

Quarterly Companion

AROUND THE TABLE

extension.illinois.edu

Winter 2023

Subscribe: go.illinois.edu/GetQC

Financial Emergency Plans

Disasters and other emergencies can disrupt our finances and sense of normal. Being prepared for financial emergencies can help you plan, recover, and rebuild. Unscramble hints below to find tips for financial emergency planning — then complete the word search!

1. A disaster can cause _____ damage that affects _____ well-being. [OPPRYTRE] [NANALIFIC]
2. Review insurance _____. [AOGCERVE].
3. _____ an emergency _____ account. [ASTHIEBLS] [NASGVSI]
4. _____ important documents, such as _____ records. [MEPLICO] [ALDMICE]
5. _____ records regularly. [TUEPAD]

X V E W X S A H P H U W
U Q U O E G A R E V O C
P C Y S R V S W O L A E
D D J M I R E H T K S H
A L A C I D E M H B G S
T Y T R E P O R P O N I
E U F T M Y Y N T A I L
H K B N Y Q N D R X V B
R R U E Q J V S E Y A A
Z E L I P M O C N S S T
F Z D H V A K O W J X S
I S F I N A N C I A L E

(answers on page 2)

[FEMA.gov](https://www.fema.gov) shares tips for creating an emergency financial first aid kit (EFFAK): bit.ly/FEMAeffak

Protect Your Heart

Limit sodium intake to reduce the risk of heart disease. Test your sodium knowledge and try practicing easy tips for staying at or below the recommended daily sodium intake of 2300mg.

Which Has Less Sodium?

1. 4 slices of bacon or 3 ounces of ham?
2. 10 potato chips or ½ cup potato salad.
3. 1 cup tomato juice or 1 cup spaghetti sauce.

(answers on page 2)

Tips for Reducing Sodium Intake

- Read nutrition fact labels for sodium content.
- Choose garlic powder rather than salt, make your own seasonings, or use fresh or dried herbs and spices.
- Add a squeeze of lemon and lime juice.
- Rinse canned vegetables before using.
- Split a meal when you dine out.
- Ask for sauces on the side.
- Cut back on breads.
- Choose reduced or low sodium products.

