

# 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](mailto: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](http://aafcc-oroville.org)

## [Real People and Real Jobs](#)

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

**Email Me!**

## FOODS FOR FOCUS

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

### Whole grains and Fiber

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

### Omega-3 fatty acids

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

### Crunchy and chewy foods

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

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## 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.

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

