

10 Tips for Surviving Grocery Shopping with Kids

LIVE WELL UTAH



10 TIPS
TO SURVIVE
GROCERY
SHOPPING
WITH KIDS

Grocery shopping with children can be stressful, but with a little planning and preparation, it can be a great experience for you as a parent and for your children.

Sometimes it's in the produce section, sometimes in the middle of an aisle, and often in the checkout line: a young child melting down in the grocery store. The screams of an overtired, hungry or begging child are annoying to everyone in the store but especially exasperating for the parent trying to deal with kid drama in public. The common wisdom is to do all grocery shopping alone to save money and make healthier choices, but this isn't always practical. When I was a young mother with multiple kids to wrangle, my husband was either in college while working full-time or working two jobs, so I had to take little ones with me to the store if we were going to have any food in the house. Through my experience and learning from other moms, I've gleaned some tips for making grocery store expeditions survivable and even fun! Read on for 10 tips for enjoyable and stress free shopping with your kids

Always, always plan ahead for your shopping trip! It's vital to go into it prepared!

1. Make a list, and arrange it as much as possible to match the layout of the store. Be like Santa and check this list twice. Find more information about planning menus and preparing to shop here.
2. Schedule your shopping for a time when your children will not be getting tired and cranky. For most kids this is in the morning, but go with what you observe is their happiest time of day.
3. Allow enough time to shop without rushing. This helps you make better choices and keeps the kids from feeling your stress and getting themselves worked up.
4. Make sure everyone has eaten, and perhaps even pack a healthy snack to take along.

5. For young kids, let them take a favorite toy or book if they'll be riding in the cart.

Make the kids part of your shopping team. You're all in this together!

6. Before entering the store, go over your expectations for their behavior and make sure they understand. This is best done as a positive pep talk. Be sure to include a reminder about your treat policy. Some parents let kids put a treat on the list to be included in the shopping, some let the kids select something in the checkout line if they've done well during the shopping, some let the kids know that there will be no treats. It's important to be clear with the kids about what will happen with treats ahead of time, since they'll be bombarded with temptation in the store.
7. Give kids age-appropriate tasks to do. Kids of all ages can help look for products by matching what you're looking for to the store ad or coupons (organize this ahead of time), or they can play "I Spy" and look for certain colors, letters or items. Elementary age kids and older can learn about unit pricing and help you find the best deals. Young children love to help pick out produce, for example: "Which squash should we get?" Kids can also help you carry small items. Watch for our next article for more detailed information on age-appropriate tasks children can help with in the grocery store.
8. Use the self-checkout if it's available, and let your kids help scan and bag the groceries. Reusable grocery bags are the easiest for youngsters to use. Self-checkout is also a good way to avoid the kid's-eye-level candy that causes so many grocery store meltdowns.

Safety first!

9. Never allow a child to stand in the grocery cart. I learned first-hand how easily a toddler can fall out of

the cart when you turn your back for a second! We were lucky and my daughter wasn't hurt, but according to the Consumer Product Safety Commission an estimated 19,800 children under five years old were treated in emergency rooms for shopping cart injuries in 2012 in the United States (cpsc.gov). Also make sure the safety belt on the cart you choose is in working order and buckle your child in securely.

10. Children who can walk can learn early on to hold on to the cart lightly so that they don't wander off and get lost. My children learned this lesson so well that even after they were grown and moved away from home, a couple of them caught themselves holding onto the cart when we went shopping together! Consistent reminders to hold onto the cart works for most children. Stubborn ones might need incentive to stay in contact with the cart, and you can make a game of this.

Sometimes tantrums just happen. Despite your best-laid plans, sometimes tantrums still happen. Don't panic if your child has a meltdown in the store. Every parent has gone through it so most people will be sympathetic to your plight. If you are unlucky enough to get a comment from a grouch, feel free to ignore it—you are there to help your child not to impress random strangers. It's one of the hardest challenges of parenting, but it is very important NOT to give in to a tantrum. You don't want to teach your child that tantrums work to get what they want or to get you to leave the store before you're finished with your shopping. Simply take the child aside and let them know that you are taking a little time out until they are ready to try again. If necessary, you can ask a store employee to set your cart aside while you take the child to the car to calm down. Once they are ready you can return to the store and finish shopping.

