



Ontario 4-H Council
4-H 1740 96 DDE



**ON
YOUR
OWN -**

**YOU
CAN
DO IT!**

Digging
Deeper



Name _____

Age _____

Club _____

*The primary purpose of the 4-H program is
the personal development of youth in rural Ontario.*

The 4-H Pledge

"I pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community and my country."

Table of Contents

Survival on the Home Front: A Place of Your Own	1
Eating Well: Taking Stock	3
Get the Most Out of Life: Stress Management	7
On the Move: Travel Safely	9

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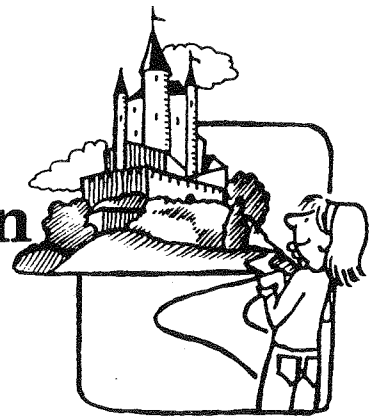
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A Place of Your Own



You're on your own and ready to find a place to call home. Not an easy task! It's full of decisions, countless phone calls and miles of *pounding the pavement*. However, there are those among us who, even with the time and effort considered, truly enjoy the house-hunting experience. These are usually people who know what they want and how to get it. This, in itself, is half the battle won.

Knowing What You Want

Being aware of your housing needs is an important first step to landing a place of your own. To determine your needs, ask yourself a few simple questions.

- All factors considered, what can I afford to pay for housing?
- Would I like to share housing with other tenants? If so, how many roommates would I prefer?
- Do I require parking?
- What areas of town would permit easy access to places I need to go such as school, work, shopping, banking, public transit depots...?
- Do I need a furnished house?
- Do I require storage space and, if so, how much storage space do I need to live comfortably?

Use the above questions to list the living conditions you feel you must have or would be most comfortable with. At the bottom of your list, indicate any special concerns you feel must be satisfied in your new home. Take this list with you when you house hunt to see which places meet your criteria.

Bag of Tricks

To be efficient with your house-hunting time, pull together the following items so that they will be readily available.

- map of your (new) town - for directions and to check whether or not a location is worth visiting based on its proximity to your preferred area of residence
- quarters galore - good for pay phones to contact landlords and to arrange site visits
- pen and notepad - use to jot down telephone numbers, addresses and other details to jog your memory later on
- cheque book - landlords often require a down payment of one month's rent or first and last month's rent

Begin Your Search

Where you begin your search will depend on where you plan to live. College and university towns usually have an extensive array of housing options. They often post these on the school's bulletin board or in housing lists. Personnel at the school's information desk can point you in the right direction. The local newspaper and housing authority should also have a few available options to get you started.

Visit these locations and read the paper to select places where you might like to live. For each listing, record: address, landlord's name and key points. You are now ready to work your way through a process of elimination. Contact landlords and arrange tours.

The Tour

Ask the landlord to lead you on a tour of the rental place. Don't be afraid to ask questions and to make notes along the way. Ask the landlord if there are mice, cockroaches, bats or other vermin. Also ask if the noise from other apartments or the surrounding area is excessive. Don't hesitate to check appliances - toilets, stove elements, taps and other items - to make sure they're in good working order. Open cupboards in the kitchen and bathroom to check the pipes and look for insects. It is better to be safe than sorry.

You May Be On To Something

You're standing on the threshold of your perfect, or almost perfect, place. However, before you commit yourself to a rental agreement, run these questions by the landlord.

- What is the rent? Are utilities included? *If you are paying the utilities, get an estimate on the cost and confirm this with previous tenants or the utility company.*
- Is a temperature adjustment control (thermostat) available within your unit?
- If the home is heated by oil or natural gas, who is responsible for ordering the fuel?
- Is parking provided? Is the cost of parking included in the rent?
- Who is responsible for lawn and driveway maintenance?
- Will there be sufficient hot water to supply all tenants?
- Are appliances - fridge, stove, washer and dryer - provided? Do they work properly?
- Is the apartment furnished?
- Does the landlord require a written lease or verbal agreement? If so, what is the required length of tenancy?
- Who is responsible for subletting and what conditions apply?

A lease is a legally binding written or oral agreement between the landlord and tenant. It includes such items as length of tenancy, amount of rent, where the rent is to be paid and any additional provisions.

