



OKLAHOMA COOPERATIVE
EXTENSION SERVICE

First Quarter 2026 Issue
Quarterly Family & Consumer Sciences Newsletter

STRENGTHENING OKLAHOMA FAMILIES -Major County-

Small Steps Can Lead to Big Changes for Better Health in 2026

New year. New you. At the dawn of a new year, many people plan goals they want to achieve, and living a healthier lifestyle is often part of the plan.

However, these goals don't necessarily mean making drastic changes or starting over. The focus should be on consistency. While we're excited for the new year and have high hopes for achieving the big goals we've set for ourselves, sometimes those goals lose their luster after a few weeks. This is why it's important to focus on staying consistent with achievable goals and outline the steps it takes to get to the finish line.

Setting SMART goals – Specific, Measurable, Achievable, Relevant and Time-bound can help.

- Specific: Be specific with the goals – make sure they're clearly defined. Instead of setting a goal to eat healthier, be more specific. For example, set a goal to eat a healthy breakfast five days a week.
- Measurable: Goals must be measurable to track progress effectively. Indicate how many days or minutes of exercise are attainable.
- Achievable: Goals should be realistic and within reach to support successful outcomes. Consider current schedules and resources to help make goals a reality. Plan to do meal prep on Sunday to ensure healthy meals throughout the week.
- Relevant: Make smaller plans that are relevant to what matters most. Each smaller goal should clearly connect to the bigger picture. For example, if the overall goal is better stress management, setting a goal to

to take short walking breaks during the day would be relevant.

•Time-bound: While long-term goals are great, set a goal for shorter time frames and then reassess. This is a time when changes can be made to make goals more attainable. If eating healthy and meal-planning are your goals, but your schedule is hectic, look at resources that can help. For example, for someone, grocery shopping could be time-consuming, so maybe grocery delivery or curb-side pickup would be beneficial. Take advantage of available resources that can help achieve your goals. Also, identify patterns that hinder goal achievement. Is it a lack of planning, fatigue, lack of direction or some other cause?

Once you understand the 'why' behind specific behaviors, it makes it easier to set realistic, meaningful goals and plan small, achievable steps toward change. Another suggestion is to replace behaviors with healthier alternatives. Consider what can be done differently instead of focusing on what behaviors need to stop. Small substitutions and gradual changes are often more sustainable than drastic overhauls. Don't give up if you fall short of your goals. It's a new, clean slate each day. Taking your plan one day at a time will help ensure a healthy 2026. OSU Extension offers additional information on health, nutrition, and wellness. The American Heart Association has information on setting fitness goals, and the National Institutes of Health has additional information on health and lifestyle changes.

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:

5 Simple Tips for Creating a Sustainable Budget in 2026
Managing Mealtimes Community Forum

Page 3:

OHCE News and Notes
Active Parenting Classes

Page 4:

One Dough Three Ways Workshops
L.E.A.D Program

Page 5:

OHCE District Meeting
Sewing Workshops

Page 6 & 7:

County Food Show



5 Simple Tips for Creating a Sustainable Budget in 2026

Budgeting is a key part of financial health — but if you're not confident in this area, you're not alone. Having a budget is a positive, not a negative- it will reduce the stress in your life and make you happier.



Step 1: Set goals

Establish a short-term, intermediate and a long-term budget. Then, assign goals to these budgets. Each goal needs to be “specific, measurable, achievable, relevant, and time-bound.”

Step 2: Track your spending

To craft a budget, begin by tracking every purchase for three to four weeks. You may be surprised at where your money is going and on what. To have a budget that is sustainable and manageable, you have to feel comfortable with it. After tracking spending, answer some key questions about the purchases.

- “What did you buy?”
- “Can you see a pattern in your spending habits?”
- “What did you need?”
- “What did you want?”
- “How do you decide what to purchase?”
- “What factors do you think influenced your purchasing decisions?”

Step 3: Craft a budget based on your tracking

Using the tracked list, classify spending into three key categories: “Savings (debt reduction), needs, and wants.”

