



Rock Island County
321 W 2nd Ave. Milan, IL
(309) 756-9978

*Mon thru Fri. 8 am-4 pm
(closed 12 - 12:30 pm)*

Henry/Stark Counties
358 Front St. Galva, IL
(309) 932-3447

*Mon, Wed, Fri, 8 am-4 pm
(closed 12 - 12:30 pm)*

Mercer County
910 13th St. Viola, IL
309-513-3100

*Tue, Wed, Thurs, 8 am-4 pm
(closed 12 - 12:30 pm)*

We hope you enjoy your copy of this free monthly resource which highlights upcoming programs and topics for better living. To stay up to date on all of our programs, visit our web page: extension.illinois.edu/hmrs and follow us on Facebook @[uiextensionhmrs](https://www.facebook.com/uiextensionhmrs)

COOKING WITH CHILDREN

Cooking with children is a great way to encourage trying new foods. They may learn to eat a variety of foods, which leads to a long-lasting healthy lifestyle. They also learn to develop important life skills at a young age, which will help them become independent later in life.

BY INVOLVING KIDS IN PLANNING AND PREPARING MEALS, THEY MAY:

- Be more willing to try new foods
- Increase self-confidence by feeling like they are contributing to the family
- Learn culture and family traditions
- Spend quality time with their parents or loved ones
- Become exposed to a variety of healthy foods
- Learn how to use all five of their senses

KITCHEN SAFETY

Including children in the kitchen at a young age is a good way to teach proper hygiene and food safety.

- Teach hand washing skills: wash for at least 20 seconds with soap and warm water.
- Educate children on why it is important to separate raw and cooked foods, in order to avoid spreading germs from raw to cooked food, known as cross-contamination.
- Use oven mitts or potholders when handling hot pans and dishes. Never leave the stove unattended while cooking.
- Cook food to the correct temperature before eating to prevent anyone from getting sick.
- Use a food thermometer and show them when the food has reached a safe temperature.
- Have children help clean up the dishes and wipe the counters to learn how to clean and sanitize correctly.

Get this tip sheet at go.illinois.edu/cookingwithkids

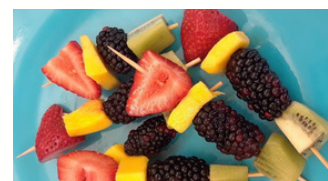


Kid-friendly recipes

Eat.Move.Save is a great website from Illinois Extension that features a variety of recipes and tips for budget-friendly, easy to follow recipes. Here are some fun ones to try with kids:

Fruit Kabobs

Build kabob by alternating pieces of fruit and cheese cubes onto skewer until full.



If a smaller kabob is desired, use toothpicks. Serve chilled.

Blueberry Vanilla Overnight Oats

Ingredients:

- 1 cup old fashioned oats
- 1 cup 1% or nonfat milk
- 1/2 cup vanilla yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup fresh or unsweetened frozen blueberries



Mix oats, milk, yogurt, honey and vanilla extract in a medium bowl. Split mixture between two bowls or cups with lids. Add 1/2 cup blueberries to each bowl. (If using fresh blueberries, rinse first). Mix gently. Cover with lids. Refrigerate at least 6 to 8 hours or overnight. Enjoy for breakfast in the morning!

Get recipes at eat-move-save.extension.illinois.edu



5 tips for screen-free family fun on the road

Karla Belzer, IL Extension Educator, Family Life

Summer is in full swing and many families are packing up and hitting the road. As the miles go by, the inevitable road trip question is bound to emerge: "Are we there yet?" Imaginative, engaging road trip games and activities can help your family pass time and endless miles in the car as well as provide a great time to bond, converse, and have fun. Use these ideas for hours of fun, engagement, and boredom busting on your journey:



Games Galore!

Beyond traditional travel games and card games, think outside the (game) box when planning games for the road. Magnetic games like checkers and board games are great to have in your game stash. Trivia card games help keep brains active! Go-to road trip games like 20 questions, the License Plate Game, and I Spy come in handy with little to no planning.

Write Away



Create your own travel journal or purchase an inexpensive notebook prior to your trip and write about your experiences. Kids can describe what they see along the way and collect and glue small trinkets, stickers, postcards from stops along the way. Younger children can draw pictures about the landscape, interesting sites or landmarks, or locations they pass. As a bonus, the travel journal can be a keepsake after the trip!

Map It Out

Purchase stickers and a map or atlas of the area you will be traveling. Children can use the stickers, highlighters, markers, and pens to mark the route and indicate landmarks while you're on your journey.



Story Time



Stocking up on reading material for your trip is a great way for kids and adults to pass the time. Before the trip, stop by your local library to borrow road trip reads for all ages. The library might even have books on road trip games!

