

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY
EXTENSION

Many Factors Contribute to Childhood Obesity

'Tis the season to deck the halls with bright, colorful decorations. It's also the season to dig out those favorite family recipes because it simply isn't a holiday without Aunt Marge's famous sweet potato casserole or Grandma Mabel's pecan pie.

In an effort to not overindulge during the festive season it's important to set up the environment to help meet the health goals that you've set for yourself, said [Jenni Klufa, Oklahoma State University Extension](#) associate state specialist for youth nutrition programs.

"First of all, it's not an all-or-nothing mindset," Klufa said. "There truly is a balance between making healthy choices and still being able to enjoy the traditional holiday favorites. If you do happen to overindulge at breakfast or lunch, just reset your thinking and make healthy choices at the next meal."

The first thing a person needs to do is be honest about food triggers. For some, the holiday party buffet can be hard to resist. For others, stress can be the trigger that leads to eating too much. Despite what sappy movies portray on television, holidays can be stressful, and that can lead to overindulgence.

Also, make your healthy eating goals known. It may be difficult to tell Aunt Marge you don't want two helpings of that sweet potato casserole, but stating your goals upfront may keep some pushy relatives from insisting you



eat more. Always keep in mind your why for making healthier choices.

"One strategy I like to use is to give up things that are available the rest of the year. I don't eat rolls during the holidays because I can get them at other times," she said. "If mashed potatoes are a regular during the year, opt for something else. It's important to prioritize your choices and select those foods you only get on special occasions."

If there are three or four kinds of pie available, take a small slice of your favorite. This way you are still taking part in the family tradition but maintaining balance by not overindulging.

Make sure there are plenty of fruits and vegetables available. Not only are these foods full of flavor, but they will also help you feel full. Since some traditional family recipes are rich and heavy, the fruits and veggies can help with gastrointestinal issues.

Klufa said don't skip breakfast in anticipation of the large holiday meal. "Research shows that people consume more calories by doing this because they're so hungry when the

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meal is served,” she said. “Eating a light, healthy breakfast will make it easier to make wise food choices later in the day.”

When the meal is served, choose a smaller plate. This will help with portion control. Also, stay hydrated with water. Limit special drinks such as eggnog to one small serving.

After the meal, it can be tempting to claim a section of the sofa for a nap. Instead, choose a physical activity. Have opportunities for the kids to be active, too. This sets a good example for them and can help them on a path of making life-long healthy choices.

“Don’t try to completely change your eating habits when surrounded by all of the holiday favorites,” Klufa said. “Most people tend to put on a few pounds this time of the year. However, keeping your goals in mind and using some of these strategies, there’s a good chance you’ll maintain and not gain. In that case, you’re ahead of the game.”

Volunteer Hours for 2024

Please continue to keep track of your volunteer hours. You may enter these on the OHCE Website or I am happy to assist. It is amazing how many hours we donate to various projects. These numbers are shared in various ways throughout the state and show just how much OHCE is donating in each county and the state.

Master Volunteers Training

If you are interested in becoming or want to learn more about becoming a Master Sewing Volunteer now is the time. Applications are due March 1 with training scheduled for early May. Ask Joy for more information if interested.

OHCE Board Meeting and Workday January 6, 2025

We will meet on **Monday January 6, at 9:30** for our Board meeting to complete plans for Achievement Day. Following the meeting we will be making Book Bags for the Literacy Committee. Beverly Bullard is heading this committee and has a pattern chosen that uses approximately $\frac{3}{4}$ - 1 yard of sturdy material. Bring materials suitable for this project to the meeting and we will create these bags for distribution in Garfield County. If not attending the board meeting, we will start sewing at approximately 10:30. Everyone is invited to join.

Fishbowl Snowman

Fishbowl snowman with or without lights January 13 from 9:30 to 11:00. Cost is \$10 with all supplies provided. Class size is limited to 10. January 8th is the deadline to sign up. Please pay by January 8th so supplies can be prepared for the workshop. Make checks out to Shirley Clark.



Reports and Award Forms Due January 13

January 13 is the date that Secretary Books, Achievement Score cards, and Perfect Attendance are due to the Extension Office. Please include your paragraph of your group’s accomplishments for 2024 for Achievement Day program. Also due are entries for Local and County Awards as well as Rookie, Young Member and Heart of OHCE reports. Information on these awards start on page 30 in your yearbooks. Criteria for reports start on page 45.



Holiday Recipes

Fig & Goat Cheese Puff Pastry Roll

Buttery puff pastry is a tasty shortcut ingredient that can be used in many delicious ways. Here we roll out a pastry sheet and cover it with fig jam and crumbled goat cheese, then roll it up into a log and bake it. The end result is a sweet-and-savory appetizer that looks and tastes impressive, especially considering it has just three ingredients. (source: Eatingwell.com)

Active Time: 10 mins Total Time: 55 mins Servings: 10

Nut-Free Low-Sodium Soy-Free Vegetarian Egg-Free

Nutrition Facts: Serving Size 1 slice Calories 208

Ingredients

1 frozen puff pastry, thawed
6 tablespoons fig jam
1 (4-ounce) log goat cheese

Directions

Preheat oven to 400°F. Stack 2 large baking sheets on top of each other (this will help keep the bottom from burning) and line with parchment paper. Lay puff pastry on another sheet of parchment and roll it out to about 12 inches. Evenly spread jam over the pastry, leaving ½ inch of 1 edge bare for sealing. Crumble goat cheese on top of the jam. Brush the bare edge with water to help it stick. Starting at the opposite edge, roll the pastry into a log; place seam-side down on a small cutting board and freeze until firm enough to slice, 20 to 30 minutes.

