



JANUARY 2023

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

EXTENSION

OHCE 2023 Lessons

Extension provides OHCE with their monthly, researched-based prog. The Non-formal educational lessons are used with Oklahoma Home and Community members in local group meetings with a goal of increasing awareness and knowledge, enhancing skills, and encouraging practical application to improve the quality of life of Beaver County citizens.

OHCE MEMBERSHIP is open to all people. OHCE groups are located around the county: Anthony, Clearlake and Logan communities. Please feel free to attend one and see why membership is so enjoyable. (And affordable). Contact the Beaver Co. Extension and we will connect you with a club in your area.

The following are 2023 OHCE Lessons:

- February----- Get Fit Sitting
- March ----- Food Bombs
- April ----- Refurbished Items using Hankies and Doilies
- May----- Semi-Homemade Cooking
- June ----- Hummingbirds and Butterflies
- July ----- Diet & Inflammation
- August ----- Easy Meals for 2
- September----- Fair Preparations
- October ----- Sleep: Want It, Need It, Get It
- November----- One Dish Meals
- December----- Holiday Celebrations

##January Lesson's **Bar Cookies** Handouts Now Available##

Beaver County Extension

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OSU Extension



FIGHT DIABETES

There are two Program opportunities for improving your health .

LEAD-Live well, Eat well, be Active with Diabetes.

Free Diabetes Series especially geared for managing Type 2 Diabetes. Classes will be Wednesdays in March from 6:30-8:00 PM. MARCH 1, 8, 22, *, 29
* None Spring Break. Classes will be live at the Beaver Co Extension Office. Please Register by calling the Beaver Co Extension at 625-3464.

Virtual Option: Please fill out the form on the website to register for the class and receive a Zoom link. Call Kelsey at (580) 927-2262 with any questions. <https://tinyurl.com/2c93xenx>

DIABETES PREVENTION PROGRAM

Have you been diagnosed with Pre-Diabetes? Help is available! This FREE virtual class series starts **Monday, February 20th at noon** and will continue to meet on **Mondays at noon**. This program lasts for one full year. The class will meet weekly for the first six months and then once per month for the next six months. If you are interested and can commit to the full year of programming, please fill out the form at <https://tinyurl.com/yc8c3sur> (I am a certified instructor if you are interested in a personal contact. Ask for Liz at the Beaver Ext. 625-3464.) For info about this **national program**, go to <https://www.cdc.gov/diabetes/prevention/about.htm>

West District OHCE Meeting (North Region) "GET A CLUE WITH OHCE"



Host Counties:
Alfalfa, Garfield, Grant & Woods

SATURDAY
MARCH 25, 2023

NWOSU Campus
(Easy Access & Handicap Accessible)
2929 E. Randolph - Enid

MEETING REGISTRATION: \$25 DUE BY FEBRUARY 23, 2023
LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

SEND TO:

CAROL COLE, BEAVER CO TREASURER (CONTACT INFO IN YEARBOOK)

SATURDAY ~ MARCH 25TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

WORKSHOPS

- Cookie Decorating
- Drug Awareness
- Eating Healthy with Rising Costs
- Help! Bugs Are Eating My Garden
- History of Aprons
- Napkin Folding
- Spring Holiday Canvas Painting
- Succulents
- Value Added Products – Wheat & Beef



DESIGNATED CONFERENCE HOTEL
\$98/NIGHT

GLO BEST WESTERN
123 W. MAINE STREET, ENID
(580) 540-4172 - ROOM BLOCK: OHCE
RESERVE YOUR ROOM BY MARCH 1, 2023

PULSES



Beans, peas, and lentils belong to a group of vegetables called “pulses.” This group includes all beans, peas, and lentils cooked from dry, canned, or frozen, such as: kidney beans, pinto beans, black beans, pink beans, black-eyed peas, garbanzo beans (chickpeas), split peas, pigeon peas, mung beans, and lentils. Lentils come in varieties that are mostly identified by their colors, such as brown, black, red, and green.

Green peas, green lima beans, and green (string) beans are not part of the beans, peas, and lentils subgroup because their nutrient content is more similar to other vegetable subgroups. Green peas and green lima beans are grouped with Starchy Vegetables. Green (string) beans are grouped with Other Vegetables such as onions, avocado, beets, and cabbage.