When your shopping trip goes smoothly and the kids maintain good behavior, don't forget to reward them! This can be as

simple as giving them a sticker or as elaborate as a special trip to the park. It's best to avoid food or "treats" as rewards so that you don't put children on the road to emotional eating or learning to value sweets over healthier foods. The grocery store experience can be difficult and overwhelming for kids, so when they do well be sure to reinforce that good behavior.

Finally, if possible, shopping alone can be a good choice, especially if you are in a hurry. Most people are able to make more thoughtful purchasing decisions without the distraction of another person going along, but grocery shopping can be low stress and even enjoyable with children when you are prepared. It also provides a great opportunity for children to learn about nutrition, planning, resisting impulses and how to behave appropriately in public.

Check our calendar for Healthy Family Fun events in your area, and join us for a good time with your family learning about healthy lifestyles and relationships.

By Alissa Weller, Healthy Family Fun Box Elder County Coordinator and Carrie Durward, PhD RD Assistant Professor and Extension Nutrition Specialist

Porch Plant Primer



PORCH PLANT PRIMER

LIVE WELL UTAH

This week we visited KSL's Studio 5 to give some tips on porch plants. Here's a list of the plants we showed, plus some bonus tips that didn't make it into the segment.



Getting Started

First things first – consider the sun exposure your pot will get. Do you have a north-facing porch that is shaded all day? Does your front door face west, and get sunshine in the hottest part of the day? What about east-facing, where you get some cool morning sunshine, but shade in the afternoon? Then there's south facing, which gets moderate sunshine most of the day. Don't forget to look at the big picture – you may have a south-facing porch, but it's covered, or there's a tree nearby that offers shade.

Once you've determined how much sun or shade your porch plants will get, consider what kind of plants you would like. Do you want something perennial that will come back year after year? If this is the case, be sure to select a pot that can withstand Utah's cold winter weather. Plastic or resin are good choices.

There are a few different options you can go with as far as plant design. One that we've discussed here on the blog before is the thrill, fill, spill technique. Alternatively, you could plant all one type of plant, or even a single shrub or small patio tree.

On the Show

Curious what plants we used on the show? Here's the complete list.

Shade Plants:



- Coleus
- Red spike

Sun Plants:



- African daisy

- Marigold
- Million bells
- Sedge grass
- Creeping jenny
- Creeping charlie
- Sweet potato vine

Filtered Sun Plants:



- Hellebore
- Coral bells
- Ajuga
- Creeping jenny

Pizza Garden:



- San Marzano tomato
- Hot pepper
- Walla walls onion
- Italian parsley
- Oregano
- Basil

For a salsa garden, use cilantro as the herbs, and a jalapeño pepper. Container gardens that will produce fruit are best for porches that gets at least 6 hours of sunlight each day.

Trouble Shooting

Can't seem to keep your porch plants alive? Chances are, the problem is with water—either too much or too little of it. The best way to combat this is by monitoring the moisture in your pots. You can do this by sticking a wooden chopstick down to root level in the pot, and checking to see if it is damp when you pull it out. A foolproof way of doing this is with a digital moisture monitor. West-facing porch plants may actually need water twice a day to stay hydrated, while a shaded pot may not even need daily watering. The only way to know when your plants need water is to check the moisture level.

Using good potting soil will help retain moisture, but you can also find soil additives that will further maximize moisture retention. A new company out of Morgan, Utah, produces a soil additive that is a combination fertilizer and moisture retention product, and it is actually just made of wool! If you use an additive to retain moisture, don't fall into the trap of thinking you don't have to monitor moisture. The additive is just an extra step you can take to ensure that your plants are hydrated and happy.

Another tip for west-facing porches is to choose light-colored pots. Potted plants are extra vulnerable to hot and cold, because their root systems are more exposed to the elements than if they were planted in the ground. A lighter-colored pot will keep those sensitive roots cooler.

