

-Major and Blaine Counties-**Parents/Caregivers
as Agents of Change
for Children's Diets**

When rushing around, living life day to day, parents and caregivers may not give a lot of thought to how much influence they have over the foods children eat now – and in the future. This extends beyond merely choosing and serving their food or talking to them about the foods they are consuming. Humans learn in social contexts, meaning we learn from observing others. Research shows that the quality of a child's diet is related to the diet quality of their caregivers.

Does the diet of the parent/caregiver adhere to the United States Dietary Guidelines and include adequate amounts of fruits and vegetables? If not, then the child's may not. Or, are the adults intentionally modeling healthy eating?

Modeling healthy eating includes behaviors such as intentionally trying to eat healthy food in front of children or displaying excitement about eating healthy foods. Research has shown for years that having family meals together can influence the diet of children. However, it's not just eating together, but what you're eating together as a family, and children observing their caregivers making healthy choices.

Modeling these behaviors in front of children can help build their confidence to eat healthier while shaping norms about eating. Children like to have autonomy – they like to make their own decisions. By encouraging children to eat healthier foods via social cues and modeling, parents/caregivers can encourage such choic-



es while honoring autonomy.

This is a better approach than trying to get children to eat foods via force. In fact, research indicates this can create a great deal of tension between families at mealtime.

In addition to the concept of modeling via observation, if parents/caregivers adopt higher-quality eating patterns, they're more likely to have higher quality foods in the home. In turn, this makes children more familiar with these healthier choices, leading children to consume those foods both in and out of the home.

Some research takes it even further, examining the presence and/or absence of traditional healthy foods such as fruits and vegetables and those considered less healthy, such as foods rich in added sugars.

Unfortunately, our desire to consume those less-than-healthy choices can be powerful given those foods are generally very appealing and palatable. Having those foods present in excess can overpower our potential desire or intention to consume healthier choices. Social and environmental cues are important, and some research suggests these cues can be more impactful than merely setting rules about eating 'healthy' and 'unhealthy' foods.

The effects hold true for both younger and older children and can be particularly important as older children are exposed to more and more external food environments that can shape their eating, including restaurants, ads on television, and other social influences.

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Home Care and Cleaning

With warmer weather, and when it's not too hot, it's time to open up the windows and clean away all the dust and grime that accumulated over the winter. For most of us, the priority cleaning targets are the kitchen, bedroom and bathroom. Are you planning to tackle these rooms as well? Here are some tips to help you clean with health in mind.

Kitchen: Grease and food soils are hot beds for germs to grow. It's important to clean and disinfect food preparation areas like countertops to prevent the spread of illness. Other areas that could be harboring grease and soils are:

- **Kitchen Sink:** From raw meat to food scraps, the sink is exposed to everything. To keep germs from spreading, wash the sink with soapy water then disinfect.
- **Refrigerator:** Plan a deep clean before grocery shopping so you can also do a quick purge of expired food. After you empty the contents, scrub the drawers and interior with soapy water, then put everything back.
- **Oven:** If your oven doesn't have a self-cleaning cycle, use an oven cleaner product to remove spills. To clean the racks, remove them from the oven, scrub with soapy water, then rinse and dry before putting them back into place.

Bedroom: Don't let dust and dust mites keep your bedroom from being a restful sanctuary. Working from the top of your room, dust the ceiling fan, then wipe down blinds with a damp cloth or wash the curtains. Use a dusting product or a cloth that attracts dust on the furniture. Finish by sweeping or vacuuming the floor.

Dust mites are attracted to things like body oils and dead skin which accumulate on the bed, so remember to wash bed linens, pillowcases, bedding and pillows.

Bathroom: Mold and mildew are tiny plants that grow where it's warm and damp — like in the shower. They release invisible spores into the air, and these spores start growing new mold and mildew wherever they land. For those who suffer from allergies or asthma, the floating spores could trigger episodes as well.

The best way to prevent mildew is to use a daily shower cleaner (misting the surfaces right after showering) and leaving the door or curtain open to air-dry. If mildew does appear, a liquid household bleach solution or a cleaner with bleach can remove the stains.

Other places to check for hidden mold or mildew include:

- Where the floor meets the tub or shower
- Under the sink
- On window frames and sills

Pressure Canner Gauge Testing



Did you know that pressure canner gauges can be tested at the Major County OSU Extension Center? All you need to bring in is the lid with the gauge attached or just the gauge-- and please allow at least one day for testing. There is no charge per gauge for this service.



Let's Preserve!

Food preservation materials are available through the Major County OSU Extension Center as well. Handouts include several topics on food preservation such as: Peaches, Apricots, Nectarines, Pears, Jellies, Jams, Spreads, Cherries, Fruit Pie Fillings, Sweet Corn, Tomatoes, Apples, Leafy Greens, Peppers, and Snap Beans.

Also available is a booklet with salsa recipes for canning. These salsa recipes have been tested to ensure that they contain enough acid to be processed safely in a boiling water canner. We also have information on preserving many other foods as well.

Canning Headspace Guidelines

Headspace is the space from the top of the jar to the food or liquid in the jar.

Correct Headspace Guidelines -- As a general rule:

1. Leave 1-inch headspace for low-acid foods, vegetables and meats.
2. Leave 1/2-inch headspace for high-acid foods, fruits and tomatoes.
3. Leave 1/4-inch headspace for juices, jams, jellies, pickles and relishes.

