

# STRENGTHENING OKLAHOMA



## GARFIELD COUNTY EXTENSION

With the beginning of a new school year right around the corner, many children will be depending on snacks to get them through the day.

It's always good to start the day with a healthy breakfast, and schools provide a healthy lunch. However, between sports practices, club meetings, completing homework assignments and other after-school activities, snacks can help students make it through the day without feeling hungry, said Jenni Klufa, Oklahoma State University Extension associate state specialist for youth programs.

"Our schedules can become very hectic once school resumes and most children will begin after-school snack routines," Klufa said. "The purpose of snacks is to fill gaps in nutrition between meals, but oftentimes, snacks are treated as indulgences instead of healthy choices. While there's nothing wrong with the occasional cookie or piece of candy, snacking is a good opportunity to eat nutrient-rich foods. Sweets should be the exception, not the rule."

Students will need energy to get through after-school sports practices, band rehearsals and other activities. Snacks that include whole grains, are high in protein low in sugar and low in fat will provide the needed nutrients for students to thrive. Choose fruits and vegetables that come in a variety of colors.

## Healthy snacks provide

### fuel for school



Parents of younger students may be asked to sign up to bring snacks to school if the classrooms observe a morning or afternoon snack time. Klufa encourages them to choose healthier, less sugary options such as cheese sticks, trail mix, pretzels or even baby carrots and apple slices.

"Healthy snacks during class will help keep the students focused on learning," she said. "They burn up energy not only on the playground, but in the classroom as well. So, it's important to keep students properly fed to enhance their learning experiences."

It's no secret that fresh fruit is a great choice for snacking. Fruits offer nutrient-dense calories, which means they are full of minerals and vitamins that we need without added or empty calories. Whole fruits such as apples and bananas are portable and can be tossed in a backpack. Peel oranges ahead of time to make them even easier to consume while students are on the go.

"For an extra kick of nutrition, include a pack of nut butter to go

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## GARFIELD COUNTY EXTENSION

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along with the fruit. This will help ensure your children have the fuel they need to perform at their after-school activities,” Klufa said.

When it comes to beverages, water is the best choice to stay hydrated during activity. Some 100% juice on occasion is fine but be aware of calories, especially in other sugary beverages. Children can easily consume a lot of extra calories and sugar just in their beverage choices.

Students who may not have after-school activities still are likely to need a snack to tide them over until dinner time. Make a list of healthy

options and let the child choose which snacks to have at home. Whole-grain cereal bars, whole fruits and vegetables, string cheese, nuts and raisins are good choices. Make popsicles from 100% fruit juice or yogurt. Pretzel sticks or veggies dipped in hummus are also a great choice.

“Just like buying the right back-to-school supplies, be sure to stock the kitchen with healthy snack options,” Klufa said. “Parents can certainly make a difference if they are a good role model and make healthy food choices, too. Having healthy snacks for children is just one way to make sure they have a great school year.”



DEPARTMENT L  
MISCELLANEOUS PROJECTS  
HOME & COMMUNITY EDUCATION GROUPS  
(All exhibits are subject to Fairboard approval)  
Shirley Clark, Superintendent

1. Each O.H.C.E. Group may have an Educational Booth based on a lesson taken from the year-book including September through August.
2. **All O.H.C.E. Group exhibits must have been made or prepared by the exhibitors since the last fair.**
3. Spaces will be assigned by fair personnel.
4. Fair superintendents, workers, volunteers, or agents are not responsible for damage or loss.
5. All entries in place by 11 a.m. the Thursday after Labor Day. Any late entries will be reviewed by the Fair Committee. All decisions are final.
6. **ALL AT –LARGE members may enter OHCE exhibits.**

**CANNING**  
Ruth Campbell

- All exhibits should be in a standard canning jar with a two piece self-sealing lid. The size of the jar to be used is for your family needs.
- Major brand name lids are made according to federal standards, therefore may be used interchangeably unless special contests indicate they must be same brand.
- Entry tags must be attached with rubber bands. No jar showing spoilage will be considered as a jar when judged. **FANCY PACKED ITEMS WILL BE DISQUALIFIED.** Label the tag with contents of the jar.
- Be careful and follow the rules

- L-1 1 jar tomatoes
- L-2 1 jar cucumber pickles (*just cucumbers, nothing else except spices*)
- L-3 1 jar pickled vegetables (*beets, okra or combinations, bread & butter pickles or mixed vegetables*)
- L-4 1 jar relish (any recipe)
- L-5 1 jar soft spread, preserves, jam, or butter
- L-6 1 jar jelly
- L-7 1 jar fruit
- L-8 1 jar dehydrated foods (minimum of 1/2 cup of dried food)

## BAKING & FOOD PREPARATION

Chair: Pioneer Wheathearts

- Bag bread when it is cool. Tape the local group entry number to the top of the plastic sack and not on the twisty. Have an additional tag with group's name for the slice which is displayed.

No mini loaves.

- L-9 1 loaf white bread
- L-10 1 loaf whole-grain bread (1/2 whole grain flour minimum)  
Must include recipe
- L-11 1 loaf bread machine yeast bread, white or wheat
- L-12 1 loaf quick bread
- L-13 3 blueberry muffins Must include recipe
- L-14A 3 oatmeal cookies (any kind)
- L-14B Chocolate layer cake
- L-15 3 pieces fudge
- L-16 1 cherry pie, any type (2 crust, glass pan only)
- L-17 Creative item from boxed cake mix (Must include recipe)
- L-18A Pecan Pie (glass pan only)
- L-18B Any sweet bread (example: cinnamon rolls, monkey bread)

Do not use commercially prepared pie filling, mixes, bread dough or crusts. Mark the bottom of the pie container with local group's exhibitor number. Additional exhibitor number should be placed with exhibit slice. Food exhibit slice will be displayed after judging. Name of exhibitor and placing will be placed with exhibit.

