

BREAKROOM BUZZ

August 2024

Financial Wellness Checkup Back-To-School Planning



Shopping Skills

Let kids make back-to-school purchase decisions to help them learn about comparison shopping and staying within a budget.

Teach with Stories

Reading stories like *Those Shoes* by Maribeth Boelts helps kids understand the difference between needs and wants.



Decide Who Pays

Have family talks years in advanced to decide if parents, students, or both will cover college expenses when the time comes.



Hands-on Experience

Move toward financial independence by opening and managing your own financial account. Learn how to track spending.



Plan Your Spending

Track spending by category and decide if you need to cut back in any areas. Budgeting success now can help minimize student debt later.



Review Aid Options

Changes to financial status, like a parent losing a job, might allow you to qualify for financial aid or qualify for a larger amount.



Evaluate Costs

Consider pros and cons of transportation options - like time, convenience, parking fees, fuel costs, flexibility, routes, safety, and comfort.



Summer Watermelon Salad

Servings: 4

Ingredients:

- 5 cups cubed watermelon
- 1.5 cups diced English cucumber
- 6 fresh mint leaves, torn
- 6 fresh basil leaves, torn
- ¼ cup crumbled feta cheese (optional)

Honey Vinaigrette

- 1 tablespoon honey
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- Pinch of salt



Nutrition information per serving (with feta): 120 calories, 3 g protein, 4.5 g fat (2 g saturated fats), 20 g carbohydrate, 1 g dietary fiber, 160 mg sodium.

Directions:

1. Wash hands with soap and water. In a small bowl, combine honey, lime juice, and salt, and drizzle in olive oil while whisking. Set aside.
2. In a large bowl, combine watermelon and cucumber.
3. Wash and dry basil and mint leaves. Tear basil and mint leaves into a large bowl of watermelon and cucumber.
4. Top the watermelon salad with honey vinaigrette and gently toss to combine. Top with feta cheese and serve.

Are you interested in personal growth? Ready to discover a new hobby or expand your knowledge? Extension is here to improve your life through education and skill development. Check out upcoming Extension events: go.illinois.edu/GlobalEvents

Book Lovers Day

August 9 is an unofficial holiday titled “Book Lovers Day.” Challenge yourself to put away all technology devices and read a book, even if you are already a person who takes time to read.

Here are a few reasons why reading is important practice:

- Improves vocabulary and language skills.
- Enhances critical thinking and comprehension skills.
- Encourages imagination and creativity.
- Enhances writing skills.
- Improves focus and concentration.

Regarding children, the benefits of reading are even more pronounced. Reading to children from a young age fosters a love of books and lays the foundation for their academic success and personal development. [Jessica Logan's](#) research underscores the importance of early literacy experiences, showing how regular reading sessions can significantly impact a child's language development and school readiness. So, whether it's immersing ourselves in a captivating novel, sharing story time with our little ones, or simply taking a break from the screens to delve into the pages of a good book, embracing the practice of reading can enrich our lives in countless ways.

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