

STRENGTHENING OKLAHOMA



GARFIELD COUNTY EXTENSION

When rushing around, living life day to day, parents and caregivers may not give a lot of thought to how much influence they have over the foods children eat now – and in the future.

“This extends beyond merely choosing and serving their food or talking to them about the foods they are consuming,” said Ashlea Braun, Oklahoma State University Extension nutrition specialist and assistant professor in the Department of Nutritional Sciences. “Humans learn in social contexts, meaning we learn from observing others. Research shows that the quality of a child’s diet is related to the diet quality of their caregivers.”

Does the diet of the parent/caregiver adhere to the United States Dietary Guidelines and include adequate amounts of fruits and vegetables? If not, then the child’s may not. Or are the adults intentionally modeling healthy eating?

“Modeling healthy eating includes behaviors such as intentionally trying to eat healthy food in front of children or displaying excitement about eating healthy foods,” she said. “Research has shown for years that having family meals together can influence the diet of children. However, it’s not just eating together, but what you’re eating together as a family, and children observing their caregivers making healthy choices.”

Parents/caregivers as agents of change for children’s diets



Modeling these behaviors in front of children can help build their confidence to eat healthier while shaping norms about eating. In addition, children like to have autonomy – they like to make their own decisions. By encouraging children to eat healthier foods via social cues and modeling, parents/caregivers can encourage such choices while honoring autonomy.

Braun said this is a better approach than trying to get children to eat foods via force. In fact, research indicates this can create a great deal of tension between families at mealtime.

In addition to the concept of modeling via observation, if parents/caregivers adopt higher-quality eating patterns, they’re more likely to have higher quality foods present in the home. In turn, this makes children more familiar with these healthier choices, leading children to consume those foods both in and out of the home.

Some research takes it even further, examining the presence and/or absence of traditional healthy foods such as fruits

(Continued on page 2)

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In this issue:

OHCE News & Notes

Parents/caregivers as agents of change for children’s diets

Summer Grilled Corn Salad Recipe

Cultural Enrichment

Women’s Safety

How to Stay Safe and Healthy During the Summer Season

OHCE News & Notes

Dates to Remember

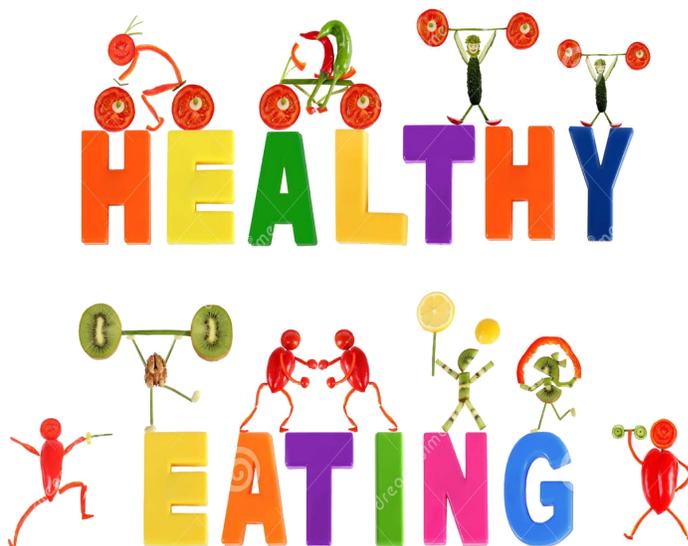
(Continued from page 1)

and vegetables and those considered less healthy, such as foods rich in added sugars.

“Unfortunately, our desire to consume those less-than-healthy choices can be powerful given those foods are generally very appealing and palatable,” Braun said. “Having those foods present in excess can overpower our potential desire or intention to consume healthier choices. Social and environmental cues are important, and some research suggests these cues can be more impactful than merely setting rules about eating ‘healthy’ and ‘unhealthy’ foods.”

