



Strengthening Oklahoma Families

School lunch program provides healthy meals for children

Children across Oklahoma are preparing to head back to the classroom. Not only are students picking out new notebooks and perhaps getting a new outfit, parents need to be prepared to fill out various forms at school, including applications for free and reduced lunch programs.

All children are able to participate in the school nutrition programs, but children from low-income households are able to receive meals at a free or reduced price depending on household income, said Deana Hildebrand, Oklahoma State University Extension nutrition specialist.

“During the pandemic, schools provided free meals to all students, so parents with younger children may not be aware there are forms that must be filled out in order to participate in the free and reduced-price meal program this year,” Hildebrand said.

There are many children across the state who will arrive at school hungry due to food insecurity, which increased during the pandemic. Participating in school meal/nutrition programs is one



way to ensure children have adequate nutrition and food security during the day.

“School meals impact thousands of children every day. In Oklahoma, about 367,000 students eat school lunches on a daily basis,” she said. “This statistic alone makes it very clear that schools are an important source of nutritious food for children all across the state.

Hildebrand encourages those who believe they may qualify for the program to contact their local school district for an application. The USDA website also offers additional information about how to apply.

“Hunger and malnutrition negatively impact a student’s capacity to learn,” she said. “Hungry children have lower immunity, have more absences and lower school performance.

Lincoln County Extension Office

Address

811 Manvel, Ste 2
Chandler, OK 74834

Phone

405-258-0560

Email

jessica.riggin@okstate.edu

Website

extension.okstate.edu

Social Media

Facebook: /
[LincolnCountyOSUExtension](#)

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Chair exercises for older adults

For older adults, regular exercise is one of the most important things a person can do for their health. Exercise helps your muscles stay strong so you can keep doing your day-to-day activities. You don't even need to have a gym membership or have expensive equipment to stay active. OSU Extension offers organized classes such as Walk with Ease and Tai Chi: Moving for Better Balance, but some older adults may have mobility issues that make it difficult to get out of the house.

If that's case, all they need is a sturdy chair and a couple of full water bottles or cans of vegetables to get started.

Chair exercises are a great alternative for older adults who have difficulty moving around. Leg, arm and core muscles can get a workout from a seated position, which can help reduce the risk of injury from a fall.

arm and core muscles can get a workout from a seated position, which can help reduce the risk of injury from a fall. Easy stretching exercises are also beneficial for mobility.

Arm exercises:

Seated shoulder press: Work on arm muscles by sitting in a comfortable chair and raising your arms above your head. To kick it up a notch, hold a water or can of vegetables in each hand for weight resistance.

Seated chest press: Start with arms at a 90-degree angle and bring them out in front of the body, then relax and pull them back in. Again, adding weight is an option.

Leg exercises:

Sitting to standing: Just like it sounds, sit and stand to build leg muscles by using your own body weight.

Seated calf raises: With feet flat on the floor, lift heels off the ground and repeat.

Core exercises:

Leg kicks: Extend both legs away from your body. Lift one leg higher, return to starting position, then repeat with the other leg.

Tummy twists: With both hands, hold a small object in your lap, keeping your elbows bent. Twist from side to side while keeping the object in front of your body.

Stretching:

Neck turns: Sit comfortably in a chair and rotate your head from left to right until a gentle stretch is felt. Hold for 20-30 seconds.

Seated backbend: While seated, place hands on your hips. Slowly arch your back inward while keeping spine straight, then lean backward using only the upper body.

Anyone starting a new exercise program, whether at home or in an organized class, should first consult with their primary care physician.

It doesn't take much to get started exercising at home and the benefits are well worth the efforts.

For more information about exercising in later years or exercises that can be done at home, contact your local OSU Extension county office.

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It's no secret that healthier kids learn better and are more likely to graduate from high school and college."

Most schools offer both breakfast and lunch meals, and some also offer after-school snack programs. Hildebrand said research indicates the more meals students eat at school the better their dietary quality.

"Check with the school to see if they offer a weekend snack/meal program. Some schools

provide backpacks with easy-to-make foods for meals during the weekend," she said.

Tailgating Safety

As football fans across the state of Oklahoma are gearing up for an exciting new season, it's important to consider some safety tips for tailgating and homegating parties. Two big areas of concern are food safety and grilling safety.

Tailgate Food Safety Tips:

- Wash your hands before doing any food prep! This is especially important when dealing with raw meats.
- Use separate cutting boards: one for raw meats and one for fruits and vegetables.
- Once food is prepped, keep it COLD! The goal is to keep foods below 40 degrees Fahrenheit so harmful bacteria can't grow.
- Best way to do this: use an insulated cooler. Use gel packs or bagged ice. If you have raw meats, pack the meat in it's own cooler.
- If only one cooler, pack raw meats in their own containers or bags so they cannot cross-contaminate other foods.
- More than one cooler? Veggies, fruits, condiments and prepared sides can go in their own insulated cooler.