With a little planning, creativity and preparation, these ideas can keep all in the car entertained and engaged.

Happy road trip travels!

Cue the Questions

Encourage curiosity questions to make the trip interesting! Try these ideas:



Would You Rather? Each family member takes a turn thinking of a "Would you rather?" question that each person in the car must answer. Example: "Would you rather have pizza or spaghetti?" or "Would you rather go to the ocean or the mountains?"

"That's not something we see every day!" Each family member takes turns spotting and pointing out something that is unusual or out-of-the-ordinary during a set time interval. Signs, businesses, landscapes, and natural elements can all be used for this activity.

"I wonder where that car is going?" A family member chooses an interesting vehicle and makes up story about where it is going. A big rig operator hauling a truckload of cookies, a grandma going to a quilting convention, a family going on a camping trip – options are endless for this creative activity. To add an educational twist, using the state on the car's license plate, determine if the car is going toward or away from the state.

"Let's Search It!" Using your smart phone, search interesting town names, historical markers or other items that catch your family's attention. An alternative to this game is to play "I've Always Wondered....". In this activity, a family member states something they've always wondered about like "what clouds are made of." Family members can then share their thoughts on the questions posed and check accuracy with an Internet search.

Curiosity Questions. A great way to get to know more about each other is to ask "curiosity" questions. Once the question is asked, each family member should share their answer. Some ideas:

- What makes you happy?
- What is your favorite sport to play?
- What are your three favorite vegetables?
- Where is one place you would love to go/visit?
- What's one thing you COULDN'T live without? What's one thing you COULD live without?
- If the people in our family were animals, which animals would they be? Why?
- If you could change your name, what would you change it to? Why?
- What is your favorite season? Why?
- If you were the parent in our family, what rules would you make? Why?
- Tell me one new thing you've learned this week/on this trip.





Giving birth to a child is both exciting and scary, and you want to make the best decisions about your child's well-being. The advice given by family, friends and the media can be overwhelming and confusing. How do you know what, when and how to feed your baby? When is the best time to start feeding your baby solid foods? How do you know when your baby is hungry or full? This University of Illinois Extension website provides expert information to put you at ease when feeding your baby.

feedingmybaby.extension.illinois.edu/



SIGN-UP FOR THE WELLNESS TIPS AT YOUR FINGERTIPS TEXT PROGRAM!

Once signed up, you will get a text message each week on a variety of topics geared towards healthy finances, healthy living/healthy aging, and healthy eating.

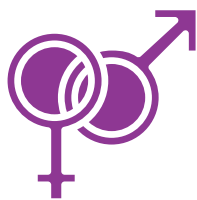
If you are interested, click to sign up go.illinois.edu/wellnesstips

- Standard text message rates apply
- You can opt-out of messages at anytime
- You will get minimally one message each week and no more than 2/week
- Your number will not be shared with anyone, and we won't use it for any other purposes
- Questions? Contact Kristin Bogdonas, kmbogdo@illinois.edu

Summer Self-Care Series: Make Changes That Matter!

Gain insights into complex health issues as health science experts from University of Illinois deliver forward-thinking, holistic solutions for addressing today's health challenges in a series co-hosted by University of Illinois Extension and Interdisciplinary Health Sciences Institute. All webinars in this series are free. All courses are eligible for CEUs and CPDUs.

Register for any of them at: go.illinois.edu/summerselfcare



How Does Biological Sex Manifest in the Brain? July 14 | Noon

A person's biological sex plays into many parts of their lives: identity, behavior, expectations of others, physical health. Our biological sex affects brain health and function throughout our lives. Still, misconceptions exist. We'll sort fact from fiction when it comes to biological sex and brain development. Presenter: Coltan Parker, Neuroscience Program.



Healthy Arteries, Healthy Brain: Understanding Cerebrovascular Health July 21 | Noon

The brain is enveloped by a vast network of blood vessels that supply the energy for us to breathe, move, feel, and think. As we age, these vessels are susceptible to changes which may impact our brain and cognition. Learn how to keep your brain healthy throughout the aging process by understanding how blood is supplied to the brain and why that's important to its function. Presenter: Grace Clements, Psychology Department (Cognitive Neuroscience).



No Sugarcoating It: The Ins and Outs of Diabetes July 28 | Noon

Is diabetes preventable? Learn how diabetes affects our body, as well as dietary and other lifestyle modifications for diabetes prevention and management. Presenter: Ru Liu, Division of Nutritional Sciences.



Preserve Like a Pro

JULY 21 • NOON

EAT FRESH | EAT LOCAL

Preserve like a Pro! July 21 | Noon

Are you planning on preserving your garden's bounty? This session will cover the pros and cons of canning, freezing, drying and fermenting your favorite foods. You'll walk away with a better understanding of which food preservation method to use and where to find reputable resources.

