



## STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

### Eating healthy and reducing food waste

Interest rates, utility bills and food prices have skyrocketed lately, making it more difficult for consumers to make ends meet. With grocery prices at an all-time high, it's more important now than ever to make wise choices at the supermarket in order to put healthy meals on the table, stay within budget and reduce food waste.

Household food waste represents about 44% of all food waste generated in the U.S. One of the best ways

to stay on a budget is to plan meals, said Janice Hermann, OSU Extension nutrition education specialist.

"Planning your meals in advance and buying only what is needed for those meals will help reduce your grocery bill. A meal plan can help incorporate leftovers, which reduces food waste," she said. "Sunday's roast can become Tuesday's beef stew. A roasted chicken can be turned into other meals such as chicken salad or a chicken potpie. Wasting food is simply throwing money away."

As you make a meal plan, look to see what's already on hand and plan around those ingredients. Be sure to include breakfast, lunch, dinner and snacks. Visit the USDA's MyPlate Kitchen for recipe ideas. Plan meals around things that are on sale. If your budget allows, stock up on shelf-stable items or things that can easily be frozen.

"When making your grocery list, be sure to include fruits, vegetables and milk that may not be part of a recipe but are basics for healthy eating. To save money consider planning some meals with less expensive alternative proteins such as beans, peas and lentils. Try to make half of your meal fruits and vegetables, fill in the rest with healthy proteins, dairy and whole grains."



Because stores place the priciest items at eye level, look at the upper and lower shelves for better bargains.

Hermann suggested reading the Nutrition Facts label to help guide consumers in purchasing healthy foods. Look for reduced fat or low-fat on the label.

"Compare labels on similar foods to see which one better fits a healthy eating plan. Fresh, frozen and canned fruits and vegetables are all healthy options. Seasonal produce will cost less and be at its peak flavor but buy only what you can use before it spoils."

If the local supermarket doesn't offer a large selection, consider other options such as farmers markets for the freshest produce.

"Drink water instead of soda and other sugary beverages. Tap water is easy on your wallet and has zero calories," Hermann said. "A reusable water bottle is a great way to drink water on the go and avoid the high cost of bottled water from a convenience store."

Another great tool to help ensure consumers use food while at peak quality and reduce waste is the USDA FoodKeeper app available for most smart devices. Consumers often throw food away because they're not sure of its quality or safety. This app serves as a guideline to help consumers better understand food and storage. It also provides safe food handling and preparation information.

USDA's MyPlate website has a helpful section called Healthy Eating on a Budget. Check it out for ideas to keep your food budget in check all while providing healthy food choices for the family.

#### Dewey County Extension Office

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# Volunteer opportunities

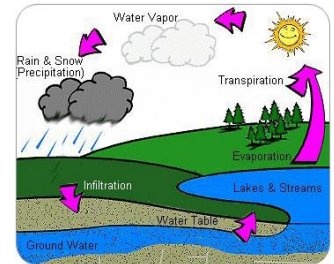


The Dewey County Extension Office will be conducting several exciting workshops for children. A few volunteers are needed to help the day of the events. If you want to volunteer some time to assist with any of these programs, contact the extension office 580-328-5351.



**Reality Check** - at Seiling High School on May 15 from 8:00 a.m. to about 11:30 a.m. This is a fun activity to teach students to manage finances by working within a given budget to cover monthly expenses for a family. Volunteers will work with students, using prepared charts and lists, to figure the cost of a specific budget item for their assigned family. Budget items include groceries, transportation, entertainment, clothing, insurance, housing, etc.

**Water Cycle Obstacle Course** - at Seiling Elementary School on May 25th. Children learn about the water cycle as they go through course representing the process of being a raindrop, through a creek, river, lake, ocean, and evaporation back into the clouds.



**Glimpse of Mexico Workshop** on June 8th from 9:00 a.m. to 12:30 p.m. 4-H'ers will learn a little about Mexico and its culture while making traditional crafts and food.

**Glimpse of Africa Workshop** on July 20th from 9:00 a.m. to 12:30 p.m. 4-H'ers will learn a little about Africa and its culture while making traditional crafts and food.



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## Ham and Swiss Breakfast Casserole - serves 6

### Ingredients

- 6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
- 6 ounces Swiss cheese, shredded
- 3 slices enriched white bread
- 3 slices whole wheat bread
- 1 cup skim milk
- 2 large eggs
- 1 tablespoon yellow mustard
- 1/2 teaspoon "beau monde" seasoning (or alternate)
- 1/2 teaspoon Worcestershire sauce
- 1 teaspoon onion powder

### Directions

1. Lightly spray an 8" X 8" baking pan with non-stick spray.
2. Lay 3 slices of bread in the bottom. Layer 1/2 the ham and 1/2 the cheese. Repeat layer of bread, ham, and cheese.
3. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate overnight.
4. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.



