



# Strengthening Oklahoma Families

## Eat Right For Your Stage In Life

The [Academy of Nutrition and Dietetics](#) recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. With March being National Nutrition Month's, it is a great time to focus on the changes a person's body needs through various stages of life.

Janice Hermann, [Oklahoma State University Extension](#) nutrition specialist, said what worked in a person's 20s won't necessarily work on their 50s.

"As you age and evolve, so do your health and nutritional needs. That's why it's so important to eat right for life," Hermann said.

This year's National Nutrition Month's theme is Personalize Your Plate and promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year.

Hermann said the new 2020-2025 Dietary Guidelines for American provides research-based advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat.

DGA guidelines for healthy eating include:

Teens to 20s: Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Some non-dairy options for calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.



20s to 30s: Eat more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds in an effort to reduce the risk of chronic diseases such as obesity. Women of childbearing age should include sources of folate, such as beans, peas and leafy greens, as well as consume foods that are fortified with folic acid, such as breads, cereals and other grain products.

30s to 40s: At this age, continue with a wide variety of foods, especially fruits and vegetables, whole grains and beans, as well as peas and lentils.

These foods contain essential vitamins, minerals, antioxidants and dietary fiber.

40s to 50s: Continue incorporating regular physical activity. This is important because the body is changing due to fluctuating hormones and slowing metabolism. In addition, fine tune your healthful eating habits. Limit foods and beverages with added sugars, salt and saturated fats.

60s and beyond: A variety of protein-rich foods are a must to maintain bone strength in this stage of life. Try to incorporate strength-building activities to help maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which can be a concern for older adults. Check with your healthcare provider about a vitamin B12 supplement.

National Nutrition Month's was initiated in 1973 as a week-long observance. It became a month-long observance in 1980 in response to the growing interest in nutrition.

# OHCE News & Notes



## OHCE Week May 2-8, 2021



Be making plans for promoting OHCE Week, including recruiting new members! It can be as simple as inviting a neighbor or a friend from work to your next meeting. Encourage new friends to join our organization by explaining that our organization is educational

and community minded, as well as social.

Each group is encouraged to promote OHCE WEEK with your own plans such as store front windows, posters, teas, or community events. Do your best to promote the OHCE Week!

### May Leader Lesson

April 23rd @ 2:00 p.m.

“Nurturing Your Emotional Health”

June—OPEN (No lesson in May)

### Lunchtime Learning

May 14, 2021 @ 12:00 p.m.

“Boho Wall Hanging”

Cost is \$10, light snacks will be provided. Call the Alfalfa County Extension Office to RSVP by May 7th.



## OHCE SPRING ASSOCIATION MEETING

March 23, 2021



The Alfalfa County Home and Community Education held their annual spring meeting Tuesday, March 23rd at the Alfalfa County Fairgrounds. Hostess and Registration groups were Farmerettes and Jet Industrious. Cheryl Poe, County President, presided. Members were led in the flag salute and OHCE Creed by Suzie Salinas. Wilda Flaming gave the devotion. Jenny Rieger, Cherokee City-County

Librarian, gave the program on new programs and updates at the library. County committee reports were presented and the business meeting was conducted.

Member awards were presented to :

♦ 60 Year Member: **Cecilia Castle**

### **ACB Bank Awards**

- 1st Place - Jet Industrious
- 2nd Place - Domes-ti-Kates



## Flower Show



Open to the public (must be a resident or living in the school district of Alfalfa County)

Entries 7:30am – 9:30am

Judging 10:00am – 12:00pm

Dismissal of exhibits 3:00pm

Educational Program is open to the public from 1:00pm – 3:00pm

A lunch open to the public will be served by donations with proceeds going to the County OHCE. Each group is asked to bring a 3 dishes: - side dish, - salad and—a dessert for the meal. The Farmerettes will serve the meal and provide the meat.

Each group is also asked to bring a door prize.

Rules & Information can be found in this publication on page 12-13

## Grooming Tips

Flowers and plants should be groomed to remove dirt and spray residue. Foliage should be clean, all yellow leaves removed. No oil, dressing or wax should be applied to add an unnatural sheen to the foliage. Specimens may be groomed in any way that does not alter their typical features. Bring your own containers, such as a pop bottle. Exhibit pansies in an aluminum pie pan covered with clear plastic wrap.

1. Cut stems at a slant.
2. Blooms can be held back by putting wax paper over them.
3. Buds should be 2/3 open. They can be opened by blowing warm air on them.
4. Specimen should be cut early in the morning of the show. They may even be cut the day before the show.
5. Stems on peonies should be 15 inches or less.
6. Leaves should be left on flowers for the show.
7. Use a sharp knife rather than shears when cutting, so more water can be absorbed.
8. Lilac stems should be pounded with a hammer for better water absorption.
9. Iris should have 1 to 3 blossoms per stem.
10. To harden: (Open several buds) Immerse flowers up to neck in cool water in a large container overnight.
11. No foil on pot containers.
12. Arrangements should be 1 ½ times taller than their container.
13. Display evergreens flat.

