

River Valley Healthy Living is a four-county effort focusing on nutrition, exercise, relationships and finance to help you and your family live healthy, well balanced lives.

“There is something about a shared meal that anchors a family.”

Time Magazine,
June 4, 2006

Also in this issue:

It's Your Life
Move It or Lose It
Grandparents
Making Time for
Family Meals
Quick & Healthy
Recipes
Upcoming Events



UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

Cooperative Extension Service

University of Arkansas,
United States Department of
Agriculture and County
Governments Cooperating

\$ healthy finances

Saving Money – Small Changes Add Up

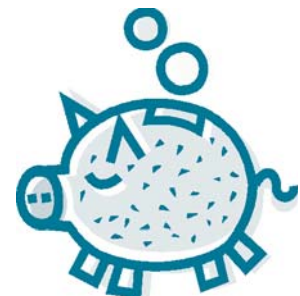
by Gayla Taylor

Trying to save money? Look first for small savings. They may not end your budget problems, but they are easy to find and take advantage of.

- Swear off mid-afternoon stops at the drive in or the morning latte.
- Shop for clothes and household furnishings only during sales.
- Bundle various shopping trips into one.
- Keep your house warmer in summer and cooler in winter.
- Take on chores that you usually pay someone else to perform, such as mowing the lawn.
- Cook more. Use fewer convenience foods. Eat out less.
- Plan menus. Make a shopping list. Taking advantage of specials at more than one grocery store can save you significant dollars if you plan carefully.
- Try different brands. Generic and store brands may be identical or very similar to the name-brand product... why pay extra for a label?
- Watch the scanner at the checkout counter. One in five shoppers surveyed who watch closely find errors.

Vigilance on your part can pay off. Even small savings add up.

Buy generic or store brands
instead of name-brand products
to add up savings.





Mark Your Calendar

Strong Women Classes

ONGOING:

Johnson County

9 am, M/Th • 5 pm, T/Th
Extension office, Clarksville

10 am, M/Th, Hagarville
Community Bldg.

Yell County

8:30 am, M/Th, Plainview
Plainview Baptist Church

ONGOING:

Diabetes Support Groups

5 pm, Third Tues., Johnson Co.
Marvin Vinson Bldg, Clarksville

1:30 pm First Monday, Yell Co.
Senior Activity Center, Danville

Mar 2: Back to Basics-sewing class

6:30 pm Johnson Co. Ext. Office

March: Reshape Yourself Classes

3, 10, 17, 24, 31 - Yell County

USDA Service Ctr., Danville

Mar 21: Babysitting Basics

10 am-3 pm, Clarksville
First Presbyterian Church,

Mar 25:EHC Multi-Co. Leader Training

USDA Service Ctr., Danville

April & May: Arthritis Self-Help prog.

Johnson County Extension office

For more information contact your county extension office. All of the programs listed in this newsletter are offered to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status.



Parenting the Second Time Around

by Susan Pickle

Did you know that Arkansas has one of the highest percentages of grandparents raising grandchildren? In 2005, 61.3% of grandparents had primary responsibility for their grandchildren. In addition, many relatives are caring for related children.

Parenting the second time around will be different than the first. But the increasing number of children under the age of eighteen being raised by grandparents or other relatives means you are not alone.

“Adventures in Grandparenting” is a curriculum designed by the University of Arkansas Cooperative Extension Service to assist grandparents raising grandchildren as well as those in traditional grandparent relationships. It is also beneficial for assisting relatives raising related children

The six different topic areas contain 21 different lesson including practical tips and suggestions in the handouts:

- Types of Grandparents
- Children’s development
- Senior Adult Health Topics
- Relationship issues
- Financial Planning for Grandparents
- Legal Assistance for Grandparents



It's Your Life- Move It or Lose It

by Dora Dinnan

Move it! Move it! Move it!
Every day we make choices. Even small ones can affect your life. Deciding to move your body helps you to be healthier.

Benefits from exercising include:

- Sleep better
- Look and feel better
- Cope with stress
- Develop skill in sports
- Build strength and endurance
- Improve family relationships
- Maintain or decrease weight
- Move easier
- Promote overall health
- Get over the "blues"

Move toward at least 60 active minutes a day – all at one time or in several shorter spurts. Riding a bike, walking, dancing, housework, gardening, exercise class, swimming and many more, add up!

Make Time for Family Meals

By Jeri Vangilder

Family meals – sharing food and conversation can be a favorite time of day. The meal doesn't have to be fancy and can be eaten in a quiet place at home or away.

The best benefit of family meals is improved nutrition. Families who participate in regular family meals are more likely to eat fruits, vegetables and grains and are less likely to snack on unhealthy foods. Share a meal also helps support normal weight.

Make family meals a priority by placing meal dates on the family calendar and by expecting everyone in the family to participate.

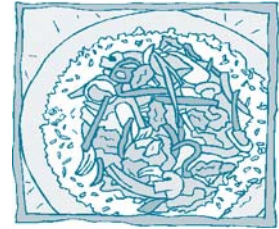
Get the family involved in planning the menu, preparing the meal and cleaning up.

Create a positive atmosphere by turning off the TV, radio and cell phone. Smile. Share only fun and positive experiences.

quick & healthy recipes

Garlic Beef Stir Fry

This smart choice stir-fry can be ready in 30 minutes. Lean pork or chicken can be used in place of the beef.



INGREDIENTS:

- 2 cups cooked brown rice
- 1 T. cornstarch
- 1/3 cup low-calorie Italian Dressing
- 3 cloves minced garlic or 3/4 t. garlic powder
- 3/4 lb. lean round steak, cut into thin strips
- 5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) or 1 16-oz bag frozen stir-fry vegetables, partially thawed and drained
- 2 T. low sodium soy sauce
- 1 t. ground ginger

DIRECTIONS:

Stir together the cornstarch, 1 T. of the dressing and the garlic in a bowl. Add the beef strips and toss to coat. Lightly coat a large nonstick skillet with cooking spray. Heat on medium-high heat. Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm. Add vegetables, remaining dressing, soy sauce and ginger to skillet. Cook and stir about 8-10 minutes until vegetables are crisp tender. Return beef to skillet. Cook stirring occasionally for 1 minute until beef is hot and the sauce is thickened. Serve over rice.

Nutrition Info

Serves 4

Serving Size: 2 cups

Amount Per Serving

Calories: 330

Total Fat: 9g

Cholesterol: 45g

Sodium: 630mg

Total Carbs: 34g

Dietary Fiber: 5g

Sugars: 4g

Protein: 25g



Inside: Families, fitness and finances

This month's newsletter provides information on saving money, being active and improving relationships. To make a quick hot meal your family will enjoy, try the garlic beef stir-fry recipe. Substitute your favorite meat or vegetables to fit your family's taste. Add a salad or fruit and glass of milk for a complete meal.

The University of Arkansas Cooperative Extension Service offers new programs to meet the needs of families in the River Valley. Check the "Mark Your Calendar" section for the latest programs for this spring. To learn more, contact your county Extension office.

This is the last issue including an article from Dora Dinnan, Conway County Extension Agent, who retired on January 30. We wish her the best. Future issues will include health information provided by other Extension agents or specialists.

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