

Eating Healthy and Reducing Food Waste

Interest rates, utility bills and food prices have skyrocketed lately, making it more difficult for consumers to make ends meet. With grocery prices at an all-time high, it's more important now than ever to make wise choices at the supermarket in order to put healthy meals on the table, stay within budget and reduce food waste. Household food waste represents about 44% of all food waste generated in the United States.

One of the best ways to stay on a budget is to plan meals.

Planning your meals in advance and buying only what is needed for those meals will help reduce your grocery bill. Plus, a meal plan can help incorporate leftovers, which reduces food waste. Sunday's roast can become Tuesday's beef stew. A roasted chicken can be turned into other meals such as chicken salad or a chicken potpie. Wasting food is simply throwing money away.

As you make a meal plan, look through the refrigerator, freezer and pantry to see what's already on hand and plan around those ingredients. Be sure to include breakfast, lunch, dinner and snacks. Visit the USDA's MyPlate Kitchen for recipe ideas. Check out sales flyers and plan meals around things that are on sale. If your budget allows, stock up on shelf-stable items or things that can easily be frozen.

When making your grocery list, be sure to include things such as fruits, vegetables and milk that may not be part of a recipe but are basics for healthy eating. Meat prices are higher, so in order to save money consider planning some meals with less expensive alternative proteins such as beans, peas and lentils. Try to make half of your meal from fruits and vegetables, then fill in the rest with healthy proteins, dairy and whole grains.

It's important to make and stick to a shopping list. Organize the list into different sections of the store to avoid backtracking through the aisles. Because stores place the priciest items at eye level, look at the upper and lower shelves for better bargains.



Reading the Nutrition Facts label helps guide consumers in purchasing healthy foods. Look for reduced fat or low-fat on the label.

Compare labels on similar foods to see which one better fits a healthy eating plan. Keep in mind fresh, frozen and canned fruits and vegetables are healthy options. Seasonal produce will cost less and be at its peak flavor but buy only what you can use before it spoils.

Check out this SNAP-Ed seasonal produce guide to help explore different fruit and vegetable options throughout the year. In addition, if the local supermarket doesn't offer a large selection, consider other purchasing options such as farmers markets for the freshest produce.

Drink water instead of soda and other sugary beverages. Tap water is easy on your wallet and has zero calories. A reusable water bottle is a great way to take water on the go and avoid the high cost of bottled water from a convenience store.

Another great tool to help ensure consumers use food while at peak quality and reduce waste is the USDA FoodKeeper app available for most smart devices. Consumers often throw food away because they're not sure of its quality or safety. This app serves as a guideline to help consumers better understand food and beverage storage. It also provides safe food handling and preparation information.

USDA's MyPlate website has a helpful section called Healthy Eating on a Budget. Check it out for ideas to keep your food budget in check all while providing healthy food choices for the family.

Major County OSU Extension Center

**500 E. Broadway
Courthouse Suite 3
Fairview, OK 73737**

Phone— 580-227-3786

Fax— 580-227-4786

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/major

Facebook page-

Major County OSU Extension

Blaine County OSU Extension Center

**212 N. Weigle Ave.
Courthouse Suite 101
Watonga, OK 73772**

Phone— 580-623-5195

Fax— 580-623-5242

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/blaine

Facebook page-

Blaine County OSU Extension

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OSU Extension's Role in Public Health Impacts all Oklahomans

Most Oklahomans strive to live a healthy lifestyle but may not realize the role public health plays in achieving that goal. What is public health? Public health is to help prevent disease and promote good health for all populations.

If you stop and think about it, public health plays a role in every aspect of your life. You get up in the morning and make a pot of coffee with clean water. You brush your teeth with that same clean water. A healthy breakfast is made with foods that are inspected after leaving manufacturing facilities that were also inspected. Knowing this gives the public confidence that the foods they're about to put into their bodies are safe for consumption.

Who doesn't love to go out to eat on occasion? At the restaurant, patrons may notice the food service license signed by the state health inspector. This helps ensure the public knows the food is sanitary and has been cooked and handled properly.

Public health is so many things in addition to food safety. It's the staff at your daycare center who have been trained about the importance of hand washing and other techniques to avoid spreading disease. It's the flyer on the bulletin board at work about the new exercise program available to employees to help reduce the risk of many diseases by staying physically active.

