



January—February 2020

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

The Power of Dairy Foods

The beginning of a new year is a great time to set some personal goals. Your goals could be developing a financial plan, setting aside designated family time or taking steps toward better health. If you are going to focus on better health, take note of the power of dairy foods.

Dairy is an important component of a healthy diet, said Diana Romano, Oklahoma State University Cooperative Extension assistant specialist.

“The amount of dairy foods you need to eat depends on your age and it can vary between 2 and 3 cups each day, and even more if you’re very physically active,” Romano said. “Typically, 1 cup of milk, yogurt or calcium fortified soymilk; 1.5 ounces of natural cheese or 2 ounces of processed cheese is considered a cup from the dairy group. When choosing dairy products, fat free and low fat are good options.”

However, not all dairy products are created equal. Milk and many foods made from milk retain their calcium content, including yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not part of the dairy group.

Romano said consuming dairy products provides numerous health benefits, especially improved bone health.

“Foods in the dairy group provide nutrients that are vital for health and maintenance of your body,” she said. “These nutrients include calcium, potassium, vitamin D and protein. Calcium is used for building bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American diets, and consuming 3 cups, or the equivalent, of dairy products can improve bone mass, which is vital as we age.”

Romano reminds us that diets rich in potassium may help to maintain healthy blood pressure, and foods such as yogurt, cheese, fluid milk and calcium fortified soymilk, provide this much needed nutrient.

In addition, consumers also can find vitamin D in dairy products. Vitamin D helps the body maintain proper levels of calcium and phosphorous, which helps build and maintain bones. Milk and soymilk fortified with vitamin D are good sources of this nutrient, along with yogurt and ready to eat breakfast cereals. **Continued on Page 2**

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The Power of Dairy Foods—continued

“Keep in mind milk is a great source of high quality protein, with an average of 8 grams per cup. Compare that to nondairy milk alternatives that typically have 1 gram or less of protein per cup,” she said. “Also, as you read the label, keep in mind the sugar listed is not added; rather it’s the naturally occurring lactose found in cows’ milk.”

So, not only are dairy products tasty, those that contain calcium are linked to improved bone health, especially in children and adolescents. Also, consuming these products may reduce the risk of osteoporosis.

To be even more health conscious, switch to fat free or low fat dairy foods as a way to cut down on the consumption of saturated fats and cholesterol. Romano said consuming foods high in saturated fat and cholesterol can have lasting health implications.

“Diets high in saturated fats raise the LDL cholesterol levels in the blood. High LDL increases the risk for coronary heart disease,” she said. “To help keep blood cholesterol levels healthy, limit the amount of saturated fats consumption. Also, high intake of fats makes it easy to consume more calories than needed.”

Farewell

It is with mixed emotions that I leave Blaine County at the end of the year. I will certainly miss each and every one of you. I will miss the friendships that have developed the past 23 years here in Blaine County and all the fun times that we have experienced together. The County Fairs, cake auctions, OHCE trips and meetings, workshops, fundraisers, County meetings, Holiday Bazaars, Cheese Festival and the list goes on. I will miss our time together as we worked to accomplish the many goals of the Blaine County OHCE members. I will look forward to seeing you at Leader Lessons, District and State Meetings and just out and about. Don’t be a stranger, I haven’t moved, just traveling a different way each morning.

Sincerely - Joy

This newsletter is one way of communicating educational information to the citizens of Blaine County in the area of Family & Consumer Sciences. For free subscriptions, contact the Extension Office at 580-623-5195. The information given is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Oklahoma Cooperative Extension Service is implied. This information was produced at a cost of 1 cent per page for a total of \$8.00.

Editor: Joy Rhodes—Ext. Ed-FCS/4-H & CED

OHCE Leader Lessons

The January lesson is a handout and will be ready to be picked up the first part of January. Our topic is “Overcoming Obstacles”.

February lesson will be held Thursday, January 23, 12 noon at the Watonga Public Library. “Planning A Funeral” is the lesson. I am in charge of this lesson and planning for a possible guest speaker. See you then.

For the upcoming year, all Leader Lessons will be held at 12 noon at the Watonga Public Library excluding the lesson held in June (due to library programming) and a possibility of the March 19 date. Those lessons will be held at the Blaine County Fairgrounds.

