

There are many organizations that are available in each county to aid in a healthy life style for you and your family.

Community Action Programs provides women's clinics once a month, nutrition help for pre-natal to 5 yr. old, help applying for Medicaid for kids and families, energy assistance for heating bills, foster grandparent program, senior volunteer program and head start program. For information, go to: [www.in.gov/ihcda/files/Community\\_Action\\_Regions\\_Contact\\_Information.pdf](http://www.in.gov/ihcda/files/Community_Action_Regions_Contact_Information.pdf)

Call 2-1-1 for help with food, housing, employment, health care, counseling and more. It provides free and confidential information and referral and is available in the entire state of Indiana. See: [www.in211.org/](http://www.in211.org/)

For help in meal planning, go to: [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

Indiana Extension Homemakers Assoc. [www.ieha-families.com](http://www.ieha-families.com) can provide educational assistance or call 888-398-5636.

Alcohol and Drug abuse clinics can help both the offender and other family members. You can call 800-529-6186 for information.

Debt management, free confidential counseling and financial education call 800-223-1045.

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# LIFE SKILLS 101



All skills are about making choices, the value of hard work, manners, honesty, how to respect and treat people, getting an education, and the desire to be successful.

## Making Your Grocery Dollar Go Farther

### Planning is Everything!



Impulse buying can happen any time. If you find that you are buying candy, snacks, junk food and soda at convenience stores, you may be spending more money than necessary. Shop wisely by making a list and SETTING A BUDGET. Planning means keeping more money in your pocket. With all the money you save, you can buy more healthy snacks for the kids and more healthy food to prepare your meals.

- Use coupons to save money.
- Take advantage of sales and seasonal items.
- Shop at discount groceries.
- Plan your menu for the week and use this to make your grocery list.
- Buy in bulk if you have the storage space and it's economical for you.
- Prepare meals at home rather than eating out. It is much healthier and will save you money.
- Buy store brand items.



We all have been given a special gift and purpose. Sometimes that is to help others when they are going through their crisis. Let's continue to be kind and love one another and have a blessed day. Be true to yourself!

**Life** is too short to waste on grudges...

**Laugh** when you can,

**Apologize** when you should

and let go of what you can't change....

**Enjoy the Journey**

## HANDLING THE UNEXPECTED



Most of us have had unexpected problems come up in our lives. Situations arise and we are overwhelmed. We don't know where to begin. The first thing to do is take a deep breath. Breathe in slowly, hold it (1-2-3) breathe out very slowly. Keep a positive attitude. Analyze the situation. Take each day as it comes, one step at a time.

Putting into practice things which have been discussed in this booklet will do a lot to help handling the unexpected and stressful situations.

Remember,

- Shopping wisely by purchasing & eating healthy food.
- Having a clean and uncluttered house.
- Saving money so you can handle those unexpected expenses.
- Diet, cleanliness, exercise

In addition to these:

- Prayer and meditation
- Soothing music to help you relax
- Yoga for body & mind discipline
- Laughter is a good medicine



There are times when we have to seek help from others. It's OK to get professional help.

Volunteer work could help. If you have lost your job, you could help out at a soup kitchen for a day or two.

Living with a serious illness can impact every part of your life. Don't get caught up in the despair of life. Things could always be worse.



## KEEPING A CLEAN HOUSE

**Why is cleaning important?** It helps to keep you and your loved ones healthy.

What's that smell?

- Remove the smell of spoiled food from refrigerator by first rinsing the area with soap and water. Then spray with full strength white distilled vinegar and wipe down the area. Place an open box of baking soda inside refrigerator to keep odors down.
- Full strength vinegar and water can also be used in the bathroom to kill germs on faucets, toilet seats, and lids. Wipe clean with a damp cloth.
- Recipe for cleaning counter tops is 1 cup white vinegar and ½ cup water. Solution can be put in a spray bottle

**Do you know these cleaning tips?**

- Petroleum jelly removes just about everything: mascara, scuff marks, adhesive residue from labels, etc.
- When drying clothes, a ball of aluminum foil put in the dryer helps remove the static.
- Laundry presoak for stains: 1 cup water, 1 cup Wisk, and 1 cup ammonia.
- Need an air freshener? Use half an empty orange peel filled with salt.
- Recipe for cleaning windows:
  - 1 pint rubbing alcohol
  - ½ cup ammonia
  - 1 tsp. liquid dish soap
  - Pour into a gallon jug and fill with water.
  - Fill a spray bottle to use.
- Remove lime around faucets with a paper towel saturated with vinegar. Let stand 10-15 minutes.



## SAVING \$ FOR A RAINY DAY

You have heard the saying—Living from pay check to pay check. Here are few ideas to help you save \$.



- At the end of each day, put extra change in a special place, (jar or drawer).
- If your check goes directly to the bank, have a set amount put in savings. Money that is out of sight is out of mind making it easier to save.
- Do not be a compulsive spender. Buy only what you need.
- Keep your money where it is harder to obtain. Take only the money with you that you intend to spend.
- Keep credit cards at home.
- Cut down on home expenses (turn off lights, cheaper phone plans, budget plans, pay bills on time, do simple home repairs). This is money saved.
- How much do I save? Decide what you want and approximate cost (car repair, new appliance, Christmas, etc.)
- How do I reach this amount? Make extra income through:
  - Selling items in a garage sale
  - Putting items on E-bay or Craig's List
  - Save pop cans and scrap aluminum; turn in for cash
  - Offer to teach lessons on tennis, piano, guitar, etc.
  - Do babysitting or tutoring.
  - When an account is paid off (car, credit card, etc.), put the payment in savings.
- Where do I keep this money? Set up a savings account at a bank or credit union. Use this money for emergencies only.



By using these ideas, you will also be teaching your children to save.

## HEALTHY HYGEINE AND LIFESTYLE



**Bathe regularly.** Wash your body and hair often

**Trim your nails.** Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete's foot.

**Brush and floss.** Brush your teeth after every meal or at the very least, brush your teeth twice a day and floss daily.

**Wash your hands.** Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses.

**Sleep tight.** Get plenty of rest — 8 to 10 hours a night. Lack of sleep can leave you feeling run down and can compromise your immune system

**Exercise.** As a general goal, aim for at least 30 minutes of physical activity that you enjoy every day for 5 days. If you like to walk, do it with a friend.

**Eating Well.** Eat a variety of foods daily to get the energy, protein, vitamins, minerals, and fiber you need. Weight loss should be no more than 1-2 pounds a week.

**Drink Water.** At least 8 glasses (64 oz.) of water per day

**Reduce Stress.** Recognize causes of stress: difficult people, financial matters, noise, lack of time, or high pressure situations.

Say **NO** to drugs and alcohol!

