

WTNS Radio OSU Extension Update for February 25, 2019
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk some more about saving money! "America Saves Week" and "Ohio Saves Week" starts today and runs through Saturday, March 2.

As a way to encourage saving, any person who signs the Ohio Saves pledge during America Saves Week will be entered to win one of eight \$100 giveaways. These funds could be used to jumpstart an emergency savings, add to retirement savings, or more. To enter you can sign the Ohio Saves Pledge at ohiosaves.org during America Saves Week. Or you can text "OhioSaves" to 877877 to pledge to save.

According to Lindsay Ferguson, America Saves Director of Strategic Engagement, more than half of all Americans have no savings to help them cope with even small emergencies. Yet more than 100 million taxpayers get refunds from the IRS each year. For many individuals and families, that tax refund is the largest check that they will receive all year, the perfect windfall to start or grow an emergency fund.

In the 2019 tax season, SaveYourRefund will once again offer tax filers the chance to win cash prizes for saving a portion of their tax refunds. Now in its seventh year, SaveYourRefund is a partnership between Commonwealth and America Saves that provides fun and exciting incentives for Americans to save at tax time. A chance to win one of two \$10,000 grand prizes or one of 100 smaller prizes of \$100 is enough to turn a savings skeptic into a savings believer.

Be sure to check out "SaveYourRefund.com" to learn more!

And here's some other savings advice from Janet Alvarez, of WiseBread.com:

Meeting financial goals as a family can be challenging. But inspiring your family to help and contribute to a financial goal doesn't have to be a painful process. Here are 3 great tips:

1. Sell, Sell, Sell!

A family garage sale can be an enjoyable and rewarding way to raise extra cash for shared activities or purchases. If your family wants a new flat-screen TV, game console, or other piece of technology or furniture, why not start by selling what you already have and don't need? A traditional garage sale is one good way to raise cash, as is selling unused items online.

2. Match It!

Often, children's only way to save is to use their holiday or birthday gift money. It can be challenging for kids to save money they so badly want to spend and enjoy immediately, so it's important to offer incentives for doing so. One idea is to match dollar for dollar every bit of money they save from their gifts. That ensures kids get the immediate gratification of knowing their saved gift money is being doubled, but also enables them to feel empowered by having chosen to save and contribute to family goals.

3. The Envelope Method

When saving for multiple goals, the envelope method is an excellent way of keeping all the monies separate for their intended uses. Simply mark each envelope with a stated goal, and contribute regularly to each until the goal amount is met. For small children, it can be rewarding to contribute to smaller family goals, such as ice cream or a movie rental. A \$10 or \$15 goal can mean a \$1 or \$2 monthly contribution from their allowance. This helps children learn the value of saving, and builds confidence in their ability to do so.

Happy saving!

A friendly reminder that OSU Extension will be offering Dining with Diabetes, a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, cooking demonstrations will help participants learn healthy techniques to use in their own kitchens. The program includes sampling healthy foods and discussion with a dietitian or certified diabetes educator about skills to manage diabetes.

Dining with Diabetes will be held on Monday evenings in April from 5:30-7:30 pm at Roscoe United Methodist Church. The total cost of the program is \$20 per person. Classes will be taught by OSU Extension educators and a registered dietitian from the Coshocton County Health Department. To register visit coshocton.osu.edu or contact OSU Extension at 740-622-2265.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact the OSU Extension Office in Coshocton County for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!