Apply percentages to these categories. One commonly used set of percentages is 20% savings, 50% needs, and 30% wants. These percentages can be adjusted to fit your specific needs. The amount saved each month should go toward achieving the goals set in step one, he noted.

Step 4: Build an emergency fund

Set aside money for an emergency fund, which should cover essential expenses for a minimum of three months but ideally up to six months. These expenses are different for everyone but include things like rent, utilities, groceries, medication, and insurance.

Step 5: Limit credit card spending to what you have in the bank

Only use a credit card when you have the cash in the bank to pay for the purchase. For example, you can purchase a \$100 item using a credit card, when you have \$100 in your bank account to pay for it. Don't buy anything that you cannot pay for immediately. Financial decisions should always be based on ‘living within your means’ but we will always have a bigger appetite for things outside of our means.

That's where savings goals and budgets can help you get what you want while still meeting your needs first. You might not get your wants as soon as you would like but you can work towards them.

New Year, New You

Join Our January Community Forum

Managing Meal Times for a Healthy Lifestyle

January 29 | 4:00 PM | Fairview Regional Medical Center

Hosted by Fairview Regional Medical Center

- ✓ Healthy Meal Planning
- 👨‍🍳 Live Cooking Demonstration
- 🕒 Tips for Busy Families
- ✓ Kid & Diet-Friendly Strategies



Major County OHCE News and Notes



Lesson Leader Trainings

The Lesson Leader Training in January, for February meetings, is Friday, January 23 at 10 a.m. at the fairgrounds. The lesson is *Garden Planning- Companion Planting* and will be presented by Megan Ferrell from Alfalfa County.

The Lesson Leader Training in February, for March meetings, will be presented during the Winter Association Meeting on Friday, February 27 at the fairgrounds. The lesson is *Cooking for One or Two on a Budget* and will be presented by Susan Holliday from Woods County.

The Lesson Leader Training in March, for April meetings, is Friday, March 27 at 10 a.m. at the fairgrounds. The lesson is *Control of Gophers and Moles Around the Home*.

State Officer/Committee Nominations

Are you interested in serving as a state OHCE officer or on a state OHCE committee? Nominations are due February 1– ask Dana for details.

Volunteer Hours

Volunteer hours for 2025 can be submitted to OSU until January 23. If you have any forms to turn in, please get them to Dana. Thank you for continuing to submit these!

County Food Show

A reminder that help is needed from each group to conduct the County Food Show on Thursday, January 29 at the fairgrounds. Entries will be taken from 5 - 6:00 p.m.; judging begins at 6:00 p.m. A flyer is included in this newsletter.

Winter Association Meeting

The 2026 Winter Association Meeting will be Friday, February 27 at the fairgrounds. Registration will be at 9:30 a.m. with call to order at 10 a.m. The next lesson training will be the program. Lunch is pot-luck with one soup and bread per group and members bringing salads and desserts. See your yearbook for group duties. Annual awards will be presented at this time as well.

Ag Safety Day

Ag Safety Day for 3rd & 4th graders is set for Thursday, April 9– we will discuss details at the Winter Association Meeting.

2nd Grade Coloring Contest

Packets for schools for the 2nd Grade Coloring Contest have all been picked up and you should be making your visits at the following schools by January 23: Busy Bees- Fairview; Cheyenne Valley- Ringwood; Orion Homemakers- Aline/Cleo and Cimarron. Color pages will be judged and displayed on Thursday, January 29 at noon at the fairgrounds.

Awards Items Due

Local and County Award Book Reports- each county and each local group may enter one report book in each category: Cultural Enrichment, Family Enhancement, Healthy Living, Leadership Development, Membership, and Resource Management.

Life Story Essays- entries must be written by an OHCE members.

Instructions for these items are available from Dana. Items are due by Wednesday, January 28 (new date) so they can be submitted by the state deadline. Get some recognition for all of your hard work!

County Planning Meeting

The County Planning Meeting set for Wednesday, March 5 will not be held since the Winter Association Meeting is the week prior.

