

10 Tips for Saving Money on Gas



Follow the recommended maintenance schedule to keep your vehicle fuel-efficient.



Keep tires properly inflated, balanced, and aligned to save fuel and unnecessary wear on tires.



Keep extra weight out of the trunk. The car loses about one mile per gallon in fuel economy for every extra 250 pounds your engine hauls.



Don't top off the gas tank. Gas cans slosh or seep out if it too full. Make sure the cap is tight.



Reduce heavy acceleration and heavy break use to improve fuel economy.



Drive 55 mph rather than 65 mph. It will improve the fuel economy by two miles per gallon.



Buy gas during morning or evening hours. When it is cool or you will be buying gas at a time when it is expanded, thus getting less.



Use air conditioning carefully. It can lower your fuel economy by 10 to 20 percent.



Remove snow tires in good weather. Deep tread and big tires use more fuel.



Make sure the price on the pump matches what is on the sign and the gas pump starts at the zero dollar mark.

Learn more at toughtimes.illinois.edu

Breakroom Buzz

Jicama Summer Salad



- ◆ Half 1 jicama, washed peeled and diced
- ◆ 3 cups strawberries, washed and sliced
- ◆ 6 oz. container blueberries, washed
- ◆ 1 (15 oz.) can mandarin oranges, drained
- ◆ 1 Tbsp. lime juice
- ◆ 2 1/2 Tbsp. honey
- ◆ 1/2 tsp. cinnamon

1. Wash hands with soap and water. Mix together lime juice, honey, and cinnamon in a small bowl until well mixed.
2. In a large bowl, combine jicama, strawberries, blueberries, and mandarin oranges and drizzle with lime, honey, cinnamon combination.
3. Serve immediately with lettuce or store in the refrigerator 3-4 days. Makes 6-1 cup servings.

Nutrition Facts per serving: 120 calories, 0 g. total fat, 10 mg. sodium, 31 g. carbohydrates, 4 g. fiber, 1 g. protein.

July is National Blueberry Month

● 1/2 cup=40 calories, 10 g. carbohydrates, and 2 g. fiber.

● Store unwashed in the refrigerator up to two weeks or freeze up to 8-12 months for best quality.

Source: [USDA FoodKeeper App](https://www.ams.usda.gov/foodkeeper), April 2019

I Didn't Know That!

Embrace Summer Vacation in Illinois

The best part of exploring places close to home is that it will not cost a great deal of money. You may be surprised to find what is right in your own backyard.

- ⇒ Check out the Illinois Office of Tourism's website, enjoyillinois.com
- ⇒ Take a Hike. Explore a State Park. Find information at www2.illinois.gov/dnr/Parks.
- ⇒ Act like a tourist in your own community. Explore the museums, enjoy local theater, or visit the animals at the zoo!
- ⇒ Relax along the shores of one of the many beautiful lakes in Illinois. Find information at ifshillinois.org. Rent a boat for the day, go swimming, or catch fish for dinner! The options are limitless!

Enjoy time with family this summer!

[Illinois Extension Family Life Team](#)



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