



DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

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Tips to help us through COVID-19

CHECK YOUR CREDIT REPORT!

Dawn Doperalski,
Health & Well-Being Educator

The COVID-19 pandemic and resulting financial challenges are straining household budgets. A sudden drop in income may force us into tough budget decisions. Some may find they need to rely on credit cards or bank loans to get through an unknown financial future. Unfortunately, these challenges are also bringing out the scammers.

Federal law gives everyone the right to request three free credit reports each year. To help individuals manage their credit obligations and keep an eye out for fraud during these challenging times, the three major credit reporting bureaus – TransUnion, Equifax, and Experian – now offer free weekly online credit reports through April 2021. The weekly free reports can be ordered online at the only official website: www.AnnualCreditReport.com.

The free weekly reports are only available when requesting a credit report on the official website. Note that the annual free credit report does not include a credit score. Each of the three major credit reporting bureaus has set up a website specific to the COVID-19 pandemic.

- *Equifax COVID-19 Credit and Financial Resources Center* www.equifax.com/personal/covid-19/coronavirus-manage-personal-finances
- *Experian COVID-19 Resources & Credit Education* www.experian.com/blogs/ask-experian/coronavirus
- *TransUnion COVID-19 Support Center* www.transunion.com/covid-19

The three bureaus also offer a range of paid and free services, including credit monitoring and a sample credit score. Two other options for ordering a free annual credit report from the three major bureaus are through the mail and by phone toll free at 1-877-322-8228. Remember, a purchase or credit card information is never required to order the official free credit report. If you have any questions, e-mail dawn.doperalski@wisc.edu.

CRANBERRY CHICKEN SALAD

Chelsey LaTender
FoodWise Educator

Makes 8 Servings

Ingredients:

- 3 chicken breasts (boneless, skinless) cubed
- 2 teaspoon of olive oil
- ¾ cup of light mayonnaise
- ½ cup dried cranberries
- ½ cup celery
- ½ teaspoon pepper
- ¼ cups of walnuts

Directions:

Place chicken in shallow baking dish drizzled with oil, cover and bake 30 minutes. Cool and cut chicken into cubes. In a medium mixing bowl, combine cubed chicken with remaining ingredients and mix well. Serve chilled, or serve on a bed of lettuce.



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CLOTHES MADE WITH SOCKS

Barbie

SOCK BARBIE CLOTHES

Sofie Teller,
Positive Youth Development Educator

Supplies:

- Sock
- Scissors
- Barbie
- Pen
- Ribbon or String

Directions:

1. Lay your Barbie flat on the sock with the head by the toe end of the sock.
2. Using a pen, mark where the neck and arms will be cut out.
3. Take your scissors and carefully cut out holes for the Barbie's head and arms.
4. Next, measure where you would like the dress to hang and cut straight across the bottom for the desired length.

Optional: Tie a ribbon or string around the waist.

For a step-by-step tutorial and more fashion ideas, see YouTube video:

<https://www.youtube.com/watch?v=tZ-NXIaMksO>



PLANNING YOUR CONTAINER GARDEN

Jennifer K. Gauthier,
Community Extension Educator

If you are interested in growing your own herbs and veggies but not quite sure if you have the time for a traditional garden, container gardening may be a great choice for you. There are several herbs and veggies you can grow in containers. Just remember that the bigger the container, the heavier they are to move. You can use most anything for a container. Make sure the container is clean and has drainage holes at the bottom. Ideas for containers include terra cotta clay pots, plastic pails, wooden barrels, bushel baskets, and even trash containers.

Also, you will need to purchase pasteurized bagged soil, designed specifically for gardening in pots, buckets, or other containers. Check the moisture levels every day and water as needed. Water the soil and not the plant to prevent disease and mold growth.

For ideas on the right container sizes for your herbs and plants, follow this guide:

- **Small container (4"-6" pot):** lettuce, onion sets, peas, radishes, spinach, chives, parsley, sage, thyme
- **Large container (8"-12" pot):** beans, beets, carrots, eggplant, lettuce, onions, peas, peppers, radish, spinach, cherry tomatoes; basil, lavender, mint, rosemary, sage, summery savory
- **Extra large containers (2-5 gallon):** beans, broccoli, Brussel sprouts, cabbage, cauliflower, cucumber eggplant, peppers, squash, tomatoes, cherry tomatoes, mint, rosemary

As you can see, container gardening offers lots of fresh herb and veggie choices. Enjoy watching your plants grow and visit your container garden often.

Information adapted from:
Harrison, H.C. (1996). *Container gardening*. Board of Regents of the University of Wisconsin

