

CYF NEWS

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MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“First say to yourself what you would be, then do what you have to do.”

—Epictetus



MESSAGE FROM THE LEADERSHIP TEAM

Greetings –

I had the pleasure of joining members of the Michigan Extension Association of Family and Consumer Sciences (MEAFCS) for their national meeting “In Tune with the Times” in Nashville in early October. One of the highlights of the session was the presentation of awards for outstanding achievements. The NEAFCS awards program provides recognition for members in the areas of professional development, communications, program development and public relations. This year, there were more than 550 award applications submitted for the competition. Being selected as a winner is a very impressive accomplishment. I was especially proud of three of our Michigan colleagues who were honored.

Joan Miller, Washtenaw County, was selected as the Central Region finalist in the new professional award category. Gladys Jerome, Gratiot County, was selected as Central Region Finalist in the Para-Professional Award category of the 2004 NEAFCS National Awards Program. Brenda Reau, Monroe County, received the Continued Excellence Award for her development of the BAC Fighter Food Safety for Preschoolers Curriculum. Because of Brenda’s training of her fellow staff members, the curriculum is now in its second printing and has reached over 6,000 children.

I know each of you join me in congratulating Joan, Gladys and Brenda.

Another highlight was the opportunity to brag about our great programming in a session with FCS state leaders from around the country. Once again, I came home proud to be a part of Michigan State University Extension!

By the time you read this, I hope I’ve had the chance to catch up with each of you at our MSUE annual conference. I’m looking forward to it!

Kathy Foerster

DEAR MSU EXTENSION EDUCATORS,

I wanted to bring to your attention a new report from the *Institute of Medicine (IOM) on Preventing Childhood Obesity: Health in the Balance*. The report's executive summary is available at http://www.nap.edu/execsumm_pdf/11015.pdf. The link, www.iom.edu/obesity includes fact sheets (for professionals) based on the report such as "Parents Can Play a Role in Preventing Childhood Obesity" and "Schools Can Play A Role in Preventing Childhood Obesity."

This report provides recommendations focused on the prevention of obesity in children and youth in the United States. Many recommendations speak directly to the type of work that we all are involved with in MSUE with families, schools and in communities.

The report was prepared in response to a request from Congress, with support from the Centers for Disease Control and Prevention, the National Institutes of Health, the Department of Health and Human Services Office of Public Health and Science, and the Robert Wood Johnson Foundation.

Please let me know if you have questions. I feel that this report validates the direction that MSUE is moving to promote healthy weight for children.
~ Pat

NEW 4-H CURRICULA HIGHLIGHTING YOUTH FINANCIAL MANAGEMENT

Three new 4-H curricula are available to address youth financial management. A short abstract of each is highlighted here. If you would like to find out more information about the curricula, please contact Erica Tobe at tobee@msu.edu.

Consumer Savvy

This *Consumer Savvy* series is designed to teach basic consumer education skills and concentrate on the life skills of decision making, managing resources, and acquiring, analyzing and using information. *Consumer Savvy* will help youth become informed and responsible consumers in today's dynamic marketplace. This curriculum teaches about goods and services, needs and wants, using goals in consumer decision making, exchange or barter, time value of money, gathering information, influences on decisions, writing a complaint letter, evaluating information on the internet and understanding the global economy.

Youth can complete the activities in the three youth guides independently. The Helper's Guide contains group icebreakers, activities and meeting suggestions. Interactive Web-based activities are available to reinforce the concepts taught in the curriculum.

Financial Champions

This series of two youth activity guides for youth in seventh-ninth grades also includes a helper's guide. Book 1 helps youth make sound decisions and manage themselves in everyday situations. As an introduction, youth examine their own thoughts about money. They discover money motivators in themselves and others. Other activities teach goal-setting, the difference between needs and wants, communication skills and how to budget. Book 2 teaches about financial institutions, credit, and how to select financial services, advertising, comparison shopping and judging financial situations.

Be the E – Entrepreneur

This *Be the E* series is designed to teach basic entrepreneurial skills and concentrate on the life skills of decision making, problem solving, planning and organizing, resource management, plus responsible citizenship. The youth manuals begin at Level 1 with experiencing the passion of developing your own idea and of self assessment. Level 2 activities provide the experiences involved in refining your ideas, testing its marketability, and assessing the risks of starting your own business. Level 3 is continuous through designing a business and marketing plan. Youth learn how to successfully use their interest, skills and talents in taking their product or service into the marketplace. They are also encouraged to give themselves and their resources back to the community for additional personal and business growth. Learning strategies include hands-on practice of entrepreneurial and life skills, field trips, interviews with business owners, shadowing and many others. Youth have an opportunity to attain feedback through self assessment inventories, post-then-pre evaluation, and discussion among the group members and helper.

