

To Know

A 'little bit of everything' newsletter to help us learn about the world around us.

By: Aren Khanna

Please contact me Aren@aafcc-oroville.org if you would like a specific topic covered in the next issue.

1

Financial Literacy

Sign up to attend our **NEW** Financial Literacy Seminar with special guest Merrill Lynch Financial Advisor Percy McGee!

**What
Career do
you want
to learn
about?**



Visit aafcc-oroville.org

Real People and Real Jobs

An online resource to educate you on jobs in the real world.

Email Me!

2

FOODS FOR FOCUS



Did you know that Food can help us concentrate and pay attention?

Whole grains and Fiber

- a) Help slow down how fast sugar enters your blood which allows for stable energy rather than up and down crash
- b) Foods—Plain popcorn, beans, brown rice, oatmeal, quinoa bananas, fruit with skin, berries avocado, almonds

Omega-3 fatty acids

- a) Help the brain function
- b) Foods— tuna, salmon, tilapia fish, olive oil, canola oil pumpkin seeds, almonds

Crunchy and chewy foods

- a) These foods provide heavy sensory input because jaw muscles have to work hard and this helps increase focus
- b) Foods— hard crackers, pretzels, cheese, nuts, granola bars, corn nuts, peanut butter, carrots, celery, fruit leather, dry cereal

3

Tricks to Get you to BUY



PAY ATTENTION—BOTH IN THE STORE AND ONLINE!

About 10% of sales are online and a lot is buying on impulse...not planned!

Look out
for these
tricks!

In Store

- Big SALE signs
- Expensive items at eye level
- Appeal to senses—smell, visual etc.
- Hyper-Long Lines
- Celebrity Endorsement

Online

- Free shipping with a certain minimum
- Entice with targeted suggestions
- Encourage ADD-ON's to basket
- Constant emails to remind you to buy
- Celebrity Endorsement

AVOID THESE PITFALLS

- Make a list and stick to it
- Compare online and in store prices
- Avoid letting online sites store your payment info
- Take your time filling your cart—Stop and Think

MONEY SAVING APPS

Rakuten— get coupons and earn cash back for online purchases at 2500 stores

The Krazy Coupon Lady— helps you find the best deals, can set up alerts for favorite items; get coupons, rebates and other promotions