Once you're at the tailgate, there's some more important food-safety rules to observe:

- When grilling, always use a meat thermometer.
- For grilling hamburgers or pork, you want to reach an internal temperature of 160 degrees Fahrenheit.
- And when grilling chicken, you need to reach an internal temperature of 165 degrees Fahrenheit.
- Hot items should remain hot until consumed and cold items should be kept at or below 40 degrees.
- Perishable foods shouldn't be left out for more than two hours. If it's 90 degrees or hotter outside, that time drops to an hour.
- All perishable items need to stay on ice until ready to serve. This is especially true for items with eggs or mayonnaise in them, like potato salad.
- The rule is always the same: keep your hot foods hot and your cold foods cold.
- When you're done grilling and moving items off the grill, make sure that you're using a clean plate and clean utensils to insure that you don't cross-contaminate.

In addition to food safety, it's important to use the grill in a safe manner to prevent injury or damage.

- Placement of an outdoor grill, whether it be charcoal or propane, is essential. Keep it at least 10 feet from buildings, porches, decks, deck railings and garages, as well as all vehicles. Also, grills should not be placed under wooden overhangs or under tree branches, and never use a charcoal or propane grill indoors.
- When lighting the grill, make sure the lid is always up. Gas can build up inside the grill when the lid is down and cause an explosion. Also, keep the grill clean by removing grease or fat buildup in the tray below.
- Keep a spray bottle of water on hand for small flare ups.
- When placing food on the grill, don't overload it- especially with high fat foods. Higher fat can cause larger flare ups.
- Grills should not be left attended. It's also safest to keep children and pets away from the grill.

Honey Pork Kabobs (serves 6)

- 1/4 C vegetable oil
- 1/3 C honey
- 1/3 C soy sauce
- 2 tbsp minced garlic
- 1/4 tsp black pepper
- 1 lb pork loin, cut into 1 inch cubes
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces

1. In a large bowl, whisk together oil, honey, soy sauce, garlic, and black pepper.
2. Set aside small amount of marinade to be used to brush on kabobs while cooking.
3. Place pork, onions, and peppers in the bowl of marinade and mix, Refrigerate, covered, for 2 hours.
4. Preheat grill on high.
5. Thread pork and vegetables alternately onto skewers, Discard any leftover marinade.
6. Place skewers on grill. Cook 12-15 minutes or until meat thermometer reaches 160 degrees F. Turn and brush skewers with reserved marinade frequently while cooking.

NUTRITION for 1/6 of recipe:

Calories: 368 kcal Carbohydrates: 77g

Protein: 25g Fat: 14g Saturated Fat: 3g

Polyunsaturated Fat: 4g Monounsaturated Fat: 5g

Trans Fat: 0g Cholesterol: 59mg Sodium: 1076mg

Potassium: 607mg Fiber: 6g Sugar: 28g



Living Well With Diabetes

Tuesdays in September, 2022 | 12:00 pm to 1:00 pm.

Zoom Video Conference



Join us for this four week educational series on self-management of Type 2 Diabetes. Topics will include meal planning, physical activity, and basic nutrition.



Scan QR code or call 405-258-0560 to Pre-register by August 30, 2022

Diabetes Prevention Program

We are once again offering the CDC's Diabetes Prevention Program. This year-long program has helped many Americans lose weight and reduce their risk of developing Type 2 Diabetes.

Jessica is offering this class for free for any Oklahomans who want to participate. Groups will be held virtually via Zoom. Groups will meet weekly from October to March, then monthly from April to September.

You are at risk for Type 2 Diabetes if:

- You have had an elevated blood glucose test in the past year
- You had gestational diabetes (diabetes during pregnancy)
- You have high blood pressure
- You have a family history of diabetes
- You are overweight

84 million American adults have
PREDIABETES
Could it be you?

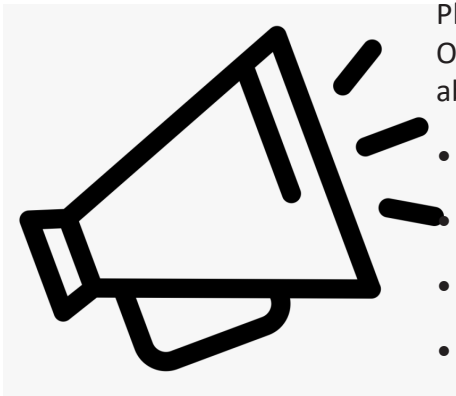
DID YOU KNOW?
1 out of **3** American adults have prediabetes.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Jessica Riffin at 405-258-0560 or jessica.riffin@okstate.edu at least two weeks prior to the event.

CALL TODAY TO REGISTER!!

OHCE NEWS

Leadership Development!!



Plans are in the works for an OHCE Leadership Retreat to be held in Okmulgee, OK. November 10th from 9:00 am to 3:00 pm, come and learn about

- Effective Committee work
- Publicizing HCE and its programs
- Parliamentary Procedure
- Empowering others
- Leadership opportunities
- and more!

Details to come!

Upcoming Dates:

August 18, 2022

Leader Lesson, 10:00 am
To Drive or Not To Drive, The Conversation

August 25-27

Lincoln County Free Fair

September 15, 2022

Executive Board Meeting, 9:30 am
Lincoln County Courthouse

Leader Lesson, 10:30 am:
Developing HCE Member Enthusiasm
Lincoln County Courthouse

Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. www.OHCE.okstate.edu

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