

Eat Healthy, Cut Food Costs and Reduce Food Waste

Grocery prices are continuing to rise, and consumers are feeling the pinch. March is National Nutrition Month so now is a great time to address healthy eating while saving money and cutting down on food waste.

With higher costs on utility bills, rising interest rates and increased food prices, consumers are finding it harder to make ends meet, said Janice Hermann, Oklahoma State University Extension nutrition specialist.

"It's more important now than ever to use wise strategies before, during and after grocery shopping to put healthy meals on the table, maintain your food budget and reduce food waste," Hermann said. "A healthy eating style can help you be healthier now and in the future, which in the long run can save money on healthcare costs."

Hermann suggests becoming familiar with USDA's MyPlate and using it as a guide to create an eating plan. MyPlate can help make small changes that pay big dividends both in your pocket and with your health.

When planning meals:

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Use low-fat or fat-free milk or yogurt
- Vary the protein
- Consume foods with less saturated fat, sodium and added sugar
- Drink water instead of buying other beverages
- Make small changes that are sustainable and work within your family's food preferences, health goals and budget

Planning meals and snacks will help cut costs if consumers stick to the list and purchase only needed items. Check the MyPlate website for budget-friendly, healthy meals. Go through your pantry, refrigerator and freezer to inventory what you already have on hand and use these items in upcoming meals.



It's important to make a grocery list and stick to it. Organizing the grocery list using the store's layout helps speed up the shopping process and cuts down on impulse buying.

"Everyone's schedules are busy, so choose recipes that are quick and easy to prepare. This helps eliminate the need for takeout on days when you don't feel like spending a lot of time in the kitchen," Hermann said. "On weekends, prepare larger meals and incorporate those leftovers into other meals throughout the week. This makes for a quick and easy weekday dinner if you just have to reheat and serve."

Other ways to save on food costs include:

- Buy in-season fruits and vegetables
- Buy sale items in bulk and freeze or store properly
- Find bargains on day-old varieties
- Have a meatless meal once or twice a week
- Beans, peas, lentils and eggs are great sources of lower-cost protein
- Chicken and pork may be less expensive than other meats
- Extend meat with beans or vegetables in chili or casseroles
- Check sell-by and use-by dates to ensure you're getting the freshest product possible
- Join a store's loyalty program

"Oklahoma families are spending more of their budget on food than they ever have, but taking time to plan meals and shop smartly will help ensure everyone is eating healthy and reducing food waste," Hermann said.

Major County OSU Extension Center

500 E. Broadway
Courthouse Suite 3
Fairview, OK 73737

Phone- 580-227-3786

Email- dana.baldwin@okstate.edu

Website- extension.okstate.edu/county/major

Facebook- Major County OSU Extension

Blaine County OSU Extension Center

212 N. Weigle Ave.
Courthouse Suite 101
Watonga, OK 73772

Phone- 580-623-5195

Email- dana.baldwin@okstate.edu

Website- extension.okstate.edu/county/blaine

Facebook- Blaine County OSU Extension

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Identifying Mystery Laundry Stains

In the middle of sorting the laundry, a formerly unnoticed stain materializes. Or a favorite top has a mysterious spot. In order to get rid of a stain, some detective work is required. Identifying the source of the stain will determine the best way to remove it.



The first step is to examine the color and the staining pattern. Yellow, orange, red or rust-colored stains across an entire load of laundry coming out of the washer may be caused by rusty water pipes. You'll want a stain remover that is specifically formulated for rust. Or, if on a single garment, a reddish-brown stain may be dried blood. In which case, treat with a stain remover with enzymes, then wash in cold water.

Grey/black pinprick stains that look like they were splattered on a garment could be attributed to mildew. Outdoor cushions, camping gear, and other items that may stay damp for a prolonged period of time are particularly susceptible. To remove these stains, pre-treat the stained area with a stain remover, then launder on the hottest water safe for the fabric. And, if safe for the fabric, consider adding bleach.

Sometimes it's helpful to establish when the stain occurred in order to determine its source. Stains on the front, neckline, cuffs, etc. are usually acquired while the garment was worn. Often, these stains will be food related. If it's a small, almost translucent stain, that might be oil or grease from a meal and can be pretreated with a stain remover or a small bit of dish soap before laundering. Or, dark stains at a hemline could be dirt or mud and should be soaked for five minutes before washing in a mixture of a tablespoon of detergent in a gallon of water.