## Prizes Awarded

Horticultural

Artistic

and

Best of Show

## Alfalfa County Flower Show Schedule

- Entries 7:30am – 9:30am
- 7:30 am – 3:00 pm Plant Exchange, (bring your clippings & seeds)
- Lunch – 11:45am – 12:45pm, by donation
- 1:00–3:00 p.m. Mini Smart Workshops
- Exhibits on Display 12 noon to 3:00 pm

## MINI SMARTS

## WORKSHOPS

**1:00pm – 1:45pm**

**“All About Succulents”**

**Lynetta Cressler**

**Cost is \$10**

**2:00pm – 3:00 pm**

**“Pruning Trees”**

**Tommy Puffinbarger**

**No Cost**



## Alfalfa County Flower Show

Wednesday

May 5, 2021

Alfalfa County Exhibit Building



Cherokee, Oklahoma

- Entries 7:30am – 9:30am
- 7:30am – 3:00pm Plant Exchange (Bring your clippings & seeds)
- Judging 10:00am – 12 noon
- Lunch – 11:45am – 12:45pm
- Exhibits on Display noon-3:00pm
- 1:00pm – 1:45pm “All About Succulents”  
with Lynetta Cressler Cost \$10
- 2:00pm – 3:00 pm “Pruning Trees”  
With Tommy Puffinbarger

## Mini Smarts

Open to the Public

Must be resident of Alfalfa County or in the  
Alfalfa County School District to enter



Sponsored by:  
EXTENSION  
Alfalfa County Oklahoma Home and  
Community Education

Alfalfa County Cooperative Extension Service

## General Rules

1. All Classes are open to the general public. Must be a resident or in the school district of Alfalfa County.
2. Horticulture specimens must be grown by the exhibitor. Artistic department materials may be purchased or grown.
3. All house plants must be in the possession of exhibitor for six weeks.
4. Flowers will be displayed in a narrow neck container or pop bottle.
5. All tea roses must be disbudded (remove all buds except the flowers to be judged.) Exhibit on an 8" to 10" stem with foliage.
6. All horticulture must be cleaned, groomed, and be bug free.
7. All arrangements must be made by the exhibitors
8. Accessories may be used in all classes of arrangements.
9. The flower show committee will not be responsible for containers or accessories, but all care will be taken to protect properties.
10. The show will be judged by the standard method of judging.
11. Special awards will be given to the Best of Show in, Artistic, Horticulture Arboreal / Greenery, Iris and Other Blooming Thing.
12. Individuals are limited to 2 entries per class.
13. African Violets should not be entered if they have double crowns.
14. No artificial or painted materials which represent horticulture item will be allowed in any fresh arrangement. (Unless otherwise stated.)
15. To display pansies, fill an aluminum pie plate with water, cover with clear plastic wrap and poke holes to insert pansies.
16. All classes require fresh or live plants unless otherwise stated.

## Artistic Department

Purchased or Grown Exhibitor

**Class I** Nature's Beauty – An arrangement using native material, driftwood, moss, rocks, shells or any material that adds to the arrangements may be used.

**Class II** Breakfast Table Arrangement – A. Fresh B. Silk Horizontal in design, free standing flowers of exhibitors choice for a small breakfast table.

**Class III** Spring Greens – An arrangement using shades of green foliage (monochromatic). (Fresh) No flowers

**Class IV** Cute and Tiny – A small arrangement using miniatures. No more than 5 inches. (Fresh)

**Class V** Tea Cups – A. Fresh B. Silk A circular arrangement in a cup and saucer, use your imagination.

**Class VI** Just for Fun – A. Fresh B. Silk Use your imagination to develop this fresh or silk arrangement.

**Class VII** Religious Interpretation – (Such as a cathedral arrangement using a Madonna, white flowers and green foliage.) (Fresh)

**Class VIII** Decorative Birdhouse Arrangement – Use a birdhouse of your choice or let your imagination flow arranging fresh, dried or silk flowers.

**Class IX** Patriotic Arrangement

A. Fresh B. Silk

**Class X** Arrangement using marigolds, any kind.

### **Horticulture Department Grown by Exhibitor**

**Div. I** Iris Bearded blue, dark blue, light blue, blue blend, white, yellow, dark yellow, light yellow, yellow blend, purple, dark purple, light purple, purple blend, purple yellow, purple/white, intermediate purple, light purple, purple blend, black, black tri colors, pink, dark pink, light pink, pink blend, bronze, bronze blend, peach, peach blend, green & other, Spuria, (all colors) Historical Iris, Dutch blue, white, yellow, other

**Div II** Peonies

White (singles, doubles)

Pink (singles, doubles)

Red (singles, doubles)

**Classes will be added as needed in all divisions**

### **Div III** Roses

Hybrid Tea (exhibit 1)

Peace not to be judged against any others

Floribunda (exhibit 1 spray)

Rambler (exhibit 1 cluster)

Climber (exhibit 1 cluster)

Miniature (exhibit 2)

Rose buds

Other Roses

### **Div IV** General

Day Lily, Water Lily (exhibit 1)

Amaryllis (exhibit 1)

Clematis

Daisy (exhibit 3)

Pansies (exhibit 3, rule 15)

Columbine (exhibit 3 stems)

Herbs, Any other blooming' thing

Water plants blooming & not blooming

### **Div V** House Plants: Foliage Plants

Blooming African Violets, Singles & Doubles

Vines, Begonias, Ferns, Mixed Succulents

Hanging Baskets Other

### **Div VI** Arboreal

Trees, Shrubs and Vines (branch)

Flowering Branch

Broadleaf Evergreens (branch) (display flat)

(Euonymus, Arborvitae, Holly, Japonica, Ivy, other)

Needled Evergreen (branch) (display flat)

(Pine, Spruce, Juniper, Yew, Other)

### **Div VII** Cactus, Any kind, thorns and no thorns

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