The effects hold true for both younger and older children and can be particularly important as older children are exposed to more and more external food environments that can shape their

eating, including restaurants, ads on television, and other social influences.



Summer Grilled Corn Salad

- 3 pieces corn on the cob yields: 2 cups of corn kernels
- 1 red onion medium in size
- olive oil spray
- pinch kosher salt
- 2 plum tomatoes
- 4 oz avocado

Instructions:

1. Slice the red onion into 1/4" thick rounds (to hold up to grilling).
2. Spray a grill pan with olive oil spray (or you can use an outdoor grill).
3. Spray the corn and onion rounds with olive oil spray. Sprinkle the onion rounds with a pinch of kosher salt.
4. Grill the vegetables on medium heat for a slow cook. Rotate the vegetables frequently to get an even char.
5. The onions will take about 20 minutes to get soft, and the corn will take up to 25 minutes to be cooked.
6. Once cooked, remove the vegetables from the grill pan.
7. Place a small bowl upside down in a larger mixing bowl, and use the bottom of the small bowl as a stand to cut the kernels off the corn.

- 2 scallions
- 1/4 cup cilantro fresh
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp kosher salt
- 1/4 tsp cayenne pepper you can omit or reduce this for less kick



8. Chop the cooked onion.
9. Scoop the seeds and pulp from the inside of the tomatoes and discard. Chop the remaining parts of the tomatoes.
10. Chop the scallions and cilantro. Chop the avocado.
11. Add the corn kernels, onion, tomato, avocado, cilantro, and scallions to the bowl.
12. * Note: you can leave the avocado out until right before serving, in order to prevent browning.
13. Add the paprika, kosher salt, cumin, and cayenne. Add the lime juice.

Toss to combine the flavors, taste for seasoning.

Serving: 1cup | Sodium: 307mg | Calcium: 23mg | Vitamin C: 18mg | Vitamin A: 632IU | Sugar: 7g | Fiber: 4g | Potassium: 472mg | Calories: 126kcal | Trans Fat: 1g | Saturated Fat: 1g | Fat: 5g | Protein: 4g | Carbohydrates: 20g | Iron: 1mg



Cultural Enrichment

The Cultural Enrichment OHCE committee has planned an outing for June 27. Plans are to leave at 8:30 from the OSU Extension parking lot, travel to OKC and tour the recently renovated State Capital Building, lunch, and then tour the First American Museum in downtown OKC. There is no charge to tour the Capital and the museum is \$15 for under the age 62; ages 62 and over is \$10. A group of 15 plus will get a group rate and entry time. Call the office to sign up by Wednesday, June 22.



Women's Safety

A women's Safety Class is being planned for Tuesday June 7, 1-2 p.m. at the Garfield County Extension Conference room. Captain Warren Wilson, EPD and the OHCE Membership Committee are coordinating this event. Please call the office to reserve your spot for this workshop. Some of the topics covered will include: risk analysis, how to not be a victim, body language of dangerous people. There is no charge for this class.



How To Stay Safe and Healthy During The Summer Season

Summer is already heating up, and it's time to enjoy the season! But, as fun as summer can be, it can also be dangerous if you aren't prepared. The high temperatures, blazing sun, and more can leave you vulnerable to injury and illness, so it's crucial to enjoy summer while also taking the necessary steps to ensure you and others stay healthy and safe.

Cool Off

It's no secret that summer is HOT, and staying cool should be one of your top priorities. Stay in air-conditioned rooms as frequently as possible to avoid the heat outdoors. Be sure to avoid sitting in hot cars, too, as the temperatures rise quickly. If you do go outdoors, take frequent breaks to rest, find shade, and drink lots of cold water.

Stay Hydrated

Water should be your best friend all summer long! It's crucial to drink plenty of fluids, even if you're not thirsty, to prevent heat stress from the sun and high temperatures. Opt for ice-cold water when you can.

