

# FCS Newsletter

“Kindness  
is like snow—  
It beautifies  
everything  
it covers.”

—KAHLIL GIBRAN

## Shake Off Winter Blues

Curling up with a warm blanket might take the chill off the long winter months. But if the season's gray days get you down, try these ideas.

Get busy! Winter is a good time to dive into projects you've been longing to do. Paint the living room, build a shelf, volunteer!

Focus on health! Exercise regularly to avoid winter weight gain and boost your energy. Workouts can release feel-good brain chemicals that help offset depression.

Find fun! Try new outdoor activities or go bowling or swim in an indoor pool. Host a game night, start a supper club or take a class.

Adapted from an Article in the Top Performance Newsletter

## Ease Eye Strain

Adapted from an Article in the Top Performance Newsletter

Are you spending a major part of your waking hours staring at a digital device? If so, be aware that excessive screen time can lead to eye problems.

Causes of eye strain:

- Spending more than two continuous hours viewing an electronic screen
- Using multiple devices simultaneously, such as a laptop and a mobile phone
- Improper lighting, such as using a mobile device in a dark room or experiencing glare on a computer screen from a window or bright overhead lighting

Symptoms of eye strain include:

- Tired, burning eyes
- Dry or watery eyes
- Blurred vision
- Headache

Treating eye strain:

- Limit screen time as much as possible—the best remedy for eye strain. Find leisure activities that reduce your activity.
- Look away from your screen at least every 20 minutes to focus on a distant point and exercise your eye muscles.
- Avoid digital viewing right before bedtime or in low light—habits that can further tire strained eyes.
- Make no-screen time a house rule. Some people designate a box or basket where all mobile devices must stay until morning.
- Discuss eye strain and possible remedies with your optometrist, particularly as they relate to screen viewing.

# Nine Easy Ways to Save Money at the Grocery Store

Adapted from an article by Woman's Day

Spend less on meals with these tips from financial expert and coupon master Jeanette Pavini.

1. **Tailor your menu.** Scour the weekly mail-in and online grocery ads and build your menu list accordingly.
2. **Double up on coupons.** Target shoppers can combine two different coupons—store, manufacturer or online—to use toward an item.
3. **Stay connected.** Visit the Facebook pages of your favorite brands for special offers, promo codes and

printable coupons.

4. **Raincheck, please!** If an item you want is out of stock, ask a customer service rep for a raincheck. Bring the slip to the store when the item is back to get the discounted rate even if the promotion has ended.
5. **Ask for a price match.** Some stores will match the prices of products sold for less by their competitors.
6. **Show your loyalty.** Many chains have free loyalty programs that could slash your bill up to 55 percent.

7. **Stock the bar for less.** Sam's Club offers wine, beer and spirits at a fraction of the traditional price—even if you're not a member!

8. **Shop for a cause.** For every three coupons you use from Coupons.com that are stamped with the No Kid Hungry logo, the site makes a donation to No Kid Hungry and feeds a child in need.

9. **Go natural.** Decorate your table and home with items from the great outdoors or that you already have lying around.

## Peanut Butter Cheerio Bars

By [passionforsavings.com](http://passionforsavings.com)

3/4 cup Peanut Butter  
1/2 cup Honey  
3 cup Cheerios

1. Line 8x8" pan with foil, set aside
2. Cook peanut butter and honey over medium heat, stirring constantly, until completely melted and blended
3. Remove from heat and stir in cereal, mixing until evenly coated
4. Place in prepared pan and press into place
5. Refrigerate for one hour before cutting



## U.S. News' Best Diets

By U.S. News Staff

1. DASH Diet—developed to fight high blood pressure, not as an all-purpose diet, but nutrition experts give it high marks for nutritional completeness and safety
2. Mediterranean Diet—emphasizes fruits and vegetables, olive oil and fish
3. MIND Diet—combines the DASH and Mediterranean Diets to focus on brain health; features a wide variety of options and focuses on real food
4. Flexitarian Diet—nutritionally complete, easy to follow and has shown success in long-term weight loss; most likely to work for the whole family
5. Mayo Clinic Diet—Mayo Clinic's take on how to make healthy eating a life-long habit

Join us at our next FCS Committee Meeting on Wednesday, Feb. 15, 2017 at The Wellness Center at Bayside.

### Texas A&M AgriLife Extension Service in Chambers County

295 White Memorial Park Rd  
PO Box 669  
Anahuac, TX 77514  
409-374-2123 (O)  
409-374-2125 (F)

**Lindy Pitre, CEA FCS**

[lpitre@ag.tamu.edu](mailto:lpitre@ag.tamu.edu)

**Tyler Fitzgerald, CEA Ag/NR**

[tsfitzgerald@ag.tamu.edu](mailto:tsfitzgerald@ag.tamu.edu)

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