

University of Illinois Extension: Family and Consumer Sciences Breakroom Buzz



NATIONAL HEART MONTH

Tips for Lowering Blood Pressure



Use herbs, spices, or sodium-free seasonings in place of salt



Increase consumption of foods higher in potassium, calcium, and magnesium such as green leafy vegetables, beans, root vegetables, low-fat dairy, fruit such as: apples, avocados, bananas, oranges & peaches.



Rinse canned foods to remove 40% of the sodium.



Aim for less than 2,300 milligrams of sodium per day or about a teaspoon.

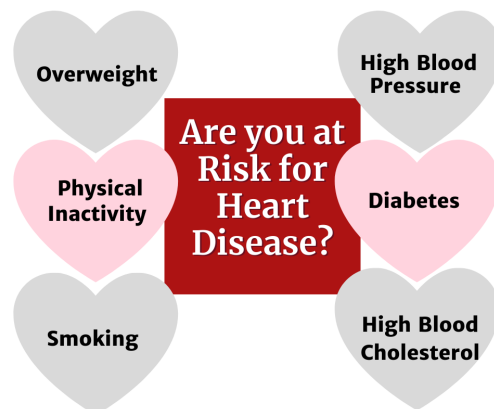


Try the Dietary Approaches to Stop Hypertension (DASH) eating plan.

Learn more about the DASH eating plan through the National Institute of Health: [National Heart Lung & Blood Institute \[nhlbi.nih.gov/health-topics/dash-eating\]\(https://www.nhlbi.nih.gov/health-topics/dash-eating\)](https://www.nhlbi.nih.gov/health-topics/dash-eating)

Ways to Prepare for Tax Season

- \$ Start pulling together your documents detailing income and deductions and adding up receipts early.
- \$ Use the last pay stubs of the year to estimate your income and taxes paid.
- \$ Consider getting a locking mailbox. Most identity thieves still get their information the old fashioned way-through garbage, recycling bins and mailboxes.
- \$ Make an early appointment with your tax professional
- \$ Monitor incoming tax related documents like investment statements and W-2s and report those that are slow in coming.
- \$ File as early as possible.



Learn more about your risk for Heart Disease at cdc.gov/heartdisease

Learn more at [UIE Extension Blog: "Plan Well, Retire Well,"](https://extension.illinois.edu/blogs/plan-well-retire-well)
<https://extension.illinois.edu/blogs/plan-well-retire-well>



I Didn't Know That!



February 17 is Random Acts of Kindness Day. Make a list of kindness ideas and write them on a piece of paper. Place the pieces of paper in a jar and on February 17 randomly select one. Here are just a few ideas what you can do to show kindness to others: For further ideas visit [randomactsofkindness.org](https://www.randomactsofkindness.org).

- ♥ Donate Blood.
- ♥ Read with a child.
- ♥ Thank a teacher.
- ♥ Share a snack.
- ♥ Support locally owned businesses.
- ♥ Open doors for others.
- ♥ Pick up litter.
- ♥ Acknowledge someone who deserves praise.
- ♥ Use a reusable water bottle.
- ♥ Share your favorite song with someone.
- ♥ Text someone a positive message.
- ♥ Encourage a friend.
- ♥ Send a thank you note.
- ♥ Put away your phone and listen with your heart.

Your random acts of kindness don't have to be just on one day. Keep it going with drawing another piece of paper from your jar each day. In a radio address for the Mobilization for Human Needs on October 13, 1940, Franklin D. Roosevelt said "Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough.

Sources: Tessa Hobbs-Curley, Family Life Extension Educator. 2023



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