

**-Major and Blaine Counties-****Parents/Caregivers  
as Agents of Change  
for Children's Diets**

When rushing around, living life day to day, parents and caregivers may not give a lot of thought to how much influence they have over the foods children eat now – and in the future. This extends beyond merely choosing and serving their food or talking to them about the foods they are consuming. Humans learn in social contexts, meaning we learn from observing others. Research shows that the quality of a child's diet is related to the diet quality of their caregivers.

Does the diet of the parent/caregiver adhere to the United States Dietary Guidelines and include adequate amounts of fruits and vegetables? If not, then the child's may not. Or, are the adults intentionally modeling healthy eating?

Modeling healthy eating includes behaviors such as intentionally trying to eat healthy food in front of children or displaying excitement about eating healthy foods. Research has shown for years that having family meals together can influence the diet of children. However, it's not just eating together, but what you're eating together as a family, and children observing their caregivers making healthy choices.

Modeling these behaviors in front of children can help build their confidence to eat healthier while shaping norms about eating. Children like to have autonomy – they like to make their own decisions. By encouraging children to eat healthier foods via social cues and modeling, parents/caregivers can encourage such choices



while honoring autonomy.

This is a better approach than trying to get children to eat foods via force. In fact, research indicates this can create a great deal of tension between families at mealtime.

In addition to the concept of modeling via observation, if parents/caregivers adopt higher-quality eating patterns, they're more likely to have higher quality foods in the home. In turn, this makes children more familiar with these healthier choices, leading children to consume those foods both in and out of the home.

Some research takes it even further, examining the presence and/or absence of traditional healthy foods such as fruits and vegetables and those considered less healthy, such as foods rich in added sugars.

Unfortunately, our desire to consume those less-than-healthy choices can be powerful given those foods are generally very appealing and palatable. Having those foods present in excess can overpower our potential desire or intention to consume healthier choices. Social and environmental cues are important, and some research suggests these cues can be more impactful than merely setting rules about eating 'healthy' and 'unhealthy' foods.

The effects hold true for both younger and older children and can be particularly important as older children are exposed to more and more external food environments that can shape their eating, including restaurants, ads on television, and other social influences.

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## Home Care and Cleaning

With warmer weather, and when it's not too hot, it's time to open up the windows and clean away all the dust and grime that accumulated over the winter. For most of us, the priority cleaning targets are the kitchen, bedroom and bathroom. Are you planning to tackle these rooms as well? Here are some tips to help you clean with health in mind.

**Kitchen:** Grease and food soils are hot beds for germs to grow. It's important to clean and disinfect food preparation areas like countertops to prevent the spread of illness. Other areas that could be harboring grease and soils are:

- **Kitchen Sink:** From raw meat to food scraps, the sink is exposed to everything. To keep germs from spreading, wash the sink with soapy water then disinfect.
- **Refrigerator:** Plan a deep clean before grocery shopping so you can also do a quick purge of expired food. After you empty the contents, scrub the drawers and interior with soapy water, then put everything back.
- **Oven:** If your oven doesn't have a self-cleaning cycle, use an oven cleaner product to remove spills. To clean the racks, remove them from the oven, scrub with soapy water, then rinse and dry before putting them back into place.

**Bedroom:** Don't let dust and dust mites keep your bedroom from being a restful sanctuary. Working from the top of your room, dust the ceiling fan, then wipe down blinds with a damp cloth or wash the curtains. Use a dusting product or a cloth that attracts dust on the furniture. Finish by sweeping or vacuuming the floor.

Dust mites are attracted to things like body oils and dead skin which accumulate on the bed, so remember to wash bed linens, pillowcases, bedding and pillows.

**Bathroom:** Mold and mildew are tiny plants that grow where it's warm and damp — like in the shower. They release invisible spores into the air, and these spores start growing new mold and mildew wherever they land. For those who suffer from allergies or asthma, the floating spores could trigger episodes as well.

The best way to prevent mildew is to use a daily shower cleaner (misting the surfaces right after showering) and leaving the door or curtain open to air-dry. If mildew does appear, a liquid household bleach solution or a cleaner with bleach can remove the stains.

Other places to check for hidden mold or mildew include:

- Where the floor meets the tub or shower
- Under the sink
- On window frames and sills

## Pressure Canner Gauge Testing



Did you know that pressure canner gauges can be tested at the Major County OSU Extension Center? All you need to bring in is the lid with the gauge attached or just the gauge-- and please allow at least one day for testing. There is no charge per gauge for this service.



## Let's Preserve!

Food preservation materials are available through the Major County OSU Extension Center as well. Handouts include several topics on food preservation such as: Peaches, Apricots, Nectarines, Pears, Jellies, Jams, Spreads, Cherries, Fruit Pie Fillings, Sweet Corn, Tomatoes, Apples, Leafy Greens, Peppers, and Snap Beans.

Also available is a booklet with salsa recipes for canning. These salsa recipes have been tested to ensure that they contain enough acid to be processed safely in a boiling water canner. We also have information on preserving many other foods as well.

### Canning Headspace Guidelines

**Headspace is the space from the top of the jar to the food or liquid in the jar.**

#### Correct Headspace Guidelines -- As a general rule:

1. Leave 1-inch headspace for low-acid foods, vegetables and meats.
2. Leave 1/2-inch headspace for high-acid foods, fruits and tomatoes.
3. Leave 1/4-inch headspace for juices, jams, jellies, pickles and relishes.

#### Why is it important?

Too little headspace -- Some foods, especially starchy foods, swell more than others and require additional headspace. If too little headspace is allowed, as food boils inside the jar it may be forced under the lid, leaving residue on the sealing surface and possibly preventing the lid from sealing.

