

PROGRAM HIGHLIGHTS

Becoming Money \$mart classes are offered each month either at McMillan Memorial Library or the Wisconsin Rapids Job Center. Come to Becoming Money \$mart and learn the following tips: how to handle your day to day spending, setting a money goal for yourself, planning for unexpected expenses and making room for buying what's most important to you. **Class dates are listed in the Calendar of Events sidebar on the next page.**

Check your Free Credit Report Campaign: Check 3 Times a Year. Everyone is entitled by law to three free credit reports each year - one from each of the three credit bureaus: Equifax, Experian, and Transunion. You can order your free reports through the mail, by phone or at the official website www.annualcreditreport.com

UW-Extension will help you remember to order your reports through our 2/2, 6/6, 10/10 educational campaign. We suggest that you view one report every four months to be sure your information is up-to-date and accurate. Sign-up at <http://fyi.uwex.edu/creditreport> to get email reminders from UW-Extension to check your credit report in February, June and October.

UPCOMING EVENTS

- **Becoming Money \$mart**
Monday, June 20; 1:00-2:00 pm or 6:00-7:00 pm
McMillan Memorial Library, Wisconsin Rapids
- **Financial Lunch & Learn: Health Insurance Today**
Wednesday, July 13; 12:30 – 1:15
Lowell Senior Center, Wisconsin Rapids
- **Becoming Money \$mart**
Monday, July 18 1:00–2:00
Job Center, Wisconsin Rapids Job Center

To register for any of these events, contact the Family Living office at 715.421.8437, familyliving@co.wood.wi.us or sign up at <http://wood.uwex.edu>

TIPS

FINANCIAL

- Include farmers' markets and farm stands in your spending plan for the summer months. Remember to use your SNAP EBT benefits at the Wood County farmers' markets.

Remember to include back to school shopping in your spending plan for the months of July and August. Check out the Wood County UW-Extension website to access the electronic spending plans. <http://wood.uwex.edu>

FAMILY LEADERSHIP

- Create a Family Bucket List of all the things you would like to do together as a family. A resource is attached to get your family started.

HEALTHY LIVING

- Plan a colorful and nutritious meal for your family that includes all the five food groups from Choose MyPlate. Remember to stop by the Wood County farmers' markets to pick up your fresh colorful fruit and vegetables.

Calendar of Events

JUNE

6: Check your FREE Credit Report on or around June 6

20: Becoming Money \$mart
1:00–2:00 or 6:00–7:00
McMillan Memorial Library
Wisconsin Rapids

23: WalletWi\$e Grab & Go
4:30–6:00
The Neighborhood Table at United Methodist Church
Wisconsin Rapids

27: WalletWi\$e Grab & Go
5:00–6:00
St. Vincent's Fellowship Meal
Marshfield

29: Home Food Preservation Basics Class
6:00 –7:00
Wood County Courthouse
Wisconsin Rapids

JULY

6: Home Food Preservation Basics Class
6:00–7:00
Marshfield Public Library
Marshfield

11: WalletWi\$e Grab & Go
10:00–4:00
St. Vincent de Paul
Marshfield

13: Financial Lunch & Learn
12:30-11:15
Lowell Senior Center
Wisconsin Rapids

WISCONSIN NUTRITION EDUCATION PROGRAM (WNEP)

WNEP Nutrition Educator Jodi Friday will be teaching Nutrition for the Young at Heart to seniors living at Huntington House Apartments in Wisconsin Rapids and Cedar Rail Apartments in Marshfield. The 60-minute classes meet weekly at 10:30am for 4 consecutive weeks.

- Huntington House classes are scheduled for Wednesdays, starting July 6th.
- Cedar Rail classes are scheduled for Thursdays starting July 14th.

Lessons include: What Makes a Meal, Cooking for 1 or 2, Dining Out and Food Safety.

Participants are invited to make reservations to enjoy a delicious lunch at the ADRC dining sites at each location immediately following class. To register for the Nutrition for the Young at Heart session, please contact the UW-Extension office at 715-421-8437 by July 1st. ADRC lunch reservations must be made 24 hours in advance by calling the dining site: Huntington House (715-421-0014); Cedar Rail (715-384-8479).

UW-EXTENSION AT THE FARMERS' MARKETS

Wood County UW-Extension will be at the following farmers' markets on the dates listed. We will have information on preserving foods and great ideas for in-season fruits and vegetables.

- **Wood County Farmers' Market;** Rapids Mall Parking Lot, Wisconsin Rapids: Thursdays: June 23, July 14, August 18 and September 8
- **Peach Street Farmers' Market;** Aspirus Clinic Parking Lot, Wisconsin Rapids: Tuesdays, June 21, July 12, August 16 and August 30
- **Main Street Marshfield Farmers' Market;** Pick 'n Save Parking Lot, Marshfield: Thursday, June 16 (night), Tuesdays, July 26, August 2 and September 6
- **Pittsville Farmers' Market;** Baum's Mercantile Parking Lot, Pittsville: Fridays, June 24, July 15, August 19 and September 9



Sarah Siegel, Family Living Educator

Jodi Friday, WNEP Educator

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 [Wood County UW-Extension Family Living Program](#)



Our Family Bucket List for _____

GO:

TRY:

READ:

PLAY:

EAT:

EXPLORE:

MAKE:

RIDE:

SEND:

COOK:

SEE:

CREATE:

DO:

GIVE BACK:

GROW:

TRAVEL:

ENJOY:

VISIT:

WATCH:

BE:

SHARE:

MAKE:

Homemade bubbles!

