

The Communicator

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Director

Two Candidates Interview for School of FCS Director Position	1
Haberly Endowment Awards	1
Haberly Enhances Leadership Role for IEAFCS President	1
FCS Educator Presents at SNE	2
IDAFCS Members Plan for AAFCS Centennial and 2008 State Meeting	2

Food Safety

FDA Issues Three Draft Documents on the Safety of Animal Clones—Public Comment Period Open Until April 2, 2007	3
How Many Days Have Those Leftovers Been There?	4
High Altitude Fact Sheet	4
Portable Kitchen	4

Family Development

Foster Youth Challenged as They Make the Transition into Adulthood	5
Justice System is Failing Many Young Adults as They Leave Juvenile Detention or Prison	6
Women Still Secondary Breadwinners in Marriages	6

Nutrition Education

Weight Loss Tips for Adults, Youth, and Adolescents	7
“Lean” Update	8
Watch Out for Interesterified Fats	8

Family Economics

TAX TIME CAN PAY: You may qualify for the Earned Income Credit and the Child Tax Credit	9
Tax Split Refunds Encourage Workers to Save Their Refunds— <i>New for 2007</i>	10
America Saves	10

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Extension

School of Family & Consumer Sciences



Two Candidates Interview for School of FCS Director Position

Two candidates have been selected to interview for the FCS Director position. Dr. Susan Shockey is FCS Extension Educator and Associate Professor, at The Ohio State University. She will interview February 12 and 13 on the Moscow campus. Her seminar will be presented from 10:30-11:30 am on Tuesday, February 13. Dr. Kathe Gabel will interview on February 15 and 16. She is Professor of Food and Nutrition in the School of FCS at the University of Idaho. Her seminar will be presented from 10:30-11:30 am on Friday, February 16. Both candidates have been asked to present on "The Margaret Ritchie School of Family and Consumer Sciences: Addressing Idaho's Challenges in the Early 21st Century." Seminars will be presented in Ag Science 104 and delivered to Boise, Coeur d'Alene, and Twin Falls. Dr. James (Ding) Johnson is chair of the search committee and feedback can be forwarded to him at djohnson@uidaho.edu.

Haberly Endowment Awards

This is your last *The Communicator* reminder to consider applying for Haberly and Hepworth Fellowships to assist you with professional and programmatic development activities. You should have received notification by February 1 with application due date of March 1 and announcement of awards by April 1. Applications are limited to two pages and will be screened by the Faculty Development Committee. Team applications are acceptable.

We have asked former recipients to send us project summaries and in this issue of *The Communicator*, we're printing our feedback from Marsha Lockard and Marnie Spencer.



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Haberly Enhances Leadership Role for IEAFCS President

Haberly Report from Marsha Lockard

Thanks to a Mildred Haberly Fellowship award I was able to attend the National Extension Association of Family and Consumer Sciences Annual Session in Denver in 2006. While attending the conference, I presented three concurrent sessions, received a national award with other educators, and attended the annual business meetings as the president of IEAFCS. The concurrent sessions that I co-presented were: *Credit Cents*, with Marilyn Bischoff and Barbara Petty, *Dollar Decisions in Espanol* with Linda Gossett and Marilyn Bischoff, and *Getting Published in a Research Journal*, with other members of the editorial board for the *Research Journal of NEAFCS*.

Idaho was well represented at the national award ceremony during the conference. We were very pleased to have Nancy Wanamaker present to share the ceremony with us. Idaho won the National Community Partnership Award for their work with the Medicare Grant and various other national honors. We are all very proud of the high quality work that is done in Idaho and honored to have it acknowledged by our peers at the conference. I wish to express my thanks to the fellowship for helping to pay my expenses to attend this conference.



FCS Educator Presents at SNE

Haberly Report from Marnie Spencer

On July 15-18, 2006 I attended the 2006 Society for Nutrition Education (SNE) 39th Annual Conference held in San Francisco, California thanks to a Mildred Haberly scholarship. While there, I presented a poster, "Meal Time in Less Time." Colleagues from around the country viewed the poster and many expressed interest in this UI Extension curriculum. I also helped present "Using the Healthy Diabetes Plate Curriculum," which also was well-received.

