

Booklet Sponsored by:

Indiana Extension Homemakers Association

**Mission Statement of
Indiana Extension Homemakers Association:**

To strengthen families through continuing education, leadership development, and volunteer community support.

Indiana Extension Homemakers Association, founded in 1913, continues to build on its rich heritage by working to strengthen Indiana homes & families. Membership is open to all regardless of race, color, creed, religion, sex, age, handicap, or national origin.

Website:

www.ieha-families.org

Place County Sticker Here



*For more information about membership, contact your local county
Purdue Extension Office listed in the phone book
or call 888-EXT-INFO.*

Affordable Fun with the Family



A journey toward family togetherness.

Indiana Extension Homemakers Association
Education Focus
2010-2011

Affordable Fun with the Family

The purpose of “Affordable Fun with the Family” is to promote togetherness for families of all economic levels. We have provided resources to help you plan activities that will include the entire family. Some suggestions may be ones that you have used and would like to try again and hopefully some are new ideas that will encourage you to plan new activities.



Getting Started...

Before planning any family activity, you should determine the amount of money you have to apply toward that activity. To begin, fill out the budget listed on the next page. A balanced budget is a means of family survival.

FUN Entertainment around the STATE of INDIANA

- * Indiana Tour Attractions, Indiana Travel Guide, Indiana Tour Map. Available at www.VisitIndiana.com
- * Indiana Farms & Produce - www.IndianaFarmDirect.com
- * Indiana Play Pack - www.in.gov/tourism
- * Indiana Factory Tours - www.factorytoursusa.com



Some Available Tours:

<p>DeBrand Chocolatier www.debrand.com 260-969-8335 10105 Auburn Park Dr Fort Wayne, IN 46825</p>	<p>Kokomo Opalescent Glass www.kog.com 765-457-1829 1310 S Market St Kokomo, IN 46902</p>
<p>South Bend Chocolate Company www.sbcchocolate.com/tours 1-800-301-4961 3300 West Sample St South Bend, IN 46619</p>	<p>Turner Dolls/Virginia’s Very Own www.turnerdolls.com 812-834-5065 P.O. Box 36 Heltonville, IN 47436</p>
<p>Ralph Sechler & Son, Inc. dsechler@sechlerpickles.com 1-800-332-5461 5686 SR 1 St. Joe, IN 46785</p>	<p>Berne Furniture Company www.berne.com 260-589-2173 150 Berne St Berne, IN 46711</p>
<p>Fair Oaks Farms www.fofarms.com/tours 1-877-536-1194 ext. 21 856 N 600 E Fair Oaks, IN 47943</p>	<p>Indianapolis Children’s Museum www.childrensmuseum.org 317-334-3322 3000 N Meridian St Indianapolis, IN 46208</p>
<p>Clabber Girl Museum www.clabbergirlmuseum.com 812-232-9446 900 Wabash Ave Terre Haute, IN 47807</p>	<p>Indianapolis Zoo www.indyzoo.com 317-630-2001 1200 W Washington St Indianapolis, IN 46222</p>

FUN Entertainment around the COMMUNITY

- * Visit local or State Parks
- * Go for a hike or bike ride
- * Visit your local museum
- * Go to the pool or water park
- * Check out free programs at your local library
- * Visit historical sites
- * Check your local university or college for activities



Suggested Resources:

- ⇒ **Family Fun magazine** - A magazine that provides ideas for family fun at home or away. www.familyfun.com
- ⇒ **Track your family tree** - www.myheritage.com/genealogy
- ⇒ **Attend safety programs or discuss safety with your children.** Parents' guide to children's media and toy reviews. www.parents-choice.org
- ⇒ **Do something for someone else** - volunteer. www.volunteermatch.org
- ⇒ **Senior traveling with grandchildren** - http://www.associatedcontent.com/article/2310807/indianapolis_best_trip_for_grandparents.html



Budget for One Year

Use the following as a guide for budgeting.