Like with any mysteries, a cold case is harder to solve. The longer a stain has set the harder it may be to remove. Whatever the stain is, take another careful look after running it through the washer and don't put anything in the dryer with a stain on it. Run persistent stains through the process again, with a stain remover before laundering, and add some bleach if safe for the fabric.



Food Handlers: **Food Safety Training**

Choose from one of these 2024 dates:

-March 28 -May 30 -July 25 -September 26 -November 21

(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 offered by Major and Blaine Counties OSU Extension. This is a basic food safety class that will last approximately 1 hour. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Completion certificates will be given.

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)

Major County OSU Extension--580-227-3786
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737

Blaine County OSU Extension--580-623-5195
212 N. Weigle, Suite 101 Courthouse
Watonga, Oklahoma 73772



Major County OHCE News and Notes



Lesson Leader Trainings: The lesson training in March (for April meetings) is Wednesday, March 27 at 10 a.m. at fairgrounds. The lesson is *Butterfly Gardens/Saving the Monarchs*.

There will not be an in-person lesson training in April (for May meetings) as it is a district lesson. Please choose one of these lessons for your group: *Alpha-Gal Syndrome or Communication & Facilitation Skills*, and let Dana know which so they can be ready for pick up at the OSU Extension Office on April 26.

State of Orange– A Day of Cowboy Service: Oklahoma State University has encouraged each county OSU Extension Office to have an event on or before April 13 for this day. Major County 4-H has chosen to have a canned food drive for those in need and will have a competition between 4-H clubs in building a canned food sculpture with what is collected. OHCE is asked to help support their canned food drive by bringing items to the OSU Extension Office by Friday, April 12. In addition, the West District 4-H Officers are **collecting items for veterans centers** in Clinton, Lawton and Oklahoma City. OHCE group presidents have been sent a list of items being collected, and if you choose to participate please bring those items to the OSU Extension Office by Friday, April 12 as well.

The Next County Planning Meeting: will be on Wednesday, May 1 at 1:00 p.m. at the fairgrounds. Make plans to join us.

Volunteer Hours: keep turning in your monthly hours!

Bake Sale: county fundraiser on Friday, May 10 starting at 9:00 a.m. , downtown Fairview. Watch for flyers to help promote it as it gets closer.

Senior Symposium & Reality Check: This event will be Tuesday, April 9 at the fairgrounds, Volunteers are needed for the Reality Check part of this– your time commitment would be from 12:00 p.m. to 2:30 p.m.. Please contact Dana if available.

OHCE Week and Promotional Event: 2024 OHCE Week is May 5 to 11. Our annual promotion event– a tea, will be on Tuesday, May 7 beginning at 6:00 p.m. at the fairgrounds. The theme is “Aprons- Tie One On”. Everyone is asked to wear your favorite apron and share why it is your favorite. Margaret Goss will be our guest speaker. Please invite guests! Groups are responsible for setting up for the number of members and guests they will have. Busy Bees bring vegetable & fruit trays, Cheyenne Valley bring sandwiches, and Orion Homemakers bring desserts.

Ag Safety Day: 3rd & 4th grade students from the county will be participating in Ag Safety Day on Monday, April 29 at the fairgrounds. Would our groups each be willing to provide 13 dozen cookies for this? We could also use a few volunteers to assist with lunch as well– please let Dana know.

Check us out on Facebook! For updates and announcements, check out and “Like” our page on Facebook: *Major County OSU Extension*.

We’re on the Web, too! Check out our website: <https://extension.okstate.edu/county/major>

Next Planning Meeting: for the 2025 District OHCE Meeting will be Tuesday, July 2 at 10 a.m. in Kingfisher.



