



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

STRENGTHENING OKLAHOMA FAMILIES

-Major County-

Tips for Dealing with Inflation

As the inflation rate rises, many Oklahoma families feel the pinch. As prices go up on everything from food, gas, and other expenses.

While steady inflation is good for the economy, when prices rise too fast, families may have a hard time making ends meet.

A slow, steady inflation rate is good for the economy because that means people are spending money and businesses are producing more goods. However, when prices spike quickly, people's money doesn't go as far. While consumers can't control inflation, they can control how they spend money.

Inflation happens when the cost of labor and raw materials go up, and businesses pass the cost increase on to consumers. We saw an upturn in inflation after COVID when people began getting out to do their shopping and eating out.

For a while after COVID, consumer demand outpaced the supply, so we saw a rise in prices.

Following are some tips for consumers to help make their dollars stretch right now.

- Buy second-hand whenever possible. Look for clothing and other needed items at resale stores.
- Be intentional with discounts. Look for coupons, sales, or loyalty discounts.
- Cut energy costs by bumping up the thermostat. Line-dry clothes instead of using the dryer.
- Cook at home instead of eating out.
- Avoid expensive coffee drinks by making coffee at home.
- Cancel subscriptions to streaming services and other auto-ship services that aren't being used.

It's important to be intentional with spending. Cutting out a stop at the coffee shop each morning can save consumers a lot of money over time. Take those savings and invest them in ways that will grow, such as retirement, college, or emergency funds. Emergency funds are important for those unexpected expenses such as car repairs,



medical bills or home repairs. Avoid taking on high-interest debt – it can trap consumers in a vicious cycle in which they're constantly paying interest and struggling to keep up.

It is suggested to look at ways to increase income. Check into job opportunities with flexible schedules such as driving for Uber, pet sitting or dog walking.

Consider learning a new skill that can help prepare you for a better-paying job. Now is a great time to invest in yourself for a bigger dividend down the road. It's important to be competitive in the job market and you want to be ready with a better opportunity presents itself.

Some guidance is offered for long-term financial goals. Consumers may have to adjust timelines for some of their goals. If you were putting \$100 a month into a vacation fund, cut it back to \$50 or even \$25. Whatever you do, don't give up. Small investments add up over time. Adjusting your timeline and revising goals will help keep you on the path to achieve those goals.

Now is also a good time for consumers to review their investment portfolio. Talk with a financial planner and make sure investments are diversified to get the best return.

In tough financial times, it's important to stay informed about spending and adjust your budget accordingly. Prioritize expenses and clearly define your wants versus your needs. Stay informed about spending and adjust accordingly. Prioritize expenses. Determine wants and needs. Smart money decisions now will make a difference in the future.

Major County OSU Extension Center

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Courthouse Suite 3
Fairview, OK 73737**

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Email- dana.baldwin@okstate.edu

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Major County OSU Extension



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Freezing Foods Can Help Reduce Waste and Cost

With the cost of groceries continuing to rise, many people are looking for ways keep their food budget in check. There's one kitchen appliance that can help consumers fight this battle— the freezer. The freezer can be used to extend the life of many foods.

Because groceries are consuming a bigger portion of most people's budgets, cutting down on food waste and taking advantage of sales is important. You might be surprised at some of the foods you can freeze.

Small households may have trouble using a gallon of milk or a whole loaf of bread before they go bad. Milk can be frozen in freezer-safe plastic or glass containers but remember to leave space at the top of the container for expansion. Place bread in a freezer-safe bag and press out the excess air before freezing.

Eggs are still expensive, and no one wants them to go to waste. To freeze eggs, crack and mix the yolks and whites. Put 3 tablespoons into each compartment of a clean ice tray and freeze. Once frozen, store the cubes in a sealed freezer bag or container. Each cube is equal to one whole egg.

Fresh fruit can be frozen before it overripens. First, wash the fruit, then remove seeds, cores, and pits. Chop or slice the fruit and put it in a freezer-safe bag. Adding a little lemon juice can help prevent the fruit from darkening. Squeeze out excess air.