In addition to the poster presentations, I attended many educational sessions and learned about exciting nutrition education programs that are happening around the country. I visited with an educator who used simple yet effective evaluation questions with her programs. She and I had a valuable discussion regarding the use of evaluations with our programs. I also attended a class on the use of children's literature as an accompaniment to youth nutrition education. I have used this method with kindergarten through second grade classes and have found that it brings nutrition concepts to a more age-appropriate level.

I would like to thank the School of Family and Consumer Sciences for awarding me a Mildred Haberly scholarship to attend the 2006 Society for Nutrition Education (SNE) 39th Annual Conference.



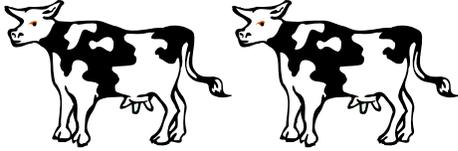
IDAFCS Members Plan for AAFCS Centennial and 2008 State Meeting

Here is a special opportunity to network with other FCS professionals and be involved in an exciting future for Idaho and AAFCS. As many of you are aware, the Idaho Affiliate of AAFCS has not held a state meeting in almost a decade. Members will meet in Boise on February 9-11 to make plans for a 2008 state meeting. All FCS professionals are welcome to attend. Discussion and plans for AAFCS June 22-24, 2007 in Reno will be on the agenda.

Money to support attendance from each district has been allocated by IDAFCS. Distribution will be decided by attendees from the district registered by February 1. Download the program from the website: www.agls.uidaho.edu/idafacs. This is your opportunity to have a voice in the future of FCS in Idaho.

Email addresses are not available for all members, so check with your co-workers and if they didn't get a copy, please share. For additional information, contact:

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FDA Issues Three Draft Documents on the Safety of Animal Clones— Public Comment Period Open Until April 2, 2007

The Food and Drug Administration has recently released three documents on the safety of animal cloning: a draft risk assessment, a proposed risk management plan and a draft guidance for industry. FDA invites public comment on each of these documents; information about how to submit comments is at the FDA website below. FDA is likely to issue a final formal approval of cloned food before the end of the year.

An animal clone is a genetic copy of a donor animal, similar to identical twins, but born at different times. Cloning is not the same as genetic engineering, which involves altering, adding or deleting DNA; cloning does not change the gene sequence. Currently there are no food products from cloned animals and their offspring being sold in the US.

The FDA **draft risk assessment** states that meat and milk from clones of adult cattle, pigs and goats, and their offspring, are as safe to eat as food from conventionally bred animals. Due to limited data on sheep clones, FDA recommends sheep clones not be used for human food.

The **proposed risk management plan** addresses risks to animal health and potential remaining uncertainties associated with food and food from animal clones and their offspring. FDA will continue to work with scientific experts on these issues. Because dialog with the public on cloning issues has just begun, FDA has asked livestock breeders and producers of clones to continue their voluntarily ban on the sale of cloned-derived foods.

The **draft guidance for industry** (clone producers, livestock breeders, and farmers and ranchers purchasing clones) notes that no special measures are needed for human food use of offspring of clones of any species. FDA points out, that because of their



Food Safety

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cost and rarity, clones will be used for breeding, and almost all of the food that comes from the cloning process is expected to be from sexually-reproduced offspring and descendants of clones, not the clones themselves. There are only about 600 cloned animals in the US today; most are show animals. It costs upwards of \$16,000 to produce a clone.

Research conducted by Rutgers Food Policy Institute indicates that most Americans know little about cloning and do not think much about it. Two recent polls provided interesting information about acceptance of clones or clone offspring as food. One poll found two-thirds of people would either buy or consider buying food derived from the offspring of clones. Another poll found 64 percent to be uncomfortable about eating food from cloned animals.

In Europe, food from cloned animals and their offspring is being treated under the EC Novel Foods Regulation, which means that it is subject to safety evaluation from all 27 member states before it can be marketed.