Here's a trouble shooting tip for all porch plants, sun or shade: remove spent foliage and pests. If the flowers on your plants have bloomed and are headed downhill, remove them! You don't want the plant to continue putting energy into flowers or leaves that are spent, so just clip them off. And of course, if you notice insects, be sure to remove them to prevent putting your plant into distress. (Distressed plants attract more bugs, and no one wants that).

Find Out More

We learned all of this information by talking with the experts in our Salt Lake County Extension office. Your local Extension office is a great resource! Find your local office [here](#).

All of our plants and materials used on the show (including the wool soil additive) were generously loaned to us from Millcreek Gardens.

For more gardening information, visit garden.usu.edu.

This article was written by Marta Nielsen, Live Well Utah blog editor, marta.nielsen@usu.edu

Hearty Beef, Barley & Lentil Soup Mix

A close-up photograph of a wooden spoon filled with yellow lentils. The spoon is resting on a wooden surface, and several lentils have spilled out onto the surface around the spoon. The background is a soft-focus view of more lentils.

HEARTY BEEF, BARLEY & LENTIL SOUP MIX

LIVE WELL UTAH

Make a few batches of this soup mix for an easy weeknight dinner.

Ingredients

- 1/2 pound lean ground beef or stew meat
- 7 cups water
- 1 Tablespoon beef bouillon granules
- 1 Teaspoon black pepper
- 2 Tablespoons dried minced onion
- 2 Tablespoons dried minced celery
- 1/4 cup dried carrots
- 1/2 cup barley
- 1/2 cup lentils
- 1/4 cup imitation bacon bits (optional)

Directions:

Brown meat in a soup pot. Add water and remaining ingredients. Bring to a boil, then lower heat and simmer for about 45 minutes or until lentils, barley, and vegetables are tender.

Make it a Mix:

Dry ingredients can be combined and stored in pint jars or ziplock bags to make dinner easy any night of the week.

Add other dried veggies for a more colorful and flavorful mix. My favorite is the red and green bell pepper mix.

This recipe was contributed by Suzanne Prevedel, family and

15 Benefits of Eating Local

15 BENEFITS OF EATING LOCAL



LIVE WELL UTAH

Some of the reasons to buy local food may surprise you. They may even entice you to visit your local farmer's market this summer.

Local is in. And if trends from the past several years are any indication, the movement is here to stay. Why are people so drawn to buying locally? The top three reasons Americans do so, according to the Food Marketing Institute, include freshness, supporting the local economy, and knowing where the product came from. Other studies show similar reasons, along with higher and better quality, positive relationships with growers, and the opportunity to purchase unique products.

Although many might first connect local food purchasing to positive environmental benefits, the benefits extend to your mental and physical health, your social sphere, and your community's prosperity. Specific benefits of engaging in the local movement include:

1. Improved nutrition, increased likelihood of making healthier food choices, obesity prevention, and reduced risk of diet-related chronic disease.
2. Small farms preserved and rural communities sustained.
3. Sixty-five percent of your dollar remains within the community, compared to shopping at large chain stores where only 40 percent of your dollar stays in your community.
4. More job security in your local community.
5. Attraction of employees and patients to local restaurants, hospitals, and other businesses advertising local food sourcing.
6. Increased national food security.
7. Local and small-scale farmland preserved.
8. Food travel distance is reduced (food miles). This cuts down on fossil fuel consumption, air pollution, and greenhouse gas emissions associated with transporting

food.

9. Preserved cultivar genetic diversity.
10. Higher likelihood farmers selling direct to consumers and markets are engaging in environmentally friendly production practices.
11. Reduced food safety risks through product decentralization.
12. If growing your own food, greater physical activity is an additional health benefit.
13. Being able to talk to the people who grew and/or made the food you are buying.
14. Being able to ask questions about pesticides, herbicides, growth hormones, animal treatment, fertilizers, and any other queries you may have about how your food was produced.
15. Getting to know your local producers gives you a stronger sense of place, relationships, trust, and pride within your community.

Read More

More Sustainable Food Resources

This article was written by Roslyn Brain, Sustainable Communities Extension Specialist with USU Extension, Moab

Backyard Chicken Basics

BACKYARD CHICKEN BASICS



LIVE WELL UTAH

Are you interested in keeping backyard chickens? Here is some basic information to get you started.