You might come across a great deal on fresh vegetables at the grocery store or farmers market. Most vegetables can be frozen but should be blanched for a few minutes first. Some vegetables, such as lettuce, celery and cucumbers don't freeze well.

Check out the National Center for Home Food Preservation at the University of Georgia for blanching times.

Check grocery store sale ads for deals on meat. Large packages of meat are usually cheaper per pound than smaller packs.

Meat can be frozen raw or cooked. Divide the larger package into smaller portions before freezing. Also, label all frozen food packages with what is in the package. If possible, keep the original label because that information can be useful in the event of a recall.

When preparing foods for the freezer, ensure the freezer is set at 0 degrees Fahrenheit or below to help maintain food quality and prevent bacterial growth. Also, use airtight, moisture- and vapor-resistant packaging to prevent air exposure, which can lead to freezer burn and off-flavors. Label the packages with the date of freezing. This will help ensure consumers use older foods first.

We spend a lot of money on food. Proper storage helps food maintain its quality and reduce waste.



Food Handling: Food Safety Training

Choose from one of these remaining 2025 dates:

-September 16 -November 12

(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 Handling: Food Safety classes offered by Major County 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 cooking regularly 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
- 580-227-3786
- Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, OK 73737



Major County OHCE *News and Notes*



Lesson Leader Trainings-

There will not be a Lesson Leader Training in August (for September meetings) since it is a state prepared lesson—your lesson packets for *"Yes, OHCE is STEM"* will be ready for pick up by August 22.

The Lesson Leader Training in September (for October meetings) will be Friday, September 26 at 10:00 a.m. at the fairgrounds. The lesson is *"Hawaiian Foods."*

Major County Fair- Plans are underway for the 2025 Major County Fair on September 4, 5 & 6. Are you getting your entries prepared? Fair books are available for pick up at the OSU Extension Center. See the flyer in this newsletter as well.

County Planning Meeting- The next County Planning Meeting will be on Wednesday, August 27 at 10:00 a.m. at the fairgrounds. Please plan to attend.

Adult Scholarship- Applications for the Adult Scholarship will be due by September 15. Forms are available at the OSU Extension Center.

Quilt Block Challenge- The 2025 Quilt Block Challenge is fully underway! Come by the OSU Extension Center and pick up one of the last few kits that are left for completing a block. Also, get your tickets so you can take donations for chances to win the 2024 quilt that will be given away at the county fair. Let's all pitch in on this project!

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

Fall Association Meeting- The Fall Association Meeting is scheduled for Friday, October 24. Please plan to join us. Full details will be sent out as it gets closer.

Officers and Dues for 2026- Planning ahead... group officer lists for 2026 will be due by October 17 as well as membership lists/forms and dues for 2026. Group Presidents will receive more information as it gets closer.

Master Food Preserver Volunteer- Would you be interested in becoming a Family & Consumer Sciences *Master Food Preserver* Volunteer? Trained certified volunteers in this area will work under the direction of the county Extension educator and will assist with and/or lead educational food preservation activities. It is a great opportunity to learn and grow in this area while helping educate others of all ages as well. Applications are due August 15. Training will be October 8 & 9 in Oklahoma City. Ask me how this volunteer certification program works!

Workshops, Classes, and More!— Make sure and check out the flyers with details about upcoming workshops and classes the next few months available through the OSU Extension Center. There are a variety of opportunities!

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

Volunteer Hours- Please continue to keep track of your volunteer hours- and be sure to turn your forms in on a monthly basis. This information is beneficial to our state and federal reporting.



Active Parenting **October 6, 14, 20, and 28**

Class meets from 4:00 p.m. to 6:00 p.m. at the Major County Fairgrounds in Fairview

For parents and other caregivers of children ages 5-12 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.

