

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## School Lunches: Pack or Pay

The kids are still playing in the pool and there still may be time for a vacation, but no doubt about it, the start of a new school year is just around the corner.

New school supplies, new teachers and new friends are exciting, and so is having lunch at school. Will you pack a lunch from home or pay for lunch at school?

One of the benefits of purchasing and eating a school lunch is that it includes a balanced meal with foods from all the food groups at a reasonable cost, said Candy Gabel state coordinator for [Oklahoma State University Extension's Community Nutrition Education Program](http://oces.okstate.edu/garfield/).

"School lunches must follow USDA guidelines, which means these meals provide nutritional standards to improve children's health," Gabel said. "Children learn best when their bodies are fueled with nutritious foods. The standards the USDA sets are updated regularly to reflect the latest research and guidance on what kids need to do their best in school."

Recent changes include reducing sugars and sodium and promoting a variety of whole grains, fruits, vegetables and protein-rich foods. The USDA encourages schools to create new recipes and menus that meet cultural preferences, vegetarian choices and personal tastes.

Gabel said school meal costs vary within districts. Depending on household income, students may qualify for free or reduced lunches.



Some students may prefer to bring a home lunch due to allergies and food preferences. A well-balanced home lunch should include a portion of bread, rice, potatoes or pasta; fruit and vegetables; a serving of dairy or calcium-rich alternative; protein such as beans, fish, eggs or meat; and a healthy, non-sugary beverage.

"Try to avoid processed and pre-packaged options. Also, limit foods with added sugar," she said.

Keeping foods safe until lunchtime is as important as the food itself. When packing a lunch, think about the type of food, a safe temperature for the food and how long the food must be stored until it is consumed. Remember, some foods can become unsafe in just two hours at room temperature. Here is additional information on the [types of food that need to be kept cold, hot or at room temperature](#).

As parents consider the lunch options for their child, it may be beneficial to talk to the school's nutrition director to see if the school offers breakfast or participates in programs such as Farm-to-School, where the

## Garfield County OSU Extension

### Address

316 E. Oxford  
Enid, OK 73701

### Phone

580-237-1228

### Email

Joy Rhodes  
[joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu)

### Website

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

### Social Media

Facebook: Garfield County OSU Extension Family & Consumer Sciences

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farmers and producers to source fresh produce. Inquire about food waste reduction initiatives or meal programs for special dietary needs. In addition, setting up an online ordering and payment system makes it easier for parents to manage their child’s lunch account.

“Research shows that children learn best when they are eating healthy meals,” Gabel said. “Whether parents purchase meals at school or pack a home lunch, providing students with healthy foods will get the school year started on the right track.”

## AARP Smart Driving Course

Tuesday, August 6

9:00-4:00 pm

\$20-AARP members, \$25 all others

Class will be held at Extension Office



Save money on your auto insurance, refresh your driving skills and road knowledge, learn proven driving methods to keep you safe. Designed for drivers over age 50. Led by a trained volunteer using workbook and videos, no written or driving test. Contact your insurance about discounts. Bring your Driver’s license and AARP card. Lunch break will be taken.

Space limited so please RSVP to Garfield County Oklahoma Extension Office-580-237-1228. If you have questions, contact Instructor: Kevin R. Hackett-405-714-1002.

## GARFIELD COUNTY FAIR



- August 28 All pre-entries due 5 pm
- September 4 All entries in place except Flowers, Foods and OHCE, Gift Basket and Table Setting by 6 pm
- September 5 Open class judging begins at 10 am with OHCE judging at 1 pm, Chocolate Dessert Contest 6pm
- August 6 Pie Baking Contest 10 am
- August 7 “Best of Wheat” Contest 1 pm
- August 8 Release of Exhibits and Premium Pickup 2-4 pm

**DEPARTMENT L**

**MISCELLANEOUS PROJECTS**  
HOME & COMMUNITY EDUCATION GROUPS  
(All exhibits are subject to Fairboard approval)  
Joyce Fales, Superintendent

1. Each O.H.C.E. Group may have an Educational Booth based on a lesson taken from the yearbook 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 salsa (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 product such as fruit, vegetable meat, etc...)

**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 bar cookies (Must include recipe)
- L-14A 3 snickerdoodle cookies
- L-14B 3 frosted cupcakes
- L-15 3 pieces peanut brittle
- L-16 1 apple pie, any type (2 crust, glass pan only)
- L-17 quart jar 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 plac-ing 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.

## STRENGTHENING OKLAHOMA FAMILIES

### 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 knit T-shirt or top
- 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 real flower Arrangement
- L-48-A Stuffed Toy (animal, doll, etc.)
- 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	4 <sup>th</sup>	\$14.00
2 <sup>nd</sup>	18.00	5 <sup>th</sup>	\$12.00
3 <sup>rd</sup>	16.00	6 <sup>th</sup>	\$10.00

To all other worthy exhibits 5.00

- 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.
- Unfinished workshop items such as quilts, etc. may be displayed in a booth if arranged by committee.

# Education Workshops for August

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

## Leader Lesson

The lesson for your September meetings will be held **Wednesday August 28, 2 pm** here at the office. The topic is "Learning about Bone Broth".

## Garfield County Fair September 4-8

The Garfield County Fair book is now available at the Office. All dates and special contests are listed in the Fair book. **Entries must be submitted to the Fair office by Wednesday, August 28.** All OHCE entries are listed in the current yearbooks starting on page 26 and in this newsletter for your convenience. Please follow these rules for the OHCE exhibits. Open class exhibits and schedules are in the fair book.

## Stay Strong Stay Healthy Exercise Class

Classes will begin Sept 16, 12:30 pm each Monday and Wednesday through November 6 for the next Stay Strong Stay Healthy health and fitness class. There is no charge to attend, but best results are evident with consistent attendance. Call to reserve your chair by September 9.

## Barn Quilt Class

A few slots are still available for the August 9 Barn Quilt Class. Cost is \$40 and covers all materials and a light lunch. Call to reserve by August 5.



## Table Runner

### Zig-Zag Design for Fall or Holidays

A few spaces remain for the Table Runner class August 7. Cost is \$20 and includes the pre-cut kit.

## Board Meeting

### Monday, August 5, 9:30 am

The next Garfield County OHCE Board Meeting will be held Monday August 5 at 9:30 am. We will be completing plans for the fair along with details of upcoming events and activities. Hope to see everyone there.

## Oklahoma State Fair— OKC

If you wish to enter items in the State Fair of Oklahoma, entry deadline is August 15. State Fair dates are September 12 – 22. Each exhibitor is responsible for bringing your items to the fair and for pickup at the completion of the fair.

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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.



Garfield County Cooperative Extension Service  
Oklahoma State University  
316 E. Oxford  
Enid, OK 73701

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## Dates to Remember

- August 5 — OHCE Board Meeting**
- August 6 — Smart Driving Course**
- August 7 — Table Runner Class**
- August 9 — Barn Quilt Workshop**
- August 28 — Leader Lesson**
- Sept. 4-8 — Garfield County Fair**
- Sept. 12-22 — Oklahoma State Fair**
- Sept. 16 — Stay Strong Stay Healthy**



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