

Living Well In Florida

Help Available

Newcomers and visitors to Florida often come unprepared for the challenges of living in a tropical and sub-tropical climate with high population density and many demands on natural resources.

The Florida Extension Service and its team of professional educators can help to provide practical, research-based information to help visitors and newcomers quickly learn about and better adapt to their new environment. To make your stay safer and more enjoyable, visit or call the Extension Service in your area.

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Seasonal Money Tips for Reasonable Holidays

Focus your holiday spending around the traditions and events that will give you the most satisfaction without breaking your budget. Here are some tips to help you keep holiday spending at a reasonable level:

Save first, and decide in advance how much you want to spend on decorations, entertaining, gifts and cards. Make a determined effort to stick with your spending plan.

In a new home? Purchase just a portion of the holiday decorations you want in the first year, and then add more in years to come. Save money by making your own decorations.

Consider low-key celebrations. Have a potluck dinner where everyone brings a dish. Ignore any pressure you may feel to top parties you've hosted in the past.

Draw names rather than buying for everyone in the family.

Comparison shop to get the best price.

Buy items that are lightweight for sending out of town to save on postage.

Consider gift cards for easy mailing and save on wrapping paper and mailing costs.

Purchase seasonal bargains as they go on sale and save them for next year.

Look for recipes with less costly ingredients.

If you're into technology, consider sending electronic Christmas cards to those on your email list. Post cards also are less costly to purchase and send.

Put some time and effort into reducing holiday spending. You'll receive a gift to yourself:—less debt in the New Year.

Happy holidays!

Welcome to Florida

Brought to you by your
University of Florida Extension Service
Family and Consumer Sciences Team



Handling Food After a Hurricane

Keep and sanitize foods in unopened commercial, metal, or glass containers. Add 3/4 teaspoon of 5% bleach to a quart of water. Soak for 15 minutes, air-dry.

Wash and sanitize your plates, glasses, and dishes the same way. Pots, pans, and metal utensils can be sanitized by boiling for 10 minutes. Wooden and plastic utensils, including baby bottles and pacifiers, cannot be sanitized and must be discarded.

Do not keep jars such as mayonnaise that have waxed cardboard under the lid, preserves that were sealed with paraffin or home canned foods. Nothing that is in paper, cardboard, or foil packages should be kept. Fresh meats, fish, eggs, milk and produce should not be kept. Opened containers of foods should not be kept. Dry things such as flour or sugar in canisters should not be kept. If cans are dented or rusted, they should be discarded. Cans that are leaking or bulging should be buried, so that pets can not get at them.

Be An “Askable” Parent

Most children want their parents to talk to them about sex and love. Parents know they need to talk to their children about sex, love, dating and teen pregnancy. But how? Here are a few tips by the National Campaign to Prevent Teen Pregnancy that can help make the difficult talk a little bit easier. For additional information and tips, visit <http://www.teenpregnancy.com>.

Be clear about your own sexual values.

Talk to your children early and often about sex, and be specific.

Supervise and monitor your

children.

Know your children’s friends and families.

Discourage early, frequent, and steady dating.

Don’t allow your daughter to date an older boy/man, and don’t allow your son to date a younger girl.

Help your teenagers have options for the future besides teen parenthood.

Value education highly.

Know what your kids are watching, reading, and listening to.

Develop a close relationship with your children.

Family & Consumer Sciences

CONTACT INFORMATION FOR EXTENSION

Charlotte County—25550 Harbor View Rd, Unit 3, Port Charlotte, FL (941) 764-4340

<http://www.ifas.ufl.edu/charlotte/>

Collier County—14700 Immokalee Rd., Naples, FL (239) 353-4244

<http://collier.ifas.ufl.edu>

Desoto County—2150 NE Roan Ave, Arcadia, FL (863) 993-4846

<http://desoto.ifas.ufl.edu/>

Glades County—P.O. Box 549 Moore Haven, FL (863) 946-0244

<http://glades.ifas.ufl.edu/>

Hardee County—507 Civic Center Dr., Wauchula, FL (863) 773-2164

Highlands County—4509 W. George Blvd., Sebring, FL (863) 402-6540

Hillsborough County—5339 S. CR 579, Seffner, FL (813) 744-5519

http://hillsboroughcounty.org/coop_ext/

Lee County—3406 Palm Beach Blvd, Ft. Myers, FL (941) 461-7500

<http://lee.ifas.ufl.edu/>

Manatee County—1303 17th St. West, Palmetto, FL (941) 722-4524

<http://manatee.ifas.ufl.edu/>

Okeechobee County—458 Hwy 998 N. Okeechobee, FL (863) 763-6469

Pinellas County—12175 125th St. N., Largo (727) 582-2100

<http://coop.co.pinellas.fl.us/>

Sarasota County—2900 Ringling Blvd, Sarasota, FL (941) 861-9800

<http://sarasota.extension.ufl.edu>

When Your Kids Are Home Alone

There may be times after school when children must stay home alone and parents should help them plan activities so they won’t become lonely or bored. Keeping busy makes the time go by more quickly and there won’t be time to be bored!

Plan a few easy chores. Children can be a big help putting away dishes, caring for a pet, dusting, or folding clothes.

Play games alone such as solitaire, puzzles or electronic games.

Write letters. Grandparents, cousins and friends in other towns would love to receive a letter.

Exercise—jog, do jumping jacks, dance to the radio.

Work on a hobby such as models, stamp collecting or a scrapbook.

Make something: a potholder, a drawing or handmade greeting cards.

Keep a journal or diary.

Watch a special TV show.

Write ideas down and keep a chart or checklist to make planning and selecting activities easier.