These materials may be ordered online at <http://www.n4hccs.org>. The list price for each of the four 40 pp. guides is \$3.95. In quantity, that comes down to \$3.

NEW RESOURCE FOR FINANCIAL EDUCATION

1. What is *mymoney*?

On October 12, 2004, the federal government, through a partnership of 20 federal agencies, launched the **mymoney.gov** Web site and the **1-888-mymoney** toll-free number. This new national financial education Web site and toll-free hotline together provide an easy-to-use service available in English and Spanish.

The **mymoney.gov** Web site and the **1-888-mymoney** hotline, will help Americans easily access information that can help them better understand their money – how to save it, invest it and manage it wisely to meet important personal goals.

2. How does the *mymoney* service work?

You can get a **My Money Financial Tool Kit** mailed to your home free of charge by placing an order through the **mymoney.gov** Web site or by calling toll-free **1-888-mymoney**. A similar version of the **My Money Financial Tool Kit** is also available in Spanish.

Just visit www.mymoney.gov and click on the free **My Money Tool Kit** link on the Web page to fill out an order form. If you do not have access to a computer, you can also order a tool kit by calling **1-888-mymoney** and we'll be glad to send your **My Money Tool Kit** right away free of charge. The average delivery time for a tool kit is 2 to 3 weeks.

A. The financial education toolkit: *My Money Tool Kit*

◦ The General Services Administration's Federal Citizens Information Center in Pueblo, CO assembles and mails the tool kits, and provides hotline operators, which support both English and Spanish requests for the financial education tool kits.

B. The national financial education toll-free number: - *1-888-mymoney*

◦ This tool kit will be provided free of charge to all citizens who call and request the financial education tool kit at the following toll-free number: **1-888-my money**. The tool kit content covers the following important financial areas:

- savings
- investing
- credit
- social security benefits

◦ Many of the publications available in English will also be available in the Spanish version of the tool kit. The publications provide helpful information and enable individuals to make better financial decisions. They also provide information about how to contact the various sponsoring government departments and agencies for additional information.

C. The national financial education Web site: *www.mymoney.gov*

◦ In addition to obtaining financial education information by calling the toll-free number, consumers may order the financial education tool kit from the Federal Citizen Information Center facility in Pueblo, CO through an online link on the national financial education Web site at www.mymoney.gov.

The Web site also provides additional information on a variety of financial education topics. It divides financial education information into nine key areas. These areas are:

- budgeting and taxes
- credit
- financial planning
- home ownership
- privacy, fraud and scams
- responding to life events
- retirement planning
- saving and investing
- starting a small business

3. Who does *mymoney* help?

It can help all Americans improve their understanding of how to better manage their money, and it can help them improve their lives.

Everyday, people spending money do something that involves managing it – whether it is balancing a checking account; shopping for a mortgage or auto loan; researching ways to pay for a college education; checking credit card statements; putting money away for retirement; understanding a credit report; or simply deciding whether to pay cash or charge a purchase.

You can use the resources in the **My Money Tool Kit** as well as the additional resources on the **mymoney.gov** site to learn how to manage your money better – and we hope you'll share what you learn with others.

4. What personal finance topics are covered in the My Money Tool Kit?

The tool kit provides information on several personal finance management topics including: saving, investing, managing credit wisely and planning for retirement, as well as understanding Social Security benefits.

5. Why was the *mymoney* service created?

The Fair and Accurate Credit Transactions Act (FACT Act) (Public Law 108-159 Section 511), signed by President Bush on December 4, 2003, established the Financial Literacy and Education Commission to improve the financial literacy and education of persons in the U.S.

The Legislation includes various areas of emphasis for the Commission including basic personal income, household money management, and planning skills. The legislation specifically tasked the Commission with establishing and maintaining a Web site to serve as a coordinated point of entry to information about federal financial literacy and education programs, and to establish a toll-free hotline available to members of the public seeking information about issues pertaining to financial education.

As a result of this effort, the Commission is launching the **mymoney.gov** Web site and the **1-888-mymoney** toll-free number in English and Spanish.

