

# BREAKROOM BUZZ

October 2024



## Why No Smile?

Smiling isn't a learned behavior. There is an advancement in 3D ultrasound technology where practitioners have been able to identify that developing babies smile in the womb. Research shows that "children smile an average of 400

times per day, compared to the average happy adult, who only smiles 40-50 times per day."

There are many benefits of smiles, and here are just a few:

1. **Feel better.** Typically, when you smile, you are happy, and the muscles used trigger your brain to produce more endorphins. Endorphin is a chemical that relieves pain and stress.

## Three Quick Tips for Saving Money on Protein:

1. Go meatless for a day. Eggs and beans are inexpensive and an excellent source of protein.
2. Buy meat during grocery store sales and freeze it into individual portions. Before purchasing, double-check that you have the freezer space and that the meat is stored in freezer bags, not storage bags.
3. Purchase less tender cuts of meat such as chuck, round, and flank. Tenderize in a marinade, slow cooker, or simmer in a soup.



## I Didn't Know That!

About 41.8 million informal caregivers of adults aged 50+ are in the U.S. The demands of caregiving can continue and lead to burnout. Remember that caregivers need care, too.

Here are a few tips for managing burnout:

- Recognize your limits.
- Make a plan.
- Ask for help and find help.
- Seek respite care.
- Take care of yourself.

For more tips, visit [go.illinois.edu/CaregiverCare](https://go.illinois.edu/CaregiverCare).

2. **Could live longer.** According to Harvard Medical School's Harvard Health Publishing, optimism is linked to smiling. Those who have higher levels of optimism have a longer life span.
3. **Contagious.** Your brain automatically notices and interprets other people's facial expressions. So, smiling might elevate your mood but also change the moods of others.
4. **More attractive.** We are drawn to people who smile versus those who have more severe or negative facial expressions. Sometimes, people assume that smiling people have a better outlook on life.
5. **Suggests confidence.** Research has shown that individuals are more likely to be promoted and more likely approached. It relays the message.

Resources: Adopted by Tessa Hobbs-Curley, family life educator. [rb.gy/32389w](https://rb.gy/32389w); [rb.gy/wch0gv](https://rb.gy/wch0gv); [rb.gy/vug3ph](https://rb.gy/vug3ph); [rb.gy/bxjyyh](https://rb.gy/bxjyyh)

## Pumpkin Pancakes

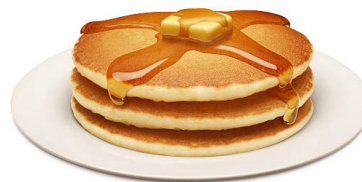
Servings: 8

### INGREDIENTS

- 1 cup flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons brown sugar
- 1 teaspoon pumpkin pie spice
- ¾ cup canned pumpkin puree
- 1 ¾ cup nonfat milk
- 3 tablespoons vegetable oil
- 3 eggs, lightly beaten

### DIRECTIONS

1. Wash hands with soap and water.
2. Combine flour, baking powder, salt, brown sugar, and pumpkin pie spice in a large bowl using a wire whisk.
3. Combine pumpkin, milk, oil, and eggs in another bowl. Mix until smooth.
4. Stir pumpkin mixture into the dry ingredients, mixing until moistened.
5. Spoon the batter onto a lightly greased, preheated skillet.
6. Cook slowly until bubbles appear on top, and the bottom becomes golden brown.
7. Turn pancake over and cook until golden brown.
8. Serve warm. Top with powdered sugar or pancake syrup.



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