



Finger Prints



A Newsletter about Little Hands and Those Who Care For Them



Road Trip Boredom Busters

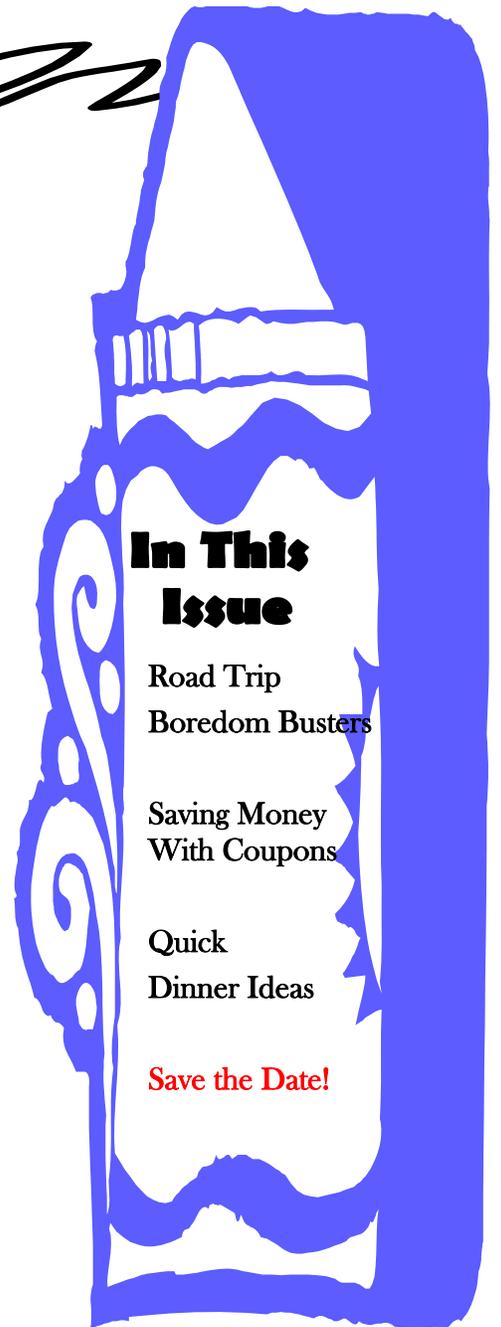


Are you planning a road trip this summer? If you are planning to drive to your vacation destination or if your family is taking a driving vacation, you'll probably be spending a lot of time in your vehicle. A family road trip can be a time to bond and learn

about each other's interests and points of view or it can be an ordeal that tests your patience and makes you want to scream every time you hear "Are we there yet?" from your kids.

Road trips can be a fun, educational and sane experience with just a little planning, creativity and preparation. Here are some ideas for games and activities from <http://kidshealth.org> to get your family revved up for a trip long on smiles and memories and short on frustration.

Can-Do Cards. Don't underestimate the power of a deck of cards. It presents endless possibilities for all ages and can provide hours of entertainment and concentration. If your kids are tired of the old standards (Go Fish, Crazy 8's and Rummy games), buy or borrow from your local library a kids' card games book for new ideas. Buy a deck of quiz or trivia cards to keep their brains busy.



In This Issue

Road Trip
Boredom Busters

Saving Money
With Coupons

Quick
Dinner Ideas

Save the Date!



Contest Craze. Hold an official family spelling bee or trivia contest using index cards to write down words or questions. Winners can earn trinkets, stickers, activity or coloring books, trading cards, or extra minutes of hotel pool time or stay-up-late time.

Good Ole Games. The traditional road trip games ...20 Questions, the License Plate Game, and I Spy... can only last so long. Try the Alphabet Game where you pick a topic such as animals and a letter, then have everyone spout off animals that begin with that letter. The best thing about this game is that kids can pick a topic of interest (cars, TV characters, movies, countries, cities, food, names, etc.) and there are 26 possibilities (one for each letter) for every topic.

Journaling Jotting. Buy inexpensive but sturdy journals (or make your own) and have kids write down and describe what they see along the way. Have them collect something small (stone, seashell, flower, etc.) to glue into their journal, describing each stop and each location or landmark they pass. Bring a stack of old magazines and have kids cut out and glue pictures into their journals to illustrate some of what they've seen. Have them draw illustrations. Bring your laptop and have kids log their entries each day with photos taken with your phone.

Magnetic Games. Stock up on a few inexpensive magnetic games (tic-tac-toe, checkers, etc.) at your local dollar store. You may have to teach your kids how to play!

Read. Bring a few of your child's favorite books or those they've been wanting to read

either in the printed version or CD. Visit your local library to check out books and tapes. Let everyone take turns reading the stories out loud, making sure to use your best character voices.

Team Storytelling. Ask each family member to create a line for a story, then have everyone add a line until you're all stumped. This creates a lot of laughs and giggles since the crazier you make the story line, the more fun it is.

Silence is Golden. When all else fails, use the old standby game "Who Can Be the Quietest?" See how long your family goes without talking. Make prizes worth their while such as having a special snack, having special privileges (going first in line at the next stop) or extra minutes in the hotel pool. Give everyone the gift of quiet and let them use their electronic gadgets (phone, MP3, etc.) for a specific length of time. Just make sure that all electronics are on silent so that you can enjoy the peace and quiet.