6. Which government agencies are providing or supporting this service?

The 20 federal government agencies that make up the Financial Literacy and Education Commission are behind this effort. The Commission was established by Title V of the Fair and Accurate Credit Transactions Act (FACT Act) (Public Law 108-159 Section 511), which was signed by President Bush on December 4, 2003.

The Commission is chaired by the Secretary of the Treasury, and is also made up of the heads of 19 other federal agencies including: the Office of the Comptroller of the Currency; the Office of Thrift Supervision; the Federal Reserve; the Federal Deposit Insurance Corporation; the National Credit Union Administration; the Securities and Exchange Commission; the Departments of Education, Agriculture, Defense, Health and Human Services, Housing and Urban Development, Labor and Veterans Affairs; the Federal Trade Commission; the General Services Administration; the Small Business

Administration; the Social Security Administration; the Commodity Futures Trading Commission; and the Office of Personnel Management.

Special thanks and recognition are given to those agencies that comprise the Commission's Web site subcommittee and the toll-free hotline subcommittee for their ongoing commitment and concerted effort to improving financial education among all Americans. The Commodity Futures Trading Commission chairs the Commission's Web site subcommittee and also is comprised of the following: Federal Reserve Board, Department of the Treasury, General Services Administration (Federal Citizens Information Center), Federal Trade Commission, National Credit Union Administration, Securities and Exchange Commission, U.S. Department of Agriculture, Social Security Administration, Small Business Administration, Department of Defense and Department of Health and Human Services.

The Federal Deposit Insurance Corporation chairs the Commission's toll-free hotline subcommittee and it is also comprised of the following: General Services Administration (FCIC), Office of the Thrift Supervision, The Department of Human and Health Services and the Department of the Treasury.

The Financial Literacy and Education Commission would also like to acknowledge the insight, expertise and support of the General Services Administration's Federal Citizen Information Center (FCIC) in this effort. Since 1970, FCIC has had a history of encouraging the development of Federal publications for consumers, and then promoting and distributing them.

The Treasury Department's Office of Financial Education was designated by Congress to lend its expertise and provide primary support to the Commission to assist it in fulfilling its functions and duties. The Office of Financial Education (OFE) was established in May 2002, as part of the Treasury Department's long-term commitment to ensure that all Americans have access to financial education programs that will help them make informed financial decisions throughout their lives.

For more information, please contact Erica Tobe at tobee@msu.edu.

UPCOMING NEW STAFF TRAININGS

Nutrition 1: Oct. 20, 2004, 9:30 a.m.-3:30 p.m., Trout Food Science Building, Campus

Nutrition I is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition I is the first in a series of three sessions that focus on giving new staff basic information on nutrition and ideas for teaching this information to program participants. Nutrition I addresses the following subject areas: identifying participants' needs and interests, teaching through food preparation, the Food Guide Pyramid, nutrition labeling and planning low cost meals.

Nutrition 2: Nov. 11, 2004, 9:30 a.m. - 4:00 p.m., Anthony Hall, Campus

Nutrition II is appropriate for educators and program associates in Food, Nutrition and Health programs. Nutrition II is the second in a series of three trainings for new staff. The training includes information about nutrition and ideas and activities for teaching participants. Nutrition II includes information on: nutrients and nutrition-related health issues, food safety, and working with youth audiences in food, nutrition and health.

Nutrition 3: Dec. 1, 2004, 9:30 a.m. - 4:00 p.m., Anthony Hall, Campus

Nutrition III is appropriate for educators and program associates in Food, Nutrition and Health and Building Strong Families. Nutrition III is the third in a series of three trainings for new staff. The training series provides information on nutrition and ideas for teaching participants. Nutrition III covers the following topics: prenatal nutrition, breastfeeding, feeding the infant, young child and preschooler. A one-hour session is included at the end of the day on prevention of nutrition-related chronic diseases and the Dietary Guidelines for Americans. Parenting instructors may also attend this one-hour session or just register for part of the session.

Where can I find out more about each of the trainings?

