

# STRENGTHENING OKLAHOMA



## GARFIELD COUNTY EXTENSION

It won't be long until children leave the classroom behind for a couple of weeks during the holiday season to celebrate traditions and enjoy fun festivities. While it's good to get out of the school routine, it's a good idea to keep healthy habits in mind during the break.

Jenni Klufa, Oklahoma State University Extension associate state specialist for youth programs, offers four steps to help stay on course with healthy eating habits this holiday season.

### **Be intentional with healthy eating.**

"Maintaining a balanced diet through the holiday season isn't easy. The sweet treats are abundant this time of year and it can be hard to say no," Klufa said. "Be intentional about balancing your favorite treats with more healthful options. Eat a fruit or vegetable for every sweet treat you consume. Understandably, those holiday cookies that come around once a year are hard to resist. And you don't have to say no all season long. Just make sure you're not skipping vegetables at meal time."

Also, staying hydrated is important. Make water available to the whole family every day to encourage proper hydration.

### **Do something educational.**

Learning doesn't just take place in the classroom. While schools are closed for the holidays, consider a

## Have a healthy habit holiday



trip to the local library or visit a science museum. Take time to sit down and read a book together. This can be especially fun if grandparents are visiting.

"Because cooking is a big part of the holiday season, take the learning into the kitchen. Let children read the recipes and measure ingredients," she said. "Older children can work on the holiday food budget."

### **Get plenty of sleep.**

Klufa said maintaining a regular schedule can be difficult during the holidays. Staying up and sleeping in may be popular but try to stick to a normal schedule when you can.

"This will help prevent the adjustment from being so great following the holidays. It's important to be flexible during this time of year but everyone still needs enough sleep to maintain good health," she said.

### **Be active.**

"The holiday season can be stressful. Being physically active not only plays an (Continued on page 2)

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(Continued from page 1) important role in overall health, but it also helps improve sleep and decreases stress,” Klufa said. “Who wouldn’t like to reduce their stress level during the holidays? Get the whole family involved in 30 to 60 minutes of physical activity or exercise each day.”

To help children maintain healthy habits during the holiday season, the Community Nutrition Education Program is partnering with schools to encourage students to become a CATCH<sup>o</sup> MVP during the break. The Coordinated Approach to Child Health program has a calendar to help students keep track of their healthy choices during the holiday break.

Klufa said students will keep track of three categories – (M) Moves and Stays Active; (V) Values Healthy Eating; and (P) Practices Healthy Habits. Each category has eight items from which children can choose to do.

“The students are encouraged to keep track of their healthy choices over the holidays to help them stay healthy and active,” she said. “It can be easy to fall into the habit of snacking and watching too much television when out of the school routine. This calendar will help kids stay on track with their health and become a CATCH<sup>o</sup> MVP.”



**GARFIELD COUNTY  
EXTENSION**

**Garfield County OSU Extension Office will  
be closed**

**December 23rd, 2022– January 2nd, 2023**

**We wish you all a Merry Christmas**

**and a**

**Happy New Year!**



## Recipe:

Have you been wondering how to jazz up your Christmas cards lately?

Why not add a little extra magic in your Christmas cards this year by including your favorite recipe in your cards! You can hand-write it on the inside of the card (or) you could print copies and tuck them inside!

This idea would be so fun for a family, an OHCE group, a community-wide event, or even something fun to treat all the folks you send cards to! You could coordinate to do it or just send it as a surprise!

In the south, recipes are worth more than gold... so if someone decides to share with you, take it as quite the compliment!



©Jaure

# The **CATCH** MVP Fill-in-the-Blank Winter Break Calendar

You can be a **CATCH MVP** this winter break! A CATCH MVP is someone who:

**M** - Moves and stays active

**V** - Values healthy eating

**P** - Practices healthy habits

**Instructions:** Fill in the CATCH MVP Winter Break Calendar with healthy habits from the list below. Write **1** habit for each day. Use **4** habits from the moves and stays active list (**M**). Use **5** habits from the values health eating list (**V**). Use **5** habits from the practices healthy habits list (**P**).

