

Eating Healthy and Reducing Food Waste

Interest rates, utility bills and food prices have skyrocketed lately, making it more difficult for consumers to make ends meet. With grocery prices at an all-time high, it's more important now than ever to make wise choices at the supermarket in order to put healthy meals on the table, stay within budget and reduce food waste. Household food waste represents about 44% of all food waste generated in the United States.

One of the best ways to stay on a budget is to plan meals.

Planning your meals in advance and buying only what is needed for those meals will help reduce your grocery bill. Plus, a meal plan can help incorporate leftovers, which reduces food waste. Sunday's roast can become Tuesday's beef stew. A roasted chicken can be turned into other meals such as chicken salad or a chicken potpie. Wasting food is simply throwing money away.

As you make a meal plan, look through the refrigerator, freezer and pantry to see what's already on hand and plan around those ingredients. Be sure to include breakfast, lunch, dinner and snacks. Visit the USDA's MyPlate Kitchen for recipe ideas. Check out sales flyers and plan meals around things that are on sale. If your budget allows, stock up on shelf-stable items or things that can easily be frozen.

When making your grocery list, be sure to include things such as fruits, vegetables and milk that may not be part of a recipe but are basics for healthy eating. Meat prices are higher, so in order to save money consider planning some meals with less expensive alternative proteins such as beans, peas and lentils. Try to make half of your meal from fruits and vegetables, then fill in the rest with healthy proteins, dairy and whole grains.

It's important to make and stick to a shopping list. Organize the list into different sections of the store to avoid backtracking through the aisles. Because stores place the priciest items at eye level, look at the upper and lower shelves for better bargains.



Reading the Nutrition Facts label helps guide consumers in purchasing healthy foods. Look for reduced fat or low-fat on the label.

Compare labels on similar foods to see which one better fits a healthy eating plan. Keep in mind fresh, frozen and canned fruits and vegetables are healthy options. Seasonal produce will cost less and be at its peak flavor but buy only what you can use before it spoils.

Check out this SNAP-Ed seasonal produce guide to help explore different fruit and vegetable options throughout the year. In addition, if the local supermarket doesn't offer a large selection, consider other purchasing options such as farmers markets for the freshest produce.

Drink water instead of soda and other sugary beverages. Tap water is easy on your wallet and has zero calories. A reusable water bottle is a great way to take water on the go and avoid the high cost of bottled water from a convenience store.

Another great tool to help ensure consumers use food while at peak quality and reduce waste is the USDA FoodKeeper app available for most smart devices. Consumers often throw food away because they're not sure of its quality or safety. This app serves as a guideline to help consumers better understand food and beverage storage. It also provides safe food handling and preparation information.

USDA's MyPlate website has a helpful section called Healthy Eating on a Budget. Check it out for ideas to keep your food budget in check all while providing healthy food choices for the family.

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Blaine County OSU Extension

In this issue:

Page 2

*OSU Extensions' Role in Public Health...
Food Handlers Food Safety Training*

Page 3:

*OHCE News and Notes
Active Parenting*

Page 4:

*Creative Cooking Workshops
L.E.A.D Program*

Page 5:

House Cleaning Cheat Sheet



HOUSE CLEANING CHEAT SHEET

What to clean and how often:

from Reader's Digest

EVERY DAY

- Put things away when you finish using them.
- Wash dishes, wipe kitchen counters, clean up stove spills, and empty trash as needed.
- Squeegee showers after use to prevent mineral deposits and mildew.
- Wipe sinks.
- Make beds and straighten rooms.

TWICE A WEEK

- Dust-mop hardwood floors to prevent scratching from dirt.
- Put away clutter.
- Vacuum if you live in a dusty region or have children & pets. Otherwise, weekly vacuuming should suffice.

ONCE A MONTH

- Wipe or vacuum baseboards and blinds.
- Sweep the garage, patio, and walkways.
- Vacuum upholstered furniture with the brush attachment.
- Clean ceiling fixtures in one room per month (rotate).
- Wash throw rugs.
- Dust ceiling fans.

