

BITS & PIECES

Williams County Family and Consumer Extension Newsletter

Family & Community Education

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FEBRUARY

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We all know we should be getting 30 minutes of activity daily. This is important to heart health but along with physical activity kids should start young to eat healthy for a strong healthy heart. Some key tips to eating heart healthy diet is to limit salt (sodium) and added sugars, and watch the fat sources in foods especially saturated and trans fats.

Easy tips for learning to eat for a healthy heart:

- ♥ Eat fruits and veggies (remember half of your plate should be fruit and veggies!!)
- ♥ Pick the whole-grain choice (a great source of fiber)
- ♥ Enjoy fish for a meal twice a week
- ♥ Limit saturated fats and trans fats
- ♥ Choose lean meats and limit amounts of red meat
- ♥ Make the choice to have low or non-fat dairy products
- ♥ Remember sodium is in a lot of things so be aware to decrease portion size of high sodium food
- ♥ Drink water instead of high sugar beverages

Coming Events

2/27	83rd Annual Lutefisk Dinner 11 am -5 pm First Lutheran Church Williston
3/5-3/13	Photography Exhibit and Contest
3/15-16	Farm & Ranch Show 2016
3/17	Shamrockin' the Bakken Taste of Williston
4/15-17	Home and Garden Show

www.ag.ndsu.edu/williamscountyextension/

Scholarship Reminder!!

Williams County Homemakers scholarship applications are due into the office on April 1st. If you need a copy please call the office and we will mail it out.

4H scholarship applications are due March 1st. If you have seniors in your family that would qualify please contact the office for more information!

LEAP DAY FUN

It was Julius Caesar and astronomer Sosigenes who revamped the Roman calendar giving it 12 months with equally (almost) distributed days and adding a leap day every 4 years.

In 1582, Pope Gregory XIII adjusted the calendar once again. Because the Earth revolves around the sun once every 365.2421 days, one leap day every 4 years is just slightly too much. Instead of shortening the leap day, the Gregorian calendar is designed such that leap days only happen every 4 years except years evenly divisible by 100 but not 400.

There was not a leap day in 1900 and there will not be one in 2100. So a baby born on February 29, 2096 will be in the 3rd grade on his 1st birthday!

White Bean Guacamole

This healthy recipe comes from NDSU Extension Service

Makes 8 servings

Ingredients

2 ripe avocados, peeled and chopped
 1 (15-ounce) can white beans, drained and rinsed
 2 to 3 large garlic cloves, peeled
 4 Tbsp. lime juice, fresh or bottled
 3 Roma tomatoes, chopped
 1/3 c. red onion, chopped
 1/2 tsp. salt
 1 tsp. pepper
 1/2 c. cilantro, chopped (optional)

Directions

Cut avocado in half and remove pit. Peel avocado and cut in chunks. Put beans, 1 1/2 avocados, garlic, and lime juice in a food processor. Cover and process for one minute or until very smooth. Spoon into medium bowl. Fold in remaining chunks of avocado. Fold in tomatoes, onion, salt, pepper, and cilantro and serve with chips or spread on wraps or sandwiches.

Nutrition information per serving: about 140 calories, 8 grams (g) of fat, 16 g carbohydrate, 5 g protein, 5 g fiber and 220 mg sodium

2016 Bread Fair was a success! Thank you for all who helped!!

Here are some pictures of kids at the bread fair for you to enjoy! We look forward to community volunteers next year!



Five Steps for Starting the Savings Habit Written by Tammy Greynolds

We know that costs can add up fast. Starting small, but thinking big can help to make savings goals shift from dreams to reality.

Following these five steps from BetterMoneyHabits.com can help adjust your mindset about money, and help you to make progress towards a happier and habit-driven financial future:

- 🪙 Think one percent at a time – Starting small gets the habit started, and can set the pace for increasing the amount you save over time. If a percentage start feels scary, try choosing a reasonable and affordable amount to start the habit, and ramp it up along the way.
- 🪙 Get analytical about your budget – Prioritizing want versus need in your budget can help you to identify potential breathing room in your budget.
- 🪙 Prioritize your future self – Pay yourself first! Or at least treat contributions to your savings as important as your monthly bills.
- 🪙 Make it automatic – No matter how you choose to transfer your savings, automation can help to reduce or eliminate the desire to spend the “extra” in your spending account.
- 🪙 Go slow and steady – By forming the savings habit in small and regular increments, the foundation will be laid for setting and achieving even the most ambitious savings goals!

If those helpful tips didn't hit the spot, Better Money Habits® now has videos, infographics, and articles specifically for households who may be living paycheck to paycheck. Designed in collaboration with several non-profit organizations, this new content helps people:

- 🪙 Build an emergency fund,
- 🪙 Manage bills,
- 🪙 Handle overdue debts,
- 🪙 Understand the cost of debt,
- 🪙 Find ways to stop living paycheck to paycheck.

Visit BetterMoneyHabits.com today to find more ways to improve your financial picture. See more at: <http://www.americasaves.org/blog/1260-five-steps-for-starting-the-savings-habit#sthash.tWNkrCLm.dpuf>

