

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## 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 United States.

One of the best ways to stay on a budget is to plan meals, said Janice Hermann, Oklahoma State University Extension nutrition education specialist.

"Planning your meals in advance and buying only what is needed for those meals will help reduce your grocery bill. Plus, a meal plan can help incorporate leftovers, which reduces food waste," Hermann 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 through the refrigerator, freezer and pantry 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. Check out sales flyers and 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 things such as fruits, vegetables and milk that may not be part of a recipe but are basics for healthy eating," she said. "Meat prices are higher, so in order 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 from fruits and vegetables, then fill in the rest with healthy proteins, dairy and whole grains."

It's important to make and stick to a shopping list. Organize the list into different sections of the store to avoid backtracking through the aisles. 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

*(Continued on page 2)*

**Garfield County OSU  
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on similar foods to see which one better fits a healthy eating plan,” she said. “Keep in mind fresh, frozen and canned fruits and vegetables are healthy options. Seasonal produce will cost less and be at its peak flavor but buy only what you can use before it spoils.”

Check out this SNAP-Ed seasonal produce guide to help explore different fruit and vegetable options throughout the year. In addition, if the local supermarket doesn’t offer a large selection, consider other purchasing 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 take 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 beverage 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.

### OHCE SCHOLARSHIP

Applications for the Garfield County OHCE Scholarship will be due **Monday April 10**. Completed forms can be delivered to the OSU Extension Office or mailed to Joyce Fales. Both addresses are listed on the application. To apply for the \$500 scholarship, the graduating senior must be a resident of Garfield County **and** be either a Garfield County OHCE member returning to school or a child or grandchild of a Garfield County OHCE member. The applicant must be completing an accredited high school or home school studies and at the time of the award, be enrolled in a post high school course of studies. More information is available on the application.

### OHCE Week Activity

A county OHCE event has been planned by the Cultural Enrichment committee for OHCE Week. We will be traveling to the Oklahoma City Bombing Memorial Monday, May 8th. Cost for the museum is \$13 for those age 62 and over and \$15 for those under age 62. We will car pool that day leaving approximately 8:30 a.m. We will visit the museum, have lunch at the Plaza District with some economic development, and tour the Myriad Gardens (no admission areas) to return to Enid approximately 4:30 p.m. More information on this and other activities will be in next month’s newsletter.



### May Leader Lesson

Due to a conflict in scheduling, the lesson for May will be presented Wednesday, April 19, 2023, 2:00 pm at the Garfield County Extension Office. The lesson is “Try a Train Vacation”. After researching this lesson, we will be adding an excursion train trip to our next vacation. Come and learn about some beautiful sites to see via train travel. Some sites are not accessible except by train. A fun lesson for all ages. Everyone and all ages love trains.



# WALK WITH EASE

APRIL 11– MAY 11

## Get the Proven Benefits of Physical Activity

The Walk With Ease Program was developed to help people with or without arthritis become more active.

If you can stand 10 minutes without pain, join this class. Each class starts with a brief discussion on walking or arthritis management. The group will warm up, stretch, walk, cool down and stretch one last time. No charge, but call (580) 237-1228 to register.

Classes will be held each Tuesday and Thursday from 8:30 am—9:30 am. We will meet at Crosslin Park near the large shelter near the playground and walk the trails at Crosslin Park. Wear good walking shoes and comfortable clothing. Bring water and dress for the weather.



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## AARP Smart Driving Course

Garfield County Extension Office, Conference Room

316 East Oxford, Enid, OK— Southeast Corner of Garfield County Fairgrounds:

9:00AM – 3:30 pm, Monday, April 10, 2023

- Save money on your auto insurance
- Refresh your driving skills and knowledge of the road
- Discover proven driving methods to keep you safe on the road
- Learn about new automobile technologies

DESIGNED FOR DRIVERS AGE 50+

LEAD BY TRAINED VOLUNTEER BY WORKBOOK & VIDEO

NO WRITTEN TEST or DRIVING TEST

MOST INSURANCE COMPANIES GIVE DISCOUNTS FOR COURSE COMPLETION-

Contact your company about discount offered

(LUNCH BREAK WILL BE TAKEN- BRING LUNCH or GO OUT CLOSE BY)

---BRING DRIVERS LICENSE AND AARP CARD WITH YOU.

