

Eat Healthy, Cut Food Costs and Reduce Food Waste

Grocery prices are continuing to rise, and consumers are feeling the pinch. March is National Nutrition Month so now is a great time to address healthy eating while saving money and cutting down on food waste.



With higher costs on utility bills, rising interest rates and increased food prices, consumers are finding it harder to make ends meet, said Janice Hermann, Oklahoma State University Extension nutrition specialist.

"It's more important now than ever to use wise strategies before, during and after grocery shopping to put healthy meals on the table, maintain your food budget and reduce food waste," Hermann said. "A healthy eating style can help you be healthier now and in the future, which in the long run can save money on healthcare costs."

Hermann suggests becoming familiar with USDA's MyPlate and using it as a guide to create an eating plan. MyPlate can help make small changes that pay big dividends both in your pocket and with your health.

When planning meals:

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Use low-fat or fat-free milk or yogurt
- Vary the protein
- Consume foods with less saturated fat, sodium and added sugar
- Drink water instead of buying other beverages
- Make small changes that are sustainable and work within your family's food preferences, health goals and budget

Planning meals and snacks will help cut costs if consumers stick to the list and purchase only needed items. Check the MyPlate website for budget-friendly, healthy meals. Go through your pantry, refrigerator and freezer to inventory what you already have on hand and use these items in upcoming meals.

It's important to make a grocery list and stick to it. Organizing the grocery list using the store's layout helps speed up the shopping process and cuts down on impulse buying.

"Everyone's schedules are busy, so choose recipes that are quick and easy to prepare. This helps eliminate the need for takeout on days when you don't feel like spending a lot of time in the kitchen," Hermann said. "On weekends, prepare larger meals and incorporate those leftovers into other meals throughout the week. This makes for a quick and easy weekday dinner if you just have to reheat and serve."

Other ways to save on food costs include:

- Buy in-season fruits and vegetables
- Buy sale items in bulk and freeze or store properly
- Find bargains on day-old varieties
- Have a meatless meal once or twice a week
- Beans, peas, lentils and eggs are great sources of lower-cost protein
- Chicken and pork may be less expensive than other meats
- Extend meat with beans or vegetables in chili or casseroles
- Check sell-by and use-by dates to ensure you're getting the freshest product possible
- Join a store's loyalty program

"Oklahoma families are spending more of their budget on food than they ever have, but taking time to plan meals and shop smartly will help ensure everyone is eating healthy and reducing food waste," Hermann said.

Major County OSU Extension Center

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Courthouse Suite 3
Fairview, OK 73737**

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Email- dana.baldwin@okstate.edu

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Facebook- Major County OSU Extension

Blaine County OSU Extension Center

**212 N. Weigle Ave.
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Identifying Mystery Laundry Stains

In the middle of sorting the laundry, a formerly unnoticed stain materializes. Or a favorite top has a mysterious spot. In order to get rid of a stain, some detective work is required. Identifying the source of the stain will determine the best way to remove it.



The first step is to examine the color and the staining pattern. Yellow, orange, red or rust-colored stains across an entire load of laundry coming out of the washer may be caused by rusty water pipes. You'll want a stain remover that is specifically formulated for rust. Or, if on a single garment, a reddish-brown stain may be dried blood. In which case, treat with a stain remover with enzymes, then wash in cold water.

Grey/black pinprick stains that look like they were splattered on a garment could be attributed to mildew. Outdoor cushions, camping gear, and other items that may stay damp for a prolonged period of time are particularly susceptible. To remove these stains, pre-treat the stained area with a stain remover, then launder on the hottest water safe for the fabric. And, if safe for the fabric, consider adding bleach.

Sometimes it's helpful to establish when the stain occurred in order to determine its source. Stains on the front, neckline, cuffs, etc. are usually acquired while the garment was worn. Often, these stains will be food related. If it's a small, almost translucent stain, that might be oil or grease from a meal and can be pretreated with a stain remover or a small bit of dish soap before laundering. Or, dark stains at a hemline could be dirt or mud and should be soaked for five minutes before washing in a mixture of a tablespoon of detergent in a gallon of water.

Like with any mysteries, a cold case is harder to solve. The longer a stain has set the harder it may be to remove. Whatever the stain is, take another careful look after running it through the washer and don't put anything in the dryer with a stain on it. Run persistent stains through the process again, with a stain remover before laundering, and add some bleach if safe for the fabric.



Food Handlers: **Food Safety Training**

Choose from one of these 2024 dates:

-March 28 -May 30 -July 25 -September 26 -November 21

(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 offered by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 hour. 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 23 in Laverne. You can still attend and register late if interested.

Lesson Leader Trainings: The Lesson Leader Training in March (for your April meetings) is Thursday, March 28 at 10 a.m. at the Watonga Library. The lesson is *Butterfly Gardens/ Saving the Monarchs*.

There will not be an in-person Lesson Leader Training in April (for your May meetings) since it is a district lesson. Please choose one of these lessons for your group: *Alpha-Gal Syndrome or Communication & Facilitation Skills*, and let Dana know which one so they can be ready for pick up at the OSU Extension Office on April 25.

