

June 2013

Kindred *Spirits*

Have a simple, healthy summer

Let your grandchildren plan the fun

Control Screen Time

Set and maintain limits on the amount of time that children spend watching television and movies, and playing video and computer games.

- ◆ Limit screen time to 2 hours or less per day.
- ◆ Work together to select TV shows and movies that everyone likes and that portray what is important to you.
- ◆ Make watching TV and movies a special activity, not a routine activity.
- ◆ Keep the TV turned off during meals and when no one is watching it.
- ◆ Maintain television-free bedrooms.

Summer is here and the livin' is easy. That's an old phrase we often heard years ago but we don't hear it much anymore, with the hectic, busy lives of families.

As you parent your grandchildren this summer, think about simplifying the summer schedule, and include healthy eating, increased physical activities and time set aside for each grandchild.

As grandparents, you want what is best for your grandchildren. According to Lisa Wallace, MU Extension human development specialist, "Grandparents need to plan the summer to include fun and healthy food and activities." Create a relaxing summer environment where your grandchildren can feel good about themselves.

Help them recognize what they are good at and make opportunities for them to develop these skills and talents this summer. Have an art day, play outside on a science day, building a volcano, or have a circus or a musical, dressing up, singing and laughing.

Introduce grandchildren to different hobbies, sports, neighborhood and community activities. Explore parks around you. Visit the library each week and get a bag of books to read. Enjoy physical activity and active play every day.

Summer is a great time to show your grandchildren what a healthy lifestyle looks like. Plant a garden. Teach them about where fruits and vegetables really come from.

Each morning, weed and pick produce. Children love to see the plants grow; they like eating the labors of the work as well.

Let your grandchildren help in the kitchen; teach them the basics of food preparation and food safety. Eat a well-balanced, nutritious diet and plan regular meals and snacks. Involve your grandchildren with menu planning, grocery lists and shopping.

Discuss what to drink instead of soda and sugary beverages. Challenge each other to make healthy choices.

Make mealtimes pleasant and relaxed. Picnic in your back yard or on the front porch for a change.

Make the most of this summer. Think about what you want your grandchildren to remember and plan fun, healthy activities into your days and nights.

Have a summer where the livin' is easy. Your grandchildren's curiosity and ideas will amaze you.

MU Extension contributors:

Marsha Alexander, Melissa Bess, Dr. Nina Chen, Christeena Haynes, Saralee Bury Jamieson, Shatomi Luster, Susan Mills-Gray, Diana Milne, Tammy Roberts, Lisa Wallace, and Megan Webb.

Impulse Versus Planning Purchases

Be a better planner and save at the grocery store

Grocery shopping is a necessary evil and many of us do it impulsively. Impulse shopping is just so much easier... or is it?

According to Shatomi Luster, MU Extension family financial education specialist, "When an individual or family makes a purchase on impulse the end result is often: more frequent trips to the grocery store, an increase in spending, and consumption on how and when you eat fresh fruits and vegetables."

More frequent trips to the grocery store impacts your family's bottom line through more fuel consumption, more opportunities to continue to

impulse buy, unplanned and/or incomplete meals and simply more money leaving the household.

Increase in spending. Often, when you make unplanned trips to the grocery store, it results in the lack of planning for other areas in your life. For example, not eating before you go to the grocery store will increase your spending because you're HUNGRY an example that could cost you more money because you buy more.

Consumption on how and when you eat fresh fruits and vegetables; because these are perishable items the shelf life is low and could result in wasteful spending.

The consistent thread of impulse shopping is an increase in spending.

So, how do we become a better grocery shopper?

Make a list. If you have a list you will make fewer trips to the store. For every minute in a supermarket, you spend \$2.17.

Plan your meals. Look for specials and seasonal foods.

Look High...Look Low . Often the named brand items are placed at eye level to encourage customers to purchase what they see first.

Convenience foods drain your budget. You pay for convenience.

Track loss-leader items. These are low-priced items to get you to the store so you buy other higher priced items. Stock up on each week's loss-leader items.

University of Missouri Extension

Urban Region

Clay County	816.407.3490
Jackson County	816.252.5051
	816.482.5850
Jefferson County	636.797.5391
Platte County	816.270.2141
St. Charles County	636.970.3000
St. Louis City	314.367.2585
St. Louis County	314.615.2911
	314.516.6392

West Central Region

Bates County	660.679.4167
Benton County	660.438.5012
Camden County	573.346.2644
Cass County	816.380.8460
Cedar County	417.276.3313
Cooper County	660.882.5661
Dallas County	417.345.7551
Henry County	660.885.5556
Hickory County	417.745.6767
Johnson County	660.747.3193
Laclede County	417.532.7126
Moniteau County	573.378.5358
Morgan County	573.378.5358
Pettis County	660.827.0591
Polk County	417.326.4916
St. Clair County	417.646.2419
Vernon County	417.448.2560

Good news for coffee drinkers

Over the years, experts have warned that too much coffee could harm our health and shorten our life.

However, according to Saralee Jamieson, MU Extension human development specialist, "New research that took into account other health related characteristics (smoking, alcohol use, and physical activity) has shown that people who regularly drink coffee live a little longer."

The National Institute of Health-AARP Diet and Health Study of adults ages 50-71 indicated these results. The participants were free of heart disease, cancer and stroke when the study began.

How coffee is brewed can make a health difference too. The two potentially harmful chemicals in coffee (cafestol and kahweol) remain in espresso, French press and boiled coffee but are removed when coffee is prepared through a filter. Enjoy a cup of filtered coffee!