- Some municipalities do not allow backyard chickens, or have strict ordinances to regulate them. Be sure to check what your city allows or requires before setting up a coop.
- Purchase chicks from sources that certify they are free from specific diseases.
- You may end up with a rooster among your chicks. Be prepared to part ways with the roosters—hens do not need a rooster present in order to lay eggs.
- Chickens are no respecters of property lines, and they can fly. To minimize the impact on neighbors, enclosures should properly restrain poultry and confine them to your property.
- Chickens have a relatively short life span. The productive life of a hen is about three to five years.
- Where there are chickens, there are rodents. Take this into consideration when planning your coop, and implement a rodent control program.
- Don't keep chickens with ducks or turkeys. Mixing of species increases the potential for infection and spread of avian influenza (bird flu).

Find Out More

Explore the Garden Family Night: Backyard Chickens

USU Botanical Center, Kaysville

[Register Here](#)

Raising backyard chickens has become very popular in Davis County. This event will teach families how to properly choose the right breed of backyard chicken, identify common diseases, nutrition, egg/layer management, and answer questions.

Participants will learn about the 4-H youth poultry program opportunities in Davis County as well.

Fact Sheet: Basics for Raising Backyard Chickens

Fact Sheet: Considerations in Raising Small Backyard Flocks of Poultry in Population-dense Communities

**Celebrate Earth Day with
Sustainable Change**

CELEBRATE EARTH DAY

WITH SUSTAINABLE CHANGE



LIVE WELL UTAH

Earth day is this Saturday, April 22, and you may want to celebrate by making a sustainable change. Try these tips to help you continue sustainable behaviors and influence your family, friends, neighbors and coworkers to make sustainable changes as well.

As Earth Day approaches, many begin dreaming up ways to live and help others live more sustainably. But change—like vowing to start bringing your own bags to the store, biking to work, or visiting the farmers market more often—is hard. Adding to the complexity is the fact that the reason most people say they engage in environmental behaviors is actually quite different from reality. It turns out that norms (the influence of others) is generally the highest influence on our behavior. How shocking! None of us wants to admit we are influenced by others, but regardless of how passionate we feel about the environment, if others around us are engaging in similar behaviors, we are much more likely to do so. The good news is that you can use tools like this to your advantage!

Going back to biking to work as an example (you could also plug in taking the bus or train, walking, or carpooling), why is it so difficult to make the switch from driving your car? Well, let's break this down into a barrier-benefit analysis. When driving your car, what barriers do you experience? For example: stress, feelings of anger and frustration sitting in traffic, loneliness, wasted money by idling in stopped traffic or while parked, vehicle maintenance costs, parking pass costs, etc. What are your perceived benefits? Possibly independence, freedom to make your own schedule, etc. Now let's look at biking. What are your perceived barriers? They could be safety, understanding traffic laws for biking, bad weather, etc. What are your perceived benefits? Examples could be combining physical activity and your commute into one, increased happiness, cardiovascular fitness, strength, balance and flexibility, cognition, energy, etc.

In helping influence sustainable change, you may be tempted to share the reality of how many drivers commute alone each day with your friends, family and colleagues. Unfortunately, given the power of norms, this will have an adverse impact, likely causing more people to engage in the behavior because everyone else is doing it. Instead, as a wise marketer, you should emphasize the barriers of the behavior you wish to discourage, and emphasize the benefits of the behavior you wish to encourage, all while removing as many of the barriers of the behavior you wish to encourage as possible. From here, you will test and then employ a set of marketing tools to increase your likelihood of success. These tools can include:

Prompts: Best for repetitive behaviors like bringing your own bags to the store or turning off lights. These should be as close to the behavior as possible, such as an air freshener designed by youth reminding parents “It’s your Turn, Turn it off” to cut down on idling in front of schools.

Commitment: Start small. Small commitments of a related nature can be followed up with bigger asks. For example, your kids might ask you to commit to turning off and unplugging electronics when not in use and place a “in our house, we power down” sticker on your car. Then, you are much more likely to seriously consider a larger related behavior in a future ask, like exploring solar panels.

