

July 2022

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IRS TAX TIPS

The Internal Revenue Service reminds business taxpayers to plan now to take advantage of the enhanced 100% deduction for business meals and other tax benefits available to them when they file their 2022 federal income tax return.

Business Meals: Businesses can generally deduct the full cost of business-related food and beverages purchased from a restaurant. Otherwise, the limit is usually 50% of the cost of the meal.

To qualify for the higher limit, the business owner or an employee of the business must be present when food or beverages are provided. Moreover, the expense cannot be lavish or extravagant. Restaurants include businesses that prepare and sell food or beverages to retail customers for immediate on-premises or off-premises consumption.

For this purpose, grocery stores, convenience stores and other businesses that primarily sell pre-packaged goods not for immediate consumption, do not qualify as restaurants. Additionally, an employer may not treat certain employer-operated eating facilities as restaurants, even if they are operated under contract by a third party.

For more information about this provision, as well as details on the special recordkeeping rules that apply to business meals, see IRS **Publication 463**, Travel, Gift, and Car Expenses.

Home Office Deduction: With a growing number of business owners now working from home, many may qualify for the home office deduction, also known as the deduction for business use of a home. Usually, a business owner must use a room or other identifiable portion of the home exclusively for business on a regular basis. Exceptions to the exclusive-use standard apply to home-based daycare facilities and to portions of the home used for business storage, where the home is the only fixed location for that business. Those eligible can figure the deduction using either the regular method or the simplified method.

To choose the regular method, fill out and attach **Form 8829**, Expenses for Business Use of Your Home. In general, this form divides the expenses of operating the home between personal and business use. Direct business expenses are fully deductible. On the other hand, the business portion of indirect expenses, such as real estate taxes, mortgage interest, rent, casualty losses, utilities, insurance, depreciation, maintenance and repairs, is figured on this form, based on the percentage of the home used for business.

Mileage Tracking

Internal Revenue Service is revising the optional standard mileage rates that were provided in Notice 2022-3, 2022 I.R.B 308, for substantiating the costs of operating an automobile for business, medical, or moving purposes. Beginning July 1, 2022, the rates are 62.5 cents per mile for business use of an automobile and 22 cents per mile for costs of using an automobile as a medical or moving expense.

Alternatively, instead of filling out the 44-line Form 8829, business owners can choose the simplified method, based on a 6-line worksheet found in the instructions to **Schedule C**, the tax form for sole proprietors. This method has a prescribed rate of \$5 a square foot for business use of the home. The maximum deduction is \$1,500, based on business use of at least 300 square feet. Though homeowners choosing the simplified option cannot depreciate the portion of their home used for business, they can still claim allowable home mortgage interest, real estate taxes and casualty losses as itemized deductions on **Schedule A**. These deductions need not be allocated between personal and business use, as is required under the regular method. Business expenses unrelated to the home, such as advertising, supplies and wages paid to employees, are still fully deductible.

Under both the regular and simplified methods, business expenses in excess of the gross income limitation are not deductible. For more information about this limit along with other details on the home office deduction and both methods for figuring it, see **Publication 587**, Business Use of Your Home.

July is National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

OMH encourages state, tribal, and local leaders, community-based organizations, faith leaders, healthcare providers and individuals to educate your communities regarding mental health stigma.

Visit our web page during National Minority Mental Health Awareness Month for shareable social media messages, downloadable graphics, and health resources. Follow us on Twitter, Instagram, and Facebook, and sign up for OMH newsletters for additional updates.



"WOULD YOU PLEASE STOP READING OVER MY SHOULDER?"



SIMPLE MACARONI SALAD

This **Simple Macaroni Salad Recipe** is filled with all the classic ingredients, tossed in a creamy sauce and perfect for summer potlucks and parties!

Prep Time 10 mins Cook Time 15 mins Servings: [12](#) Calories: 321 kcal
Author: Shawn, <https://iwashyoudry.com/simple-macaroni-salad-recipe/>

Ingredients

- 1 lb. elbow macaroni noodles, uncooked
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/2 cup diced red bell pepper
- 1/2 cup frozen peas
- 1 cup cubed sharp cheddar cheese

For the Dressing

- 1 cup mayo
- 1/4 cup distilled vinegar
- 3 tbsp sugar
- 1 tbsp dijon mustard
- 2 tbsp sweet pickle relish
- 1 tsp salt
- 1/2 tsp black pepper

Instructions

- Cook the noodles according to package instructions, then drain and rinse with cool water. I like to add a few ice cubes to the noodles while running cool water over them to help cool the noodles faster. Drain and add pasta to a large bowl.
- Add in the diced celery, red onion, red bell pepper, peas and cheese.

For the Dressing:

- Whisk together the dressing ingredients in a small bowl until smooth and creamy.
- Pour the dressing into the large bowl of macaroni and stir to coat evenly. Keep the salad covered and refrigerated until ready to serve. Enjoy!

JULY

July 1

National Gingersnap Day

July 4

Independence Day

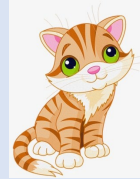


July 7

National Macaroni Day

July 10

National Kitten Day



July 17

National Lottery Day

July 20

National Lollipop Day



July 23

Gorgeous Grandma Day

July 24

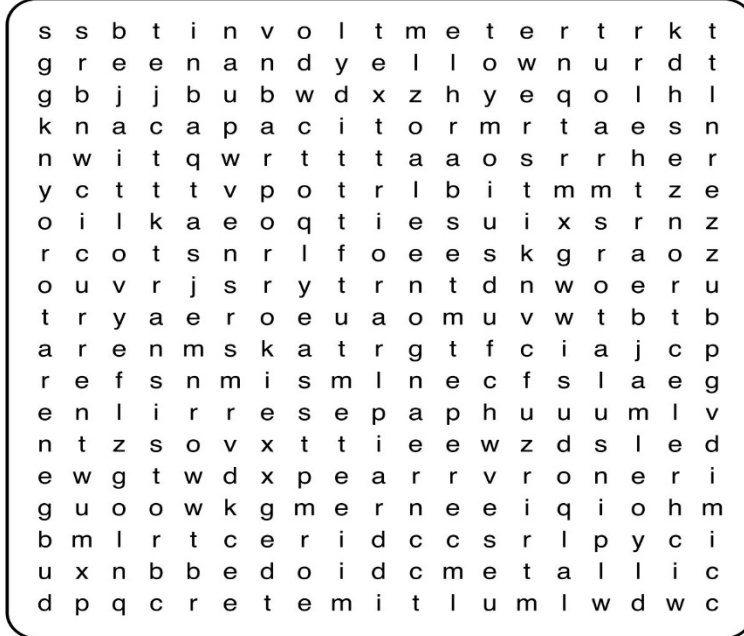
National Tequila Day

FORMS OF
PAYMENT NOW
ACCEPTED:

- VISA
- MASTERCARD
- AMERICAN EXPRESS
- DISCOVER CARD
- VENMO
- FACEBOOK PAY
- CASH
- PERSONAL CHECK

Electricity Word Search

alternating
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ampere
battery
blue
brown
buzzer
capacitor
conductor
current
diode
direct
earth



electron
filament
fuse
generator
green and yellow
insulator
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thermistor
transistor
tungsten

Tax Times July 2022

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