

DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH COVID-19

ECONOMIC IMPACT PAYMENTS UPDATE

**Dawn Doperalski,
Health & Well-Being Educator**

Here's a quick update related to the Economic Impact Payments:

- The IRS has now disseminated 120 million stimulus payments by direct deposit, 35 million by check, and 4 million by prepaid debit card.
- Individuals who don't need to file a tax return or don't receive certain federal benefits (Social Security/Railroad Retirement, SSDI, SSI, Veteran's benefits) have until Oct.15th to use the non-filer tool to get their payment. Otherwise, they have to wait and file taxes for 2020.
- Do not use the non-filer tool if you intend to or need to file 2019 taxes by the deadline of July 15th.
- Processing of paper tax returns already mailed in has been delayed due to lower staffing levels at the IRS, which could in turn delay the impact payment. If individuals have registered with the IRS and/or have paid taxes in 2018 or 2019, their payment may still be on its way.
- The MetaBank prepaid debit cards are causing some confusion.
 - Individuals may have received a prepaid card if the IRS didn't have financial account information on file or if their financial institution did not accept receipt of the payment.
 - There have been reports of individuals throwing out their debit cards thinking it was junk mail. To find out how to replace a debit card or how to transfer the money to a banking account off of the card, check here: <https://www.ejpcard.com/>
 - Beware of scams - you do NOT need to pay money to activate the card.

PAPER PLATE SUN VISORS

**Sofie Teller,
Positive Youth Development Educator**

Supplies:

- Paper Plate
- Crayons/Markers
- Elastic
- Scissors
- Stapler

Directions:

1. Begin by cutting your plate into a visor shape
(see photo for pattern)
2. Be creative and try different shapes.
3. Once your visor is cut out, you may begin decorating.
4. Measure elastic from ear to ear going around the back of your head.
5. Staple the elastic to each side of the visor.
6. Make sure your elastic fits tightly enough so your visor stays on.



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TIPS FOR GROWING GREAT TOMATOES

Jennifer K. Gauthier,
Community Extension Educator

We are still early in the growing season and hopefully you are seeing your seeds sprout and your transplants growing. Now is a great time to pay some extra attention to your tomato plants. The extra care and support you provide to your tomato plants now will help with a good tomato crop later this summer.

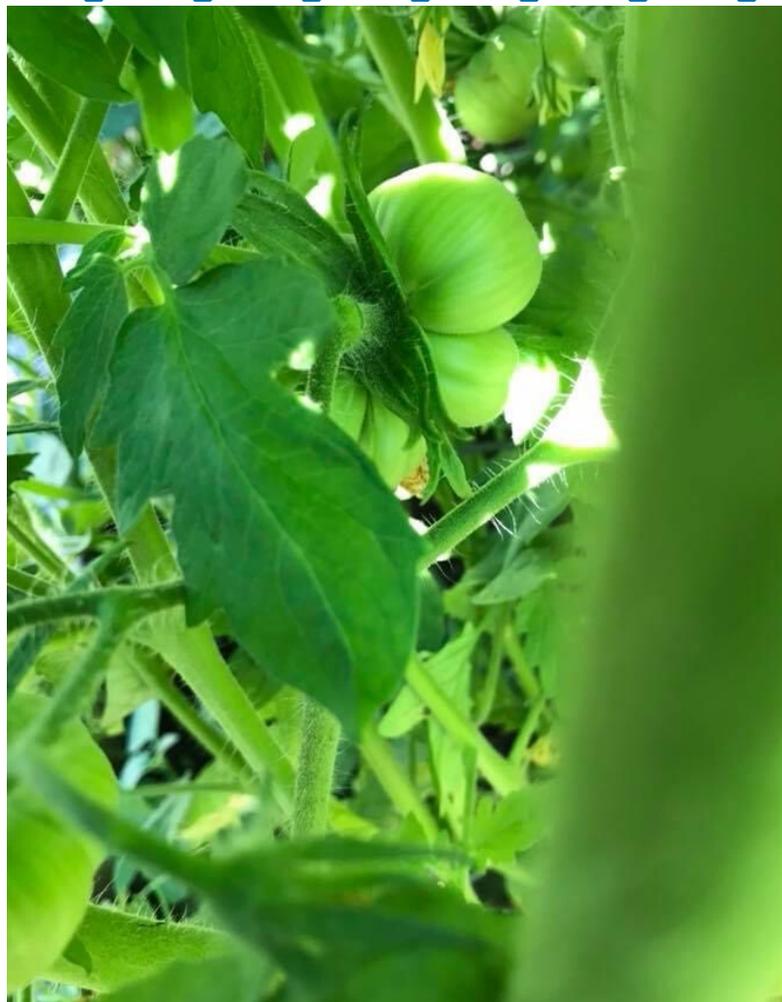
- **Plant support.** Stake tomato plants early with either cages or stakes. This saves garden space, helps prevent disease, and prevent sun scalding.
- **Pruning.** Pruning is good for indeterminate tomatoes. Indeterminate tomatoes bloom more than once and continually produce tomatoes when mature. Prune in the morning when tomato plants have more water in them. Plants are crispier and leaves will break off easier. You want to prune suckers and below the first cluster of tomatoes.
- **Watering.** Water plants during dry periods. Be sure to carefully water the soil around your tomato plants and try to prevent splashing on plants. This can help prevent disease.
- **Fertilizer.** Tomato plants may need nitrogen. Extension recommends no more than 2 applications in the growing season for most soils. The first application should be in early July and the second application two weeks later. Ammonium nitrate or other nitrogen fertilizer can be used. Over fertilizing will give you beautiful green plants but not many tomatoes.

These are just a few tips to help your tomato plants. To learn more, read "Homegrown tomatoes for Wisconsin" which can be accessed here:

<https://learningstore.extension.wisc.edu/>
Enjoy watching your plants grow and visit your tomatoes often.

Information adapted from:

Krokowski, K. (2017). Homegrown tomatoes for Wisconsin. Board of Regents of the University of Wisconsin



BAKED CHICKEN PARMESAN

Chelsey LaTender,
FoodWise Educator

Ingredients:

- 3 pounds of chicken, cut up
- ½ cups of corn flakes, crushed
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1 tablespoon dried parsley flakes
- ½ teaspoon garlic powder

Directions:

Remove chicken skin from pieces, rinse with cold water. Assemble corn flakes, cheese, and seasonings into a zip plastic bag. Add pieces of chicken into the bag and shake. Prepare microwaveable casserole dish with nonstick spray. Arrange chicken pieces with thicker pieces toward the outside of the dish. Cover with a glass lid or plastic wrap. Microwave on HIGH for 12 to 15 minutes until thickest parts are no longer pink.



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