



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

STRENGTHENING OKLAHOMA FAMILIES

-Major County-

Cooking for One or Two: Strategies for Healthy Meals and Less Waste

Cooking for one or two doesn't have to mean endless leftovers, oversized portions, or wasted food. With some creative planning and a few simple strategies, you can prepare healthy, flavorful meals that save time, stretch food dollars, and reduce waste.

Whether you're living alone, just starting out on your own, or adjusting to life as empty nesters, you may continue cooking the same way you always have, often ending up with more food than you can use. As time goes by, lifestyles change.

With the cost of food today, it's important to reduce food waste. Planning meals while keeping them flexible is the key to eating well without getting burned out on leftovers that end up in the trash.

A good place to start is planning meals that include fruits and vegetables, protein, grains, dairy and healthy fats. A simple formula, such as protein + vegetable + grain with fruit or dairy on the side, makes quick work of meal planning.

Before heading to the grocery store, shop your pantry, refrigerator and freezer first. Planning meals around ingredients already on hand helps prevent unnecessary purchases and reduces food waste.

Versatile pantry staples include canned beans, tuna or chicken; whole-grain rice and pasta; chicken, beef or vegetable broth; canned vegetables; and frozen fruits and vegetables.

Because many recipes are written for families, scale them down.

If you're right-sizing a recipe to better meet your needs, be sure to measure ingredients carefully. Remember, smaller meals will cook faster, so adjust cooking times accordingly as well. Right-sizing recipes is a great option for people who don't want to eat the same meals for several days or who aren't likely to freeze leftovers.



Be creative and think beyond the original meal. Leftover taco meat can become taco salad the next day. Pot roast can be transformed into burritos, while extra hamburger patties can be chopped and stirred into spaghetti sauce.

When browning ground beef, chicken or turkey for one recipe, cook extra and freeze it in meal-sized portions. Doing this can save time when preparing meals later in the week.

Something fun to do is make use-it-up meals. Combine different leftovers into soups, stir-fries, bowls or omelets. Using the leftovers in different ways will add variety to meals as opposed to eating the same thing for two or three days in a row.

Smart grocery shopping can also help reduce costs. Even if larger packages have a lower per-unit cost, they are only a bargain if the food will be used before it spoils. Buy unpackaged produce to cut costs while purchasing only the amount they need.

No matter the household size, food safety remains essential. Store food at the proper temperature, cook to the recommended internal temperature, and refrigerate leftovers within two hours.

Food is expensive, and it's wasteful to throw it away because it wasn't cooked or stored properly, or if you're tired of eating the same thing. Being mindful when shopping and getting creative in the kitchen can help stretch food dollars while still fixing fun, healthy meals.

At OSU Extension we have a new fact sheet, "[Cooking for One or Two](#)" of interest.

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



In this issue:

Page 2

*The Science of Food Preserving
Active Parenting Class*

Page 3:

OHCE News and Notes

Page 4:

*Barn Quilt Workshop
Let's Make Homemade Workshops*

Page 5:

*Pie Making Workshop
Advanced Sewing Workshops*

Page 6:

You Make the Difference Workshops

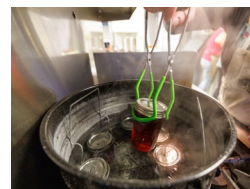
Page 7:

2026 Major County Fair



Trust the Science and Preserve Food with Confidence

In today's world, people confidently turn to the internet to find answers to just about everything. People wanting to connect with their roots and try their hand at canning fruits, vegetables and other foods may begin their search online for tasty recipes and how-to videos. But, just because it was seen online doesn't necessarily mean the information is correct ... or even safe.



"Of course, the internet is an easy source of information, but don't be fooled by AI-generated information. While it looks reliable, not all recipes shared online or on various social media platforms are safe for canning, dehydrating, freezing or fermenting foods," said Christi Evans, Oklahoma State University Extension food safety specialist. "Preserving food is nothing new, but it has seen a resurgence in popularity over the last several years. We're at the beginning of the garden harvest, which can run through early fall, so it's important for people to use safe, tried-and-true methods for food preservation."

The internet is full of enticing photos and recipes that look and sound easy; however, safe recipes will protect not only the flavor and quality of the food, but also people's health. Even small changes in ingredients, acidity, processing time or jar size can affect food safety. Older family recipes may have been fine in the past, but older food preservation methods may not meet today's food safety recommendations.

"Food preservation is a science and an art," Evans said. "AI-generated recipes and photos look tempting as we scroll online, but it's important to get recipes, guidelines and other helpful information from science- and research-based sources, including OSU Extension, Ball, the USDA Complete Guide to Home Canning or the National Center for Home Food Preservation."

Using unsafe preservation methods can lead to spoilage, mold growth and even dangerous foodborne illnesses such as botulism, which can be deadly. Botulism is a rare but potentially fatal illness caused by toxins produced by *Clostridium botulinum* bacteria.