ANNUAL INCOME:

Include wages, child support, social security, unemployment, food stamps, other.

\$ _____

Total Income

\$ _____



ANNUAL EXPENSES:

- Housing (mortgage or rent) \$ _____
- Insurance (life, health, auto, home) \$ _____
- Utilities (include phone & cable) \$ _____
- Loans (include credit cards) \$ _____
- Food (include groceries, dining out, school lunches) \$ _____
- Medical (out of pocket) \$ _____
- Child Support \$ _____
- Household (include furnishings) \$ _____
- Clothing \$ _____
- Education (tuition, supplies) \$ _____
- Other (taxes, donations, dues, subscriptions, car license, holidays, birthdays, etc.) \$ _____
- Personal & Recreation \$ _____
- Total Expenses** \$ _____

(Remember, total expenses should not exceed annual income.)

Budget Worksheet adapted from Where Does Your Money Go - a money management program sponsored by Purdue University Extension.

STAYCATION

Staycation defined: *A vacation where you stay at or near your home.*

A staycation can be as much fun and as relaxing as any vacation!



Tips:

- ⇒ **Begin with a budget.** Divide the dollar amount you have available to spend by the average cost per day of the vacation of choice. This will give you the number of days you can realistically spend on vacation. Design your vacation around your available funds, not the number of days you can take off work.
- ⇒ **Schedule start and end dates** just as you would for a regular vacation.
- ⇒ **Set a limit of how far you want to travel.** It can be anything from a couple hundred miles to staying right in your own backyard.
- ⇒ **Pack your time full of activities.** Once you have picked a maximum distance, start trying to find activities, places or events within your limits.
- ⇒ **Declare a “choratorium”.** This means NO CHORES! Don’t make the bed, vacuum, clean closet, do yard work. You’re on vacation!
- ⇒ **Take staycation photos or videos** just as you would if you went away from home for your vacation.



FUN Entertainment at HOME

- * Family game night
- * Backyard night
- * Ethnic food night
- * Read together
- * Bake cookies together
- * Popcorn & movie night
- * Take a walk, exercise
- * Do gardening or crafts
- * Round up the neighbors
- * Go on a picnic

Idea #1 - Set up an Ice Cream Sundae Bar

1. **Ice Cream** - Purchase several flavors or use Neapolitan which has three flavors in one box, thus saving money. If you want a low-fat/low-calorie version, try buying reduced fat flavors of ice cream or frozen yogurt.
2. **Toppings** - Purchase a variety of toppings. One money saving tip for sauces is to use jam and thin it with water. Jam is less expensive than traditional toppings found in the ice cream section at the grocery store. Experiment using the all-fruit, reduced sugar, or no sugar versions of jam. Saving between 10-40 calories per tablespoon can make a big difference.
3. **Additions** - Provide some special toppings, i.e. whipped cream, chopped nuts, shredded coconut, sprinkles, etc. Crumbled cookies are another treat and don’t forget cherries for the top!
4. **Set all ingredients out** and provide everyone with a large bowl to make their own sundae.
5. **Sit together and enjoy.** Take turns having each person describe how they made their sundae.



Idea #2 - Make Homemade Play Dough

- | | |
|----------------------|---|
| 1 c. flour | Mix all ingredients, adding food coloring last. |
| 1 c. warm water | Stir over medium heat until smooth. Remove from pan. Cool until it can be handled, then knead until blended and smooth. Place in a plastic bag or airtight container when completely cooled. Will last for a long time! |
| 2 t. cream of tartar | |
| 1 t. oil | |
| 1/4 c. salt | |
| food coloring | |

SOURCES USED:

<http://abcnews.go.com/GMA/Parenting/story?id=4919211>
www.ehow.com/how_2323045_take-a-staycation.html
www.extension.org/pages/Doing_Things_Together_as_a_Family
www.ehow.com/how_5302164_ice-cream-sundae-night.html
www.ehow.com/how_5362712_plan-family-staycation-vacation