What else is public health? It's the air you breathe, the vehicles you drive that pass safety inspections before being sold or the car seat safely secured in the back seat. It's the small, clean pond in the local park that houses a family of ducks. It's the sanitation department that regularly picks up garbage and properly disposes of it in a licensed landfill, which in turn keeps the neighborhood clean. It's the quality care you receive in the hospital. In addition, it's the public health officials who are on top of health issues that affect the public.

OSU Extension offers many opportunities to the public that support the mission of public health. We offer diabetes prevention programs, along with programs that focus on healthy eating, exercise and mental health. Our goal is to provide more educational opportunities to our clientele that supports public health. Programming available through OSU Extension is geared toward all ages, from young children through senior citizens and is offered free or at a low cost. Programs such as Walk with Ease, L.E.A.D, Farm to You, and many more promote good health for Oklahomans. County Extension educators provide research-based information that is valuable to everyone in the state, and this information and these programs all tie into the basis of public health.

The pandemic taught us a lot about the importance of public health and the prevention of spreading disease, and there were some good outcomes from it. For example, due to necessity, many OHCE members upped their technology game to continue to be able to meet because no in-person activities were taking place. We're back to in-person meetings, but they may now have more advanced computer skills.

So, when you think about public health, it's much bigger than what people realize. Public health is for everybody, every day, everywhere.

Food Handlers: **Food Safety Training**

Choose from one of these 2023 dates:

-May 11 -July 13 -September 14 -November 9

(other dates can be scheduled as requested)

-3:00 P.M.

-Online Format Only- Zoom- (participants will need internet access)

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 & 1/2 hours. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Completion certificates will be given.

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator- FCS/4-H & County Extension Director
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension--580-227-3786
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737

Blaine County OSU Extension--580-623-5195
212 N. Weigle, Suite 101 Courthouse
Watonga, Oklahoma 73772





Blaine County OHCE *News and Notes*



West District Meeting: this meeting is Saturday, March 25 in Enid. You can still register late; contact Dana if interested.

Lesson Leader Trainings: There will not be a Lesson Leader Training in March (for April your meetings) since *Eating Healthy with Rising Food Costs* is a district lesson. Materials will be mailed to the lesson leader after March 25.

The Lesson Leader Training in April (for May meetings) is Thursday, April 27 at 10 a.m. at the Watonga Library. The lesson is *What Shoe are You?*.

Volunteer Hours: Thank you for continuing to submit volunteer hours. In 2022, the hours submitted from our county had a dollar value of \$16,170 and a value in volunteer hours equal to \$15,469. Great job! Again, these numbers are beneficial to OSU Extension's county, district, state, and national reporting.

County Officers Meeting: The next quarterly County Officers Meeting will be on Monday, April 24 at noon at the Watonga Library.

High School Scholarships: The OHCE High School Scholarship applications are due to the OSU Extension Center by Friday, April 14. Application forms have been sent to all county schools.

Check us out on Facebook! For updates and announcements, check out and "Like" our page on Facebook: *Blaine County OSU Extension*.

We're on the Web, too! Check out our website: <https://extension.okstate.edu/county/blaine>

5th Grade Wellness Day: This event has been rescheduled to Thursday, March 30 at the fairgrounds, Cookies will need to be at the fairgrounds by 11 a.m. if we don't already have them and anyone that can help with lunch please arrive by 11 a.m..

OHCE Week and Luncheon : 2023 OHCE Week is May 7 to 13. We will have a luncheon to celebrate the week on Monday, May 8 at noon at the Noble House. Please invite guests and plan to share a favorite story about OHCE. Please RSVP to the OSU Extension Center by Friday, May 5 if you plan to attend.

Author Visit: Oklahoma author Hannah Harrison will be at the Watonga Library on Tuesday, May 9 to meet with students from the county. This literacy project is sponsored by Blaine County OHCE.

Jam & Jelly Workshop, and More Program Opportunities: See the insert in on page 4 about the Back to Basics Jam & Jelly Workshop on Thursday, May 4 in Alva. Check out details about other upcoming programs in this newsletter as well.

Ag Safety Day: 3rd grade students will be participating in Ag Safety Day on Thursday, April 13 at the fairgrounds. We are asking OHCE groups for cookies and members to help with lunch. Group Presidents will be contacted regarding the number of cookies needed, so be watching for more details.

Fair Judges Training: A district-wide Fair Judges Training will be held on Tuesday, May 16 at the fairgrounds in Fairview. A promotional brochure will be available and sent out to each member soon. This is a great opportunity! Registration will be due May 1.