EVERY THREE MONTHS

- Polish wood furniture.
- Remove cobwebs from ceiling corners, stairwells, and such.
- Change or clean furnace and air-conditioner filters (less frequently in low-use seasons).
- Clean the oven (monthly if grunge builds up quickly).

EVERY SIX MONTHS

- Wash windows inside & out. Do this quarterly for windows near work spaces (the kitchen sink or a desk).
- Declutter storage areas in the basement, attic, and garage.
- Vacuum, flip, and rotate mattresses.
- Polish silver.
- Air out pillows.

ONCE A YEAR

- Move heavy furniture to clean behind and underneath.
- Vacuum rug pads and the backs of area rugs.
- Clean drapes and carpets.
- Turn area rugs 180 degrees to even out wear.
- Wash walls.
- Clean chandeliers.

Food Handlers: **Food Safety Training**

Choose from one of these 2023 dates:

-May 11 -July 13 -September 14 -November 9

(other dates can be scheduled as requested)

-3:00 P.M.

-Online Format Only- Zoom- (participants will need internet access)

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 & 1/2 hours. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. All participants passing the final quiz will receive a certificate.

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator- FCS/4-H & County Extension Director
dana.baldwin@okstate.edu (e-mail)

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Major County OHCE News and Notes



West District Meeting: Our district meeting is Saturday, March 25 in Enid. You can still register late; contact Dana if interested.

Lesson Leader Trainings: There will not be a Lesson Leader Training in March (for April your meetings) since *Eating Healthy with Rising Food Costs* is a district lesson. Materials will be mailed to the lesson leader after March 25.

The Lesson Leader Training in April (for May meetings) is Friday, April 28 at 10 a.m. at the fairgrounds. The lesson is *What Shoe are You?* and will be presented by Megan Ferrell, Alfalfa County.

Volunteer Hours: Thank you for continuing to submit volunteer hours. In 2022, the hours submitted from our county had a dollar value of \$17,702.88 and a value in volunteer hours equal to \$74,051.38. Great job! Again, these numbers are beneficial to OSU Extension's county, district, state, and national reporting.

County Food Show and 2nd Grade Coloring Contest: Thank you members who conducted the County Food Show on February 13 and those that helped with the 2nd Grade Coloring Contest in January/February. You are appreciated!

County Planning Meeting: The next County Planning Meeting will be on Wednesday, May 3 at 1 p.m. at the fairgrounds. All members are welcome!

High School Scholarships: The OHCE High School Scholarship applications are due to the OSU Extension Center by Friday, April 14. Application forms have been sent to all county schools.

Check us out on Facebook! For updates and announcements, check out and "Like" our page on Facebook: *Major County OSU Extension* and **We're on the Web, too!** Check out and bookmark our website: <https://extension.okstate.edu/county/major>

Quilt Block Challenge: We are getting ready for the 2023 Quilt Block Challenge! Kits will be ready for purchase/pickup at the OSU Extension Center on May 1. The fabric is a black/yellow/gray sunflower theme and it will make another beautiful quilt.

The 2022 quilt is in the process of being completed and when it is ready, donations can be taken for the chance to win it. All members are asked to participate in taking donations.

OHCE Week and Promotional Event: 2023 OHCE Week is May 7 to 13. We will have our promotional event on Monday, May 8 starting at 6 p.m. at the fairgrounds. Be watching for full details soon— and remember to invite guests!

Pie Fundraiser: Ordering is in full swing for the county pie fundraiser- and it will end on March 31(or until sold out). Each member received a flyer in the mail and one is on page 5 of this newsletter with full details. Get your orders called in to the OSU Extension Center and let's make this first-time fundraiser a success.

Jam & Jelly Workshop, and More Program Opportunities: See the insert in on page 4 about the Back to Basics Jam & Jelly Workshop on Thursday, May 4 in Alva. Also check out the details about other upcoming programs in this newsletter as well. Come join us!