Each group is to provide items for Food/Baked goods sale fundraiser. Examples: pie, loaf bread, or candy, cookies, muffins etc. Items for sale will be marked with identifiable sticker at time of entry. Non-judged food items may be donated for sale. Example: cream pies, cupcakes, other fruit pies or cakes, canned jelly, or jam.

## CLOTHING

Chair: Sue Schmidt

- The following awards will be given for each class listed below. No purchased items shall be on the hanger when garment is being judged. Follow pattern size when indicated.
- All garments must be on hangers for judging purposes. Return of specialty hangers is not the responsibility of judging assistants. Fasten white exhibit tag with safety pin (no straight pins) to outside of garment or be securely around front button.

- L-19 Purchased clothing item,  
*(Decorated to taste must have some sewing)*
- L-20 Child's garment, any size
- L-21 Skirt, any size
- L-22 Casual or sportswear, any size
- L-23 Adult blouse or shirt
- L-24 Sewn Fleece article
- L-25 Night wear, any size
- L-26 Street wear, any size
- L-27 Vest
- L-28 Sewn accessory tote, bag, purse
- L-29 Wrap (*cape, poncho, shawl*)
- L-30 Apron



**TEXTILE ART**

Chair: Debby Roggow

- L-31 Crocheted Item
- L-32 1 knitted article
- L-33 1 (item) counted cross stitch item (cross stitched by exhibitor)
- L-34 1 (item) hand embroidered item, any stitch
- L-35 Machine embroidered item (household-not clothing)
- L-36 1 hand or machine quilted household item
- L-37 1 hand or machine appliqued item (no quilts)
- L-38-A 1 small quilt, minimum 30" to maximum 60" wide & minimum 30" to maximum 80" long.
- L-38-B 1 wall hanging/table topper/miniature
- L-39 1 large quilt, minimum 60" to maximum 110" wide & 80" or more long
- L-40 Quilt top any size, pieced by exhibitor

**DIY DECORATING**

Chair: Linda Gau

- L-41 Cultural Arts workshop item
- L-42 1 recycled item with description and /or photo
- L-43 Decorated Wreath
- L-44 1 Holiday item– (not Christmas or Patriotic)
- L-45 1 Christmas Item
- L-46 1 Patriotic Item
- L-47 1 Artificial Arrangement
- L-48-A Small house plant– 6" pot and smaller
- L-48-B Barn Quilt

**TABLE SETTING FOR 2**

Themed table setting (Holiday—include menu)

**GROUP COMPLETE EXHIBIT**

**Over 12 Items**

Blue Ribbon	2	\$6.00
Red Ribbon	2	\$4.00
White Ribbon	2	\$2.00

**EDUCATION BOOTH**

The educational booth is to be based on a lesson taken from OHCE yearbook and presented to groups since the last county fair.

1 <sup>st</sup>	\$20.00	4th	\$14.00
2nd	\$18.00	5th	\$12.00
3rd	\$16.00	6th	\$10.00

To all other worthy exhibits 5.00

1. All other committees will have special displays and/or exhibits during the fair. These committees are Membership, Resource Management, Family Issues, Healthy Living, and Cultural Enrichment.
2. Unfinished workshop items such as quilts, etc. may be displayed in a booth if arranged by committee.



# OHCE News & Notes



## OHCE Board Meeting

Our next board meeting will be held Monday, August 7th at 9:30 a.m. We will be completing plans for the fair along with other details of upcoming OHCE events and activities.

**SAVE THE DATE**

## OHCE Leader Lesson

The lesson for September will be held Wednesday, August 23rd at 2 p.m. at the Garfield County OSU Conference Room. The topic for September is Families and their Mental Health. A very interesting lesson to share with our groups and friends.



## Lunch Time Learning

Another "Lunch Time Learning" opportunity will be held on Wednesday, August 16th, at 12 noon. Our topic is Electric Pressure Cooking. You will receive recipes, learn a bit about this appliance, and a lunch of 3-4 different selection of foods prepared in an electric pressure cooker. Sign up by August 11 to reserve your spot. Cost is \$7 which includes foods and handouts. You will be surprised at what you can do with this appliance. Attend the class even if you don't think you will get one or are interested in this as a future investment.



## Garfield County Fair

The Garfield County Fairbook is now available at the County Office. All dates and contest are listed in the Fairbook. Entries must be submitted to the Fair office by Wednesday, August 30th. All the OHCE entries are in the current yearbook starting on page 26. We have also included them in this newsletter. Please follow these rules for the OHCE exhibits. Open class exhibits and the schedule are in the fairbook.



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**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.





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**GARFIELD COUNTY  
EXTENSION**

## Dates to Remember

- Aug 7– OHCE Board Meeting, 9:30 AM
- Aug 16– Lunch Time Learning, 12 PM
- Aug 23– Leader Lesson, 2:00 PM
- Aug 31– OHCE County Fair Entries due at Fairgrounds Office



**GARFIELD COUNTY  
EXTENSION**

 **AUGUST** 

