



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 build-



ing bones and teeth and maintaining bone mass. Dairy products are the primary source of calcium in American di-

ets, 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

Dewey County Extension Office

Address

P.O. Box 188
Taloga, OK 73667

Phone

580-328-5351

Email

Jean Bailey
Jean.bailey@okstate.edu

Website

<http://oces.okstate.edu/dewey>

Facebook

Jean Bailey, county educator—OSU
Cooperative Extension Service

In this issue

- The power of dairy foods
- How do I care for a poinsettia
- Farm management resources accessible from your smart phone
- Baking for others has psychology benefits
- Paying off Christmas can cost more than you think
- OHCE notes and reminders
- District meeting promo
- Chore ideas for kids
- 5 minutes to a healthier home
- OHCE calendar

How Do I Care for a Poinsettia?

You may be wondering how to care for poinsettias you received during the holidays. The poinsettia is a traditional Christmas plant. It is native to Mexico and was introduced to the United States by Joel Poinsett, the first U.S. Ambassador to Mexico. The striking beauty of the poinsettia is found in the showy bracts, which are specialized leaves, surrounding the true yellow flowers. Plants with red bracts are most popular, but plants with yellow, orange, pink, white, and variegated bracts are also available.

- (1) Do not expose it to chilling temperatures or cold drafts of air. Temperatures of 60-70° F are desirable to retain best bract color.
- (2) Light plays an important role in retention of leaves on the plant. Place the plant in an area where it receives at least six to eight hours of direct natural or artificial light.
- (3) Poinsettias can be displayed with other houseplants. The adjacent plants raise the humidity and allow poinsettias to last longer.
- (4) Water when the top of the growing medium is starting to feel dry. Water the plant thoroughly. Make sure a small amount of water drips through the drainage holes of the container. If the plant is wrapped with decorative foil, punch a hole in the foil beneath the pot to allow excess water to escape. Do not water the plant too frequently when the soil or growing mix is already wet or this may result in roots suffocating from lack of oxygen, causing the leaves to wilt, yellow, and drop.

Source: OSU Fact Sheet Poinsettia Care



Dairy Foods (cont. from page 1)

sources of this nutrient, along with yogurt and ready to eat breakfast cereals.

“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.”



Farm Management Resources Accessible from your Smartphone

Producers may access information on farm financial management topics along with production, marketing, and risk management through the e-Farm Management website. This site includes videos, tools, and publications for farmers and ranchers to strengthen their farm management skills.

In the Conservation Compliance video, viewers learn about conservation provisions that require compliance from anyone participating in Farm Service Agency, Natural Resources Conservation Service, and Risk Management Agency programs. The video examines how compliance is determined by these agencies. Finally, viewers learn about how to regain eligibility if found not in compliance with these provisions.

To view this video and find additional information on Farm/ Ranch Conservation Issues, visit: <http://agecon.okstate.edu/efarmmanagement/ranch.asp>.

More information on this and other farm management topics may be found: 1) by contacting your nearest Extension Educator 2) on the e-farm management website (<http://agecon.okstate.edu/efarmmanagement/index.asp>) or 3) on the OSU Ag Econ YouTube Channel (<https://www.youtube.com/user/OkStateAgEcon>).

5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

**Think again!
You can do these
steps in 5 minutes.**

Test your smoke alarm.
Using smoke alarms in your home cuts your risk of dying in a fire in half.

Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song "Happy Birthday" twice).
Each year, about **48 million Americans get sick** from eating contaminated or improperly prepared foods.

Make your home smoke free. Never let anyone smoke anywhere in or near your home.
Parents are responsible for **90%** of their children's exposure to smoke.

Program the number for poison control into your cell phone: 1-800-222-1222.
Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

Do a 3-minute "clean sweep." Pick one small area of your home – like your junk drawer or stairs – and take 3 minutes to sort the items and get rid of what you don't need.
Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

Check your locks.
Make sure locks function correctly and can be operated by a child in an emergency.



Have 5 more minutes?
Log on to www.hud.gov/healthyhomes for information on topics like lead, mold, radon, asbestos, pests, and more!



CHORE IDEAS FOR Kids

MoneySavingMom.com

Toddlers

- Dust
- Brush teeth
- Get dressed
- Water plants
- Empty trashes
- Fold washcloths
- Put away laundry
- Help pick up room
- Wipe down sink/toilet
- Pick up toys & put into tub

4-Year-Olds

- Fold washclothes, hand towels, underwear, & other small items
- Rinse dishes/load dishwasher
- Dust/wipe down surfaces
- Wipe down door handles
- Wipe down sink/toilet
- Pick up their room
- Put away laundry
- Simple meal prep
- Sort & fold socks
- Clear the table
- Empty trashes
- Water plants
- Set the table
- Vacuum
- Mop



7-Year-Olds

- Mop
- Sweep
- Sorting
- Vacuum
- Make bed
- Set the table
- Clip coupons
- Empty trashes
- Clear the table
- Take care of pets
- Simple meal prep
- Pick up their room
- Clean out/organize
- Dry/put away dishes
- Dust/wipe down surfaces
- Water plants and gardens
- Sort, start, switch, fold, and put away laundry
- Wipe down door handles & light switches
- Rinse dishes/load dishwasher



4 Important Things to Remember

1. Children need to know what you expect of them.
2. Don't expect them to do it well—especially at first. Keep it simple for toddlers.
3. Praise 10 times as much as you correct.
4. Don't give up!