Using a sharp knife, cut the log into 10 pieces. Transfer the slices to the prepared baking sheet. Bake until golden brown on the edges, 23 to 25 minutes. Let cool for 10 minutes before serving.

*Total Fat 13g Saturated Fat 4g Cholesterol 9mg Sodium 109mg Total Carbohydrate 18g
Total Sugars 7g Protein 4g*

Stay Strong, Stay Healthy

The next Stay Strong, Stay Healthy class will be offered at the Garfield Extension Office each Monday and Wednesday starting February 3, 2025.

This eight-week program can help you get started on the road to better health in time for spring. The Stay Strong, Stay Healthy program is built on simple strength-building exercises that will improve balance, health and state of mind. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60.

The class meets for one hour, two times each week at 12:30 at the Extension Office Conference room, 316 East Oxford starting Monday, February 3 through Wednesday, March 26. To register, please call the Extension Office at 580-237-1228 or stop by the office. Class size is limited, so register early. There is no fee for the eight-week series.

Whipped Feta with Cranberries & Walnuts

This festive whipped feta dip is the perfect appetizer for any gathering. If the feta seems too thick, add 1 teaspoon water at a time until loosened. Walnuts provide a nice crunchiness, but you could easily swap in another nut like pecans or pistachios.

Active Time: 20 mins Total Time: 25 mins Servings: 8

Nutrition Profile: Sesame-Free Soy-Free Vegetarian Egg-Free Nutrition Information

Ingredients

4 ounces crusty whole-wheat baguette, thinly sliced on the bias
 2 tablespoons unsalted butter, melted
 1 (6-ounce) package feta cheese in brine, drained and crumbled (1½ cups)
 1/3 cup reduced-fat cream cheese
 1 tablespoon extra-virgin olive oil
 1 large clove garlic
 1/4 cup canned whole-berry cranberry sauce
 2 teaspoons cold water
 1/4 cup chopped walnuts, toasted (see Tip)
 1 tablespoon honey
 1 teaspoon fresh rosemary leaves
 Flaky sea salt (optional)
 Freshly ground black pepper (optional)



Directions

Preheat oven to 350°F. Brush both sides of baguette slices with melted butter; place in a single layer on a large rimmed baking sheet. Bake, flipping halfway, until golden brown and crispy, 10 to 12 minutes.

Meanwhile, add feta, cream cheese, oil and garlic to a food processor; process until a smooth whipped dip forms, 2 to 4 minutes, stopping to scrape down the sides as needed. Transfer to a serving bowl.

Whisk cranberry sauce and water together in a small bowl until smooth; spoon over the feta. Sprinkle with walnuts, drizzle with honey and sprinkle with rosemary. Season with salt and pepper, if desired. Serve with the crostini.

To make ahead: Make crostini (Step 1) and store in an airtight container at room temperature for up to 5 days. Refrigerate dip (Step 2) in an airtight container for up to 2 days. When ready to serve, let the dip come to room temperature, then whisk it until smooth (or pulse it a few times in the food processor). Proceed with Step 3.

Tip

For the best flavor, toast nuts before using in a recipe. To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

Serving Size: about 3 Tbsp. dip & 3 crostini

Calories 194, Fat 12g, Saturated Fat 6g, Cholesterol 26mg, Carbohydrates 14g, Total Sugars 7g, Added Sugars 2g, Protein 6g, Fiber 1g, Sodium 303mg, Potassium 20mg



**IMPORTANT
MESSAGE!!!**

Due to postage costs and a limited postage budget, we will combine the December and January FCS Newsletter. Be sure and save this newsletter for reference.

Education Workshops for December/January

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

2025 District OHCE Meeting

Registration will be opening soon for the District meeting Saturday, March 22 in Watonga. Save the date to attend as this will be a short drive.

Board Meeting Monday, December 2, 9:30 am

The Garfield County OHCE will meet on **Monday December 2, 9:30 am** in the Conference Room. We will be finalizing the OHCE Yearbook. Our December Board meeting has the tradition of enjoying brunch together. Bring a dish if able, little smokies and the beverages are already covered.

Cookies for Vance Air Force Base

We will be continuing our project to assist Vance AFB with welcoming the incoming pilots and support staff to the Enid area. For December 2024 **Casa La Mia** will be furnishing 12 dozen cookies. Each month they may be delivered to the Conference room at the Extension office and placed in the freezer on or before the 2nd Monday of the month. Cookies should be individually packaged in groups of 2 or 3 (depending on their size) and frozen.

January 2025 will be **Domes-ti-kates** and February is **Kremlin Home Culture**. Your efforts in this project are very appreciated.



Achievement Day

January 25, 2025 - 9:30am

The Garfield County OHCE Officers will be hosting the brunch for Achievement Day, January 25. Awards will be presented to our members including Perfect Attendance, Membership and other awards as well as installation of the Garfield County Officers that morning.

Lessons for January and February OHCE Meetings

The lesson for your January OHCE meeting is a mail out and will be available the middle of December. The topic is Knowing the Signs of Strokes and Dementia. The lesson for February will be held on Wednesday January 22, at 2 pm in the Conference Room. The topic is Cleaning without Chemicals and presented by Lindy Peterman. Be sure your group is represented at our lessons if possible.

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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

- Dec. 2-OHCE Board Meeting
- Dec. 23-Jan. 1 — Office Closed
- Jan. 6-OHCE Board Meeting/Work Day
- Jan. 22-Leader Lesson
- Jan. 25-Achievment Day
- Feb. 3-Stay Strong Stay Healthy
- March 22-2025 District OHCE Meeting



**GARFIELD COUNTY
 EXTENSION**



*Merry
 Christmas*



*Garfield OSU Extension Office
 will be closed
 December 23, 2024 through January 1.*

*We wish you all a Merry Christmas
 and a Happy New Year*