Sources: "FDA Issues Draft Documents on the Safety of Animal Clones," *FDA News*, December 28, 2006, <http://www.fda.gov/bbs/topics/NEWS/2006/NEW01541.html>; "Statement From Mark Walton, President of ViaGen on the FDA Draft Risk Assessment on the Safety of Meat and Milk from Cloned Animals and Their Offspring," *PRNewswire*, December 28,

2006, <http://news.corporate.findlaw.com/prnewswire/20061228/28dec20061435.html>; Elias, P., "Firms Praise FDA Approval of Cloned Food," *Charlotte Observer* online, January 1, 2007, <http://www.charlotte.com/ml/charlotte/business/16362719.htm>; Food Standards Agency (United Kingdom), "Cloned offspring novel food, says Agency," January 18, 2007, <http://www.food.gov.uk/news/newsarchive/2007/jan/clonedoffspring>.

Key words: technology, food safety, meat and poultry, government.



How Many Days Have Those Leftovers Been There?

On Christmas, I received a food safety gift from one of my sons: the DaysAgo digital day/hour counter from a small, innovative company, double u products, inc., Cupertino, CA. It is pictured above.

The digital counter logs how many days and hours (up to 99 days) have elapsed since the button was pushed. The gadget's website promotes its use for tracking how long an opened food jar or other storage container has been in the refrigerator (as well as for tracking the watering of plants, cleaning fish tanks, etc). Two women developed the digital counter when they had trouble remembering how long refrigerated jars of baby food had been open. The product was one of *Good Housekeeping Magazine's* award winners for 2007.

Date marking with tape and a pen is just as effective and less expensive. But, the gadgets are an interesting addition to the food safety toolbox. They are available in magnetic or suction versions and

cost \$10 for a pack of two. I have the suction version. The digital counter works nicely, but the suction cup does not stick well to containers in my refrigerator.

Source: <http://howmanydaysago.com/>.

Key words: food safety, storage.



High Altitude Fact Sheet

An updated fact sheet on **High Altitude Cooking and Food Safety** is available for download as a color PDF: http://www.fsis.usda.gov/PDF/High_Altitude_Cooking_and_Food_Safety.pdf. The information is also available on the FSIS website at http://www.fsis.usda.gov/Fact_Sheets/High_Altitude_Cooking_and_Food_Safety/index.asp.

Key words: food preparation, food safety, resources.



Portable Kitchen

Pennsylvania State University Cooperative Extension has a 3-page guide to putting together a "portable kitchen" that fits in a dishpan and is useful for educational foods and nutrition programs. You may find it a useful resource.

Source: Scholl, Jan, "Portable Kitchen," 2004, <http://agexted.cas.psu.edu/FCS/4hfl/PortableKitchen.html>.

Key word: resources.

NW Parenting and Family Education Conference

Join other family life professionals for the Northwest Parenting and Family Education Conference in Vancouver, WA, March 14-16, 2007, featuring keynote speakers:

- Chuck Smith, Kansas State University: *Mighty Hearts: The origins of courage in young children.*
- Joan Durant, University of Manitoba: *Choosing Not to Hit: Foundational information for professionals working with families.*

The conference also includes outstanding workshops on various topics in child and family life. For registration and program information see the website, <http://emmps.wsu.edu/parenting>.



Foster Youth Challenged as They Make the Transition into Adulthood

The child welfare system is failing to meet the needs of teenagers in foster care as they “age out” of the system and begin what is often a particularly difficult transition into adults lives, according to a recent analysis by *The MacArthur Research Network on Transitions to Adulthood*. The research shows several challenges for foster youth.

- Youth leaving foster care are more likely to have mental health problems, be involved in crime, and be unemployed than their peers.
- Thirty-seven percent of foster youth aged 17 to 20 lack a high school diploma or GED.
- Twelve percent of that population was homeless at least once since leaving foster care.

“One would be hard pressed to find an adolescent population in more need of help during the transition to independence than those in the child welfare system,” the authors write. “Too often, when the state has stepped in to be their parent, it has failed to do justice to this solemn responsibility.”



Family Development

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The analysis, by Mark Courtney and Darcy Hughes Heuring, outlines the inadequacy and offers some corrections to governmental programs designed to assist young people leaving foster care. For example, a young person who becomes too old to stay in foster care and must find his own place to live can receive, on average, only about \$700 per year in governmental assistance for housing.