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

**If interested, contact the Major County OSU Cooperative Extension Center at 580-227-3786
or email dana.baldwin@okstate.edu**

2025 BACK TO BASICS WORKSHOP

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



-Saturday, August 9-

“I Only Have Pies for You”

(learn to make double crust fruit pies and cream pies)

begins at 1:00 p.m. in Alva

Please RSVP and pay the \$20 fee no later than the Monday, August 4.

Contact your OSU Extension Center:

Alfalfa County—580.596.3131

Major County—580.227.3786

Woods County—580.327.2786

Persons with disabilities who require alternative means of communication or program information or reasonable accommodations, please contact Dana Baldwin at 580-227-3786 at least one week prior to the program.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions.

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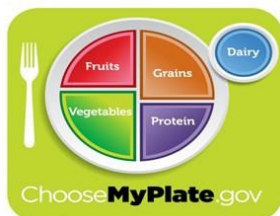
Live well

Eat well

be Active

with Diabetes

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



November 3, 10, 17, & 24, 2025

Time: 5:00 to 6:30 p.m.

Location: Major Co. Fairgrounds, Fairview

Call Now to Register – Space is Limited (Register by Oct .27)

580-227-3786 (Major County OSU Extension)

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
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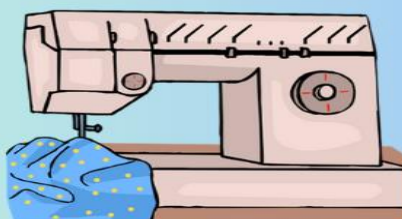
SIMPLE SEWING WORKSHOPS

2025 SERIES

THESE ARE BEGINNER
PROJECTS FOR THOSE WITH
LIMITED SEWING EXPERIENCE.

5:30 PM - 8:00 PM
EACH SESSION

AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW



FEE:
\$12
PER SESSION

TUESDAY, AUGUST 12:
**FALL THEMED TABLE
RUNNER**

TUESDAY, AUGUST 19:
**SET OF 2 FALL THEMED
POTHOLDERS**

TUESDAY, AUGUST 26:
**HOLIDAY THEMED
APRON**

Spaces are limited! Sewing machines can be provided on request, or bring your own.

Register and pay by the Thursday prior at the Major County OSU Extension Center.
phone: 580-227-3786 email: dana.baldwin@okstate.edu

Teaching assistance will also be provided by Ashlynn Fast, FCS Extension Master Sewing Volunteer.

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SEWING WORKSHOPS

FOR ADVANCED SEWERS

**TUESDAY,
OCTOBER 28:**
**HOLIDAY
TABLE RUNNER**
(\$25 FEE)

10:00 AM - 3:00 PM

AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW



**FRIDAY,
NOVEMBER 14:**
**HOLIDAY
POTHOLDERS &
KITCHEN SCARF**
(\$15 FEE)

2:00 PM - 5:00 PM

AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW

Spaces are limited! Sewing machines can be provided on request, or bring your own.

Register and pay the fee one week prior at the Major County OSU Extension Center.
phone: 580-227-3786 email: dana.baldwin@okstate.edu

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2025 Major County Fair

Major County Fairgrounds Fairview, Oklahoma September 4, 5 & 6

Monday, August 4th to Friday, August 29th

8:30 AM-4:30 PM: Pre-entry forms received- *see full details

Thursday – September 4th

10:00-11:00 AM: OHCE and Volunteers entries received

12:00-7:00 PM: All non-livestock entries received
(bring items with entry tags attached)