West District (North Region) Meeting

The West District (North Region) OHCE Meeting is scheduled for Saturday, March 28 at Seiling High School. The meeting begins with registration at 8:30 a.m. with the business meeting starting at 9 a.m. Registration of \$30 per person is due to the OSU Extension Center by February 23. Let's have a good turn-out from our county!

High School Scholarship Applications

Applications have been sent to high schools and will be due by April 15th to the OSU Extension office.

Upcoming Workshops and Classes

Be sure and check out the information included in this newsletter on upcoming workshops and classes. There's something for you!

Check us out on Facebook and on the Web!

For updates and announcements, check out and "Like" our page on Facebook: *Major County OSU Extension*. Check out and bookmark our website for information as well: <https://extension.okstate.edu/county/major/>



2026 Class Sessions:

March 2, 9, 23 & 30

June 1, 8, 15 & 22

October 5, 13, 19 & 27

Classes will meet from 5:00 to 7:00 p.m. at the Major County Fairgrounds in Fairview

- | | | |
|--|---------------------------------|--------------------------------------|
| -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.

Must attend all four session dates to complete a class.

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 classes to be held)

To register, contact the Major County OSU Extension Center at 580-227-3786.

L. E. A. D.

Live well

Eat well

be Active

with Diabetes

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

Brought to you by:



EXTENSION

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

February 3, 12, 17 & 26, 2026

Time: 5:30 to 7:00 p.m.

Location: Major County Fairgrounds
in Fairview

Presenter: Dana Baldwin, *OSU Extension Educator*

Register by January 27 by calling:

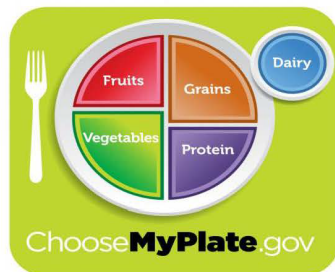
580-227-3786 (Major County OSU Extension)

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.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

“One Dough Three Ways” Workshop

February 24th ~ 1:00-5:00 pm ~ Fairgrounds in Taloga

February 26th ~ 1:00-5:00 pm~ Fairgrounds in Cherokee

Learn to mix up a quick batch of basic yeast dough. The recipe can be made into bread, dinner rolls, and/or cinnamon rolls.

Registration fee \$15.00 covers all supplies and equipment.

Each participant will take home a loaf of bread, an 8” X 8” pan of dinner rolls, and an 8” X 8” pan of cinnamon rolls.

To register contact the OSU Extension office at 580-227-3786 and pay the fee by February 20th.



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2026 Sewing Workshops

Full details to come!

BEGINNER SERIES (for those with beginning level sewing skills)

-Tuesday, March 3- *10-Minute Table Runner*

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

-Tuesday, March 10- *Set of 2 Square Potholders*

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

-Tuesday, March 24- *Set of 2 Decorative Tea Towels*

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

INTERMEDIATE SERIES (for those with intermediate level sewing skills)

-Tuesday, June 2- *Set of 2 Round Potholders*

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

-Thursday, June 11- *Embellished 10-Minute Table Runner*

5:30 to 8:00 p.m.

Location TBD

-Tuesday, June 16- *Grocery Bag Holder*

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

ADVANCED SERIES (for those with advanced level sewing skills)

-Saturday, September 19- *Holiday Patchwork Table Runner*

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview

-Saturday, October 10- *Set of 2 Quilt-As-You-Go Placemats*

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview

-Saturday, November 14- *Jelly Roll Lap Quilt*

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview

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Life is A Picnic with OHCE
Host Counties
Dewey, Ellis, and Woodward



2026 West District Meeting North Region
Saturday, March 28, 2026
Seiling High School, 100 N. Elm, Seiling, OK
Registration: \$30

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"Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Susan Routh, Family & Consumer Sciences DPS at 580.233.5295 or susan.routh@okstate.edu at least two weeks prior to the event."