The analysis suggests that public institutions must do more to provide health insurance, mental health care, and housing for young people leaving foster care. Research shows, for example, that young adults are far less likely to receive mental health treatment after they age out of foster care.

“When the state removes young people from the care of their parents, it becomes the parent,” Courtney said. “No responsible parent would abandon their parental responsibilities precisely at the point where a young person is beginning the transition to adulthood, but most states do just that. “These young people have many needs but few resources to support them,” Courtney added. “Many need mental health treatment but the child welfare system typically withdraws help when the young people reach the age of 18. Cutting off access to treatment during a very trying period is the wrong thing to be doing with this population.”

Source: The Network on Transitions to Adulthood, www.transad.poplupenn.edu.

Key words: youth at risk, young adults.

Justice System is Failing Many Young Adults as They Leave Juvenile Detention or Prison

Young adults leaving the juvenile justice system or criminal confinement face a particularly difficult transition into adulthood, but they often navigate this transition with inadequate assistance from society. The analyses by several leading researchers document the major challenges facing these at-risk young adults and calls for a concerted response focused on job training, education, and other services to help them move into productive adult lives.

The experiences of young adults leaving the juvenile and criminal justice systems are documented in "On Your Own Without a Net: The Transition to Adulthood for Vulnerable Populations," a product of The MacArthur Research Network on Transitions to Adulthood.

The juvenile justice system will touch the lives of 10 percent of American youth aged 10 to 17, and tens of thousands will be placed in some form of residential placement each year. Many will remain in such placements into their early adult years. At the same time, the researchers note that 100,000 young adults 24 or younger leave state and federal prisons each year.

As a group, these young adults are more likely than their peers to have not finished high school, to have children outside of marriage and to be unemployed, factors that will complicate their adult lives.

The study authors acknowledge the need for punishment of delinquent youths, but call for a better balance between punishment and rehabilitation. And they place a premium on providing the kind of psychosocial assistance that all teenagers need as they make transitions into adulthood.

"Society has to do a much better job of providing integrated services to these juveniles, whether it's drug treatment, mental health counseling, job training or education," said David M. Altschuler, a principal research scientist at the Johns Hopkins University's Institute for Policy Studies. "These are the tools that all young adults need to thrive as adults."

Likewise, the authors suggest that the criminal justice system should provide more job training and

education to inmates and develop an integrated services network for offenders before and after their release. Such programs have proven to be cost-effective in reducing recidivism and future crime.

"Research is showing that young inmates need individualized support before and after they return to their communities," said Jeremy Travis, president of the John Jay College of Criminal Justice. "We find that some states and communities are looking seriously at these issues, but society should have an aggressive and well-planned strategy to provide the services this young adult population needs. Without it, we are, in effect, writing off many of these young people's lives."

Source: The Network on Transitions to Adulthood, www.transad.poplupenn.edu.

Key words: youth at risk, young adults.

Women Still Secondary Breadwinners in Marriages

A recent study in the *Journal of Marriage and Family* documents the changes in dual-income married couples for more than thirty years, from 1970-2001. The authors find that despite the increase in women's employment over the last three decades, the vast majority of wives are still secondary earners. Secondary earners make at least 40 percent, but less than 60 percent of the couple's income. The authors found that 39 percent of wives, more than any other group, were classified as secondary providers as recently as 2001.

In that same year, 25 percent of wives were not employed. Although the proportion of wives whose contributions to their family income equaled that of their husbands had nearly doubled since the 1970s, they represent only 24 percent. The number of wives who earn substantially more than their husbands has also increased, tripling to 12 percent. Yet both equal providers and wives who provide more income than their husbands still remain the minority. The authors used the Current Population Survey data for 1970, 1980, 1990, and 2001 to gauge these changes.

Source: www.ncfr.org.

Key words: women, income, marriage.

Weight Loss Tips for Adults, Youth, and Adolescents

The weight loss tips for these three groups are based on long-term studies (3-5 years) conducted in adults, youth, and adolescents.