Norms: These are the most influential of all tools. Be sure to focus on the norm you wish to create. You should both model the behavior you are advocating and try to make the behavior visible. Composting is generally kept to people’s backyards, but if you want to encourage your entire neighborhood to compost, you could talk to each of your neighbors about composting, the benefits, how you overcame barriers experienced, where to purchase needed materials, seek a commitment that they will begin composting, follow up with your neighbors, and administer stickers for everyone’s visible recycle bins that say “_[insert neighborhood name]__

Neighborhood Composter.” This creates a visible neighborhood norm where others will want to join in when they see their neighbors engaged in the behavior.

Convenience: Make engaging in your behavior as easy as possible. For example, do not place the recycle bin far away from the trash unless you wish for contamination in both. Place the bins side-by-side ideally with different colors (blue for recycling), clear labels, and for an added bonus, call the trash “landfill” for a more accurate visual of the end-state result.

Communication: Catchy phrases and tapping into popular culture can do wonders for your change efforts. If you want your young kids to remember to turn off the lights, you could place a “smiley” sticker next to the “off” position, a “sad” sticker next to the on position, and positively reinforce them when they turn the lights when leaving a room.

Incentives: These can extend beyond financial– get creative! Just be sure not to take the incentive away too soon once introduced or the behavior may not remain changed. Some grocery stores offer five cents off for each reusable bag used by customers– this is a good incentive. Another example of an incentive is a bike rack located right next to building entryways. Front row parking may entice more people to ride their bike to work or school, especially when combined with limited or expensive parking.

Interested in learning more? Check out this Primer in Community-Based Social Marketing that you can use to help foster change in your own household, neighborhood, community, and even state. This is based off of Doug McKenzie-Mohr’s great work of Fostering Sustainable Behaviors (2013).

Want to further explore biking as an alternative mode of transportation? Check out this view the fact sheet. Looking forward to seeing you on the bike path!

This article was written by Roslynn Brain, Sustainable Communities Extension Specialist with USU Extension, Moab

Poison Prevention // Liquid Laundry Packets

POISON PREVENTION:

LIQUID LAUNDRY PACKETS

LIVE WELL UTAH

Liquid laundry detergent packets are convenient, but to a child the brightly colored, shiny packets may look deceptively like candy or a toy. Check out these tips to keep your children safe and prevent an accident with liquid laundry packets.

As a parent, you play an essential role in the safety of your children.

You have probably thought about car seat safety, cords on window coverings, and how to prevent drowning or burns. But what about laundry safety?

Children act fast and accidents can happen in an instant. Accidents involving liquid laundry packets can easily be prevented with safe use and storage.

You can make a difference by ensuring you and your friends and family are properly using and storing liquid laundry packets by keeping them up high and out of reach of young children.

Prevention is simple.

1. Make it a habit to always store packets out of reach and sight of children
2. Always store laundry packets in their original container or pouch until they are ready to be used
3. Do not let children handle laundry packets
4. Be sure to read the product label before use

The liquid in these pre-measured packets is harmful if put in the mouth, swallowed, or gets in the eye. Immediately call Poison Help at 1-800-222-1222 if there is an accident.

Locking detergent packets up in a cabinet is an effective way to keep these products out of reach of young children, especially when little ones begin exploring closets and cabinets at an early age.

Information from the American Cleaning Institute. Print their activity sheet to help teach your children about poison prevention from household cleaners.

Ask an Expert // How to Make Flaky Pie Crust

A top-down view of a berry pie in a red bowl. The pie has a golden-brown, flaky crust with a lattice top. It is filled with a mixture of strawberries, blackberries, and raspberries. A silver fork is stuck into the pie. The bowl is set on a white surface, and a white cloth is draped in the background. Fresh berries and a white flower are scattered around the bowl. The text "ASK AN EXPERT: HOW TO MAKE FLAKY PIE CRUST" is overlaid in the center of the image.

ASK AN EXPERT:
HOW TO MAKE
FLAKY PIE CRUST

LIVE WELL UTAH

Having guests over for dinner? Need to use up the fruit on your counter? Ready to wow your family and friends? Try making a flaky, homemade pie crust and filling it with your favorite fruit or creamy filling. If you're overwhelmed with the thought of making your own pie crust, watch this video with Gaelynn Peterson, USU Extension Agent from Wayne County, and you'll be an expert pie maker in no time.