Also, it's important to know the difference between pressure canning and water bath canning, and which method is appropriate for specific foods. Evans said these two methods are not interchangeable.

"High-acid foods such as fruits, jams, jellies and properly acidified foods can generally be processed safely in a boiling water bath," she said. "Low-acid foods like soups, vegetables and meats require pressure canning because they need higher temperatures than boiling water can achieve."

Evans urges people who will be canning to reach out to the county OSU Extension office for guidance. OSU Extension educators can also assist with testing dial gauge pressure canners to ensure they're working properly.

"There's something about food preservation that triggers nostalgia and connects us with our ancestors," she said. "With access to fresh produce from the garden or farmers market, canning season will be in full swing before too long. We have access to better, research-based information today that will help ensure we're using safe food preservation methods so we can enjoy that fresh taste all year."



Active Parenting Class

October 5, 13, 19 and 27

Class meets from 5:00 p.m. to 7:00 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 September 28.
(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**



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 district prepared lesson— your lesson packets for *"Relax Your Way to Better Blood Pressure"* will be ready for pick up by August 28.

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 *"German Foods and Culture."*

Major County Fair- Plans are fully underway for the 2026 Major County Fair on September 10, 11 & 12. 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, September 2 at 10:00 a.m. at the fairgrounds. Please plan to attend.

Adult Scholarship- Applications for the Adult Scholarship will be due by Monday, August 10. Forms are available at the OSU Extension Center.

Quilt Block Challenge Quilt Tickets- This will be the last year of the Quilt Block Challenge. Tickets are currently available so you can take donations for chances to win the 2025 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 23. Please plan to join us. Full details will be sent out as it gets closer.

Officers and Dues for 2027- Planning ahead... group officer lists for 2027 will be due by October 16 as well as membership lists/forms and dues for 2027. Group Presidents will receive more information as it gets closer.

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:

- Active Parenting Classes
- Barn Quilt Workshop
- Let's Make Homemade Hands-On Workshops
- Pie Making Workshop
- Advanced Sewing Workshops
- You Make the Difference Workshops

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 monthly. This information is beneficial to our state and federal reporting.



BARN QUILT WORKSHOP

Major County Fairgrounds in Fairview

Friday, July 31, 2026 beginning at 10:00 A.M.

\$55 fee includes all supplies needed to complete a 2' X 2' barn quilt.

Patterns are provided or you may bring your own.

(Bring your lunch or take a quick break to pick something up.)

**Contact the Major County OSU Extension Office at 580-227-3786
no later than Monday, July 27 to register and pay the fee.**



EXTENSION

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.

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.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

“LET’S MAKE HOMEMADE” HANDS-ON WORKSHOPS

*-On Saturdays in 2026 in the Exhibit Building at the Major County Fairgrounds in Fairview
beginning at 1:00 P.M.-*

-August 8: **Twenty Pie Crusts**

prepare a recipe for twenty pie crusts that you can package and freeze for later use



-October 24: **Homemade Seasoning Mixes**

make 5 seasonings: ranch, taco, fajita, burger & chili, taste one in a dish, and get recipes for more



-December 12: **Homemade Baking Mix**

make your own baking mix and a recipe using the mix, and get a variety of recipes for using the mix



Fee: \$15 for December date; \$20 for August & October dates.

Please RSVP and pay the fee by the Monday prior to the workshops. More information will be available on supplies you may need to bring. Each workshop has a limited number of spots.

*Major County OSU Extension
500 E. Broadway, Courthouse Suite 3
Fairview, OK 73737*

Phone: 580.227.3786 -- Email: dana.baldwin@okstate.edu

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 580-227-3786 at least one week prior to the event.



OKLAHOMA COOPERATIVE
EXTENSION SERVICE



Tuesday, August 18
6:00PM
Major County Fairgrounds
in Fairview

Pie Making Workshop

Come learn as you make your own double-crust apple pie.
A demonstration on single-crust cream pies will also be given. Information will be shared on fair judging standards for pies and a recipe book complete with tips and other valuable information will be included.



\$20 fee per participant

RSVP to the Major County OSU Extension Center by
Tuesday, August 11 by calling 580-227-3786.

Supply list for each
participant to bring to
the workshop:

- 9" pie plate
- Cutting board
- Vegetable peeler
- Paring knife
- 1 small mixing bowl
- 1 medium mixing bowl
- 3 large mixing bowls
- Pastry blender
- Rolling pin
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons
- Large stirring spoon

Brought to you through the Family & Consumer Sciences program at the
Major County OSU Cooperative Extension Service.

Dana Baldwin

Dana Baldwin
Extension Educator, Family & Consumer Sciences/4-H Youth Development
and County Extension Director

500 E. Broadway, Courthouse Suite 3 Fairview, Oklahoma 73737
Phone- 580-227-3786 Email- dana.baldwin@okstate.edu

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, FCS/4-H & CED at 580-227-3786 at least one week prior to the event.



