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!
Ask an Expert // How to Make Flaky Pie Crust
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 it and let me know what you think!

**Almond Whole Wheat Toaster Waffles**

*Makes 6 small waffles or 3 large waffles*

**Ingredients:**

- 1 ½ cup whole wheat flour
- ½ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 ½ cup milk
- 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 \( \frac{1}{3} \) 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.
Less is More: 3 Tips to Spring Clean Your Life

Recipe adapted from King Arthur Flour
LESS IS MORE: 3 TIPS TO SPRING CLEAN YOUR LIFE
Do you find yourself surrounded with clutter? Try these three tips to spring clean your life and clear away some of the clutter.

Ahhh…Spring! A time of re-birth, baby animals, green grass, flowers and budding trees; basically a season for renewal all around. Historically, spring was the time homemakers cleaned the winter coal soot off the wall coverings and fixtures of their homes. A deep clean on the inside of the home, no doubt, reflected the freshness of the season outside. Here’s my deep thought for you today: What kind of “coal soot” is covering your “insides?” Don’t worry—this isn’t about colon cleanses or detoxifying your diet. It’s bigger than that. I’m talking about clutter.

Clutter is all around us; our lives are cluttered with words, images, data, sounds and STUFF. Big stuff, little stuff, stuff we don’t even remember we have because it is buried under other stuff or stuffed into boxes of stuff. Clutter is our generation’s “coal soot.” We bring it into our lives to fill a need, be it emotional or physical. But for some reason we let it stay long after the need has been filled. My challenge to you is to clear the clutter and spring clean your life. Here’s how:

1. Create a baseline. Just like in budgeting or weight loss or any habit change, it’s difficult to make changes unless you have a good idea of what’s happening to begin with. For example, assess your clutter. Is it mostly clothes, toys, papers, tools or books? Start by bringing all of the same type of item together in one place. Start small, say, with shirts. Get all your shirts in one pile.

2. Assess the value. Now that you have all your shirts (or whatever item you’ve chosen to start with) go through
the pile one by one. Evaluate whether each item brings you joy.

3. Keep, trash, donate, or sell. Your number one goal is to only keep the items that are bringing you the most joy and the rest you can send on its way. And it’s okay! There will be lots of items that have good use left in them. But if you’re not using them, do what you can to get the items into the hands of someone who will.

Less truly is more. The tiny house movement really might be onto something! When we own less, we have less to clean and less to trip over in the dark—just think of the health benefits! Not to mention the potential to lift moods and bring harmony into a home; can you imagine a weekend without nagging your kids to clean their bedrooms? Fewer items to put away paired with habits of giving every item a “home” creates an opportunity for neatness.

Now, I’ll share a few cautions:

1. Beware of the temptation of storage bins. While the storage industry has made leaps and bounds in developing items that are fashionable and attractive, that doesn’t necessarily mean you need them. After you’ve decreased the number of belongings, you might just realize you don’t need so many bins and pockets and cubbies to hide things in so your home has the appearance of tidiness. Tidiness is a natural result of owning less.

2. Evaluate your buying habits and motivations. As you are letting go of things you no longer need, think about why you purchased/acquired the items to begin with. If there are habits you need to change, apply those habits to future purchases and learn from the experience.

3. Be kind to yourself. You’ll no doubt have some misgivings about the items you’re letting go of. The money spent on those items is gone, and guilt over making a purchase you didn’t necessarily use responsibly
or no longer need isn’t worth it.
The feeling of a lifted burden is invigorating and refreshing.
Kind of like spring… and cleaning the coal soot out.

This article was written by Rebecca Mills, Extension assistant professor in family consumer sciences and 4-H youth development

Source:

Increase the Joy with Forgiveness
INCREASE JOY
WITH FORGIVENESS

LIVE WELL UTAH
So much of our happiness is within our own control. Find out how to increase joy in your marriage or relationship through forgiveness.

