

# Breakroom Buzz

## 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 and rebuild their credit.

**Protect Yourself.** Free tools like credit freeze and fraud alerts 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.

**Show for Cards.** Explore the best options, interest rates, 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.

## Are Spicy Foods Healthy?



**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.

**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.

### August 19 is Hot & Spicy Food Day!

Source: Mary Liz Wright, Nutrition & Wellness Extension Educator

## I Didn't Know That!

Ease into the school year by moving bedtime up 15 minutes a day until you are at your school time schedule.

Visit [go.illinois.edu/back2school](http://go.illinois.edu/back2school)

## Celebrating August! Mark Your Calendars

August 3- Watermelon Day

August 8- Zucchini Day

August 22- Eat a peach day

August 31- Trail mix day

**TRY THIS!**



## 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. Makes 6-1 cup servings.

Nutrition Facts per serving: 80 Calories, 4 g. Total Fat, 110 mg Sodium, 10 g. Total Carbohydrate, 6 g. Dietary Fiber, 6 g. Protein

Recipe from: *Fiesta of Flavors Illinois Extension*



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