Descriptions and detailed information (i.e. date, time, place, cost) about each session can be found at <http://web2.msue.msu.edu/inservice/>

How do I register? Visit

<http://web2.msue.msu.edu/inservice/>

Contact: Anna Lubert, Email: lubertan@msu.edu

UPCOMING NUTRITION CONFERENCES

October 25-27, 2004 — *National Obesity Prevention Conference*, Sponsored by USDA. Bethesda, MD. For info visit

<http://www.usda.gov/Newsroom/indexNOPC.html>

November 8, 2004 — *Designing Healthy Communities*, Kellogg Center, East Lansing. Designed to help move Michigan communities toward becoming places where it's easier for residents to achieve physical and mental health. For more info contact DMSdiane@concentric.net or 517.663.5147

January 9-12, 2005 — *California Childhood Obesity Conference*, San Diego, CA. For more info visit www.cce.csus.edu/conferences or call 800.858.7743.

March 10, 2005 — *Eat Healthy + Play Hard = Smart Students*, Grand Traverse Resort, Acme, MI. Visit www.tn.fcs.msu.edu for further info as it becomes available.

May 10-11, 2005 — *Michigan WIC Conference*, Grand Traverse Resort, Acme, MI

May 13-14, 2005 — *Michigan Dietetic Association Annual Conference*, Grand Rapids, MI

JIFF CURRICULUM REPRINTED AND AVAILABLE TO ORDER AGAIN

Jump Into Foods and Fitness (4H1602) is at a printer and will be available within the next two weeks from the MSU Bulletin Office's online ordering system at <http://web2.msue.msu.edu/bulletins/intro.cfm>. The county cost for JIFF is \$10.10 and the retail price is \$13.50.

JIFF is a research-based curriculum for adults and older teens to use with kids aged 8 to 11 (grades 3 to 5). "Jiff the Joey" sets the stage for each of the seven "Kangaroo Jumps" or sessions in JIFF. Fun nutrition, physical fitness and food safety learning activities are integrated into the program, which uses the Kid's Activity Pyramid and the Food Guide Pyramid.

For more information about JIFF, visit the Jump Into Foods and Fitness Web page at <http://www.msue.msu.edu/cyf/youth/jiff/index.html> or contact Cyndi Mark by phone at 517.432.7602 or by e-mail at markc@msu.edu.

NEW RESOURCE FROM MICHIGAN ACTION FOR HEALTHY KIDS (MAFHK)

Tips and Tools to Help Implement Michigan's Healthy Food and Beverages Policy. This free resource developed by the MAFHK coalition is designed to help schools (elementary, middle and high) implement Michigan's *Healthy Food and Beverages Policy*. The policy was adopted by the Michigan State Board of Education in December 2003 (A copy of the policy is included in *Tips and Tools*.) *Tips and Tools* provides information and ready-prepared fact sheets that can be used to increase the healthy food and beverages offered to students and staff in venues within a school's control such as vending machines, concessions, fundraisers, à la carte sales, classroom snacks, classroom rewards, school stores, school parties, student activities and school meetings. *Tips and Tools* can be downloaded (PDF version) from the Michigan Team Nutrition Web site at www.tn.fcs.msue.msu.edu Limited print copies are available free by providing your name, county name and mailing address to Pat Hammerschmidt at hammers2@msu.edu or 517-432-1221. For further information about MAFHK visit <http://www.actionforhealthykids.org> and select Michigan or contact Pat Hammerschmidt. Consider becoming a MAFHK coalition member if it fits with your MSUE role and county priorities.

BLUE RIBBON Q&A

Q. What can I do to have the re-enrollment forms show the 4-H age using the January 1st 4-H Age Calculation date?

A. First, remember the age, grade and years in 4-H automatically incremented by one year when you print re-enrollment forms. Running the forms doesn't change the database. The database changes when you do year-end processing. Use the following steps so re-enrollment forms reflect the January 1 date:

—Go to File|County Information and change the “4-H Age Calculation Date” to 01-01-2004 (all 4 digits needed for the year).

—Go to Utility|File Utilities|Utilities|Recalculate Age (Member/Leader file)|Yes. Click on the calendar, select today's date and put a check in Reset 4-H Age|OK. You're ready to print re-enrollment forms.

Q. When can I do year-end processing?

A. This year an update patch must be run prior to year-end processing. We'll let you know as soon as it's available.

If you have questions or need help contact Judy Lentz-Bishop, at bishopj@msue.msu.edu, 517.353.2922 or Laura Allen, at lacourse@msue.msu.edu, 517.432-7632.



Deadline for Next Edition of “CYF NEWS”

November 15, 2004, is the deadline for submitting articles for the November 19, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msue.msu.edu