The adult weight loss tips come from researchers at the National Weight Control Registry who collect information on what made some adults more successful than others in losing and maintaining their weight loss. The following tips are based on surveys completed by 5,000 individuals whose average weight loss was 72 pounds and who maintained at least a 30-pound weight loss for five years:

- Eat a low-fat, low-calorie diet (most counted calories or grams of fat).
- Increase level of physical activity (approximately 1 hour of physical activity/day and the most common exercise was brisk walking).
- Eat breakfast (most ate cereal and fruit).
- Weigh themselves at least once a week.
- Deal with small weight gains (3-4 pounds) instead of waiting until they had regained 10-20 pounds.

The following tips on how parents can help their children not become overweight are based on a study conducted by Dr. Sara Gable of the University of Missouri. The study, published in the January 2007 issue of the *Journal of the American Dietetic Association*, followed 8,000 children from kindergarten to third grade. Her two tips are:

- Watch less television [children who watched ~2 hours television/day (a total of 14.12 hours television/week) stayed at a normal weight while those who watched ~2¼ hours television/day (a total of 15.63 hours television/week) became overweight].
- Eat more meals around the family dinner table (children who ate 10.26 meals/week with their families did not become overweight while those who ate 9.54 meals/week with their families became overweight).

Gable stated, "Children rely on parents to initiate such things as family mealtimes and to set limits on children's TV time. Teaching children about healthy



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habits requires the whole family's involvement; children are not going to learn these things on their own."

Dr. Heather Niemeier, a researcher at the Weight Control and Diabetes Research Center, collected data from approximately 10,000 adolescents during two time periods. The first time period was in 1996 when the adolescents were 11-21 years-old and the second time period was in 2001-2002 when they were between the ages of 18-27 years-old.

During this five year period, the number of participants considered overweight increased from 29 to 47 percent. Fast food consumption increased from 2 days a week as adolescents to about 2.5 days per week as young adults; breakfast consumption decreased from 4 to 5 days per week during adolescence to 3 days per week by young adulthood.

The study, published in the December 2006 issue of the *Journal of Adolescent Health*, concluded that two behaviors that could prevent adolescents from becoming overweight adults were:

- Eat breakfast
- Decrease fast food consumption

Source: <http://HealthLetter.MayoClinic.com>, January 2007; *J Am Diet Assoc.*, 2007; 107:53-61; *J Adol Health*, December 2006, 39(6):842-849.

Key words: overweight, weight loss.

“Lean” Update

On January 2007, the US Food and Drug Administration (FDA) ruled that packaged foods such as sandwiches, egg rolls, and pizza now qualify to be labeled as “lean.” In the past, these food items could not use this term because the FDA guidelines excluded “mixed dishes that could not be measured with a cup” that weighed less than six ounces.

With this new ruling, the “lean” label can be put on products that contain less than or equal to 8 grams of total fat, 3.5 grams saturated fat, and 80 milligrams of cholesterol in a serving.

Before this FDA ruling, the term “lean” applied only to seafood and game meat products and meal and main dish products that met specific criteria. The United States Department of Agriculture (USDA) also allows “lean” claims for meat and poultry products that it regulates.

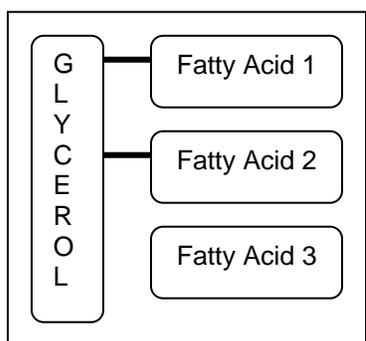
Expansion of the “lean” term was proposed by the Nestle food company in 2004. One of this Swiss food company’s products is Lean Cuisine.

Source: <http://www.fda.gov/OHRMS/DOCKETS/98fr/04p-0183-nfr0001.pdf>.

