

Celebrate National Nutrition Month® With a World of Flavors



While the need to focus on making informed food choices is something that should go on year-round, the Academy of Nutrition and Dietetics pays special attention to healthy eating each year in March, which has been designated National Nutrition Month®.

This year's theme, "Celebrate a World of Flavors", embraces global cultures, cuisines and inclusivity.

Of course, we want everyone to focus on making informed nutritional decisions every day and designating a month out of each year to really focus on healthy habits is a great way to help people meet their nutritional goals. Keep in mind it's not just about food – developing sound physical activity habits also play a role in good health.

Enjoying different flavors of the world not only is a chance to learn more about your own food culture, but those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. As an added bonus, you may even discover new ingredients and flavors you've never experienced before.

It's always fun to try new recipes and foods from other cultures. Trying new flavors and foods from around the world can also help you increase the variety of foods you eat. It's easy to get in a rut when it comes to mealtime. During Nation-

al Nutrition Month®, try at least one new recipe each week. One of them could become the next family favorite.

Experiment with new recipes for various meals during the day. Find new, exotic fruits that could be part of a breakfast smoothie or served alongside whole-grain pancakes. Try a new type of bread, such as pita, for those lunchtime sandwiches, and instead of lettuce, try using bean sprouts. Pair that sandwich with gazpacho, a type of cold soup made with tomatoes, peppers and onions.

When it comes to snack time, choose healthier snacks from various food groups. Some good choices may include fruit chutney eaten with bread or cheese, raw veggies with hummus or tzatziki or perhaps whole-grain tortilla chips with guacamole or salsa made with veggies or fruit.

Healthy eating options span the globe. To make things even more fun, have the family do some research on the part of the world where the recipes come from and discuss these new places around the dinner table.

OSU Extension offers additional nutritional information online.

National Nutrition Month® was initiated in 1973 as National Nutrition Week and became a month-long observance in 1980 in response to growing interest in nutrition.

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Blaine County OSU Extension

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Spring Cleaning Checklist

A ROOM-BY-ROOM BREAKDOWN FOR SEASONAL CLEANING. YOU CAN DO AS MUCH - OR AS LITTLE - AS TIME PERMITS.

	<h2>Every Room</h2>		<h2>Bathroom</h2>
	<input type="checkbox"/> DUST CEILING FANS, ARTWORK, KNICK KNACKS, AND VENTS.		<input type="checkbox"/> MAIN SCRUB TOILETS, SINKS AND SHOWER. WIPE DOWN ALL FIXTURES. (BABY OIL WORKS WELL ON CHROME!)
	<input type="checkbox"/> WINDOWS & WINDOW SCREENS CLEAN WINDOW TREATMENTS ACCORDING TO TYPE & MANUFACTURER INSTRUCTIONS.		<input type="checkbox"/> CABINETS DUST CABINETS; GO THROUGH DRAWERS & MEDICINE CABINETS TO DEJUNK AND REORGANIZE.
	<input type="checkbox"/> CLEAN BASEBOARDS USE WARM, SOAPY WATER. (YOU MAY NEED TO VACUUM THEM FIRST.) WIPE DOWN WALLS TO REMOVE DIRT AND FINGERPRINTS.		<input type="checkbox"/> MIRRORS CLEAN MIRRORS. (I LIKE TO USE A VINEGAR-BASED CLEANSER AND NEWSPAPERS.)
	<input type="checkbox"/> FURNITURE DUST, & POLISH W/ APPROPRIATE POLISHING AGENT. VACUUM UPHOLSTERED FURNITURE AND LAUNDER CUSHIONS IF NECESSARY. CAREFULLY SPOT CLEAN LEATHER FURNITURE WITH A DAMP WASHCLOTH IF NEEDED.		<input type="checkbox"/> TRASH EMPTY AND CLEAN TRASH CANS.
	<input type="checkbox"/> RUGS & CARPETS VACUUM, SHAMPOO RUGS & CARPET. SWEEP & MOP FLOORS WITH CLEANSER APPROPRIATE FOR YOUR SPECIFIC TYPE OF FLOORING.		<input type="checkbox"/> SHOWER INSPECT SHOWER LINER AND REPLACE IF NECESSARY.
	<h2>Kitchen</h2>		<h2>Bedroom</h2>
	<input type="checkbox"/> OVEN CLEAN OVEN ACCORDING TO MANUFACTURER'S RECOMMENDATIONS.		<input type="checkbox"/> BED REMOVE AND LAUNDER BEDDING. VACUUM AND FLIP MATTRESS, ACCORDING TO MANUFACTURER INSTRUCTIONS.
	<input type="checkbox"/> REFRIGERATOR UNPLUG REFRIGERATOR AND DUST THE COILS. REMOVE CONTENTS OF REFRIGERATOR AND FREEZER. DISCARD ANY ROTTEN OR UNUSABLE FOOD. WIPE DOWN AND CLEAN ALL SHELVING.		<input type="checkbox"/> CLOSET SWITCH OUT COLD-WEATHER CLOTHING FOR WARM-WEATHER CLOTHING. DONATE ANY UNWANTED ITEMS TO A THRIFT STORE.
	<input type="checkbox"/> APPLIANCES CLEAN MICROWAVE. WIPE DOWN SMALL APPLIANCES SUCH AS TOASTER, BLENDER AND SLOW COOKER.		<h2>Office</h2>
	<input type="checkbox"/> DISHWASHER RUN DISHWASHER EMPTY, W/ A DISHWASHER-SPECIFIC CLEANER SUCH AS FINISH.		<input type="checkbox"/> DESK ORGANIZE PAPERS AND DE-CLUTTER DRAWERS.
	<input type="checkbox"/> COUNTERTOPS & CABINETS WIPE DOWN COUNTERTOPS AND CABINETS WITH DAMP WASHCLOTH. CLEAN INSIDE DRAWERS. SCRUB SINK.		<input type="checkbox"/> BOOKS DUST BOOKS ON BOOKSHELVES.
	<input type="checkbox"/> PANTRY ORGANIZE FOOD IN PANTRY, DISCARDING OUTDATED ITEMS, AND WIPE OFF SHELVING.		<input type="checkbox"/> COMPUTER DUST COMPUTER KEYBOARD AND SCREEN WITH A MICROFIBER CLOTH.

