


Living
Well

RUTGERS COOPERATIVE EXTENSION of SOMERSET COUNTY
NEW JERSEY AGRICULTURAL EXPERIMENT STATION

COUNTY VISIONS

FAMILY AND COMMUNITY HEALTH SCIENCES

May 2009



It may be cloudy and rainy, but summer is finally here. Summer is a great time to be active outdoors – walking, biking, playing, swimming and more. We can also take advantage of the additional hours of daylight. Visit the Walk NJ Point-to-Point section on the Get Moving - Get Healthy NJ website, <http://GetMovingGetHealthyNJ.rutgers.edu>, to keep track of how far you travel. You can also earn "miles or steps" for gardening, dancing & roller blading.

Many of us are eating at home and brown-bagging lunches to reduce food costs and save money. Another benefit is that we can choose more healthful foods. One way to ensure great taste and high quality is to buy locally grown produce or grow your own. Nothing beats the taste of a "Jersey Tomato" or Jersey blueberries. Children will eat more vegetables and fruits if you involve them in the growing, picking and preparing process. Take your children to pick berries. Bring them to the farm stand and grocery store to pick out a new vegetable and fruit at each visit. Ask your kids to make salad, cut the ends off the beans and shell peas. Remember "More Matters™" when it comes to eating vegetables and fruits.

We extended our *Visions* renewal time until the end of July, call or email today. You may also access the newsletter online at anytime. This mailing includes 2 issues of *Visions*, the next mailing will only be one.

Be well, be happy,



Daryl Minch, Family and Community Health Sciences Educator



Visions Renewal:

Last Chance to Renew your free *Visions* newsletter subscription

Federal law requires us to regularly update our mailing list. Your choices are:

1. Save paper and mailing costs by accessing our newsletter on our website, <http://somenset.njaes.rutgers.edu> OR Renew your free subscription to *Visions* by calling, 908-526-6295, or emailing, argo@co.somerset.nj.us. Then, we will continue to mail to your home, school or business. You may change or cancel your subscription at any time. Please let us know if your mailing address changes.

New RCE Publications:

These are available on the web, <http://somenset.njaes.rutgers.edu>. Call our office if you do not have access to the web, to get a copy.

[Eating Together - Eating Well: Fast Food... Can It Be Healthy In A Pinch?](#)

[Eating Together - Eating Well: Healthy Meals for Busy Families](#)

[Practical Ways to Trim High Grocery Prices](#)

[It's Time to Snack Smart](#)

[Eating Together - Eating Well: Making it a Priority](#)

Looking for a speaker this fall?

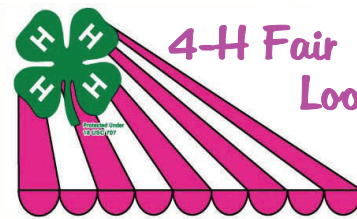
Book now.

Are you looking for a speaker on food, nutrition and health or food safety or food allergies?

Then contact our office or send an email to argo@co.somerset.nj.us.

We are able to provide workshops and seminars to groups, schools and businesses. Generally, we book speaking engagements weeks or months in advance. Hot topics:

- *Functional Foods for Life Series* on Berries, Chocolate, Coffee, Mushrooms, Tea, or Vegetables and Fruits. Helping Kids Eat Well
- Family Meals – Delicious, Nutritious and Low Cost
- Get Moving - Get Healthy NJ: Tips for School Wellness



4-H Fair

Looking for

Volunteers:

We are looking for volunteers to staff the RCE booth at our exhibit. Dates are **August 12, 13 & 14** - 10:00 am-10:00 pm. Call Jennifer Arago at (908)526-6295 to sign up. Free T-Shirt available.