Presenter: Kristin Bogdonas, IL Extension nutrition and wellness educator

Register @go.illinois.edu/preservelikepro

Check out these events and online workshops



Themed Gardens for Kids | Four Seasons Gardening | July 21 | 1:30 pm

Foster the love of gardening with the youth in your life by creating theme gardens. Join Illinois Extension Horticulture Educator Brittney Haag as she shares ideas and tips for creating a special place for your young, hands-on learner to grow, explore, and be creative. Whether it's at a school, community garden, or your backyard, theme gardens use plants and design elements inspired by a specific topic, such as favorite books, colors, foods, animals, or even places to visit. The possibilities are endless!

Register at go.illinois.edu/fourseasons



Mental Health First Aid For Agriculture Communities Webinar | July 28, 8 am - 3:30 pm

We see them every day, America's farm families dealing with uncertainties of weather, cost of inputs, growing season risks, and long hours. Illinois Extension can provide the tools to identify mental health issues and communication skills to support and save lives in the agricultural community. As part of this webinar, you'll complete a 2-hour self-paced online course before joining the July 28 live video conference. The conference will cover: Mental illness symptoms; Substance use signs and addiction; Crisis interaction; Trauma; Self care. IL Extension educators will lead the trainings. Ag producers, agribusiness personnel, stakeholders, and others who want to support the agricultural community should register by July 14 at go.illinois.edu/mentalhealth2021



JULY 9-10, 2021

Bio-Blitz | Fri & Sat July 9 & 10 | 2 pm - 2 pm Illiniwek Forest Preserve, Hampton, IL

A BioBlitz is a 24-hour period of intense biological sampling in an attempt to document all living things in a specified area. Join scientists and naturalists from around the region as they survey mammals, birds, reptiles, amphibians, fish, plants, insects, and much more during this 2 day event. Check out the booths at base camp on Saturday from 10:00 am - 2:00 pm! Several groups, including Nahant Marsh, Niabi Zoo, US Fish and Wildlife Service, Guardians of the Prairie and Forest, and more will have interactive booths for all ages to enjoy! Get details [@go.illinois.edu/bioblitz](https://go.illinois.edu/bioblitz)



LIVE with the Horticulturists Gardening Maintenance & Watering Thurs. July 15 | Noon on Facebook: www.facebook.com/Ulextension

All of your planning and hard work is paying off, and your garden is blooming and producing like a boss! But the work never stops, does it?

Mid-summer gardening means ongoing maintenance, and proper watering is on the docket. But how much watering is enough? How do I use drip tapes or soaker hoses? And what kind of garden clean-up is appropriate to ensure a healthy garden late in the season?

Join us on our next LIVE with the Horticulturists as we will be joined by guest Horticulture Educator Jennifer Fishburn to discuss these topics, and answer your gardening questions!

4-H SHOWS AT THE FAIR ARE A CHANCE FOR MEMBERS TO SHOWCASE THEIR TALENTS

For 4-H members, the county fair is an exciting time where they get to put their 4-H “learn by doing” motto into action. During the fair, 4-H members are given opportunities to showcase different projects they've created or the animals they have been raising. These activities provide youth with an excellent opportunity to develop communication, decision making and organizational skills, and enhance their confidence and self esteem.

When you attend your county fair this year, stop by one of the 4-H Shows to see the members in action showcasing what they've learned! Here are the schedules for July fairs:

Mercer County 4-H 4-H Shows, July 12 - 18 Mercer Co Fair, Aledo, IL

Monday, July 12

General Projects Conference Judging
(assigned times)

Tuesday, July 13

Poultry Show, Swine Barn, 8:30 am
Rabbit Show, Show Ring, 10:00 am
Sheep Show, Sheep Barn, 4 pm

Wednesday, July 14

Dog Obedience & Showmanship, 8 am
Pavilion east of Secretary's office
Beef Show, Show Ring., 9 am

Thursday, July 15

Goat Show, Goat Barn, 9 am
Swine Show, Swine Barn, 9 am
Jr. and Sr. Master Showmanship Contest, 4 pm

Friday, July 16

Dairy Show, 9 a.m.
Mercer County Youth Livestock Auction, 6 pm

Other 4-H Exhibit Opportunities

Sunday, July 18

Horse Show, 9 am, 4K Arena, 2492 75th Ave. Viola IL



Rock Island County 4-H 4-H Shows, July 17 - 23 Rock Island Co Fair, East Moline, IL

Saturday, July 17

General Projects Judging – 8:30 am to noon
General Projects Public Viewing - 12:30 to 1:30 pm
Dog Obedience Show - 4 pm