Watch For Signs of Heatstroke

Heatstroke can appear very quickly and, unfortunately, kills many people across the United States each year. Signs of heatstroke include muscle cramps or spasms, heavy sweating, nausea, dizziness, headache, fainting, rapid pulse, and a high body temperature. If you or someone else is experiencing these symptoms, it's crucial to hydrate and cool off to prevent a serious or life-threatening situation.

Protect Your Skin

Sunburns are not only very painful, but they can leave you exposed to developing skin cancer, the most common cancer in the United States. So, apply a proper sunscreen with a SPF of at least 30 every day, and reapply every hour or two when out in the sun. And if you can, stay

covered by wearing long sleeves, pants, and hat to ensure those harmful UV rays can't hurt you.

Watch For Bugs

Those pesky bugs can really make or break your summer, so don't let them bite! Mosquitoes and ticks are hungry and looking to bite, so do what you can to ensure they don't bite you and potentially pass on an infectious disease. Wear long sleeves and pants when outdoors, especially at night, utilize bug sprays and repellents, and always check yourself for ticks after being around bushes, trees, or grass.

Stay Safe in The Water

One of the best ways to cool off during the summer season is to hit the beach, lake, or pool nearby. However, drownings and water-related injuries are serious concerns during the summer, so be sure to watch yourself and others while in or around a body of water. Never go in the water alone, learn and practice your swim skills, wear flotation devices if needed, and don't hesitate to call for help if there is a situation.



Have a
Safe and
Happy
Summer!

OHCE News & Notes



LEAD Class

A Live well, Eat Well, Be Active with Diabetes class is being planned for May. If you have Type 2 Diabetes this would be a great class for you or your family to attend. Classes will be held each Wednesday starting May 11th - June 1st at 5:15 p.m. for approximately 1 hour. Cost is \$40 and includes all 4 classes, handouts and a taste testing each week of diabetic friendly foods using the correct serving size. Call to enroll as class size is limited.

OHCE 2022 State Meeting July 10-12

Be sure and save the above dates for the OHCE State Meeting. More information will be available at the District meeting. The conference will be held at the Champion Convention Center.

OHCE Board Meeting

The next County OHCE Board meeting will be held June 6 at 9:30 am in the Garfield county Conference Room.



Trust and Wills

Join the Garfield County OHCE in celebrating OHCE Week as they host two separate classes regarding **All You need to know about Trusts and Wills**. Classes will be on May 3rd starting at 2 p.m. and 6 p.m. in the Garfield County OSU Extension Conference Room. Seating is limited so please call to reserve your place. Speakers will be J.C. Hobbs, OSU Associate Extension Specialist, Tax Education and Farm Management and Shannon Ferrell, OSU Professor of Agriculture Law. This class is presented as part of the OHCE Resource Management committee to learn methods to manage and protect your assets.



Leader Lesson

Due to no lesson being presented at our June lesson, there will not be a Leader Lesson presented in May. Plan a fun activity for your June meeting or family get-together for your group. The next lesson will be held June 22 on Healthy Freezer Meals.

Barn Quilt Workshop

A barn quilt class will be held Friday May 20 starting at 9:30 till approximately 3:30 p.m. Cost is \$45 and includes all supplies to complete a 2x2 wooded barn quilt. Patterns are provided or you may bring your own. Light snacks and drinks will be provided. Please register by May 13th as class size is limited.

Garfield County OSU Extension will be closed on Monday, May 30th



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**GARFIELD COUNTY
 EXTENSION**

Dates to Remember

- May 1-7– OHCE Week
- May 3– Trust Workshop 2 pm—6 pm
- May 30– Memorial Day Office Closed
- June 6– OHCE Board Meeting 9:30 am
- June 7– Women’s Safety Class 1 pm
- June 22– Leader Lesson 2 pm
- June 27– OHCE Cultural Enrichment 8:30 am
- July 10-12– OHCE State Meeting



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