Hold the Date: September 11

Are you looking for ways to prepare easy, nutritious and economical meals for your family? Then you'll definitely want to put Tuesday, September 11, on your calendar for the first annual Dinner Tonight Healthy Cooking School. This event will be held at the Texas AgriLife Research and Extension Center, 17360 Coit Road, Dallas. Doors open at 5 pm with the event beginning at 6 pm and concluding at 8 pm. You'll see 8 recipes demonstrated and receive a cookbook that has 10 menus with 33 recipes. Lots of door prizes will be given away. Registration is \$20 per person. Look for more details in the fall issue of this newsletter!

Saving Money with Coupons

A common way for families to save money is to reduce spending on variable expenses such as food, clothing, entertainment, and meals eaten away from home. For many decades, coupons have been a "tried and true" way to save money at the supermarket. They are also widely used by other types of merchants including restaurants, theme parks, and department stores. Would you like to increase the amount of money you are saving by using coupons? Consider the following small steps:

Get Organized - Use an expandable coupon organizer or envelopes to sort coupons by date, categories, and expiration dates. Develop a filing system that works for you.

Clip and Save - Scan Sunday newspaper advertisements for store and manufacturers' coupons and ask your neighbors for their unwanted papers. Also check free online coupon sites that provide access to coupon codes and/or printable coupons for thousands of merchants. Some examples include www.coupons.com, www.CoolSavings.com, www.smartsource.com, and www.GrocerySmarts.com. Another way to get links to coupons or special product discount codes is to follow retailers on social media sites such as Twitter and Facebook.

Make a List - Make a shopping list based on store specials and needed items. Attach coupons for items on the list with a paper clip so that they are readily available. Build in a dollar amount for impulse purchases so they are planned in advance instead of causing you to spend more than budgeted.

Compare Alternative Brands - Make sure that the price of a national brand product with a coupon meets or beats the store brand (private label) price. Even with a fifty cent coupon doubled to \$1 off, a store brand could be less expensive and may actually be identical to a corresponding national brand. Store brand products typically cost 20 to 30 percent less than national brands.

Be Loyal - Take advantage of shoppers' rewards membership card programs. These programs are generally free and provide many benefits including product price discounts (without the need to clip coupons), rewards points for a certain amount spent, and cash-back programs. Rewards cards are offered by supermarkets, drug stores, clothing retailers, office supply stores, and more.

Double Your Savings - Shop at stores that double, or even triple, your savings. Be sure to check the "fine print" of their offer for restrictions such as doubling no more than a \$1 coupon face value.

Make a Double or Triple Play - A double play is where you combine savings from a store's weekly sale price (or store coupon) with that of a manufacturer's coupon. A triple play is where you also receive a refund, rebate, or prize from the manufacturer in addition to the first two discounts.

Don't be a Hoarder - No matter what the coupon value, only shop for products that you need. Remember, a bargain is only a bargain if you can actually use the purchase.

Make the Time - The savings realized by using coupons can be substantial. Spending 15 minutes finding and organizing coupons could save \$20 a week or \$1,000 a year. Viewed as an hourly wage, this is equivalent to earning \$77 per hour (\$1,000 divided by a total of 13 hours of time).

Margaret A. Jover
County Extension Agent—FCS
Denton County
306 N. Loop 288, Suite 222
Denton, Texas 76209
940.349.2882

Carrie T. Brazeal, CFCS
County Extension Agent - FCS
Collin County
825 N. McDonald Street, Suite 150
McKinney, TX 75069
972-548-4233 or
metro 972.424.1460, Ext. 4233

Texas AgriLife Extension Service is a State Agency with the mission of providing quality, relevant outreach and continuing education programs and services to the people of Texas. Family and Consumer Science programs offer practical information for families in the areas of parenting and child development, financial management, health, nutrition, clothing and textiles, and housing.

Angel Neu
County Extension Agent—FCS
Cooke County
100 S. Dixon Street, Room B12
Gainesville, Texas 76240
940.668.5415



Improving Lives. Improving Texas.

No Bake Quick Chicken Tetrazzini

Nonstick cooking spray
2 stalks celery, chopped
1 small onion, chopped
1 package (8 ounces) sliced mushrooms
1 cup reduced-sodium chicken broth
4 ounces (1/2 of 8-ounce package) reduced-fat cream cheese, cut into cubes
2 teaspoons grated Parmesan cheese
2 cups chopped cooked chicken breast
3 cups yolk-free whole wheat egg noodles, cooked according to package directions, omitting salt
1/8 teaspoon black pepper

Heat skillet coated with cooking spray over high heat. Add celery, onion, and mushrooms and cook 4 to 5 minutes or until mushrooms and onion are slightly tender; stirring occasionally. Stir in broth, cream cheese and Parmesan cheese. Bring to a boil; simmer on low heat 7 minutes or until slightly thickened; stirring occasionally. Stir in chicken, noodles, pepper; cook until heated through.

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 6

Nutrition facts per serving

Calories: 200

Total Fat: 6 g

Cholesterol: 55 mg

Sodium: 400 mg

Total Carbohydrate: 17 g

Fiber: 2 g

Protein: 20 g