12:00 PM: OHCE Concession Stand opens

2:00-7:00 PM: Vendor Booths set-up

5:00-7:00 PM: OHCE Fried Onion Burger Special

5:00-7:00 PM: Poultry & Rabbits entered and tested

5:30 PM: Horse Expo

7:00 PM: Poultry & Rabbits judged

Friday – September 5th

7:30 AM: OHCE Concession Stand opens

8:00 AM: All livestock must be in place

8:30 AM: Sheep and Goat Weigh-In and Cards due

9:00 AM: Vendor Booths open

9:00 AM: Judging of all non-livestock entries

10:00 AM: Livestock Judging Contest

12:30 PM: Special Needs Livestock Show

2:00 PM: Sheep Show followed by Goat Show

4:00 PM: Poultry & Rabbits released

4:00 PM: Swine and Beef Weigh-In and Cards due

5:00-7:00 PM: OHCE Indian Tacos Special

Saturday – September 6th

7:30 AM: OHCE Concession Stand opens

10:00 AM: Vendor Booths open

10:00 AM: Swine Show, Bucket Calf Show
following Swine Show

12:00-1:00 PM: Free Lunch in Expo Lobby

1:00 PM: Beef Show

2:00-4:00 PM: All Exhibits Released

For ENTRY AND GENERAL INFORMATION

580-227-3786 (OSU Extension)

NOTICE:

Exhibitors must either be a resident of Major County, attend a school in Major County, be a bonafide member of a Major County 4-H Club, FFA or FCCLA Chapter or an OHCE Group or reside in a Major County school district.

Exhibits must be made, grown, or raised by the person entering them. If an article has been entered in a previous Major County Fair, it is not eligible to compete in the 2025 Major County Fair.

4-H & FFA livestock exhibitors: to be eligible for the 2026 Major County Jr. Livestock Show Bonus Auction you must enter at least one animal, or two exhibits in the 4-H or FFA non-livestock division (whichever organization you are a member of), or participate in the livestock judging contest and enter one exhibit in the 4-H or FFA non-livestock division (whichever organization you are a member of).

*PRE-ENTRY/EXHIBIT INFORMATION:

ALL exhibits must be pre-entered! Pre-entry is required and will be received anytime between 8:30 a.m. and 4:30 p.m. Monday, August 4 to Friday, August 29 at the OSU Extension Center located on the first floor of the Major County Courthouse in Fairview. Pre-entry forms must be submitted by 4:30 p.m. on Friday, August 29. You may mail pre-entry forms to be received at this time as well. Use the pre-entry forms provided with fair books.

For all entries *except livestock*, you will be notified when your entry tags are printed. They must all be picked up from the OSU Extension Center by 4:30 p.m. on Wednesday, September 3. Entry tags will not be printed for livestock.

There is also an online entry option- details for that will be posted on the Major County Fairgrounds and Major County OSU Extension Center Facebook pages by August 4.

Orion Homemakers OHCE will have a concession stand.

Breakfast- Pancakes & Sausage, Biscuits & Gravy
Lunch and Dinner- Hamburgers, Hot Dogs, Baked Potatoes,
Chicken & Noodles, Walking Tacos, Homemade Pies/Cakes.

Opens Thursday at 12:00 PM; Friday & Saturday at 7:30AM
Thursday Night Special-Fried Onion Burgers
Friday Night Special-Indian Tacos

PICK UP A FAIR BOOK

at the OSU Extension Center in the county courthouse.

It will also be online at:

<https://extension.okstate.edu/county/major>

Other Upcoming Educational Opportunities...

Pickle Making Workshop

Wednesday, August 20, 2025

1:00pm to 5:00pm

Alfalfa County Fairgrounds in Cherokee

Fee \$15

Register by calling 580-596-3131 by August 15th



Preserving Apples Workshop

Tuesday, September 30, 2025

4:00pm to 8:00pm

Alfalfa County Fairgrounds in Cherokee

Fee \$15

Register by calling 580-596-3131 by September 24th



2025

Holiday Happenings

Thursday, November 13

10:00am to 3:00pm

Major County Fairgrounds in Fairview

Fee and Activities to be announced soon!

The registration and payment deadline will be November 5th;
call 580-227-3786 to get your name on the list.



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OKLAHOMA COOPERATIVE
EXTENSION SERVICE

Major County OSU Extension Center
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Newsletter Editor:

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Extension Educator-

Family & Consumer Sciences/4-H Youth Development
& County Extension Director



Oklahoma Home & Community Education, Inc. (OHCE) is a local and statewide 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.

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