

Breakroom Buzz

Celebrating August!

Mark Your Calendars

August 3- Watermelon Day
 August 8- Zucchini Day
 August 22- Eat a peach day
 August 31- Trail mix day

FINANCIAL WELLNESS CHECKUP

CREDIT MANAGEMENT



HAVE A STRATEGY
 Make a dent in your debt by choosing an effective management strategy.

BUILD CREDIT
 Secure credit cards provide opportunities for consumers to slowly and steadily build or rebuild their credit.



PROTECT YOURSELF
 Free tools like credit freeze and fraud alert can prevent identity thieves from opening accounts in your name.

UNDERSTAND YOUR SCORE
 Expressed as a 3-digit number ranging from 300 to 850, your score is based on information in your report



SHOP FOR CARDS
 Explore the best options, interest rate, and purpose of the card. Find a card that fits your needs.

KNOW YOUR RIGHTS
 Access to fair credit allows you to purchase big-ticket items that are difficult to buy out-of-pocket.



CHECK YOUR CREDIT
 You are entitled to a free credit report annually from each of the three major credit bureaus!

ILLINOIS EXTENSION
 COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

Are Spicy Foods Healthy?

August 19th -hot & spicy food day

Pain Relief: The capsaicin in hot peppers is commonly used in over-the-counter creams for people who have arthritis, muscle pain, shingles, or headaches.

Cancer Prevention: According to the American Association for Cancer Research, peppers and turmeric both contain anti-cancer properties.

Heart Health: Chili peppers and turmeric offer a number of potential benefits to the heart. Both contain powerful anti-inflammatory compounds that aid in circulation and lower blood pressure.



Calabacitas

(Sauteed Zucchini)

- 1 cup frozen corn (or canned, drained)
 - 2 cups diced green chilies (roasted and peeled, fresh or frozen)
 - 4 medium zucchini, sliced
 - 1 cup chopped onion
 - 2 small cloves garlic, minced
 - ½ teaspoon salt & pepper
1. WASH HANDS WITH SOAP AND WATER
 2. Combine all ingredients in a large frying or medium saucepan. Cook on medium until tender.

Nutrition Facts

6 Servings per Recipe: Calories 80 ,6% Total Fat 4g,0% Cholesterol,5% Sodium, 3% Total Carbohydrate,24% Dietary Fiber, 0%
 Recipe from: *Fiesta of Flavors Illinois Extension*