Ag Safety Day: County 3rd and 4th graders will be participating in Ag Safety Day on Wednesday, May 10 at the fairgrounds. We will be asking OHCE groups for cookies and members to help prepare and serve lunch, so be watching for more details to come.

Fair Judges Training: We will be hosting a district-wide Fair Judges Training on Tuesday, May 16 at the fairgrounds in Fairview. A promotional brochure will be available and sent out to each member soon. It will be posted to Facebook and submitted to the Fairview Republican. Registration will be due May 1.



2023 Class Sessions June 7, 14 and 21 and October 3, 12, 17 and 26

June session will meet from 2-5:00 p.m. at the Major County Fairgrounds in Fairview
October session will meet from 6-8:00 p.m. at the Blaine County Fairgrounds in Watonga

For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Building Courage & Self Esteem
- Cooperation & Communication
- Understanding & Redirecting Misbehavior
- Responsibility & Discipline
- Active Parenting for School Success

Fee for the class is \$30.00 per participant per entire session.

Please pre-register no later than one week prior to the first class date of the session you plan to attend.
(at least 3 people must be pre-registered for the class to be held)

If interested, contact either the Major or Blaine County OSU Cooperative Extension Center.

580.227.3786 (Major County) 580-623-5195 (Blaine County)

2023 BACK TO BASICS WORKSHOPS

-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-



-Thursday, May 4 at the Woods County Fairgrounds in Alva-
Jam and Jelly Making

-Thursday, August 3 at the Major County Fairgrounds in Fairview-
Pie Making

Workshop times: 1:00 p.m. to 5:00 p.m. each day

Fee: \$15/per person each day

Holiday Happenings- Thursday, November 2 at the Blaine County Fairgrounds, Watonga.
Details and fee will be announced as it gets closer.

Please RSVP and pay the fee no later than the Monday prior to the workshop you plan to attend.

Contact your OSU Extension Center:

Alfalfa County-580.596.3131
Major County-580.227.3786

Blaine County-580.623.5195
Woods County-580.327.2786

L. E. A. D.

Live well

Eat well

be Active

with Diabetes

***A Program for People with
Diabetes and their Families***



June 6, 12, 20 & 26, 2023 (Mondays/Tuesdays)

Time: 6:30 to 8:00 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited (Register by June 1)

580-623-5195 (Blaine Co.) • **580-227-3786** (Major Co.)

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will also include demonstrations on how to prepare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.

Presenter: Dana Baldwin, OSU Extension Educator

MAJOR COUNTY OHCE HOMEMADE PIE* FUNDRAISER



WHEN AND HOW TO ORDER:

**March 15-31, 2023 (or until sold out).
Contact any Major County OHCE member
or call the Major County OSU Extension
Center at 580-227-3786.**

WHEN TO PICK UP:

**Pies will be made fresh on Friday, April 7—
pick up that day at the Exhibit Building,
Major County Fairgrounds from 5-7:00 P.M.**

***These will be the same delicious pies like you get at the
Major County Fair & Jr. Livestock Show concession stands!**

The Oklahoma State University Cooperative Extension service offers its programs to all eligible persons regardless of age, race, color, religion, sex, sexual orientation, genetic information, gender identity, national origin, disability, marital or veteran status, or any other legally protected status. OSU Extension provides equal opportunities in programs and employment.



EXTENSION

\$25.00 EACH

CHOOSE FROM:

- APPLE**
- PECAN**
- CHOCOLATE
CREAM**
- COCONUT
CREAM**
- LEMON
MERINGUE**



**PROCEEDS GO TOWARDS-
High School & Adult
Scholarships and
on-going Community
Service Projects.**

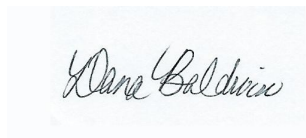


**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

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Dana Baldwin
Extension Educator-
Family & Consumer Sciences/4-H Youth Development
& Major County Extension Director/
Interim Blaine County Extension Director



Newsletter Editor:

Family & Consumer Sciences as-sists 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.



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www.OHCE.okstate.edu