Dewey County OHCE



Congratulations to the following county award winners:

- Outstanding attendance –Corri Denton, Conny Everett, Shirley Henexson, Alayna Huber, Lavica Seal, Sue Smith, and Kari Weiland
- Faithful service awards: Louise Stephenson - 10 years; Mona Boren -15 years; Sharon Fegal - 25 years; Marquita Ladd - 45 years
- Camargo club - outstanding club award (most points earned during the year)
- Seiling Community Homemakers - highest percentage of members attending both the spring and fall county council meetings
- Family issues project award: Camargo blue ribbon trees
- Healthy living project award: Fun times morning exercise classes
- Cultural enrichment project award: Seiling Community Homemakers paintings for the nursing home
- Resource management project award: Camargo pecan sale fund raiser
- Membership project award: Seiling Community Homemakers membership drive
- Rookie Award - Brandy Jones, SCH
- Young Member Award - Kari Weiland, SCH
- OHCE member awards - Louise Stephenson, Camargo; and Lavisa Seal, Fun Times
- Heart of OHCE awards - Marquita Ladd, Camargo; Amelia Lyons, Fun Times



Welcome new members:

Marie Elliott

Alexia Lee

Ruth Ann Stotts

Sharon Gilchrist

DarCee Robinson

Tammy Stotts

Klyi Hibbard

Nikki Robinson

REMINDERS:

January 15th at the Harper County Extension Office in Buffalo - February's lesson, "No Fuss Gardening" will be presented by Darrell McBee at 10:30. March's lesson, "Decorating with deer antlers and other natural materials" will be presented by Jean Bailey at 11:00. April's lesson, "Patio Ideas" will be presented by Liz Gardner-McBee at 11:30.

Everyone is invited to attend these presentations. Contact Jean if you would like to ride with her.

All state awards and report forms are due in county office by January 22, 2020. Contact Jean or your local club president, if you would like help filling out a form.

I want to say a special thank you to the Dewey County OHCE members. You are all so very supportive and always encourage me in my position as county educator. I absolutely love working in this county with you all. Thank you for your generous Christmas gifts and well wishes during the holidays. I pray that each of you had a wonderful holiday season and were able to celebrate with your family and loved ones. ~ Jean Bailey





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

Send registration to the county extension office or
Kari Weiland by March 9, 2019

MAKE CHECKS PAYABLE TO: DEWEY COUNTY 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.)

Baking for Others has Psychological Benefits

Whether you're making a Bundt cake for a new mother, stocking the table at the school bake sale with carrot cake muffins and sweet potato bread, or bringing a holiday cake to your homebound neighbor, baking just makes us feel good. Turns out a baking for others can have actual psychological benefits. Yes, even when your mother-in-law asks you to bring a cake to the family dinner.

We've all been hearing a lot about mindfulness lately, which can help reduce stress and increase happiness. Baking can help, "Baking actually requires a lot of full attention. You have to measure, focus physically on rolling your dough. If you're focusing on smell and taste, on being present with what you're creating, that act of mindfulness in that present moment can also have a result in stress reduction," says associate professor of psychological and brain sciences at Boston University, Donna Pincus.

Baking also helps convey messages that aren't always easy to say with words. For example, when someone passes away and everyone shows up to the wake with platters of comfort food. Sometimes it's just easier to express sympathy, love, and support in the form of casseroles, cakes, or chicken and dumplings.

Like any charity work, the altruistic act of baking for others can contribute to an overall sense of well-



being and connection with other people in the world. However, you can benefit from baking for yourself, too. (Eating a slice of chocolate cake is a form of self love,

right?) One of the positive mental side effects of baking is using it as an outlet for creative expression, which can relieve stress. "There's a lot of literature for connection between creative expression and overall well-being," said Pincus. "Whether it's painting or it's making music [or baking], there is a stress relief that people get from having some kind of an outlet and a way to express themselves."

Of course, bakers can only reap these psychological rewards if they actually enjoy baking. So don't expect to feel stress-free and content if you'd rather be doing something else!

Source: Strengthening Oklahoma Families. FCS News. December 2019. Texas Co. OSU Extension Service

Paying Off Christmas Can Cost You More Than You Think!

Christmas bills are about to come rolling in. How much did you spend? How long is it going to take you to pay it off? More than half of Americans will have Christmas paid off by the end of January. A little over half pay cash or use credit cards and pay them off right away. Some use credit cards to get rewards for their purchases even though they have the cash. For the rest, Christmas on credit will cost more (in interest) and take months to really be over.

When taking that long to pay off the bills, you can spend so much more than the original gift is worth. There are several different strategies to pay down that credit card debt.



1. **Pay more than the minimum monthly payment** on your credit cards. Paying only the minimum monthly payment for your Christmas purchases, could take you four years to pay off this Christmas. The sad thing is, when taking that long to repay this year's holiday expenses, there is no opportunity to save for the next year. So the cycle tends to repeat itself.

2. **The ideal solution is to pay off the Christmas expenses as soon as possible** and then take the money you would be paying on the credit cards and deposit it into a savings account. Come December, you could have all or most of the money you need for the holiday season.

3. **Budget for next year-NOW.** Total up all your expenses from the past holiday season. In addition to gifts, make sure to account for decorations, additional food, travel, and clothing for events, anything that was related to the season and, generally over and above your normal monthly budget. You may be surprised at the total. Divide that amount by 11 and deposit that amount every month in a savings account. Come December- you will have all the money you need for the holiday season.

The internet is filled with all kinds of savings plans that will "change your life". There is no credible research about which savings plan works the best. However, research does prove that changing behaviors, i.e. creating new positive habits, is the key to reaching your financial goals.

https://web.extension.illinois.edu/lmw/eb363/entry_9454/

