

## Tips for Preventing Electric Shock

Electric shock can be deadly, even if you survive it, you can face life-long consequences. Fortunately, it is preventable, and you owe it to yourself and your family to take steps to protect everyone from a potentially fatal accident. Here are five ways to avoid electric shock.

### Avoid damaged extension cords

Extension cords that show evidence of damage should be avoided. If the insulated covering is damaged and the wire is exposed, discard it immediately. If there is evidence of broken wiring or if it heats up during use, remove it immediately. To minimize the chance of damage in the first place, remove plugs from the base and avoid pulling at the cord. This applies to appliances as well as extension cords.

### Keep appliances away from water

Keep appliances as far from sinks and tubs as possible. If you have an appliance near a window, ensure that the window is closed during rainy weather. Check counters for water and appliances themselves for wet spots before using. *(cont. p2)*

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## Have GFCI outlets installed

Some locations are inherently risky for appliance use, such as kitchens and bathrooms, yet you need to use appliances in those locations. GFCI (Ground fault circuit interrupter) outlets provide the protection you need for those appliances that you do need to use near water. That doesn't mean you can drop your guard and allow these items to get wet during use. Ensure that they stay as dry as possible and keep counter tops dry when you are using electrical appliances.

## Locate wiring in walls before drilling

Sometimes you are exposed to the risk of electric shock from other activities not related to electrical work at all. If you need to drill into your walls for any reason, ensure that there are no hidden wires before making that hole. Use a wire tracing device like a stud finder with this capability to mark off wire locations so you can carry out your task safely.

## No fiddling with electrical wiring

The proliferation of DIY shows and videos might make the repair and replacement of electrical devices seem simpler than it is. When you need to make modifications to your home's electrical system, it's best to call an electrician rather than attempt to modify wiring yourself, unless you are competent in this area. You may succeed at the installation but, someone else in your family might end up hurt. It's not worth the risk to save a few dollars.

If you need help with an electrical project give us a call, and we can keep you and your family safe from electrical shock.

## JOKE SECTION

WHAT DO ELECTRICIANS  
CALL A POWER OUTAGE?

A CURRENT EVENT

WHAT MONTH DOES EVERY  
TREE DREAD?

SEPT-TIMBERRRRRRR!

# How to Reduce Your Food Budget

Just when you finally decide to watch your spending, pay off that debt, save something for retirement, and make some sacrifices, along comes inflation to ruin all your plans. It's frustrating and disheartening. After all, you need to eat, you need to feed your family, and if there are allergies and food sensitivities, you can't always choose the cheapest option. Here are some tips for lowering your food bill.

## Limit bulk shopping

The trick to saving while bulk shopping is to only get the items you use often. For everything else, only get small quantities as you need them. Stay away from perishable bulk items that don't get used in time, like fruits that spoil in the fridge almost every time you buy them. This way, you save each time you shop as well as go through less waste. (cont. p3)





# Emoji PICTIONARY

1 🍂 🔥

2 🍎 🌶️ 🍵

3 🍎 🧛 🌙

4 🏈 📺

5 🌲 🍦

6 🦃 🍴 🍽️

1 Campfire  
2 Pumpkin Spice Latte

3 Halloween  
4 Football Game

5 Pine Cone  
6 Thanks Giving Dinner

## How to Reduce Your Food Budget (cont.)

### Reduce food waste

Food waste occurs when you purchase or cook more than you consume. Reducing bulk purchases of perishable items is one way to reduce this. You can also have a “leftover night” where you consume all leftovers before cooking anything new. Another tip is to do a weekly review of everything in your fridge and pantry to make sure nothing gets wasted.

### Eat out less frequently

You’ll find this on nearly every money-saving list for a reason. Eating out costs more. You’re paying for food, for someone to make it, and for the atmosphere. You don’t have to completely cut this out of your budget, but plan and stick to your limit for each month. When you do eat out, choose cheaper menu options if possible. It’s not the ideal situation, but the savings will be worth the sacrifice.

### Less snacking

Snacking between meals has become something of a daily habit for many people. We’re no longer satisfied with three meals a day. You might be surprised at how much money you spend on snacks. Substitute a cup of tea for an afternoon snack or distract yourself when the cravings hit. It’s not an easy task, but a sacrifice that will benefit your pocket and your health.

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## Grow food

Depending on where you live, it might be easy to grow a fair amount of the foods you buy. As long as you get one thing off your grocery list, it helps. Start researching how to grow staples like potatoes, carrots, and other more filling foods. Focus also on food that grows easily in your region and that you like.

Dealing with a higher food budget can be scary, but there are options for lowering your food bill and lots of information available. Stay focused and you’ll find even more ways to reduce your spending.



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# Slow Cooker Chili

## Ingredients

- 1 Tbsp. Vegetable oil
- 1 Yellow onion, chopped
- 1 Green bell pepper, chopped
- 2 Lb. Ground beef
- 4 Garlic cloves, chopped
- 2 Tbsp. Chili powder
- 1 Tbsp. Ground cumin
- 2 Tsp. Dried oregano
- 1 28-oz. Can diced tomatoes
- 1 8-oz. Can tomato sauce
- 3 15-oz. Cans kidney beans, drained and rinsed
- 1 14-oz. Can beef broth
- 1 Chipotle chile in adobo
- 2 Tbsp. Adobo sauce, from 1 can of chipotle chiles in adobo
- 1 ½ Tsp. Salt
- 1 Tsp. Ground black pepper
- Sour cream, grated cheddar cheese, sliced jalapeños, and tortilla chips, for serving

## Directions

Heat the oil in a large skillet over medium-high heat. Add the onion and bell pepper and cook until softened, 5 to 7 minutes. Add the ground beef and break apart into small pieces with a wooden spoon. Cook until no longer pink, 6 to 8 minutes. Add the garlic and cook 1 more minute.

Drain the beef mixture then transfer to a slow cooker with the chili powder, cumin and

oregano. Stir in the tomatoes (with their juices), tomato sauce, kidney beans, beef broth, chipotle chile, adobo sauce, salt and black pepper. Cover and cook on high for 4 hours or low for 6 hours. Reduce the heat to warm and serve out of the slow cooker.

Garnish bowls of chili with sour cream, cheese, sliced jalapeños, and corn tortilla chips, if you like.