

## Program Highlights

**Check your FREE Credit Report by February 2!** UW-Extension promotes checking your credit report 3 times a year: on 2/2, 6/6 and 10/10. Everybody is entitled by law to three **FREE** credit reports each year from the three credit bureaus (Equifax, Experian and TransUnion)

Sticking to the dates of 2/2, 6/6 and 10/10 maximizes the chances people will consistently monitor their credit over time. Contact the Wood County UW-Extension Family Living Office at 715.421.8437 or [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us) for more resources on how to Check Your FREE Credit Report.

For more information regarding the Check Your FREE Credit Report Campaign, watch the video from the October 19th Lunch & Learn about Credit Reports and Identity Theft: <https://www.youtube.com/watch?v=rAx8uqpjClk>.

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.*

Check out the **Becoming Money \$mart class** schedule for 2017. **Class dates are listed under Upcoming Events.** Class dates and registration information is posted on the Wood County UW-Extension website at <http://wood.uwex.edu>, or the Family Living Facebook page: [www.facebook.com/WoodCountyFamilyLiving](http://www.facebook.com/WoodCountyFamilyLiving).

## Upcoming Events

- **Lunch & Learns**
  - Thursday, February 16:** Heart Health  
Wood County Courthouse, Room 114: 12:00–12:45 pm
  - Thursday, March 16:** Family Meals; presented by Sarah Siegel, Family Living Educator Wood County UW-Extension  
Wood County Courthouse, Room 114: 12:00–12:45 pm
- **Becoming Money \$mart**
  - Monday, February 20:** 1:00–2:00 pm  
Marshfield Job Center
  - Monday, March 20:** 1:00–2:00 pm  
Wisconsin Rapids Job Center

## TIPS

### FINANCIAL, FAMILY LEADERSHIP AND HEALTHY LIVING

**Set Goals instead of New Year's Resolutions!** Instead of setting a New Year's Resolution which you may give up on too easily, turn your resolutions into goals, which you can work to achieve throughout 2017. Your goals can be financial, family and/or healthy living related. Think about what goal(s) are unique to you and/or your family!

When setting goals remember the word **SMART**:

- S—Specific
- M—Measureable
- A—Able to be Achieved
- R—Relevant
- T—Time Bound

Create an **Action Plan** to help you achieve your goals. Remember the following:

- Write your goals down. Put them in a spot where you and your family will see them every day!
- Involve the whole family in your goals and action plan. They will help hold you accountable! You can also include extended family members and friends
- Make action steps part of your day to day activities. For example: If your goal is to eat a nutritious meal each day as a family, include the meals on the family calendar so everyone can see and help plan the meals.
- Plan action steps that will assist you with being successful. If needed, take small steps to achieve your goal.

**Be a Role Model!** When your children see you setting goals they are more likely to set goals for themselves.

# Calendar of Events

## FEBRUARY

- 8: **FoodWise Grocery Store Tour**  
9:00 am  
*Walmart*  
Wisconsin Rapids
- 16: **Lunch & Learn: Heart Health**  
12:00—12:45 pm  
*Wood County Courthouse, Room 114*  
Wisconsin Rapids
- 20: **Becoming Money\$mart**  
1:00—2:00 pm  
*Job Center*  
Marshfield
- 23: **Be FoodWise Healthy Cents Group**  
3:30 pm—4:15 pm  
*The Neighborhood Table*  
Wisconsin Rapids

## MARCH

- 8: **FoodWise Grocery Store Tour**  
9:00 am  
*Walmart*  
Wisconsin Rapids
- 16: **Lunch & Learn: Family Meals**  
12:00—12:45 pm  
*Wood County Courthouse, Room 114*  
Wisconsin Rapids
- 20: **Becoming Money\$mart**  
1:00—2:00 pm  
*Job Center*  
Wisconsin Rapids
- 28: **Be FoodWise Health Cents Group**  
3:30 pm—4:15 pm  
*The Neighborhood Table*  
Wisconsin Rapids

## FOODWISE EDUCATIONAL OPPORTUNITIES

Every month, FoodWise will be coordinating educational opportunities for income eligible Wood County residents to learn more about healthy eating, shopping strategies and basic financial concepts.

Opportunities include:

### Grocery Store Tour

Meet at a local grocery store for an interactive tour where you will learn strategies to save and tips for choosing healthy food. Attendees will also receive a \$10 gift certificate to complete a “shopping challenge” and other prizes.

*Tours are held the 2nd Wednesday of each month at 9:00 am at Walmart in Wisconsin Rapids.*

### Be FoodWise Healthy Cents Group

Join our FoodWise Educator to learn about and discuss a variety of topics related to food resources and strategies.

*Classes are held from 3:30-4:15 pm at The Neighborhood Table.*

- Thursday, February 23: Food Shopping Strategies
- Tuesday, March 28: Whole Grains

### WalletWi\$e in Wood County

Do you wish you had more money each month? Becoming Money \$mart classes are focused on teaching basic financial concepts—from creating a spending plan to setting money goals and determining needs versus wants. *Classes are held on Mondays at either the Wisconsin Rapids or Marshfield Job Center from 1:00-2:00 pm.*

- Monday, February 20: Marshfield Job Center
- Monday, March 20: Wisconsin Rapids Job Center

To register for any of these classes, contact the Wood County UW-Extension office at 715-421-8437 or email [familyliving@co.wood.wi.us](mailto:familyliving@co.wood.wi.us).



Sarah Siegel, *Family Living Educator*

Jodi Friday, *FoodWise Educator*

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