Active Parenting- 2024 Class Sessions June 3, 10 , 17 and 24 and September 9, 16, 23 and 30

June session will meet from 2-4:00 p.m. at the Blaine County Fairgrounds in Watonga
September session will meet from 6-8:00 p.m. at the Major County Fairgrounds in Fairview

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)

2024 BACK TO BASICS WORKSHOPS

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

-Thursday, July 11 at the Alfalfa County Fairgrounds in Cherokee (4pm to 8pm)-

Pickles



-Saturday, August 10 at the Alfalfa County Fairgrounds in Cherokee (begins at 1pm)-

Sourdough Breads



-Fees will vary for each workshop; to be determined as each gets closer.-

Holiday Happenings- Thursday, November 7 at the Woods County Fairgrounds in Alva
-details and fee to be announced-

Please RSVP and pay the fee no later than one week 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 3, 10, 17, & 24, 2024 (Mondays)

Time: 6:00 to 7:30 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited (Register by May 28)

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*



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Barn Quilt Workshop



Fee: \$45

This fee includes all supplies needed to complete a 2' x 2' barn quilt.

Patterns are provided or you may bring your own.

Lunch will be provided.

Starting time is 10:00 A.M.

Please RSVP and pay fee by April 26 by contacting:



Blaine County OSU Extension (Watonga)
580-623-5195

or

Major County OSU Extension (Fairview)
580-227-3786



dana.baldwin@okstate.edu

FRIDAY, MAY 3, 2024

FOLEY BUILDING
BLAINE COUNTY FAIRGROUNDS IN WATONGA

OSU is an Affirmative Action, Equal Employment Opportunity, E-Verify Employer.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation please contact Dana Baldwin at 580-623-5195 (Watonga) or 580-227-3786 (Fairview) prior to the event.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

Jelly Roll Lap Quilt Workshop

Participants will complete a lap quilt made with jelly roll fabric strips and fleece.

Fabric will be a variety of prints and colors.

There is a \$65 fee per participants that covers all fabric, thread, snacks, drinks and lunch.

Participants will need to bring their own sewing machine, extension cord, fabric scissors, straight pins, measuring tape, iron and ironing board.

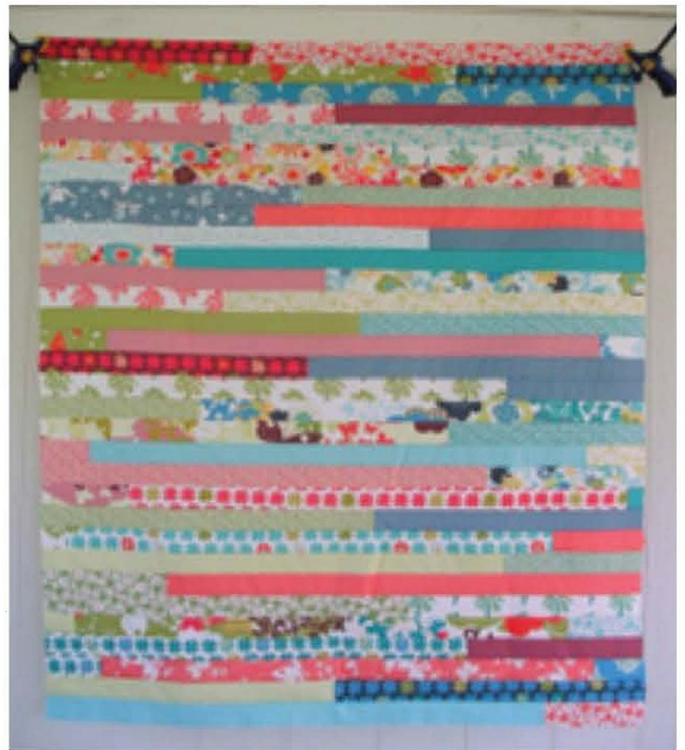
Please RSVP and pay the fee no later than Wednesday, May 22, 2024.

Blaine County OSU Extension
580-623-5195

or

Major County OSU Extension
580-227-3786

dana.baldwin@okstate.edu



WEDNESDAY, MAY 29 2024
9:00 A.M. TO 4:00 P.M.

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**OKLAHOMA COOPERATIVE
 EXTENSION SERVICE**

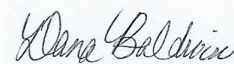
Oklahoma Home & Community Education, Inc. (OHCE) is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

www.OHCE.okstate.edu



Family & Consumer Sciences assists 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.

Newsletter Editor:



Dana Baldwin

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