You can choose to count beans, peas, and lentils as part of the Vegetable Group or the Protein Foods Group depending on how they fit into your overall eating pattern. They are excellent sources of dietary fiber and nutrients such as folate and potassium, similar to vegetables. They are also excellent sources of plant protein and provide other nutrients such as iron and zinc, similar to protein foods. Because they are similar to meats, poultry, and seafood in their contribution of certain nutrients, beans, peas, and lentils are vegetarian options within the Protein Foods Group. Due to their high nutrient content, consuming beans, peas, and lentils is recommended for everyone, including people who also eat meat, poultry, and seafood regularly.

For more on counting pulses in the diet, go to the link below for specifics:
<https://www.myplate.gov/eat-healthy/protein-foods/beans-and-peas>

HEARTY LENTIL SOUP

Serves: 12 | Serving Size: 1 cup

Ingredients:

- 5 cups vegetable or chicken broth
- 2 cups water
- 1½ cups lentils, picked over and rinsed
- 1 cup brown rice, uncooked
- 2 (15 ounce) cans diced tomatoes with liquid
- 3 carrots, peeled and sliced
- 1 large onion, chopped
- 1/2 cup celery (~2 large stalks), chopped
- 2 large garlic cloves, minced
- ½ teaspoon EACH basil, oregano, thyme
- 1 tablespoon parsley
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions:

1. In a large, heavy saucepan, combine all ingredients, and bring the soup to a boil.
2. When boiling, reduce the heat, cover and simmer the soup for 45 to 55 minutes or until lentils are tender. Stir occasionally.
3. If necessary, thin the soup with additional hot broth or water.

Tip: If using fresh instead of dried herbs, triple the amounts listed.

<https://extension.umaine.edu/homemakers/2022/01/03/maine-extension-homemakers-newsletter-winter-spring-2022/#recipes>

Nutrition Facts Serving size: 1 CUP	
Amount per serving: Calories 186	
	% Daily Value*
Total Fat 1.7g	2%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Sodium 717mg	31%
Total Carbohydrate 37.1g	14%
Dietary Fiber 7g	25%
Total Sugars 1.9g	-
Protein 9g	-
Vitamin D 0mcg	0%
Calcium 113mg	9%
Iron 4mg	24%
Potassium 947mg	20%

Read through the nutrition label for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals. I calculated this info at <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>



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OHCE NEWS

Upcoming Training Dates

- ◇ FEB 15—**FOOD BOMBS** @ Fair Grounds’ Kitchen—NOON. Bring your lunch & drink; food samples will be offered.
- ◇ MARCH 3—OHCE SPRING COUNCIL 10AM in the Extension Office. \$12 Registration for provided lunch. **RSVP by 2/28.**
- ◇ MARCH 27—**Refurbished Doilies and Hankies in the** Ext Office at 11am. Bring your recycled heirlooms items for show and tell. * Dignity Bib Sewing at 1pm
- ◇ APRIL 26—**Semi-Homemade** Cooking @ Fair Grounds’ Kitchen —NOON

DIGNITY BIBS Come & Go Workdays March 27, 28, 30

Come to one or all sewing work days to create Dignity Bibs at the Ext. Office: March 27* @1—4pm; March 28 and March 30 @10am—4 pm. If able to donate Men’s Shirts, prints or plaids suggested. *Even if you don’t sew—we need cutting and pressing help too.*

“Old age is the most unexpected of all the things that can happen to a man.” – Leon Trotsky

Life-long learning is a part of OHCE.

Don’t wait to register for the District OHCE meeting. Let’s get a big carpool going! See page 2.

WANTED:


Tried and true FAVORITE recipes for:

- * ONE POT MEALS
- * EASY MEALS FOR 1 OR 2
- * SEMI-HOMEMADE DISHES

Send or email to: elizabeth.mcbee@okstate.edu



Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. www.OHCE.okstate.edu



FAMILY & CONSUMER SCIENCES

Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth, and well-being through research-based Extension education and programs that are proven to work.