The registration fee of \$30 per person for the West District (north region) OHCE Meeting on Saturday, March 28 in Seiling is due no later than Monday, February 23 to the OSU Extension Center.

Since this meeting is just in a neighboring county, let's make sure and have a good number of attendees!



MAJOR COUNTY FOOD SHOW

THURSDAY, JANUARY 29, 2026

Entry Time: 5:00 – 6:00 p.m.

Judging Begins 6:00 p.m.

Exhibit Building at the Major County Fairgrounds in Fairview, Oklahoma

CLASSES:

5-8 YEAR OLD

1. No Bake Cookies** (3, any kind, with recipe)
2. Edible Creature* (see note below)

9-11 YEAR OLD

3. Muffins** (3 muffins, with recipe)
4. Edible Creature* (see note below)

12-14 YEAR OLD

5. Battered Coffee Cake** (no yeast, entire cake, with recipe)
6. Rolled Sugar Cookie** (no icing, 3, with recipe)

15-19 YEAR OLD (not a H.S. graduate)

7. Yeast Dinner Rolls** (3 rolls, with recipe)
8. Enhanced Cake** (using cake mix & other ingredients, with recipe, entire cake, no icing, any shape)
9. Brownies** (3 – 3x3 inch squares, with recipe)

OPEN CLASS (Any of above age groups may also show in any of the following classes.)

10. Snack (Using ingredients from each food group)
11. Decorated Cut-Up Cake** (cut to create shape, animal, etc. Evaluated on design and neatness.)
12. Quick Bread** (1 standard loaf of pumpkin, banana, etc. with recipe)
13. Bread Machine Bread** (any kind – 1 standard loaf, with recipe)
14. Yeast Cinnamon Rolls** (3 rolls, no icing, with recipe)

*Edible Creature is evaluated on uniqueness of design and variety of foods used, and is a “creature” of some type made up of chosen food and food items. Include a description of your “creature” on a 3x5 notecard.

** All foods must include a recipe written on a 3x5 notecard.

TABLE SETTING CONTEST – Must be Formal, Use a Theme

- TS1 Ages 5-8
TS2 Ages 9-11
TS3 Ages 12-14
TS4 Ages 15-19 (not a H.S. graduate)



MAJOR COUNTY FOOD SHOW RULES

Contest is open to **ALL MAJOR COUNTY SCHOOL STUDENTS, AGE 5-19** in public, private, or home schools.

Exhibits must be labeled with contestant name, age, school, and grade classification.

All exhibits must include recipes except Edible Creature, and be the work of the exhibitor.

NO MIXES allowed (except class 8).

Only one (1) entry per class, per person.

ENTRIES SHOULD BE REMOVED FROM THE BAKING PAN AND DISPLAYED ON A PAPER PLATE, PLASTIC BAG OR PIECE OF CARDBOARD – something disposable.

Exhibits will be judged beginning at 6:00 p.m. Thursday, January 29th Exhibits will be placed in blue and red ribbon groups with outstanding exhibits named as the judge chooses. Entries will be accepted from 5:00-6:00 p.m.

All exhibitors are encouraged to be present for the judging. Exhibits must be picked up following the judging of the entire show. Anything not picked up will be discarded.

All exhibitors' names will be entered in a drawing to be held during the judging. Exhibitors' names drawn may receive cash or prizes. Must be present to win!

TABLE SETTING CONTEST GUIDELINES: Participants will set up a formal place setting (on a card table – bring your own) including a table cover (cloth or placemat), appropriate flatware, dishes, glass or cup for beverage (whatever is needed) for the exhibit. Plan the menu and place a written menu on the table. (Put the exhibitor's name and age on the back of the menu.) Be creative! **Exhibitor must set up table in front of the judge and may be asked questions by the judge about their setting.**

The Major County Food Show is sponsored yearly by the
Major County Association of Oklahoma Home and Community Education (OHCE).



For information contact: OSU Extension Center at 580-227-3786



**MAJOR COUNTY
EXTENSION**

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

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
and County Extension Director

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