Isn’t it amazing that the people we are closest to have the ability to offend us the most? One reason for this is that when we love someone, we lower our protective emotional wall so we are more vulnerable to getting hurt. It works the same with the people who love us – none of us are perfect – we have all said or done things that offend those we love the most. It is the way we REACT to offending or being offended that determines the effect on our relationship. It is important to think about how we really want to feel. Do you want to feel anger, resentment, bitterness, pain, and misery or do you want to feel love, peace, joy, and happiness? There are two responses that will bring about the positive feelings we all want to enjoy – forgiving your spouse when you are offended, and offering a sincere apology when you have offended your loved one.

The following five steps can help you in the forgiveness process and will allow you to replace the feelings of bitterness and hurt with positive feelings of love:

1. Take time to calm down before speaking to your spouse. This allows your brain to switch from the “fight or flight” area of the brain to the higher level thinking part of the brain.
2. Talk with your spouse about what happened to offend you. Sometimes you will find it was a misunderstanding or totally unintentional.
3. Recognize you aren’t perfect either. Think of the many times your spouse has forgiven you for offenses.
4. Think of at least three memories when your feelings of love were especially strong for your spouse. Whenever you feel negative emotions of anger, hurt etc., think of
these memories.
5. Give yourself time for the hurt feelings to be replaced with feelings of love. It may take some time, but don’t give up!

It is also important to learn how to offer a sincere apology. Three crucial steps are:

1. Recognize exactly what you did to offend your spouse.
2. Develop a plan to avoid repeating the same mistake again.
3. Tell your spouse you are sorry.

Making sure you include the first two steps will make the third step more meaningful and effective.

So…think of something you may have done recently to offend your spouse and begin the steps of apologizing — and think of something your spouse has done that offended you and begin the steps of forgiveness. Don’t forget the three memories!

Marriage can be hard work when you think about giving and taking, forgiving and asking for forgiveness — but when you are snuggling in the arms of the one you love, it is well worth it!

This article was written by GaeLynn Peterson, Wayne County Director and Extension Assistant Professor, FCS and 4-H Youth

The Secret Life of Bees
THE SECRET LIFE OF BEES

5 THINGS YOU PROBABLY DIDN'T KNOW ABOUT BEES

LIVE WELL UTAH
Bees are critical to our food system, and yet many people still see them as a nuisance. Increase your understanding with these five facts about bees.

1. One in three bites of food are a result of pollination
2. Honeybees pollinate 80% of fruit, nut and vegetable crops
3. One hive can have between 40,000-60,000 bees
4. A queen bee can lay about 800 – 1,200 eggs per day
5. Honeybees can fly up to 15 mph and can forage up to 3 miles away from their hive

Learn More

Are you a beekeeper, or are you interested in being one? Backyard beekeeping is increasing in popularity, and USU Extension has a new series of classes to promote healthy hive management. The classes can be taken individually, or you can complete the whole series and receive a USU Extension Advanced Beekeeping Certificate.

Register for the Thriving Hive Series

Ask An Expert // Six Tips for Portable Emergency Food Storage
ASK AN EXPERT:

SIX TIPS FOR PORTABLE EMERGENCY FOOD STORAGE

LIVE WELL UTAH
What would your family eat in an emergency? Get prepared with these six expert tips on portable emergency food storage.

Weather can regularly create emergency situations such as massive power outages, dangerous road conditions or flooding across the nation. In Utah, we are not without our share of emergency weather-caused situations that can leave people stranded, without heat or lights for several hours or stopped on the freeway due to a car accident.

While these situations can be frustrating at best, some can mean there will be no relief for up to 72 hours. How would you fare if you were home or in your car “stuck” with only what you have on hand to help you survive? Would you have sufficient supplies of food and water and a source of heat/warmth and other emergency items to last for 3 or more days?

If you are new to food storage and/or emergency preparedness, this question may be difficult to answer. However, even for those who think they are prepared, it’s good to review some basics and examine what goes in a 72-hour emergency kit.

Below are six tips for preparing your portable emergency supply, adapted from USU’s online publication, “A Guide to Food Storage for Emergencies.”

