



Photo courtesy of Getty Images

BACK TO SCHOOL BITES

FAMILY FEATURES

When it comes to packing lunches and after school snacks for your little ones, it's easy to get into a rut. But by making a few delicious and convenient choices in the grocery store, you can break away from the same old sandwich routine and serve up nibbles and noshes your kids will love.

Whether your star pupils prefer a savory dip, a light and salty snack or a chewy fruit bar, here are a few great choices you can pack.

Pop Up Some Fun

For back-to-school snacking, you can't beat popcorn. Pop up a bowl and let the fun flavor creations begin — sweet, savory or with just a dash of salt. Popcorn is a grab-n-go treat that takes minutes to make. Plus, it's whole grain and contains fiber to fuel the body and keep you feeling fuller longer than other snacks. This beloved treat is also economical, costing mere pennies per serving. For more information, visit www.popcorn.org.



Fuel Their Day

Help them have a great day at school by serving those little learners the proper fuel. With a commitment to creating all natural snacks you can feel good about giving your kids, Nature's Bakery Fig Bars are cholesterol free, dairy free and kosher. From the sweetness of Blueberry to the tartness of Lemon, these bars are available in a variety of jam-packed, fruity flavors. For more information, visit www.naturesbakery.com.

KEEP FOOD FRESH

- Ensure that puddings and yogurts stay cold by freezing them the night before use. You can also freeze water bottles or juice boxes to act as ice packs in lunch containers.
- Keep PB&J sandwich bread fresh by spreading peanut butter on both slices of bread, and avoid saturation by placing jelly in the center.
- Add a paper towel to containers with freshly washed fruits and vegetables. This will absorb any extra moisture, retaining peak texture and flavor.



Dip It Up

For a quick burst of flavor at home or on the go, try Sabra Classic Singles with veggies, pita bread, pita chips or crackers. These 2-ounce servings of creamy Classic Hummus are perfect for the lunchbox or on-the-go snacking and portable enough to bring along on any adventure. For more information, visit www.sabra.com.



Photo courtesy of Getty Images

Serve a Satisfying Snack

Do you need an easy way to pack more protein, calcium and other nutrients into your family's diet? You can't go wrong with a kid-friendly kitchen staple like low-fat yogurt. With a wide array of textures, consistencies and flavors, there are sure to be several varieties that even the pickiest eater will enjoy. Take these beloved flavors to new heights with toppings such as dried fruit, organic granola, dark chocolate and coconut shavings.

Local Consumer Targeted In IRS MoneyPak Scam

OMAHA, Neb. — Tax season may be over but that has not stopped scammers from continuing to pose as IRS officials and making calls threatening jail time and loss of property. Thousands of calls have been made to individuals nationally with total losses around one million dollars.

Better Business Bureaus (BBB) report that consumers have received calls and voice-mail messages stating they need to contact the IRS immediately or they would face legal consequences. Other calls threatened arrest by U.S. marshals for failure to pay the correct amount of taxes.

BBB has been notified by a consumer in Hickman Nebraska that she received a message on her answering machine from the IRS on July 15. The consumer returned the call at 8:15

a.m. on July 16.

The "IRS official" who answered the phone told her that she was delinquent in paying some of her taxes in 2006, 2007 and 2008, and she owed the IRS \$2,704.42. She was also notified that this information had been sent to a "high court" in Washington DC, that this was a time-sensitive issue and that she would need to pay a portion of the amount owed immediately or she would be arrested that day.

The caller stayed on the phone with the consumer while she went to her bank, withdrew \$500, then drove to the nearest CVS Pharmacy and had the money transferred to a Green Dot MoneyPak as instructed. As soon as she returned to her vehicle, the caller asked her for the numbers on the back of the card. After giving him this information,

she told him that she would have to get the rest of the money from her husband. The "IRS official" gave her another phone number to use to let him know when she had the additional funds. The consumer stated, "So I called my husband and then he called BBB, and all things came to a stop." The man continues trying to contact her on her cell phone, but she does not answer.

BBB recommends the following tips if you receive one of these scam phone calls:

- Hang Up — Don't provide any information over the phone. Call the IRS directly using the phone number found on their legitimate website.
- Protect Personal Information — In response to an incoming call, never give out any personal or financial information such as your Social Security

number, financial information or any passwords and other identifying information.

• IRS Contacts via U.S. Mail — If a caller claiming to be an IRS agent notifies you of an outstanding tax debt, but you haven't received official notification from the IRS through the United States Postal Service, it is most likely a scam.

• Look Out for Spoofing — Part of scammers' sophisticated tactics include 'spoofing,' which happens when the caller masks their own number and causes the number of a well-known service, like the IRS, to appear on caller ID.

• Don't give out the number on the back of a MoneyPak — Avoid requests that require you to purchase a MoneyPak and provide the card number via email or by phone.

• Treat MoneyPak cards like

cash — Unlike credit cards, MoneyPak transactions can never be reversed.

• Contact the FTC — File a formal complaint with the Federal Trade Commission at www.ftc.gov/complaint. From the complaint homepage, select "Other" and then "Imposter Scams." In the notes, include

"IRS Telephone Scam."

If you or someone you know receives a threatening phone call claiming to be with the U.S. government, report it to BBB by calling 800-649-6814 or email info@bbbinc.org. For more information you can trust, visit bbbinc.org.

Pastor Lance Lindgren is retiring

Join us in celebrating and honoring his years of ministry.

Worship at 9:30 AM, Sunday, August 3

Vangen Lutheran Church, 300 W 3rd St., Mission Hill.

Potluck dinner to follow the service.

Contact Center items being collected in his honor.