Grafting Basics

GRAFTING BASICS



LIVE WELL UTAH

You don't have to own an orchard to try grafting. Learn how to do it in your very own backyard from USU Extension.

Grafting is the age-old practice of joining plants to specific root systems to get the desirable benefits of both parts. Check out these grafting videos from the USU Extension Youtube channel for an introduction to grafting, and attend an upcoming workshop to learn more.

Grafting Workshops

At a USU Extension grafting workshop, you will learn the science and techniques of grafting. Participants will graft two apple trees on semi-dwarf rootstock that they will take home with them at the end of the class, and can select from the various heirloom and modern apple varieties supplied. Materials for the class will be supplied as part of the \$20 registration fee (some sites may be higher to pay for room rental). Additional rootstocks & scion wood may be available to purchase at the end of the class for an additional \$5 fee.

Thursday, April 13, 10 am – noon

Ogden Botanical Gardens

[Register Here](#)

Friday, April 14, 2 – 4 pm

Calls Nursery – Elwood

[Register Here](#)

Saturday, April 15, 12 – 2 pm and 2 – 4 pm

Conservation Garden Park- West Jordan

Register Here

Wednesday, April 19, 2 – 4 pm

Thanksgiving Point – Lehi

Register Here

Friday, April 21, 10 am – 12 pm

USU Botanical Center – Kaysville

Register Here

Whole Wheat Almond Toaster Waffles



WHOLE WHEAT ALMOND
TOASTER WAFFLES

LIVE WELL UTAH

Convenient and nutritious? It is possible with these tasty whole wheat toaster waffles.

My mornings are always super busy, and it can be hard to fit in a nutritious breakfast. Recently I've been obsessed with making homemade toaster waffles. On Sunday morning I make a big batch of waffles, freeze what we don't eat, and put the rest in the freezer. Then on weekdays, I grab one out, pop it in the toaster, and eat it on the run. Or, if I have a few minutes, I can sit and eat it with fresh fruit and syrup.

I love this recipe because it has a great nutty flavor and crisp, light texture. It really sticks with me! The whole-wheat flour means I am getting plenty of fiber and phytochemicals. The almond flour adds a wonderful nutty flavor, and some healthy fats, protein, and fiber. I hope you will try and it and let me know what you think!

Almond Whole Wheat Toaster Waffles

Makes 6 small waffles or 3 large waffles

Ingredients:

- 1 $\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{2}$ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 $\frac{1}{2}$ cup milk
- $\frac{1}{3}$ cup canola oil

Directions:

1. In a large bowl, whisk together the dry ingredients

(whole wheat flour, almond flour, salt, baking powder, and sugar).

2. In a medium bowl, beat the two eggs, and then stir in the milk and oil.
3. Add the wet mixture to the dry ingredients and stir just until combined. It is okay if it is a little lumpy, and you don't want to stir too much or the waffles will be tough.
4. Cook the waffles using a waffle iron, according to the manufacturer's instructions.
5. Freeze the waffles flat on a cookie sheet and then transfer to a Ziploc bag and put back in the freezer.

Notes:

You might need to experiment a little to figure out how much batter to use in your iron to make waffles that fit in your toaster. In my iron (it makes thin waffles), I use about $\frac{1}{4}$ cup of batter and this makes a waffle of the right diameter to fit in my toaster.

I find almond flour in the natural section of my grocery store. If you can't find it, or it is too expensive, the waffles are really good without it too. If you leave out the almond flour, only use one egg.

This recipe is very flexible for people with food allergies or restrictions. Try using soy or almond milk instead of cows milk, substitute a gluten-free flour mixture for the whole wheat flour, or leave out the almond flour if you can't have nuts (only use 1 egg if you leave out the almond flour).

Right after you pour the batter into your waffle iron but before you close the lid, you can sprinkle in some chopped pecans if you like a little extra crunch in your waffle.

RD, Extension Nutrition Specialist and Assistant Professor

Recipe adapted from King Arthur Flour