1. Foods to include in the 3-day/72-hour kit:

According to the Federal Emergency Management Agency (FEMA 2012), the general guidelines are to stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation along with a manual can opener and eating utensils. Examples include:

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts, chips or crackers
- Food for infants
- Powdered drink mixes to add to water
- Comfort/stress foods, candy bars, etc.

2. Beverages to include in the 3-day/72-hour kit:

- Bottled water
- Soda or juices (Avoid diet sodas if possible since the artificial sweeteners break down and can cause an off flavor in soda stored beyond the expiration date. Regular soda will just taste flat.)
- Non-perishable pasteurized milk (Sold in cartons; does not require refrigeration.)

3. How to store the 3-day/72-hour supply kit:

In case you are home and need to evacuate on short notice, these supplies should be stored in a convenient location close to a front door or garage. Use one or two portable containers. Consider a tote on wheels with a handle, backpacks, etc., that are easy to move. Be sure they will fit in your car and that they can be carried or pulled to a safe location if you need to leave the car.

4. Amount of water to include:

The recommendation is 1 gallon of water per person (adult) per day. However, the requirement for staying hydrated varies according to age, physical condition, activity, diet and climate. Bottled water is the easiest to store; whether it is
purchased in individual serving sizes or larger containers such as 3-liter jugs. Again, consider how you will carry this with you.

5. How to keep food cold or frozen at home:

If you experience a power outage that doesn’t require you to leave your home, make certain perishable foods remain useable for as long as possible. If you have enough warning or have extra space in the freezer, fill empty spaces with bagged blocks of ice or fill clean plastic containers/jugs with water and freeze. Food in the freezer may not stay completely frozen but will stay cold for 1-2 days. Foods in the refrigerator may fare better if they can be transferred into insulated ice chests and covered with cubed ice.

6. How to maintain emergency food storage:

It is not only important to obtain a 72-hour supply of food and water, but also to store it safely and rotate the food to keep it appetizing and safe to eat.

- Keep the foods in a cool, dry place.
- Store in tightly closed plastic or metal containers to protect from pests and to extend shelf life.
- Throw out any canned goods that have become dented, show signs of corrosion or are bulging.
- Use foods by their expiration/freshness dates and replace as necessary.
- Rotate water storage annually.
- Re-evaluate your food and water storage needs annually as families expand or get smaller in numbers.

The initial expense of time and money to establish a 3-day emergency food supply may seem daunting. However, once
established, you can reduce the sense of fear, knowing you are prepared and can keep your family nourished during an emergency situation.

This article was written by Kathleen Riggs, Utah State University Extension professor, kathleen.riggs@usu.edu, 435-586-8132

10 Tips for Romance on a Budget
10 TIPS FOR ROMANCE ON A BUDGET

LIVE WELL UTAH
You don’t have to break the bank to add a little romance back into your relationship. Try these 10 tips to make it happen.

When couples first meet, romantic feelings are usually very strong and partners go out of their way to create romantic experiences together. Over time, it can become challenging to find time, money and energy to create romantic moments together. However, creating romantic moments together does not have to be time consuming or expensive. Consider the following tips to reignite the romance in your relationship.

1. **Candlelight dinner.** Going out for an expensive dinner is a popular way to show your partner that you care, but is often reserved for special occasions because of the cost. Almost any meal (even take-out) can be made special by adding a nice ambiance of candles and soft music. Just be sure to keep the television off and focus instead on having a conversation with your sweetheart. To make the night extra special, dress up in your best clothes to make it feel like you are at a special event.

2. **Express yourself.** Take a moment to reflect on the things you really like or appreciate about your partner but often don’t say. Write them a short note and put it someplace where it will surprise him or her, like their car’s dashboard or tucked inside their tablet case. While handwritten notes are a bit more personal, romantic text messages can also be a nice surprise.

3. **De-stress together.** Forget about life’s challenges while watching a movie you both enjoy and giving each other a massage or a pedicure.

4. **Take a stroll.** Going on a walk with your partner can provide a relaxing time to talk, and provide a boost of feel-good endorphins. For extra romance, try going for a walk at sunset.