Food Handlers: Food Safety Training

Choose from one of these 2022 dates:

-April 19 -July 19 -October 18

-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. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

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

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

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Blaine County OHCE News and Notes



West District Meeting: Our district meeting is scheduled for Saturday, March 26 in Woodward. Late registration can still be submitted; contact Dana if interested.

Lesson Leader Trainings: The Lesson Leader Training in March (for your April meetings) will be on Thursday, March 24 at 10 a.m. at Watonga Library. The lesson is "Simple Seasonal Meals". Please make plans to attend.

There will not be a Lesson Leader Training in April (for your May meetings) as the lesson is a district one—"Diet and Inflammation". It will be ready for pick up by Thursday, April 28.

County Officers Meeting: The next County Officers Meeting will be on Monday, April 25 at noon at the Watonga Library.

High School Scholarships The OHCE High School Scholarship applications are due to the OSU Extension Center by Wednesday, April 13. Application forms have been sent to all schools in the county.

Spring Association Meeting: Our Spring Association Meeting is Thursday, March 10 beginning at 6 p.m. at the Noble House. Our guest speaker will be Karrie Beth Little, Watonga City Manager, who will give us an update on things going on with the city. Our dinner menu is pork loin, salad, vegetables and bread pudding. We will have some awards to present as well.

OHCE Week and Promotional Event: 2022 OHCE Week is May 1 to 7. We will have our promotional event on Friday, May 6—a membership luncheon at the Noble House. Be watching for full details soon—and plan to bring some guests!

Check out upcoming programs, see us on Facebook and our website: There are details in this newsletter on upcoming programs that may interest you so be sure to check them out!

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

Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/county/blaine>



2022 Class Session

April 4, 11, 18 and 25

Meets 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 \$20.00 per participant per entire session.

Please pre-register no later than one week prior to the first class date.

You must attend all 4 class dates to complete the program.

(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)

2022 CREATIVE COOKING WORKSHOPS

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



-Thursday, May 5 at the Blaine County Fairgrounds in Watonga-
Breakfast/Brunch Ideas, The Great Crepe Escape, Creative Charcuterie

-Thursday, August 4 at the Major County Fairgrounds in Fairview-
Tailgating Foods, Best-Ever Bar Cookies, Scone Making 101

Workshop times: 10:00 a.m. to 2:00 p.m. each day

Fee: \$15/per person each day

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

Blaine County—580.623.5195

Major County—580.227.3786

Woods County—580.327.2786

JELLY ROLL LAP QUILT WORKSHOPS

Friday, March 11- Major County Fairgrounds, Fairview

or

Friday, April 8- Blaine County Fairgrounds in Watonga

9:00 a.m. to 4:00 p.m.



[This Photo](#) by Unknown

Participants will complete a lap quilt made with jelly roll fabric strips.
(Fabric will be a variety of prints and colors.)

Participant fee is \$60 and includes snacks, drinks, and lunch.

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

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

Contact the Major County OSU Extension Center at 580-227-3786 or the

Blaine County OSU Extension Center at 580-623-5195 with questions.

2022

Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities
and a brief "Journey Through Health" Educational Program*



One hour sessions from 12:00 to 1:00 p.m.

Major County: at the County Fairgrounds in Fairview

Blaine County: at the Watonga Public Library

-Mason Jar Easter Centerpiece & Journey Through Health "Stomach"

Wednesday, March 16 in Major County

Tuesday, March 22 in Blaine County

-Baking Tin Hanging Planter & Journey Through Health "Mouth, Teeth & Gums"

Friday, April 22 in Major County

Tuesday, April 26 22 in Blaine County

-Shadow-Box Bird Feeder & Journey Through Health "Intestines"

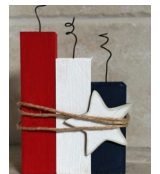
Wednesday, May 18 in Major County

Tuesday, May 24 in Blaine County

-4th of July Fireworks Blocks & Journey Through Health "Heart & Blood Vessels"

Thursday, June 16 in Major County

Wednesday, June 22 in Blaine County



**Bring your own lunch and come take part in these programs.
\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.
(Major County- 580-227-3786/Blaine County- 580-623-5195)
RSVP at least one week prior to the session you plan to attend.**



EXTENSION



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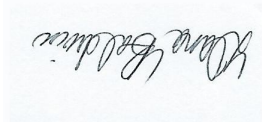
www.OHCE.okstate.edu

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.



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.

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