Getting What You Want

Follow the above guidelines and use a few shortcuts of your own, to find a comfortable place to live. Your housing situation may improve as you become more familiar with the house-hunting process. With experience, you may even come to enjoy the search and, like the pros of the relocation world, you may arrive at these basic strategies...

- Be cautious! Take your time. Set aside a generous amount of time and do not take the first place you lay eyes on. Compare before you make your decision.
- Know your limitations and stand by them. Stick to a pre-determined budget and know your range of flexibility concerning roommates, location and other details important to your comfort and satisfaction.
- Come prepared. Keep house-hunting items close at hand, ready for an opportunity.
- Double check the details. Go to a housing office to investigate any problems with the home and/or landlord. Feel free to ask housing personnel to clarify any grey areas in the lease before you sign the agreement.

The Landlord/Tenant Act describes the rights of landlords and tenants in a rental agreement. This Act may be obtained from your local housing authority.

Information was made available, in part, by the University of Waterloo Housing Office.

Taking Stock



Few moments of your life will combine creativity and practicality so well as the time you spend in your kitchen. In fact, cooking is an art form to some. Even a beginner chef can create a simple meal that is wonderful to taste, to see, to touch and to smell.

By varying the texture, colour, shape and temperature of meals, you can create a versatile and wonderful menu. Aim for variety in your meal planning - a crunchy salad combined with a colourful chowder will keep cravings at bay. It will also cover all four food groups! Add

excitement to a ho-hum meal by adding fun garnishes and by presenting it in an eye-catching way.

Shopping Tips

Whether you are picking up the groceries for your family or shopping for yourself at school, consider how to avoid spending too much money and getting poor quality food. Follow these tips to help you plan, shop and get the most out of your food dollar.

Menu Planning	Grocery Shopping	Food Preservation
<ul style="list-style-type: none"> ■ Use Canada's Food Guide to Healthy Eating to help design a well-balanced, healthy eating plan. ■ Plan a menu for the week using advertised specials. ■ Inventory your kitchen to see what you have and what you are missing. ■ Clip coupons only for the food that you really need. 	<ul style="list-style-type: none"> ■ Grocery Shopper's Rule #1 - NEVER shop on an empty stomach. ■ Buy only the amount of perishable food that you'll eat in one week. ■ Ready-to-eat foods are usually more expensive than homemade foods. ■ Compare cost-per-serving, not cost-per-kg. ■ Buy fresh fruit and vegetables in season. Out of season, Ontario produce can be purchased canned, frozen and dried. ■ Check <i>best before</i> dates on perishable items. ■ Take your list with you and stick to it. 	<ul style="list-style-type: none"> ■ When you get home, take time to store food properly. ■ If you take advantage of bulk purchases, divide them up into useable portions. ■ Take advantage of your fresh foods and eat them! Don't let them go to waste. ■ If you cooked too much, don't throw out the leftovers. Freeze individual portions to create healthy T.V. dinners.

To battle the temptation of impulse-buying, make a shopping list and stick to it.

- Supermarket Tour, Ontario Public Interest Research Group (OPIRG)

Read the Label

Choosing food for healthy eating is now easier because many packaged foods have nutrition information right on the label. Look for nutrition information in three different places - in the **ingredient list**, in a **nutrition claim** or under a **nutrition information** heading.

Ingredient List: All packaged foods must list the ingredients used in the product. Ingredients are listed in the order of the amount used.

Nutrition Claim: A claim is used to highlight a key nutrition feature of the food. "Source of" and "low" are examples of claims. It is often put on the front of the package in big, bold type. When a claim is made about any nutrient, detailed nutrition information on that nutrient must also be given somewhere on the package. The government has set standards that must be met before a nutrition claim can be used.

Nutrition Information: Under this heading you will find detailed nutrition facts about the product. Nutrition information is always given for the product *as sold*. It does not include the nutrient content of ingredients that you may add to the product at home, such as the milk added to cereal. Nutrition information may include any of the following: serving size; energy or calories per serving; the amount of protein, fat, carbohydrate and sodium or the vitamins and minerals noted as a percentage of the recommended daily intake.

The next time you shop, read the labels and put more whole and enriched grains and foods containing less fat and salt in your shopping cart.

This information is from Using Food Labels to Choose Foods for Healthy Eating, Health and Welfare Canada, 1993.

There's No Taste Like Home

Buying Ontario-grown produce is one way to support Ontario agriculture. In the food stores and supermarkets, retailers are required to display signs noting the grade and country of origin of their produce. Although the Foodland Ontario symbol is not mandatory, many retailers prominently display the symbol to assist shoppers in identifying Ontario-grown produce.

