

January—March 2016

## Welcome!

Wood County UW-Extension Family Living is excited to provide you with up-to-date education resources and opportunities on a variety of Financial Capability, Family Leadership and Healthy Living topics.

The *Family Living Bulletin* is a quarterly email blast which will be tailored to meet the needs of families and residents of Wood County.

If you have any questions or specific topics you would like us to address, contact us at 715-421-8437 or [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us)

## PROGRAM HIGHLIGHTS

### 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](http://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

Wood County UW-Extension Family Living will be holding a **Financial Lunch & Learn** on **February 2<sup>nd</sup>** from **11:30 – 12:15** on checking your credit report. It will be held at the Wood County Courthouse Auditorium.

To register for this event contact the Family Living office at 715.421.8437, [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us).

## TIPS

### FINANCIAL

- Remember to Check your FREE Credit Report. This will help catch any mistakes and prevent identity theft.

### FAMILY LEADERSHIP

- Plan family nights and activities to get through the long winter season: Examples include planning a Family Game night, where you play everyone's favorite game. Or stay active by playing an active video game or doing a silly dance video together as a family.

### HEALTHY LIVING

- When planning your family nights and activities include a healthy meal and/or snacks. Plan a family meal together as a family and make sure the meal includes all the five food groups from Choose MyPlate.

# Calendar of Events

## FEBRUARY

- 2: Financial Lunch & Learn  
11:30-12:15  
*Wood County Courthouse Auditorium*  
Wisconsin Rapids
- 9: Home and Community Education Lesson: Yoga and Strong Bones  
10:00-12:00  
Join us for an hour of yoga and an hour of Strong Bones  
*Wood County Courthouse Auditorium*  
Wisconsin Rapids
- 27: Being Money Smart: Student Job Fair Workshop  
1:00  
*McMillan Memorial Library*  
Wisconsin Rapids

## MARCH

- 5: Empty Bowls  
11:00-2:00  
*First English Lutheran Church*  
Wisconsin Rapids

Be Sure to check your FREE Credit Report on or around February 2!

## WISCONSIN NUTRITION EDUCATION PROGRAM (WNEP)

The Wisconsin Nutrition Education Program (WNEP) is a UW-Extension nutrition education program that helps limited resource families and individuals choose healthy diets, purchase and prepare nutritious food and handle it safely, and become more food secure by spending their food dollars wisely. This includes youth in schools.

WNEP nutrition educators teach at schools where 50% or more of the children qualify for free and reduced lunch. Jodi Friday, WNEP Educator, teaches nutrition lessons at four schools in Wood County—Mead, Grove, Howe, and Humke—to kindergarten, third, and fifth graders. Lesson topics on choosing healthy foods (fruits, vegetables, grains, protein, calcium, low-sugar, label reading) and food safety (hand washing) are taught in an effort to increase healthy food consumption and reduce childhood obesity of youth in schools.



## WNEP UPDATES

During the past few months, Jodi has been teaching nutrition lessons to area 3rd graders at Mead, Grove and Howe elementary schools. Topics covered include: MyPlate, grains, fruits and vegetables, dairy and protein.

If you have a child in 3rd grade attending these schools, be sure to ask them to share what they have learned!

In addition to classroom education, Jodi also attends school events to provide additional resources to families. Recent events that Jodi has presented at include:

**Howe Elementary Innovation Night**  
Family Mealtime: Cooking Together

**Grove Family Night**  
Healthy Meals from the Pantry



Sarah Siegel, Family Living Educator  
Jodi Friday, WNEP Educator

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