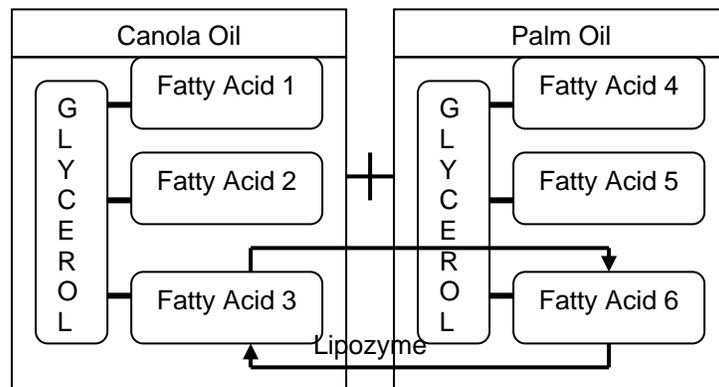
Key words: meat and poultry, fat.

Watch Out for Interesterified Fats

Interesterified fats are being used to replace trans fats in some products. But this new type of fat may be more dangerous than trans fat. To understand what an interesterified fat is, it is necessary to review the molecular structure of fat. A fat molecule is composed of glycerol and can have up to three fatty acids attached to it (see below).



With interesterification, the position of the fatty acids between two fats are switched. For example, in NovaLipid™, an interesterified product developed by Archer Daniels Midland, the fatty acids between a monounsaturated liquid oil (e.g., canola) and saturated oil (e.g. palm) are switched, using an enzyme lipozyme (see below). These interesterified products work well in yeast-raised products and buttercream-icing shortenings.



A study published in the January 2007 issue of *Nutrition and Metabolism* looked at the effects of ingesting three different fats (saturated, trans fat, and interesterified fat) on glucose and cholesterol levels. Subjects consumed the three fats for four weeks and their glucose and cholesterol levels were compared. At the end of the study period:

- LDL-cholesterol levels were significantly higher in the trans fat group (at 128.7 mg) and interesterified (124.8 mg) group compared to the saturated fat group (120.1 mg).
- HDL-cholesterol levels were significantly lower in the trans fat (51.5 mg) and interesterified (50.7 mg) group compared to the saturated fat (55.8 mg) group.
- Fasting blood glucose levels were significantly higher in the interesterified group (120 mg) and trans fat (106 mg) group compared to the saturated fat (101 mg) group.

Bottom line: Modified fats, such as trans fat and interesterified fat negatively alter blood lipid and glucose levels. Check the ingredient list and see if it contains the words “interesterified fat” or “fully hydrogenated oil.”

Source: www.nutritionandmetabolism.org, January 2007.

Key word: fat.

TAX TIME CAN PAY: You may qualify for the Earned Income Credit and the Child Tax Credit

If you worked full-time or part-time during 2006 and you had a low to moderate income, you may qualify for the Earned Income Credit (EIC). You may also receive the Child Tax Credit (CTC) if you had children living with you for at least half of the year. If you qualify you owe less in taxes and you may get cash back. Also, some people who don't owe taxes can get the Earned Income Credit. However, to get these credits, you must file a tax return.

Amounts that eligible persons will receive varies according to their income and circumstances. Below are some figures for the maximum amount that some workers can receive for the **Earned Income Credit:**

- If you lived with one child in your home in 2006 and your family earned less than \$32,001, you can get up to \$2,747.
- If you lived with two or more children in 2006 and your family earned less than \$36,348, you can get up to \$4,536.
- If you had no children living with you, and you earned less than \$12,120 and you were between the ages of 25 and 64, you can get up to \$412.

If you are married, the income limits are \$2,000 higher than the amounts stated above. Many married workers may get a larger EIC.

To get the EIC you must file form 1040 or 1040A and if you had a qualifying child in your home you **must** fill out and attach schedule EIC. A correct name and Social Security number must be provided for every person listed on the tax return and Schedule EIC.

The Child Tax Credit

In addition to the EIC, you may also qualify for the **Child Tax Credit** if you were raising a child in your home for at least six months during 2006. The single or married worker must have a taxable earned income above \$11,300. The child must live with the worker in the US, and be under age 17. Parents of full-time college students under the age of 24 (or students of any age who have total and permanent



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disabilities) may also be able to claim the EIC. The child must be either a citizen or resident alien and must also have either a valid Social Security number or an Individual Taxpayer Identification Number (ITIN). Qualifying children can include:

- Sons, daughters, stepchildren, grandchildren, and adopted children
- Brothers, sisters, stepbrothers, or stepsisters—as well as descendents of such relatives
- Foster children who are placed with the worker by an authorized government or private placement agency.