In Ontario, 9 out of 10 shoppers recognize the Foodland Ontario symbol.

Farmers' markets and farm gate sales (roadside stands, pick your own operations) also provide you with the opportunity to support Ontario farmers. Some of these vendors, however, may have their produce shipped in from another location (e.g., outside of Ontario). Before

purchasing, be sure to read country of origin signs or ask where the food has come from and even how it was produced. Once a producer knows that there is a demand for a certain type of product, he/she will often try to provide these for you.



Taking Stock

Question: What do a four-star restaurant and a student kitchen have in common?

Answer: They all rely on the following basic tools and equipment for their cooking success.

1. Accurate Measuring Equipment

- small measures (1, 2, 5, 15, 25 mL) - used to measure small amounts of dry goods and liquids such as baking soda, baking powder, vanilla, salt and spices
- dry measures (50, 125, 250 mL) - used to measure flour, sugar and oatmeal
- liquid measures - used to measure water, milk, oil, molasses and liquid honey

2. Mixing Equipment

- wooden spoon
- wire whisk
- mixing bowls
- rubber spatula

3. Baking Pans

- pie plates
- casserole dishes
- cake pans - square, round, rectangular, loaf
- cookie sheets
- try pans with a non-stick coating - this will save you from adding unwanted fat and oil to the pan

4. Cleaning Tools

- tea towels
- dish cloth
- scouring pads/brush
- draining rack
- dish washing soap

5. Other Tools of the Trade

- reliable cookbook
- cooking pots
- colander
- sharp knife and cutting board
- cheese grater
- resealable rubber containers
- scissors

Food Safety

Illness due to improper handling of food occurs quite often. By following some common sense tips, you can avoid food poisoning.

- Keep yourself and your work area clean.
- Wash hands before handling food.
- Wash utensils and cutting boards between uses.
- Never taste food with a stirring spoon. If you do, never return the spoon to the pot.
- Illness-causing bacteria grow best between 4°C and 60°C. As a result, always keep perishable food cooler than 4°C or hotter than 60°C.
- Always check the expiry dates on foods. Even if the food looks good but is past its due date, don't take the chance. When in doubt, throw it out!

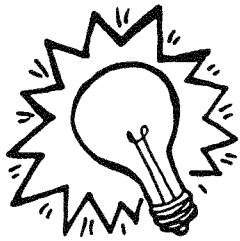
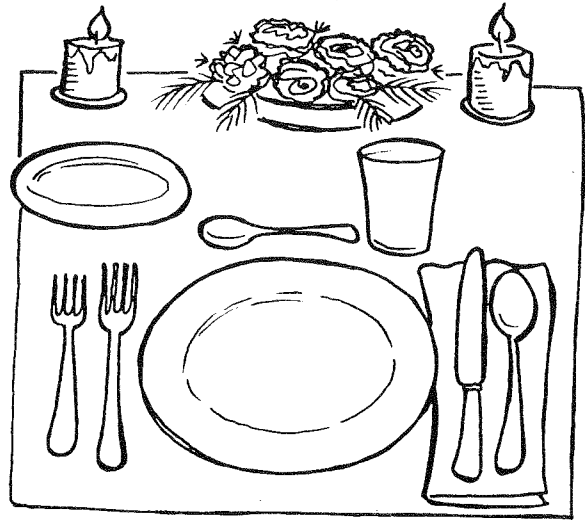


Laying it All Out

When it comes to food, presentation is everything. Your dinner table can be set to complement the feast you set before your guests or family. A table setting can include:

- Napkin
- Dinner fork
- Salad fork
- Dessert spoon and fork
- Water glass
- Dinner knife
- Soup spoon
- Bread and butter plate.

Your efforts in this area do not, however, need to end at the rim of your plate. Bright tablecloths and napkins, candles and centrepieces can help to transform a simple meal into a festive occasion.