**M - Moves And Stays Active**

1. Play outside
2. Take a 20-minute walk
3. Walk with a family member
4. Do 20 push-ups
5. Do 20 sit-ups
6. Do 20 jumping jacks
7. Stretch for 15 minutes
8. Stretch with a family member

**V - Values healthy eating**

1. Eat a vegetable
2. Try a new vegetable
3. Drink no soda today
4. Eat a piece of fruit
5. Eat fruit with breakfast
6. Drink only milk and water
7. Eat 5 servings fruit and vegetables
8. Eat a healthy snack

**P - Practices healthy habits**

1. Watch tv less than 2 hours
2. Watch no tv
3. Play no video games
4. Sleep for 10 hours
5. Help cook dinner
6. Help clean up dinner
7. Brush your teeth
8. Read a book

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



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COMMUNITY NUTRITION  
EDUCATION PROGRAMS



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# Cranberry Wojapi



**Cranberry Wojapi is a Native American dish.**

**Source: *North Dakota Food and Culture: A Taste of World Cuisine*  
North Dakota State University Extension Service**

The Cranberry is native to the swamps and bogs of northeastern North America. It belongs to the Heath, or Heather family. Members of the family occur from polar regions to the tropics in both hemispheres. The cranberry plant is described as a low-growing, woody perennial with small, oval leaves. Flower buds, formed on short, upright shoots, open from May or June, with the berries ripening by late September or early October. It is important to have warm, sunny weather during the bloom period, as that is the best formula for maximizing pollination by the cranberry's two biggest pollinators: bumble bees and honeybees (cranberries rely on insect pollination because the pollen grains are too heavy to be carried around much at all by the wind).

The American cranberry grows wild from the mountains of Georgia to the Canadian Maritimes, and as far west as Minnesota. It has been cultivated in the Cape Cod area since the early 1800s and was an active industry in Maine during much of the last century. Maine has had a resurgence in cranberry farming and in 2012 and 2013: New back-to-back record Maine cranberry yields of 35,729 barrels in 2012 and 35,870 barrels in 2013. (1 barrel = 100 lbs).

## Cranberry Wojapi Recipe

Makes: 5 Servings

Try this traditional Native American cranberry sauce which uses dried cranberries making it the perfect side dish to serve anytime of the year.

### Ingredients:

- 1 cup dried cranberries
- 2 cups water
- 4 tablespoons sugar
- 2 tablespoons cornstarch (mixed with 3/4 cup water)

### Directions:

In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture is thickened and cranberries are plumped



### Nutrients:

*Total Calories-99, Total Fat- 0 g, Saturated Fat- 0 g, Cholesterol -0 mg, Sodium- 4 mg, Carbohydrates -26 g, Dietary Fiber- 1 g, Total Sugars- 20g, Added Sugars included- 17 g, Protein-0 g, Vitamin D- 0 mcg, Calcium- 4 mg, Iron- 0 mg, Potassium- 8 mg.*

# OHCE News & Notes

## OHCE Board Meeting



The Executive OHCE Board will be meeting at 9 am for a Holiday Brunch and complete the morning with their regular meeting. Contact Shirley Clark for items needed for the brunch. The January 2023 meeting will be held January 9 at 9:30 am to complete plans for the Achievement Day Meeting and Brunch to be held Saturday, January 28.

## Leader Lesson

The Lesson for January meetings will be "Understanding Personalities: Are you a Good Listener?" This is a hand out lesson and will be available for pickup in late December here at the office. The yearbooks for OHCE may possibly be ready at this time or in early January 2023.

## UFO Day

Bring your UFOs (Unfinished Objects) on Monday, December 5th, 11:00 am – 2 or 3 pm following the Board meeting. If you are stuck on a project bring that for some help from expert seamstresses, or if you have questions and needing help with a new pattern, bring it along. No charge just a day of sewing, visiting and help if you need it.

## Reports and Awards Due January 18, 2023

Remember that all OHCE Reports are due by Wednesday January 18. This includes Secretary books with Achievement score cards, all OHCE member award nominations, Photo contest and Life Story entries are due at this time. Check your OHCE current yearbook (pgs 30-49) for more information and details. **The only report that is not submitted at this time is the OHCE Week report. That is due June 1, 2023 AFTER the current OHCE week is celebrated.** If anyone needs assistance with any of the awards, please let Joy know and she will be glad to assist.

## Christmas Tree Door Decoration

This Workshop will be held on December 2nd from 10 am—2 pm in the conference room. Please register by calling (580) 237-1228.

Cost will be \$15 for each person. Please register by Wednesday, November 30th.

Bring your own sewing machine if you prefer, machines will be available. Bring your own scissors and pins. Materials will be precut as a kit for each person who attends.



MERRY  
*Christmas*

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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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## Dates to Remember

December 2nd– Christmas Tree Door Decoration 10 a.m.

December 5th– OHCE Board Meeting 9 a.m.

December 5th– UFO Day 11 a.m.

Office Closed– December 23rd– January 2nd

January 11th– District OHCE Planning Mtg. 10:30 a.m.



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