

BREAKROOM BUZZ

September 2024

National Suicide Prevention Month

Suicide is the tenth leading cause of death in the United States, and approximately 44,000 die by suicide each year. Research shows that in the 25-34 age group, suicide is the second leading cause of death. It is important to support one another. Here are a few tips to help someone struggling with a mental health challenge:

- **Ask direct questions:** Are you thinking about suicide, or are you thinking about killing yourself?
- **Listen:** Be there, and listen without judgement. Show empathy.
- **Stay connected and focus on safety:** Do a safety check in person or by phone. Reduce suicidal people's access to lethal items.
- **Connect and support:** Don't keep it a secret; recommend the individual get professional help. This could be a doctor, counselor, psychologist, social worker, or anyone in the professional field.

We can all help prevent suicide. The 988 Lifeline provides 24/7, free, confidential support for distressed people.

There are many brochures and fact sheets on the [National Institute of Mental Health](#) website.

Resource: O'Rourke MC, Jamil RT, Siddiqui W. *Suicide Screening and Prevention*. 2023 Mar 6. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. PMID: 30285348.



Help grow your children's money skills with concepts such as goal setting, opportunity costs, savings, sharing, earning, borrowing, needs versus wants, counting, and problem-solving.



Food Safety Month

It is estimated that each year in the United States, 48 million people get sick, 128,000 are hospitalized, and 3,000 die from foodborne illnesses. Power outages can cause perishable food to become unsafe to eat, causing a foodborne illness. The following are estimates of how long food is safe during a power outage:

- Refrigerated foods are safe for up to 4 hours.
- Half-full freezers can keep food safe for up to 24 hours.
- Freezers that are 100% full can keep food safe for up to 48 hours.

To help keep food safe and prevent a foodborne illness, follow these helpful tips:

- Keep thermometers in your refrigerator and freezer.
- Feel for ice crystals on freezer foods.

Keeping food safe is vital to prevent getting ourselves and other people sick from our food.

Resources: www.cdc.gov/foodborneburden/index.html

Learn more at: go.illinois.edu/PowerOutages-FoodSafety

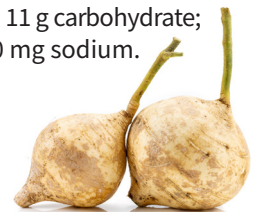
Jicama

Did you know jicama (hick-a-ma) is native to Mexico and South America and is also known as a Mexican yam? Jicama has the crunch of an apple and a mild flavor and is commonly used in Hispanic cooking. Pick up some jicama on the next trip to the grocery store and try it with lime juice as a side dish or snack to celebrate Hispanic Heritage Month!

- 4 cups jicama (washed, peeled, and cut into strips)
- ¼ cup lime juice
- Powdered red chile to taste
- Salt to taste

Wash your hands with soap and water. Sprinkle jicama with lime juice, chile, and salt. Enjoy!

Nutrition information per serving: 50 calories; 0 g fat (0 g saturated fat); 0 mg cholesterol; 11 g carbohydrate; 1 g dietary fiber; 1 g protein; 150 mg sodium.



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