OSU EXTENSION
FAMILY AND
CONSUMER SCIENCES



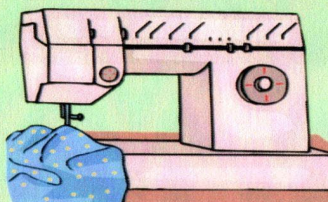
ADVANCED SEWING WORKSHOPS

2026 SERIES

THESE ARE PROJECTS FOR
THOSE WITH ADVANCED
LEVEL SEWING SKILLS.

10:00 AM TO 3:00 PM
EACH SESSION

AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW



SATURDAYS

SEPTEMBER 26:
HOLIDAY PATCHWORK
TABLE RUNNER

\$35 FEE

OCTOBER 10:
SET OF 2 QUILT-AS-YOU
GO PLACEMATS

\$35 FEE

NOVEMBER 14:
JELLY ROLL LAP QUILT

\$50 FEE

Spaces are limited! Sewing machines may be provided with notice or bring your own.

Register and pay the fee (no later than 10 days prior to the workshop
you plan to attend) 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.

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.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation, please contact Dana Baldwin, Extension Educator- FCS/4-H & CED at 580-227-3786 at least one week prior to the event.

Do you want to help make our county fair better?
Attend one of these workshops to gain ideas.
Anyone is welcome!



you make THE DIFFERENCE

At the Workshop

- ✓ Raise more money
- ✓ Recruit & retain volunteers
- ✓ Beat burnout
- ✓ Led by Ian Hill

After the Workshop

- ✓ 30 days of follow-up
- ✓ Weekly emails
- ✓ Your own mobile app
- ✓ Peer connections

August 2026

**Woodward - Chickasha - Ada
Pryor - Stillwater- El Reno**



Made possible through the generous support of **fairs.com**



2026

Major County Fair

Major County Fairgrounds

Fairview, Oklahoma

September 10, 11 & 12

Monday, August 3rd to Friday, August 28th

9:00 AM-4:00 PM: Pre-entry forms received- *see full details

Thursday – September 10th

- 10 AM-11 AM: OHCE/Volunteers entries received
- 12 PM: Barns open to livestock
- 12 PM: OHCE Concession Stand opens
- 12 PM-7 PM: All non-livestock entries received
(bring items with entry tags attached)
- 2 PM-7 PM: Vendor Booths set-up
- 4 PM-6 PM: Poultry & Rabbits entered and tested
- 5 PM-7 PM: OHCE Fried Onion Burger Special
- 6 PM: Poultry & Rabbits judged
- 6:30 PM: Horse Expo
- 7 PM: Sheep and Goat weigh-in and cards due

Friday – September 11th

- 7:30 AM: OHCE Concession Stand opens
- 8 AM: All livestock must be in place
- 9 AM: Vendor Booths open
- 9 AM: Judging of all non-livestock entries
- 10 AM: Livestock Judging Contest
- 10 AM-2 PM: OSU's Insect Adventure
- 12:30 PM: Special Needs Livestock Show
- 2 PM: Sheep Show followed by Goat Show
- 4 PM: Poultry & Rabbits released
- 4 PM: Swine and Beef weigh-in and cards due
- 5 PM-7 PM: OHCE Indian Taco Special

Saturday– September 12th

- 7:30 AM: OHCE Concession Stand opens
- 10 AM: Vendor Booths open
- 10 AM: Swine Show followed by Bucket Calf Show
- 12 PM-1 PM: Free Lunch in Expo Lobby
- 1 PM: Beef Show; livestock exhibits released at conclusion of Beef Show
- 3 PM-4 PM: All non-livestock exhibits released

For ENTRY AND GENERAL INFORMATION
580-744-4952 (Fairgrounds) or 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 at the time of pre-entry, 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 2026 Major County Fair.

4-H & FFA livestock exhibitors: to be eligible for the 2027 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 9:00 a.m. and 4:00 p.m.

Monday, August 4 to Friday, August 28 at the fairgrounds office in the Expo Center or at the OSU Extension Center located on the first floor of the Major County Courthouse in Fairview. Use the pre-entry forms provided. There is also an online entry option for non-livestock. Livestock is to be entered online only. Horse and Poultry/Rabbits will use paper forms.

Online entry links for livestock and non-livestock will be posted on the Major County Fairgrounds and Major County OSU Extension Center Facebook pages by August 3.

For non-livestock entries only, tags will be printed, and they must all be picked up from the OSU Extension Center by 4:00 p.m. on Wednesday, September 9.



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 and ENTRY FORMS
at the fairgrounds office in the Expo Center or at the OSU Extension Center in the county courthouse.
The fair book and entry forms will also be online at:
<https://extension.okstate.edu/county/major>



OKLAHOMA COOPERATIVE
EXTENSION SERVICE

Major County OSU Extension Center
500 E. Broadway, Courthouse Suite 3
Fairview, Oklahoma 73737

Newsletter Editor:

Dana Baldwin

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.

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.

This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies. Director of Equal Opportunity. Any person (student, faculty, or staff) who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of .05 cents per copy for 80 copies.