County Spring Association Meeting Thursday March 5th

Our County Meeting will be held Thursday March 5 at the Noble House starting with registration at 5:30 with catered meal at 6:00 p.m. We will finish plans for the upcoming District meeting, discuss the Literacy project and conduct needed business. Save the date and plan to attend.

OHCE District Meeting -- Thursday, March 26th— Fairview

Enclosed in this mailing is a flyer for the upcoming District meeting in Fairview to be held at the Fairgrounds. We will be providing the morning break and need volunteers to help with hosting various workshops and assist throughout the day in various capacities. I will have a list of volunteer spots at the County meeting. If you have questions, please call the office or me. We’ll be glad to help.

OHCE Yearbook and Secretary’s Book—2020

These items are available and can be picked up at the Extension Office at your convenience.

Reports due January 15, 2020

If you are planning to submit any reports for District/State Judging, those need to be submitted by January 15th. These include OHCE member, Rookie member and Young Member forms. Life stories are due at this time. Check the website (<https://humansciences.okstate.edu/fcs/ohce/>) for forms and guidelines. I will be glad to assist you in applying for these awards. Members who have 25, 40, 50 or 60 years of membership also need to submit names by the January 15th deadline.

Be sure to turn in your group reports and secretary’s book by the January 15th deadline!



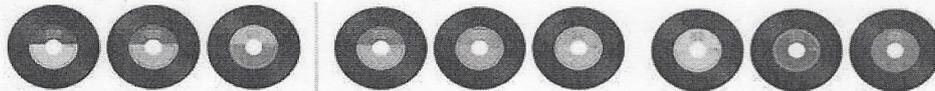
West District OHCE Meeting (Northern Region) MARCH 26, 2020

Host Counties: Blaine, Major & Kingfisher

ROCK 'N' ROLL

with OHCE

Major County
Fairgrounds,
Expo Center
808 E Highland
Fairview



MEETING REGISTRATION: \$20 DUE BY MARCH 12, 2020

MAIL REGISTRATION TO: (TERRI CRAWFORD – CO. TREASURER)
258487 E 750 ROAD – WATONGA OK 73772

MAKE CHECKS PAYABLE TO: BLAINE CO OHCE

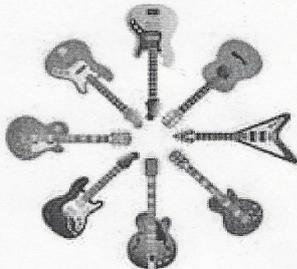
THURSDAY ~ MARCH 26TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Coffee/Registration/Silent Auction
- ❖ Business Meeting/Call to Order
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ Recognition of Award Winners
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prizes & Silent Auction Winners Announced

WORKSHOPS

- Backyard Poultry
- Monarch Butterflies
- Photography
- Spring Wreaths
- Bees & Honey
- Diabetes
- Aging
- AARP
- Annuals & Perennials
- Small Business Information
- Active Listening



DESIGNATED CONFERENCE HOTEL

Block of rooms reserved for Wed., March 25th
Best Western Plus, Fairview – (580) 227-2880
802 N. Main, Fairview

Queen Standard-\$96/room - Queen Suite-\$118.15
A block of 15 rooms are being reserved under West
District OHCE until February 25th!

Call the hotel today to reserve a room!

50's NIGHT OUT! – Baked Potato & Salad Bar \$10 – 6 p.m.

Driving in Wednesday night and would like to visit with other OHCE members? A Baked Potato & Salad Bar will be available at the Major County Fairgrounds, Exhibit Building, 808 E Highland, Fairview (Please turn in to your county treasurer with your meeting registration.)

Strategies for Spring Cleaning Success

Did you ever think about how the spring-cleaning ritual developed? Before the advent of electricity and a host of other modern conveniences, homes were heated with coal, oil and/or wood, and lit by gas or candlelight. Soot and grime were the natural companions of winter. Once spring arrived, the doors were thrown open, and everything – rugs, furniture, cupboards, curtains and more – was aired out, cleaned out, swept out and scrubbed out.