---\$20 AARP Members or \$25 for Non-AARP Members

Space limited so please RSVP to Garfield County Extension Office

580-237-1228

If Questions Call Volunteer Instructor Kevin R. Hackett @405-714-1002

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## Saint Patrick's Day Quiz



Get in the Irish spirit with this Saint Patrick's Day, and learn a little about the green jewel of the Atlantic, with this short round of trivia:

1. What is the connection between the snake and St. Patrick?
2. "Erin Go Bragh" is a phrase heard often on St. Patrick's Day. What does it mean?
3. Why is corned beef associated with St. Patrick's Day?
4. What are leprechauns, and what do they have to do with St. Patrick's Day?
5. Irish lore says that anyone who kisses the blarney stone, located near this town, will be blessed with the "gift of gab." What is the town?

### Answers

1. Legend has it that St. Patrick stood atop a hillside in Ireland and banished all the snakes from the country. Ireland actually never had any snakes; the story is a metaphor for the eradication of pagan ideology and the triumph of Christianity.
2. "Erin Go Bragh" means "Ireland Forever."
3. Irish immigrants living on the lower East Side of New York substituted cheaper corned beef, which they learned about from their Jewish neighbors, for their traditional meal of Irish bacon.
4. Leprechauns, meaning "small-bodied fellows" have their origins in the Celtic belief in fairies. They were known for their trickery used to protect their treasure, the fabled pot of gold. Walt Disney released a film entitled "Darby O'Gill & the Little People," and leprechauns became both a symbol of Ireland and St. Patrick's Day.
5. The town is Cork.



## Traditional Irish Soda Bread

**Prep Time** 12 minutes  
**Cook Time** 45 minutes  
**Servings** 1 loaf



### **Ingredients**

- 3 1/2 cups unbleached all purpose flour
- 3/4 teaspoon kosher salt
- 3/4 teaspoon baking soda
- 1 1/2 cups buttermilk

### **Instructions**

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper and set aside. To a large mixing bowl, add the flour, salt, and baking soda. Whisk to combine thoroughly.
2. Using a wooden spoon, make a well in the center of the dry ingredients. Add the buttermilk to the dry ingredients in the "well." Use wooden spoon to gently stir the ingredients together, starting at the center of the bowl and slowly working out. Dough will be soft.
3. Lightly flour a work surface, and pour the dough out onto the surface. Use your hands to gently knead the dough about 4 times, until it comes together, and the surface is slightly smoother. Use the palms of your hands to shape into a round loaf.
4. Transfer the loaf to the prepared baking sheet. Lightly sprinkle the top with flour. Use a sharp knife to slash a large cross (X) on the top of the dough.
5. Transfer right away to the oven and bake for 15 minutes at 450°. Lower the temperature to 400°F, rotate the pan 180° in the oven, and bake for another 25-30 minutes until deeply golden brown. Allow the bread to cool for at least 20 minutes, then serve warm with Salted Butter.



Source: lionsbread.com/  
 traditional-irish-soda-bread



# OHCE News & Notes

## OHCE Board Meeting

The Garfield County OHCE Board Meeting will be held Monday, March 6, 9:30 am. We will be making final plans and assignments for the West District meeting and planning for our County Spring Meeting Tuesday, April 18.



**PLEASE READ: IMPORTANT MESSAGE**

## Leader Lesson

There will not be an in-person Leader Lesson on March 22. That lesson will be presented at our District Meeting March 25th. Plan to attend that meeting and pick up your information there. We will print materials for you lesson here at the office for you April Meeting.

## VEST WORKSHOP

Make a vest Monday, March 13 starting at 10 am. Bring your lunch and all materials, a vest pattern (Lined or Unlined) and your sewing equipment. Sue Schmidt will leading this workshop. Be sure to call the office to reserve your spot. This project can be used as a fair entry.



## OHCE Week May 7-13

We will make county plans for our OHCE Celebration at our March Board Meeting. Our Cultural Arts committee is planning a trip to the Oklahoma Memorial Bombing site as well as more activates throughout the week. Keep an eye open for these upcoming events.



## Sunflower Workshop

Join us on Monday, March 27th, 2023 from 1 pm—3 pm.

**Cost is \$10**

**Call (580) 237-1228 to register.**

**Deadline to register is March 22nd.**

**Please make checks payable to Shirley Clark.**



## District OHCE Final Planning Meeting

*PLEASE! NOTE* We will meet with the other counties hosting the district meeting Friday, March 3, 10:30 am on the NWOSU Campus, Commons area, Enid. We will complete all planning and preparations for our meeting scheduled for Saturday, March 25.

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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 at least two weeks prior to the event.



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## Dates to Remember

- March 3– District OHCE Planning Mtg. 10:30 AM
- March 6– OHCE Board Meeting 9:30 AM
- March 13– Vest Workshop 10 AM– 2 PM
- March 25– West District OHCE Meeting (North), NWOSU 8:30 AM
- April 10– AARP Smart Driver Course
- April 11– May 11– Walk with Ease
- April 19– May Leader Lesson



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