening routine to make the morning smoother and less stressful.** If they take a long-time choosing clothes or preparing their backpacks and lunch, have these as part of their evening routine to reduce the stress in the morning for everyone. When thinking about schedules and routines, often, summer schedules get off with later dinners due to longer days (sunlight) or extracurricular activities. **Routine mealtimes are another important schedule to try to keep.**

There may be an adjustment phase when thinking about changing household routines- bedtimes, wake-up times, mealtimes. Recognizing that change may be challenging, it might be best to talk about the new practices with your kids before you implement them. For those that can read, even write them out so they can see them. It may be a challenge at first, but your family can ease into it if you start early. Use these routines to teach children time management skills. In the end, there will be less stress for you as a parent and, therefore, less stress for the household.



Preserve Like a Pro

Kristin Bogdonas, IL Extension Nutrition & Wellness Educator

Home food preservation has many benefits. Here are some things to consider before getting started. Each food preservation method has its pros and cons.

Canning can have more start-up costs due to the cost of various canners needed, the jars and lids, plus the other helpful tools, but once these are purchased, the only cost will be the food to preserve and new lids in subsequent years.

Freezing, on the other hand, is less time-consuming and convenient but you'll have to deal with space constraints and potential power outages.

Dried foods take up less room in your pantry and ideal for hiking and camping. Like canning, this method is more time-consuming and requires some trial and error.

Freezing

- Freezing food is a great option and it preserves several nutrients that are lost during the canning process. It also takes less time than canning or dehydrating. Over time, frozen foods will lose taste, texture and overall quality but will remain safe indefinitely.
- There are certain things we can do to improve the quality of frozen foods. Water makes up 70-90% of the weight of most fruits and vegetables. During the freezing process, water expands, and ice crystals are formed causing the cell walls to rupture. Freeze produce as quickly as possible. Smaller ice crystals will form resulting in a better quality product when thawed. For this reason, only freeze 2-3 pounds of food per cubic feet of space within 24 hours. Slow freezing will result in a softer texture and more liquid loss when thawed.
- It's also a good idea to freeze food flat for better circulation and to use good quality freezer packaging which will help protect against freezer burn.

Canning

- There are two methods of canning- boiling water bath canning and pressure canning. The pH of the food you are preserving will determine which type of canner to use. The boiling-water canning method is used for acidic foods, meaning those having a pH value of 4.6 or less. Most fruits are naturally high in acid and are safe to process using this method. However, some fruits must have additional acid added because they lack the level of acid needed to prevent spoilage. These foods include tomato products and figs which have a pH value right around 4.6. Other acidified foods can also be canned safely with this method.
- Low-acid foods (pH greater than 4.6) must be canned in a pressure canner which is not to be confused with a pressure cooker. Examples of low-acid foods include vegetables, meat, poultry and fish. The use of a pressure canner is necessary to prevent botulism.
- Canning methods not recommended include, processing by way of the microwave or dishwasher, solar canning, open kettle canning or oven canning.
- Canning is a science to it's important to use tested recipes. Sources where you can find tested recipes include the National Center for Home Food Preservation website, the 6th edition of So Easy to Preserve or any state Extension website.
- If you live in Illinois and need your pressure canner dial gauge tested, please visit go.illinois.edu/testing to find an office near you.

Drying

- Drying is one of the oldest methods of food preservation. Drying preserves foods by removing enough moisture from food to prevent spoilage.
- Foods that dry well include herbs, hot peppers and fruit or vegetable leathers. Remember to blanch vegetables first, pretreat fruits and eat dried food within 6-12 months for best quality.

Learn More

Illinois Extension's Nutrition & Wellness Team recorded an 8-week food preservation webinar series covering the different types of food preservation methods plus presentations specific to jams/jellies, pickles, apples and tomatoes.

You can access these recordings and handouts by visiting, go.illinois.edu/NutritionWebinars Follow this link and scroll down to the "Fill Your Pantry" series.



Why Hydration is Important

Being physically active is an important part of living a healthy lifestyle. During sports or other physical activities you may need additional water to prevent dehydration. Dehydration happens when you lose more fluids than you are consuming. You lose fluids every day simply by breathing, sweating, and going to the bathroom. And if you are sick, you can lose a lot of fluids.

It is essential to stay hydrated. Staying hydrated means you are drinking plenty of fluids, like water and milk, to help your body do all the amazing things it does each day.

How Much Do You Need?

How much water you need each day depends on many different factors. For example, if you are in an area where the environment is hot, humid, dry, or high altitude, you will need to drink more water. Your age, size, and activity level also impact how much fluid you will need.

- There is fluid in every teeny-tiny cell in your body! Yup, it's true. Drinking enough water each day will help regulate your body temperature, deliver nutrients to your cells and keep your kidneys and other body organs working correctly.
- Being well hydrated can boost athletic performance and reduce the risk of injury.
- Hydration impacts muscle function, impacting your aerobic endurance, strength, power, speed, agility, and reaction time.