Although today's centrally heated homes don't collect that intensity of dirt, somehow the winter dingies seem to creep inside. And this year, with challenging weather conditions keeping us indoors all too long, our instincts are to make everything look fresh and bright come that first whiff of spring with a new cleaning schedule.

Strategy #1: Clear It Out

Start by getting rid of the things that are needlessly filling up your home.

Recycle it. Even with the availability of reading online, some people still prefer the paper versions. Gather up any newspapers and those magazines no one has ever quite gotten around to reading. If your community also recycles mixed papers, check the regulations and then start a bin where you can toss those papers as you clean.

Sell it. Garage sales, tag sales or consignment shops are a great way to get rid of items that are in excellent condition but that you no longer need. Collect them in one spot, and then, once spring cleaning is done, decide how to dispose of them.

Donate it. Items that are in good condition but no longer fit your lifestyle can be donated to a charity or "freecycled" away. Freecycle is a grassroots, web-based, nonprofit movement of people who are giving and getting stuff for free in their own towns. Each local group is moderated by a volunteer, and membership is free. Visit www.freecycle.org for more information.

Strategy #2: Inventory Your Supplies

Before you start cleaning, make sure you have all the necessary supplies on hand.

The basics should include an all-purpose spray cleaner (for small, washable areas), an all-purpose powder or liquid cleaner (for large washable surfaces like floors and walls), an abrasive cleanser (to remove heavy amounts of soil in small areas), a nonabrasive cleanser (for gentle cleaning on easily scratched surfaces, including porcelain sinks and ceramic tile), chlorine bleach (an effective disinfectant, particularly where mold and mildew are present), glass cleaner, furniture-dusting product (such as a spray and a clean cloth, or a microfiber cloth, mitt or duster) and toilet bowl cleaner.

You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special-purpose sprays. And don't forget to check your supply of vacuum cleaner bags and trash bags.

Strategy #3: Make a Plan

Decide on your cleaning style. Some people find it more effective to clean one room at a time. Others prefer to group tasks – such as cleaning windows in several rooms at once or leaving all the vacuuming until the end.

Prioritize. If one room at a time is your style, decide on the order. Generally, it's best to do the rooms that need the most work or get the most traffic first. That way, if your cleaning plans get derailed, you can still be proud of what you've accomplished.

Consider the big stuff. Do the curtains need to be laundered? What about comforters, blankets, bed skirts, slipcovers and shower curtains? Are your area rugs and draperies due for professional cleaning? Once these items are removed from the room and on their way to getting cleaned, it will be easier to tackle the rest of the space.

Strategies for Spring Cleaning Success—continued

Strategy #4: Recruit Help

It's not necessary to do everything yourself.

Enlist family members. Establish a **Spring-Cleaning Day**. Start early. Assign tasks according to age and ability. Have lunch preplanned – maybe even delivered – so your helpers don't lose momentum. And make it fun. Hide some favorite treats in places that need to be cleaned. Play lively music that keeps everyone's energy up.

Pair up with a friend. If you live alone or family members can't help, find a like-minded friend and clean together – your house in the morning, his/hers in the afternoon. If needed, schedule a second day.

Call in the professionals. If your budget allows, you don't have to do every bit of cleaning yourself. Someone else can come in and wash the windows ... or buff the floors ... or shampoo the carpets ... or clean the upholstery ... or even do most of the cleaning after you've removed the clutter. Then enjoy your clean home. *Source: Detergent and Soap Institute*

MyPlate, MyWins Tips: Navigate the Buffet

All-you-can-eat” buffets offer a variety of options, but it can be easy to overeat. Before you pick up the first spoon, consider these tips.



Survey the buffet:

Take a lap around the buffet before you start to fill up your plate. Plan ahead so you know what to choose and what to limit.



Savor a salad

Start your meal with a salad. Choose vegetables of all colors and top with vinaigrette rather than a creamy dressing.



Be selective

Look for steamed, grilled, or broiled dishes, which are often lower in saturated fat than foods in creamy sauces or fried.



Take your time

Be mindful to eat slowly and enjoy your meal. Use hunger and fullness cues to recognize when to eat and when you've had enough.



Rethink your drink

Balance out your meal by drinking water or unsweetened iced tea rather than sugary beverages such as soda and lemonade.



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