My Ideas For Putting Zip Into A Meal



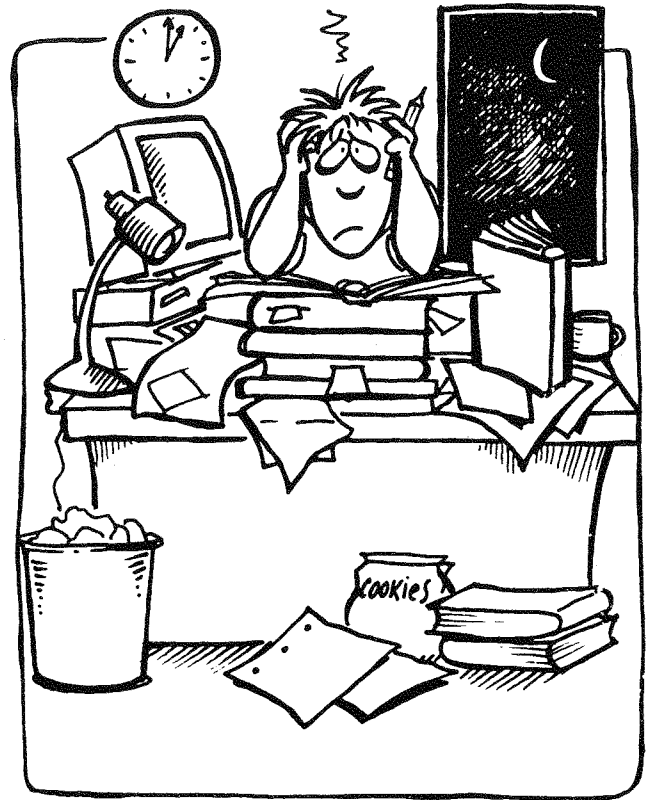
Stress Management

What is Stress?

Stress is a body's reaction to change. This change may be an event, condition or demand that upsets a person's usual life patterns. The reaction may be physical, emotional, psychological and/or behavioural.

- Lera Ryan

We often hear people say that they are under a lot of stress or simply "stressed out." This condition usually sets in when people are faced with situations that they feel are beyond their control. Unfortunately, these problems usually tend to appear larger than they are in reality. Sometimes people have the *tools* required to deal with these situations. Sometimes they do not. But, there are ways of coping with issues that may or may not be in our control. Take Mari, for example.



Mari is a fourteen-year-old, grade nine student who is in the midst of writing final exams. Mari has planned ahead and slotted enough study time to be ready for all of her exams. However, the day before her week of exam-writing, Mari's mother has to go to the hospital. Mari, as the oldest child, is expected to take care of her younger siblings and prepare meals. To top it all off, Mari's closest friend, Monica, has been avoiding her in class

and in the halls. She didn't even pick Mari as a team member for the gym class activity. Mari is worried about her mother. She can't quite figure out how she will balance her new responsibilities with the task of preparing for her important tests. Mari is also hurt by her friend's treatment and can't stop wondering what she may have done wrong. Mari is under a great deal of stress.

Parts of this situation may remind you of things you've experienced. Having more things to do than you have time available, topped off with a load of mental distractions equals stress. In Mari's case, she visited her school guidance counsellor to ask for help. She was lucky enough to get more than she bargained for... a recipe in coping. As her counsellor listed the key ingredients, she explained them as follows.

1. Plan Ahead

Make a "To Do" list and prioritize the items as:

A - to be done today;

B - to be done in the next day or two;

C - to be done within the next week.

2. Reward Yourself

Plan breaks and reward yourself after small accomplishments.

3. Know When You Work Best

Know when you do certain jobs better than others and establish a routine that maximizes the use of these times.

4. Do The Things You Dislike First

Doing something you don't like to do first gets it out of your way and out of your head. As well, you may not have the energy to convince yourself to do the things you dislike later on. You can also treat the more favourable jobs as a type of reward.

5. Start Early

Every thousand mile journey starts with one single step. The sooner you start, the sooner you'll get on your way and the more likely you'll be to get the job done.

6. Sleep

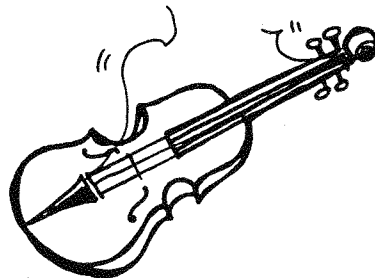
A good night's rest will help you to be productive. Sleep will prevent you from wearing out and getting sick. Try to stick to a routine - go to sleep about the same time each night. Naps are also a nice way to clear your head and restore your energy.

7. Think Positively

"There are no problems, there are only solutions" is a saying for success. Turn your problem into a challenge and look at all possible alternatives.

A solid approach to stress management follows these three basic methods:

1. Managing - use creative techniques to change the situation and to remove unwanted causes of stress;
2. Coping - making a personal change when a situation cannot be changed;
3. Preventing - avoiding unwanted causes of stress and building up long-term buffers.