5. **Get “board.”** Board games are a timeless and inexpensive
way of having fun together. To add some extra fun, decide on a prize that the “winner” will get such as a favorite treat or doing a chore for the other person, and be sure to make an effort to flirt with each other while playing.

6. **Catch some culture.** Concerts or plays can make a fun date night but can also be expensive. As an alternative, check out the local newspaper and community websites for local band concerts, school plays and community-hosted events.

7. **Dream together.** Escape from your current financial situation and let your imagination run free as you dream together about your hopes and dreams for the future. Consider creating a dream board or book of ideas and pictures that you can reflect on together at a later time.

8. **Get cozy.** Snuggle up together in a blanket and enjoy the night sky together. For an added bonus, find a place to star gaze where you can also cozy up together in the glow of a small fire.

9. **Take a class together.** Research indicates that couples who take time to learn relationship skills and insights together have stronger and happier relationships. Consider attending a healthy relationship class in your area or reading and discussing a relationship book or article aimed at keeping your relationship strong. Find classes and resources at [www.strongermarriage.org](http://www.strongermarriage.org).

10. **Expand your experiences.** Attending community date nights can be fun because you can try new experiences and you can have a fun night out without all of the event planning! They also provide opportunities to interact with other couples who are committed to strengthening their relationships. Check out the low-cost date nights coming up this spring across the Wasatch Front found on [www.strongermarriage.org](http://www.strongermarriage.org) under classes and events in Weber County.
Water // The First Step for Family Preparedness
WATER
THE FIRST STEP TO FAMILY PREPAREDNESS
LIVE WELL UTAH
Want to build up your family’s emergency supplies, but not sure where to start? A great first step is to store water. Find out how to get started here!

The human body is made up of 65 percent water, and it is necessary for our existence. Water helps our blood flow, carries oxygen and nutrients to our cells, flushes waste products from our body and even cushions our tissues and joints. It is also a critical component in food digestion. Water is fundamental for our daily life.

Providing for our water needs in the event of a disaster becomes a top priority, as water may have been interrupted or contaminated. Each person will need at least 1 gallon of water per day. For home storage, you should have at least a 2-week supply of water available for each person for drinking and sanitation. Water should be stored in food-grade containers such as glass jars, metal or plastic containers. Previously used juice and milk containers are not acceptable, as food proteins are difficult to remove, and the grade of plastic might not be adequate.

Treatments may be necessary if water is from a non-sterile source. Suggested methods are:

- **Heat treatment**- boil water 5-10 minutes. Use water bath processing for glass jars.
- **Chemical treatment**– Unscented Chlorine Treatment – 8 drops per gallons (less than 1/8 tsp), or 2 drops per quart. Let stand for 30 minutes. For cloudy water, use 24 drops per 2 gallons (4 drops per quart). If still cloudy, repeat, let stand 15 minutes, and dispose if still cloudy. Water should have a slight bleach odor. If not, repeat and wait another 15 minutes. The treated water can then be made palatable by pouring it between clean containers several times.
Nearly all available liquid chlorine bleach is now **concentrated**. Amounts that are required for treatment are less than in previous years. Beware of expiration dates. If the bottle of bleach is older than 4 months, it should not be used as a water purifying agent. Bleach will dissipate after 1 year.

- **Other forms of treatment** are iodine, water purification tablets, distillation and filtration. The CDC (Centers for Disease Control) has recently approved the use of colloidal silver in low doses for maintaining microbiological quality of stored water.

Additional emergency sources of water may be: Potable water from pipes, water heater, ice cube trays and beverages. Do not use water from swimming pools, toilet tanks or waterbeds for drinking. Chemicals have been added to these, making them unsafe.

When potable (drinkable) water is properly disinfected and stored in ideal conditions, it should have an indefinite shelf life. To maintain the optimum quality, water should be rotated every 6 months.

Water storage is the first important step to preparedness. It is cost effective and something you can do today. Begin by storing in small containers, then work toward the 50-gallon barrels. These should not be stored on the dirt or direct concrete, as they will absorb orders. Containers that are filled from the tap (city water) will not need treatments.

*This article was written by Carolyn Washburn, USU Professor*