Why is it important?

Too little headspace -- Some foods, especially starchy foods, swell more than others and require additional headspace. If too little headspace is allowed, as food boils inside the jar it may be forced under the lid, leaving residue on the sealing surface and possibly preventing the lid from sealing.

Too much headspace -- The jar may not seal properly because the processing time is not long enough to drive the air out of the jar. And the food at the top of the jar may discolor.



Blaine County OHCE *News and Notes*



Lesson Leader Trainings

There will not be a Lesson Leader Training in May since June is a FREE month. Enjoy an activity with your group! Due to 4-H Camp scheduling, the Lesson Leader Training in June (for your July meetings) will be on Wednesday, June 22 at 10 a.m. at the Watonga Library. The lesson topic is "Grace Under Pressure". Please make plans to attend if you can.

State OHCE Meeting

Full details on the state meeting are in your Summer 2022 *Outreach* newsletter. The meeting is July 10, 11 & 12 at the Champion Convention Center, 803 S. Meridian in OKC. The theme is "Enjoy the Train Ride with OHCE". Registration is all inclusive; one price includes registration, the banquet and lunches and is \$120 through June 24; after that \$140. Registration is online only at: www.orangehub.okstate.edu The hotel is just next to the conference center (Hilton Garden Inn-Airport at 801 S. Meridian). Make reservations at 405-942-1400. Please call if you need help registering.

Thank You!

Thank you to those that came to the OHCE Week luncheon. It was nice visiting and sharing OHCE stories.

Blaine County Fair

The 2022 Blaine County Fair is scheduled for August 25, 26 & 27 (Thursday, Friday and Saturday). Are you getting your entries ready? Watch for news on when fair books will be available.

State Fair

If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair own your own. Please call if you need any assistance getting entered.

Volunteer Hours

Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. These hours are beneficial in our reporting efforts statewide!

Check us out on Facebook!

There is information in this newsletter for some upcoming programs that may interest you so be sure to check them out! For updates/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/blaine>

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills
- To develop leadership potential
- To provide community service opportunities

Members are involved in programs including:

- Arts and crafts and volunteering for county fairs
- Helping raise reading skills of youth in Oklahoma
- Preserving our history and celebrating the roles that families have played in our communities
- Providing both youth and adult scholarship programs
- Nutrition and health programs for both youth and adults
- Family well-being programs
- And many more.

A member belongs to:

- their local OHCE group
- their county OHCE association
- the state OHCE association
- Country Women's Council of USA (CWC)
- Associated Country Women of the World (ACWW).

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.html>

OHCE Groups in Blaine County:

- Domestic Engineers- President- Mary Larson, 580-791-1126 (meets 2nd Tuesdays at 6:00 pm)
- Pleasant Valley- President- Terri Crawford, 580-623-9469 (meets 3rd Thursdays at 7:00 pm)



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 Fairgrounds in Fairview

Blaine County: at the Watonga Public Library

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

Wednesday, May 18 in Major County

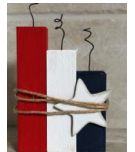
Tuesday, May 24 in Blaine County



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

Thursday, June 16 in Major County

Wednesday, June 22 in Blaine County



-10-Minute Table Runner & Journey Through Health "Mouth, Teeth & Gums"

Monday, July 18 in Blaine County

Wednesday, July 20 in Major County



-No-Sew Watermelon Wreath & Journey Through Health "Muscles"

Wednesday, August 17 in Major County

Tuesday, August 23 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.**

Food Handlers:
Food Safety Training



Choose from one of these remaining 2022 dates:

-July 19 -October 18 -December 13

-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 and email address.

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

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CREATIVE COOKING WORKSHOP

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



Thursday, August 4 at the Major County Fairgrounds, Fairview

Tailgating Foods - Best-Ever Bar Cookies - Scone Making 101

Time: 10:00 a.m. to 2:00 p.m.

Fee: \$15/per person

Please RSVP and pay the fee by July 28. 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



Thursday, June 30- Blaine County Fairgrounds, Watonga

or

Monday, August 1- Major County Fairgrounds in Fairview

9:00 a.m.—4:00 p.m.

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

(Fabric will be a variety of prints and colors.)

Fee is \$60 and includes snacks, drinks and lunch.

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

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

Blaine County OSU Extension Center—580.623.5195

Major County OSU Extension Center—580.227.3786

dana.baldwin@okstate.edu

Home Food Preservation Workshop



Monday, June 13, 2022
10:00 a.m. to 2:00 p.m.
Exhibit Building
Major County Fairgrounds in Fairview

- This hands-on workshop will teach participants the proper and safe use of both pressure and water bath canners as well as the processes of hot and cold pack of food into jars.
- A fee of \$35 per participant is required and includes lunch, workshop supplies and other materials. The number of participants is limited.
- Each participant will complete the workshop with 2 jars of home-canned foods in addition to a *USDA Complete Guide to Home Canning* book and other handouts.
- Register for the workshop at the Major County OSU Cooperative Extension Center located in the county courthouse no later than Monday, June 6. The fee is due by this time as well.
- Guest workshop presenters: Trinity Brown, Pawnee County OSU Extension
Dea Rash, Payne County OSU Extension

Contact information:

Dana Baldwin

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EXTENSION





**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

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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.

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