In its positive form, stress can provide us with energy, motivation and a feeling of excitement. It has been said that stress is like tension on a violin string. You need enough to make music, but not so much that it snaps.

Anonymous

Travel Safely



Checklist for Car Care

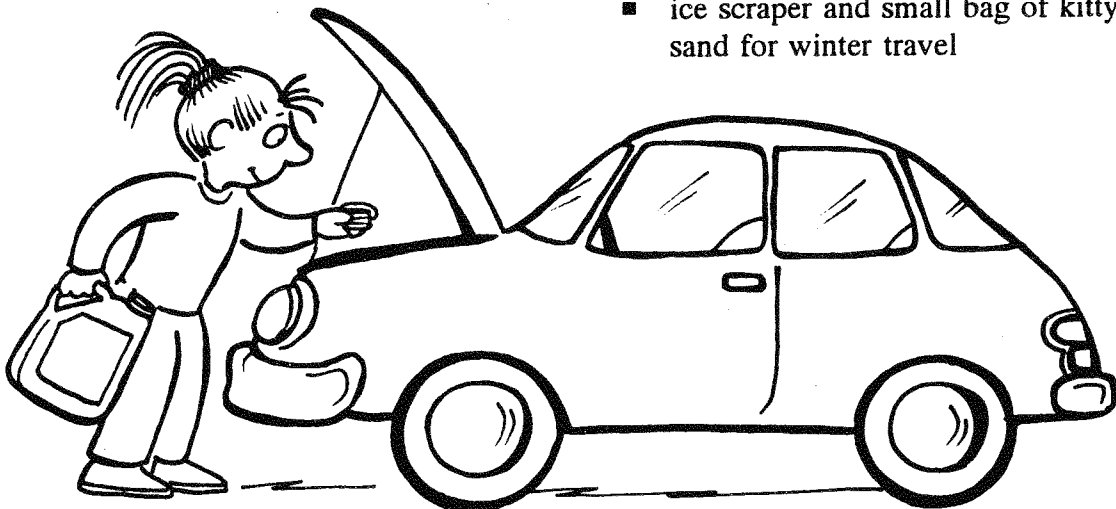
Use the following list to maintain your car and to ensure that your travels are safe and uneventful in all the right ways. Refer to your owner's manual for proper tips on how to perform and respond to the automotive check-up.

- Check/add engine oil
- Check/add windshield washer fluid
- Check/add radiator fluid
- Check tire pressure and increase, if necessary
- Check to see that all dash lights are in working order
- Make sure there is at least a half a tank of gas
- Check the horn
- Check to see that there is a working spare tire, jack and adjustable wrench
- Check all lights - turn signals, head lights, tail lights, brake lights and hazard lights

Emergency Kit

Place the following items in your automobile in case of emergency. These items may assist you in getting and/or waiting for help.

- flashlight (check batteries)
- extra keys
- map
- CALL POLICE sign
- first aid kit
- fire extinguisher
- jack
- spare tire
- booster cables
- warm blanket or sleeping bag
- candle and matches or lighter in a tin can
- chocolate or other non-perishable food
- shovel
- flares
- cellular phone or change for phone calls
- money for gas
- spare clothing - boots, mitts, hat, scarf, etc.
- ice scraper and small bag of kitty litter or sand for winter travel



Travelling Alone - Don't Be An Easy Target

When travelling on your own, use the precautions below to prevent yourself from being vulnerable to attack.

- When walking to your car, hold your keys in your fist, ready to insert in the car lock.
- Put the passenger seat forward when you leave the car. Upon your return, this will allow you to spot anyone who may be lurking in the back seat.
- Keep a flashlight in your bag or back pack and shine it in your car before you get in.
- Before getting into your car, circle-check for flat tires and any other signs of tampering. Any of these could leave you stranded and/or trapped. If you notice something awry, do not get in. Leave the area and call for help.
- Keep your doors locked at all times - even when you're driving.
- Never pick up hitchhikers! If someone approaches your car, speak to him/her through a 1 cm opening of the window.
- If your car breaks down, use a CALL POLICE sign to signal for help. Do not raise the hood of your car. This may attract unwelcome attention and prevent you from seeing someone approaching your car.
- If you see another car that has broken down, be wary about stopping by yourself. It is safer to stop at a phone, call the police and tell them the location of the car. Some people have been known to fake a car break down or accident just to lure potential victims into stopping to offer help.

- If you need to spend the night on your own in a hotel, be sure to use the main doors after dark and do not let strangers into the room.

Two general rules to remember... *better safe than sorry and use common sense.*