Monday, July 19

Dog Fun Show – 5:30 pm in Beef Show Ring

Tuesday, July 20

Dairy Show - 10 am
Horse Fun Show - 1 pm
Poultry Show - 2 pm

Wednesday, July 21

Horse & Pony Show - 9 am
Master Showmanship Contest - 12:30 pm
Sheep Show - 3 pm

Thursday, July 22

Swine Show - 8 am
Bucket Calf/Breeding Beef/Steer Show - 9 am
Horse & Pony Show - 9 am

Friday, July 23

Goat Show 10 am
Rabbit Show - 2 pm
Livestock Auction for 4-H members - 6 pm

Stark County 4-H Shows, July 23 - 26, Wyoming, IL

Friday, July 23

Jr. Fair Swine, 9 am
4-H Swine after Jr. Fair
Rabbits and Poultry, 1 pm

Saturday, July 24

4-H Non-Livestock Judging, 9 am
Jr. Fair Non-Livestock Judging, 11 am
Goats & Sheep Show, 1 pm

Sunday, July 25

Bucket Calf Classes, 10 am
Beef Breeding Classes
Beef Steer Classes
Ideal Beef
Barnyard Olympics, 5 pm

Monday July 26

Horse Show 9 am
Non-Livestock Awards Program and State Fair
Announcements, 6:30 pm
Queen's Pie and Stark County Sale of Champions
for Stark County 4-H Members, 7 pm

University of Illinois Extension: Family and Consumer Sciences

Breakroom Buzz



CALORIES IN FAIR FOODS THAT MIGHT LEAVE YOU FUMING

LEMON SHAKE-UP 12 OZ.

150



COTTON CANDY

171



CHOCOLATE-COVERED BANANA

240



CORN DOG

250



FRIED CANDY BAR

420-450



ELEPHANT EAR

550



FRENCH FRIES

560-620



FUNNEL CAKE

WITH POWDERED SUGAR

760



TURKEY LEG

1136



Darra Walker, Publicity-Promotions Associate

Source: calorieking.com

Find a county fair near you

How to navigate the fair food frenzy!



- Have a snack before you go.
- Bring water to drink, then share a shake-up.
- Limit your daily choices to two
- Make your selections, then sit down to enjoy them.
- Walk around to enjoy all the exhibits but do not think you can walk off all the extra calories (10,000 steps burns 300-400 calories)

Source: Mary Liz Wright, Nutrition & Wellness Educator

July is Picnic Month

Consider these food safety tips

1. Use leftover food containers to freeze ice in chunks to add to cooler.
2. Transport cooler in the air conditioned car rather than the trunk.
3. Place coolers in the shade at the picnic site.
4. Use 1 cooler for drinks and 1 for foods to limit air exposure of perishable foods.
5. Do not let food sit out longer than 2 hours (1 hour if 90°F).
6. Keep raw meats separate from other foods and use a thermometer to determine if meat is cooked thoroughly.
7. Bring a cooler with a spigot filled with warm water to use with soap and paper towels to wash hands and surfaces.

Source: FDA

I Didn't Know That!

Swimming can lower death rates.



A study by Dr. Steven Blair at the University of South Carolina followed 40,000 men, age 20 to 90. The study showed swimming had a 50 % lower death rate than runners, walkers, and those who didn't exercise at all.

Swimming is one of the biggest sports at the Olympics. As adults, it is easy to watch over children while they swim and watch the Olympics on television but, why not dive into swimming?

There are many benefits of swimming for adults and here are just a few:

- **Improves social well-being:** Whether you have a pool at your house and you invite friends over to swim or attend swim class locally, socializing with others connects you with others.
- **Teaches goal orientation:** Set goals, however small or large, helps maintain accountability and keeps you in the pool.
- **Improves memory function and thinking skills:** It helps with improving mood, reducing anxiety and stress, which increases the brain's ability to think more efficiently.
- **Burns calories:** It helps maintain a healthy weight and is easier on your body. Swimming for half an hour can burn as many as 250 calories.
- **Great exercise:** It is easy on our joints for the water supports the body.
- **Slows down aging:** It helps reducing blood pressure, lung function, increasing muscle mass, improving oxygen and blood flow to the brain.

Tessa Hobbs-Curley, Family Life Educator adapted from: Dr. G. John Mullen, DPT, CSCS, <https://www.swimmingworldmagazine.com/news/10-hidden-benefits-swimming/>, May, 7, 2021.; Diane Sewell, <https://www.everythingzoomer.com/health/fitness/2019/08/19/swimming-exercise-aging/>, August 19, 2019.

**Illinois
Extension**



Sit around our table with University of Illinois Extension educators as we share our best tips for raising kids, eating healthier, and spending smart. **@Family.Finances.Food**

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