**Nutrition Information:** One serving is 251 calories, 11 g fat, 112 mg cholesterol, 17 g carbohydrates, 2 g fiber, 4 g sugar, 20 g protein, 332mg calcium, 245mg potassium, and 2mg iron.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/ham-and-swiss-breakfast-casserole>

The "Grain Chain," a group of MyPlate [National Strategic Partners](#) committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.



# OHCE 88th Annual State Conference

PIECE BY PIECE, TOGETHER AGAIN  
July 9-11, 2023  
Champion Convention Center  
Oklahoma City



## CONFERENCE REGISTRATION

Register online at [orangehub.okstate.edu](http://orangehub.okstate.edu)  
Agriculture Conference Services  
OHCE

Early registration fee is \$125.00.  
After June 22, 2023, registration fee will be \$150.00

Register online for The First Americas Museum Tour for \$20.00  
Attendance is limited so register early.

Please call 405-744-6489 if you need assistance with registration. Jandra or Stacy will be happy to help you.

## HOTEL REGISTRATION

Hilton Garden Inn 801 South Meridian,  
Oklahoma City  
Telephone number: 405-942-1400  
Group name: OHCE  
Room Rates: Single \$104; Double \$114;  
Triple/Quad \$124  
Room rates include complimentary Hot  
Breakfast Buffet  
Reservation deadline is June 22, 2023 (or until hotel is sold out)

PLEASE NOTE: If you wish the hotel to split the cost of your room, you MUST state that when you CHECK IN. The hotel will NOT be able to split the cost of your room when you check out.

## PIECE BY PIECE, TOGETHER AGAIN Schedule of Events – *At a Glance*

### Sunday, July 9, 2023 Location

1:30pm-3:00pm State Pre-Conference Board  
2:00pm-3:00pm Registration  
3:00pm-5:00pm First Americas Museum Tour  
*Dinner on your own*

### Monday, July 10, 2023

7:00am-8:00am Silent Auction items accepted  
7:00am-5:30pm Registration  
7:30am-8:00am First Timers' Welcome  
8:00am-8:30am Voting Delegates' Session  
8:30am-8:50am Hostess Orientation  
8:00am-4:30pm Ambassadors' Silent Auction  
8:00am-8:30pm Poster Voting  
9:00am-11:00 Business Meeting  
11:15am-12:15pm Learning Session I  
12:30pm-1:45pm Luncheon  
2:00pm-3:00pm Learning Session II  
3:15pm-4:15pm Learning Session III  
4:30pm Last call for bidding on auction items  
6:00pm-8:30pm Friendship Banquet & Vespers

### Tuesday, July 11, 2023

7:00am-8:15am Past-Presidents' Breakfast  
7:00am Registration  
8:00am-8:45am Educators Session  
8:45am-10:45am Awards Ceremonies  
11:00am-12:00pm Learning Session IV  
12:15pm-1:15pm Luncheon Salon H I  
1:30pm-2:30pm Learning Session V



## Barn Quilts

May 19, 2023, at the Seiling Library  
Beginning at 12:30 P.M.

Barn quilts can be sighted at various locations in Dewey County. Come learn about the history and recent development in the barn quilt movement. Participants will get to paint a personal size barn quilt to take home.

Contact the extension office for more information.



## Tex-Mex Foods

June 14, 2023, at the Seiling Library  
Beginning at 10:30 A.M.

Learn about the interesting history and culture of Tex-Mex foods.

## Dewey County OHCE Notes:

Dewey County OHCE members have been busy this winter and spring. In March twenty-two members attended the district meeting in Enid. It was a great day of workshops, fellowship with friends, making new friends, and delicious foods. Members enjoyed planting succulents, painting spring pictures, ertlearning about wheat and sampling breads and cinnamon rolls, an interesting presentation on history of aprons, how to get rid of bugs in the garden, and so much more.

Brandy Jones did an outstanding job representing Dewey County while serving as the district representative. She designed and conducted a clue game that allowed participants to solve the “Who stole the presidents gavel” mystery.

Congratulations to Alayna Huber who was selected as the district young member of the year! And Katelyn King who was selected as the district rookie of the year! They are also eligible to win the state member awards, which will be announced at the state meeting in July. Good luck ladies, your had work and commitment makes you both well qualified for the award.

Then in April members attended the county spring association meeting. Again, there was delicious food, fun fellowship, and an educational presentation on paper beads in the Ugandan culture. The drawing was held to select the winner of this year’s quilt. The quilt was then presented to Katie Schneider.