To claim the Child Tax Credit, you will need to file Form 8812 as well as form 1040 or 1040A. You may need assistance in filling out this form.

VITA (Volunteer Income Tax Assistance) Sites

Get help in filling out your tax forms at VITA (Volunteer Income Tax Assistance) sites available in many communities. IRS certified volunteers prepare taxes free of charge. For a site near you, call 1-800-829-1040. Avoid “rapid refund loans” which are costly. If a VITA site is not located in your county or close by, seek tax preparers that charge low or minimal fees. This will allow you to keep most of your return.

Note: Educators who wish to promote the location of local VITA sites should contact the Idaho IRS VITA territory coordinator, Barbara Sowder, 503-326-2084 or Barbara.R.Sowder@irs.gov for more information.

Source: Adapted from Bankston, J. December 30, 2006. TAX TIME CAN PAY: *Some qualify for the Earned Income Credit and the Child Tax Credit*, article prepared for Kentucky State University Extension.

Key words: tax, income.

Tax Split Refunds Encourage Workers to Save Their Refunds—*New for 2007*

Tax refunds are sometimes the largest lump sums of money that people ever receive. The IRS is now launching an easy opportunity for people to put aside some or all of their refund for a rainy day. This new option for tax filers is called the “split refund.” The “split refund” will enable filers receiving a refund through direct-deposit to arrange for part of it to go directly into a savings account or other account. This will make it easier for tax filers receiving large refunds [such as filers receiving refunds from filing Earned Income Credit (EIC) and Child Tax Credit (CTC)] to take advantage of savings and build assets for retirement, purchasing a home, sending a child to college or other savings goals at the same time they file their return.

Tax filers can split their refund for direct deposit into as many as three accounts such as bank savings or money market accounts, mutual funds and retirement, health and education accounts. However, they will not be able to directly deposit their refund into an account and receive the rest of the refund as a paper check mailed by the IRS.

If you are considering a split refund, here are some suggestions to make the process easier:

- Decide ahead of time how much you want to deposit to each account.
- Check with your financial institution to make sure they accept direct deposits for the accounts you plan on designating.
- Have your account and routing numbers on hand. If you don't have them, you can contact your bank, mutual fund or other financial institution to confirm the numbers.
- Get the new IRS form 8888, fill it out and attach it to your individual filing forms (1040, 1040A/EZ, 1040NR or any of the 1040 series).

The “split refund” may not be the most appropriate option for low-income filers who could lose benefits such as Medicaid, food stamps, or SSI, because their savings may exceed limits required by these programs. However, there are savings options such as the Saver's Tax Credit and Roth IRA that might benefit many low income people receiving tax refunds. Get additional information at VITA sites or other tax preparers.

Note to educators: For more information about split refunds, go to <http://www.splitrefunds.net/>.

Source: Center on Budget and Policy Priorities, 2007. *Free Tax Help and Asset Development: How to Help Families Keep All the Money They've Earned; Split Refunds Build Savings at Tax Time*, accessed 1/24/07 at <http://www.splitrefunds.net/>; Bankston, J. (See citation listed for previous article).

Key words: savings, taxes.

America Saves

America Saves is a nationwide campaign supported by a coalition of 1,000 non-profit groups, employers, financial institutions, and government agencies (including Cooperative Extension) to help individuals and families save and build wealth. It assists families as they pay down debt, build an emergency fund and save for a home, education or retirement. Currently, the campaign has enrolled nearly 64,000 savers at the local, state, and national levels. Several Idaho Extension educators will be offering savings programs in conjunction with this campaign during the **America Saves week, February 25 – March 4, 2007**, as well as throughout this year. The University of Idaho Extension Family Economics Topic Team will explore the launch of a state-wide America Saves campaign during 2008. *America Saves* resources can supplement *Dollar Decision\$* and other financial and community development educational programs. For information about Extension America Saves resources go to: http://www.csrees.usda.gov/nea/economics/fsll/edu_saves.html. General campaign information is available at: <http://www.americasaves.org>.

Key words: savings, education.