Age Group	Water from Beverages	Water from Foods	Total Water
Children 1 - 3	4 cups	1.5 cups	5.5 cups
Children 4 - 8	5	2	7
Girls 9 - 13	7	2	9
Boys 9 - 13	8	2	10
Girls 14 - 18	8	2	10
Boys 14 - 18	11	3	14

**The chart shows approximately how much water kids of different ages and genders need daily for proper hydration. Water can come from drinking water, milk, and zero-calorie drinks, and from foods. Physically active kids need more water, especially in higher temperatures.*

Information compiled by Illinois Extension nutrition and wellness educators Kristin Bogdonas and Diane Reinhold



HYDRATING SUMMER SIPPERS

Stay hydrated this summer with these cool, refreshing drinks that the whole family will love! Whether you're working hard in the yard or relaxing by the pool, these recipes will keep you hydrated and ready for all of your summer activities.

Infused Water



Infuse your water or tea with these combinations for a fresh and nutritious beverage. Add ingredients to a jar or pitcher, add water or prepared tea, let sit in the fridge for several hours and enjoy!

- Sage and honeydew
- Cilantro and watermelon
- Lime basil and blackberry
- Pineapple sage and orange
- Thyme and pineapple
- Basil and strawberry
- Mint and mango
- Cucumber and lime

Watermelon Cooler



Ingredients:

- 6 cups watermelon, cubed
- 1 cup water
- Stevia to taste
- 1/2 cup lemon juice
- Mint leaves (optional)

Place watermelon, raspberries, and water in a blender and blend until smooth. Strain through a mesh strainer into a pitcher. Stir in stevia and lemon juice. Chill and serve.

Lavender Raspberry Lemonade



Ingredients:

- 1 packet of raspberry lemonade (8 packets to make a pitcher)
- 16 oz. of water (128 oz. or a gallon for a pitcher)
- 1.5 teaspoons of dried lavender for 16 oz. or 1/4 cup dried lavender for a pitcher

Combine raspberry lemonade packets and dried lavender in your beverage container with water and allow to sit overnight for flavors to infuse.



Fall Vegetables | Four Seasons Gardening August 17 | 1:30 pm

Fall harvested vegetables tend to be sweeter as the temperatures start to cool and they finish growing. Join Illinois Extension Horticulture Educator Bruce J. Black as he shares some tips for planting fall vegetables. He'll review which vegetables are better suited for a late summer planting and provide information on how to store fall harvested vegetables for their long shelf life.

Register at go.illinois.edu/fourseasons.



Storing Your Bountiful Vegetables August 18 | Noon

After a bountiful summer harvest, you will want to ensure your fresh fruits and vegetables are properly stored and can be enjoyed for months to come. Learn how to cure squash and the best conditions for storing your root vegetables, winter squash, and apples.

Register at go.illinois.edu/StoringVegetables



Which Grass is Which? August 18 | 2 pm

Warm-season grasses grow and flower in the summer providing habitat and forage for wildlife and an opportunity to learn to identify them. This webinar will give outdoor enthusiasts the tools to tell Illinois native and non-native grasses apart. The grasses included are species found in natural areas as well as disturbed areas and roadsides.

Register at go.illinois.edu/WhichGrass



I Made That! I ♥ Whole Grains September at Home Activity Kits

Take part in our fun, interactive educational kits designed to inspire the inner chef and celebrate National Whole Grains Month this September. Whole grains are an important part of a healthy and well-balanced diet. They provide fiber and many key nutrients our bodies need. Fiber also promotes gut health and helps aid in weight management. Participants will learn how much fiber they should be consuming daily, how to select high-fiber foods, learn recipes and get all supplies needed to make some at-home projects.

The cost is \$5 per kit and will be available for pick up at one of our Extension offices in Milan, Viola or Galva, IL starting Sept 7. (Sign up by August 31st)

Register at go.illinois.edu/IMadeThatSeptember



Join the Interdisciplinary Health Sciences Institute for a series on a variety of health topics at noon on Wednesdays.

Register at go.illinois.edu/SelfCareSeries

The Science of Stem Cells: Fact VS Fiction | Aug 18

The scientific community is investing billions of dollars in stem cell research, but what are they, and why are researchers so interested in them? Moreover, is stem cell research legal? In this webinar, we'll uncover popular myths surrounding stem cell research and its applications in modern-day medicine.

How Bias and Racism Impact Health Systems and the Patient Experience | Aug 25

Every day, patient care is shaped by adverse influences that may result in workplace trauma and second-rate care. By understanding the origin of these influences, organizations can recognize them in staff and provide growth opportunities for both patients and healthcare professionals.