2023 Class Sessions June 7, 14 and 21 and October 3, 12, 17 and 26

June session will meet from 2-5:00 p.m. at the Major County Fairgrounds in Fairview
October session will meet from 6-8:00 p.m. at the Blaine County Fairgrounds in Watonga

For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Building Courage & Self Esteem
- Cooperation & Communication
- Understanding & Redirecting Misbehavior
- Responsibility & Discipline
- Active Parenting for School Success

Fee for the class is \$30.00 per participant per entire session.

Please pre-register no later than one week prior to the first class date of the session you plan to attend.
(at least 3 people must be pre-registered for the class to be held)

If interested, contact either the Major or Blaine County OSU Cooperative Extension Center.

580.227.3786 (Major County) 580-623-5195 (Blaine County)

2023 BACK TO BASICS WORKSHOPS

-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-



-Thursday, May 4 at the Woods County Fairgrounds in Alva-
Jam and Jelly Making

-Thursday, August 3 at the Major County Fairgrounds in Fairview-
Pie Making

Workshop times: 1:00 p.m. to 5:00 p.m. each day

Fee: \$15/per person each day

Holiday Happenings- Thursday, November 2 at the Blaine County Fairgrounds, Watonga.
Details and fee will be announced as it gets closer.

Please RSVP and pay the fee no later than the Monday prior to the workshop you plan to attend.

Contact your OSU Extension Center:

Alfalfa County-580.596.3131

Blaine County-580.623.5195

Major County-580.227.3786

Woods County-580.327.2786

L. E. A. D.

Live well

Eat well

be Active

with Diabetes

***A Program for People with
Diabetes and their Families***



June 6, 12, 20 & 26, 2023 (Mondays/Tuesdays)

Time: 6:30 to 8:00 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited (Register by June 1)

580-623-5195 (Blaine Co.) • **580-227-3786** (Major Co.)

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will also include demonstrations on how to prepare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.

Presenter: Dana Baldwin, OSU Extension Educator

HOUSE CLEANING CHEAT SHEET

What to clean and how often:

from Reader's Digest

EVERY DAY

- Put things away when you finish using them.
- Wash dishes, wipe kitchen counters, clean up stove spills, and empty trash as needed.
- Squeegee showers after use to prevent mineral deposits and mildew.
- Wipe sinks.
- Make beds and straighten rooms.

TWICE A WEEK

- Dust-mop hardwood floors to prevent scratching from dirt.
- Put away clutter.
- Vacuum if you live in a dusty region or have children & pets. Otherwise, weekly vacuuming should suffice.

ONCE A MONTH

- Wipe or vacuum baseboards and blinds.
- Sweep the garage, patio, and walkways.
- Vacuum upholstered furniture with the brush attachment.
- Clean ceiling fixtures in one room per month (rotate).
- Wash throw rugs.
- Dust ceiling fans.

EVERY THREE MONTHS

- Polish wood furniture.
- Remove cobwebs from ceiling corners, stairwells, and such.
- Change or clean furnace and air-conditioner filters (less frequently in low-use seasons).
- Clean the oven (monthly if grunge builds up quickly).

EVERY SIX MONTHS

- Wash windows inside & out. Do this quarterly for windows near work spaces (the kitchen sink or a desk).
- Declutter storage areas in the basement, attic, and garage.
- Vacuum, flip, and rotate mattresses.
- Polish silver.
- Air out pillows.

ONCE A YEAR

- Move heavy furniture to clean behind and underneath.
- Vacuum rug pads and the backs of area rugs.
- Clean drapes and carpets.
- Turn area rugs 180 degrees to even out wear.
- Wash walls.
- Clean chandeliers.

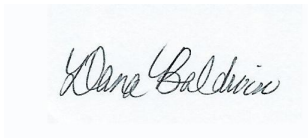


Blaine County OSU Extension Center
 212 N. Weigle Ave., Suite 101, Courthouse
 Watonga, Oklahoma 73772

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Dana Baldwin
 Extension Educator-
 Family & Consumer Sciences/4-H Youth Development
 & Major County Extension Director/
 Interim Blaine County Extension Director



Newsletter Editor:

Family & Consumer Sciences as-sists 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.



Oklahoma Home & Community Educa-tion, Inc. (OHCE) is a local and state wide partner with Cooperative Exten-sion 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