State of Orange– A Day of Cowboy Service: Oklahoma State University has encouraged each OSU Extension Office to have an event on or before April 13 for this day. Blaine County 4-H has chosen to have a canned food drive for those in need and will have a competition between 4-H clubs in building a canned food sculpture with what is collected. OHCE is asked to help support their canned food drive by bringing items to the OSU Extension Office by Friday, April 12.

In addition, the West District 4-H Officers are **collecting items for veterans centers** in Clinton, Lawton and Oklahoma City. OHCE group presidents have been sent a list of items being collected, and if you choose to participate please bring those items to the OSU Extension Office by Friday, April 12 as well.

The Next Quarterly County Officers Meeting: will be on Monday, April 22 at noon at the Watonga Library.

Senior Symposium and Reality Check: This event has been rescheduled for Tuesday, April 23 at the fairgrounds, Volunteers are needed for the Reality Check part of this– your time commitment would be from 12:00 p.m. to 2:30 p.m.. Please contact Dana if interested and available!

OHCE Week and Luncheon: 2024 OHCE Week is May 5 to 11. We will have a luncheon to celebrate the week on Thursday, May 9 beginning at 12:30 p.m. at the Noble House. Please invite guests and plan to share what being an OHCE members means to you. Please RSVP to the OSU Extension Center by Monday, May 6 if you plan to attend.

Ag Safety Day: 3rd grade students from the county will be participating in Ag Safety Day on Monday, May 6 at the fairgrounds. If you volunteered to help with lunch, please be at the fairgrounds by 11:15 a.m..

Program Opportunities: See information in this newsletter about several upcoming programs– Food Handlers Food Safety, Active Parenting, Back to Basics Workshops, L.E.A.D., a Barn Quilt Workshop and a Jelly Roll Lap Quilt Workshop.

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>

Next Planning Meeting: for the 2025 District OHCE Meeting will be Tuesday, July 2 at 10 a.m. in Kingfisher.

2024 Class Sessions

June 3, 10, 17 and 24 and September 9, 16, 23 and 30



June session will meet from 2-4:00 p.m. at the Blaine County Fairgrounds in Watonga

September session will meet from 6-8:00 p.m. at the Major County Fairgrounds in Fairview

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)

2024 BACK TO BASICS WORKSHOPS

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

-Thursday, July 11 at the Alfalfa County Fairgrounds in Cherokee (4pm to 8pm)-

Pickles



-Saturday, August 10 at the Alfalfa County Fairgrounds in Cherokee (begins at 1pm)-

Sourdough Breads



-Fees will vary for each workshop; to be determined as each gets closer.-

Holiday Happenings- Thursday, November 7 at the Woods County Fairgrounds in Alva
-details and fee to be announced-

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

Contact your OSU Extension Center:

Alfalfa County-580.596.3131
Major County-580.227.3786

Blaine County-580.623.5195
Woods County-580.327.2786

L. E. A. D.

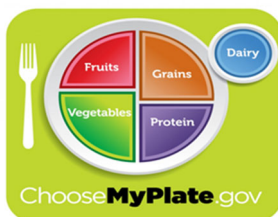
Live well

Eat well

be Active

with Diabetes

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



June 3, 10, 17, & 24, 2024 (Mondays)

Time: 6:00 to 7:30 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited (Register by May 28

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*



OSU EXTENSION
FAMILY AND
CONSUMER SCIENCES

Barn Quilt Workshop



Fee: \$45

This fee includes all supplies needed to complete a 2' x 2' barn quilt.

Patterns are provided or you may bring your own.

Lunch will be provided.

Starting time is 10:00 A.M.

Please RSVP and pay fee by April 26 by contacting:



Blaine County OSU Extension (Watonga)
580-623-5195

or

Major County OSU Extension (Fairview)
580-227-3786



dana.baldwin@okstate.edu

FRIDAY, MAY 3, 2024

**FOLEY BUILDING
BLAINE COUNTY FAIRGROUNDS IN WATONGA**

OSU is an Affirmative Action, Equal Employment Opportunity, E-Verify Employer.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation please contact Dana Baldwin at 580-623-5195 (Watonga) or 580-227-3786 (Fairview) prior to the event.



OSU EXTENSION
FAMILY AND
CONSUMER SCIENCES

Jelly Roll Lap Quilt Workshop

Participants will complete a lap quilt made with jelly roll fabric strips and fleece.

Fabric will be a variety of prints and colors.

There is a \$65 fee per participants that covers all fabric, thread, snacks, drinks and lunch.

Participants will need to bring their own sewing machine, extension cord, fabric scissors, straight pins, measuring tape, iron and ironing board.

Please RSVP and pay the fee no later than Wednesday, May 22, 2024.

Blaine County OSU Extension
580-623-5195

or

Major County OSU Extension
580-227-3786

da.na.ba.l.dwi.n@okstate.edu



WEDNESDAY, MAY 29 2024
9:00 A.M. TO 4:00 P.M.
FOLEY BUILDING
BLAINE COUNTY FAIRGROUNDS IN WATONGA

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Oklahoma Home & Community Education, Inc. (OHCE) 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 assists 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.

Newsletter Editor:

Dana Baldwin

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

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**OKLAHOMA COOPERATIVE
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