Too much headspace -- The jar may not seal properly because the processing time is not long enough to drive the air out of the jar. And the food at the top of the jar may discolor.



# Major County OHCE *News and Notes*



## Lesson Leader Trainings

There will not be a Lesson Leader Training in May since June is a FREE month. Enjoy an activity with your group! The Lesson Leader Training in June (for your July meetings) will be on Friday, June 24 at 10 a.m. at the fairgrounds. The lesson topic is "Grace Under Pressure". Please make plans to attend if you can.

## State OHCE Meeting

Full details on the state meeting are in your Summer 2022 *Outreach* newsletter. The meeting is July 10, 11 & 12 at the Champion Convention Center, 803 S. Meridian in OKC. The theme is "Enjoy the Train Ride with OHCE". Registration is all inclusive; one price includes registration, the banquet and lunches and is \$120 through June 24; after that \$140. Registration is online only at: [www.orangehub.okstate.edu](http://www.orangehub.okstate.edu)

The hotel is just next to the conference center (Hilton Garden Inn-Airport at 801 S. Meridian). Make reservations at 405-942-1400.

Please call if you need help registering.

## Thank You!

Thank you to those that helped make the OHCE Week promotional event Tea Party and Fashion Show happen and to those that attended! We had a great crowd and everyone enjoyed the evening.

## County Planning Meeting

Our next County Planning Meeting will be Wednesday, July 13 at 10:00 a.m. at the fairgrounds. Note: this is a change in date than what is in your yearbooks! We will discuss the county fair, the concession stand at the county fair, the state OHCE meeting, and more. Please plan to attend.

## Quilt Block Challenge

The 2022 Quilt Block Challenge is underway! Come by the OSU Extension Center and pick up your kit (or kits!) for completing a block (or blocks!). Also, tickets are ready for pick up so you can take donations for chances to win the 2021 quilt. The 2021 quilt will be given away at the county fair.

## Major County Fair

The 2022 Major County Fair is scheduled for September 8, 9 & 10 (Thursday, Friday and Saturday). Are you getting your entries ready? Be watching for news on when fair books will be available.

## State Fair

If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair own your own. Please call if you need any assistance getting entered.

## Volunteer Hours

Please continue to keep track of your volunteer hours and thank you to those that have turned in forms. These hours are beneficial in our reporting efforts statewide!

## Check us out on Facebook!

There is information in this newsletter for some upcoming programs that may interest you, so be sure to check them out! For updates/announcements, check out and "Like" our page on Facebook: *Major County OSU Extension* Also, visit our website and add it to your favorites: <http://extension.okstate.edu/major>



## OHCE Groups in Major County:

Busy Bees-	President- Debby McKee 580-227-6007 (meets 2 <sup>nd</sup> Thursdays at 6:00 pm)
Cheyenne Valley-	President- Gail Farrand 580-227-0611 (meets 1 <sup>st</sup> Thursdays at 1:30 pm)
Orion Homemakers-	President- Joyce Suenram 580-764-3338 (meets 2 <sup>nd</sup> Tuesdays at 2:00 pm)

2022

# Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities  
and a brief "Journey Through Health" Educational Program*



**One hour sessions from 12:00 to 1:00 p.m.**

**Major County: at the Fairgrounds in Fairview**

**Blaine County: at the Watonga Public Library**

*-Shadow-Box Bird Feeder & Journey Through Health "Intestines"*

Wednesday, May 18 in Major County

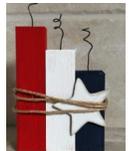
Tuesday, May 24 in Blaine County



*-4th of July Fireworks Blocks & Journey Through Health "Heart & Blood Vessels"*

Thursday, June 16 in Major County

Wednesday, June 22 in Blaine County



*-10-Minute Table Runner & Journey Through Health "Mouth, Teeth & Gums"*

Monday, July 18 in Blaine County

Wednesday, July 20 in Major County



*-No-Sew Watermelon Wreath & Journey Through Health "Muscles"*

Wednesday, August 17 in Major County

Tuesday, August 23 in Blaine County



**Bring your own lunch and come take part in these programs.  
\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.  
(Major County- 580-227-3786/Blaine County- 580-623-5195)  
RSVP at least one week prior to the session you plan to attend.**

Food Handlers:  
**Food Safety Training**



Choose from one of these remaining 2022 dates:

**-July 19   -October 18   -December 13**

**-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. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register 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 & Major County Extension Director  
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## CREATIVE COOKING WORKSHOP

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



**Thursday, August 4** at the Major County Fairgrounds, Fairview

***Tailgating Foods - Best-Ever Bar Cookies - Scone Making 101***

**Time: 10:00 a.m. to 2:00 p.m.**

**Fee: \$15/per person**

**Please RSVP and pay the fee by July 28. Contact your OSU Extension Center:**

Alfalfa County–580.596.3131 Blaine County–580.623.5195

Major County–580.227.3786 Woods County–580.327.2786



# Major County OHCE Quilt Block Challenge 2022



## *Guidelines for the 2022 Major County Fair*

The Major County Oklahoma Home and Community Education (OHCE) Association is sponsoring a *Quilt Block Challenge*. The winner will be determined by viewer's choice voting during the 2022 Major County Fair on September 8, 9 & 10.

- A \$5.00 participation fee is due when you pick up your fabric kit which is available at the Major County OSU Extension Center, located on the first floor of the county courthouse in Fairview.
- You will be provided one 10" square of one of the fifteen designated fabrics (from a layer cake it). You must use the designated fabric in your kit. You may add any other 100% cotton fabric to complete your block.
- Your block may be of any design (original, traditional, etc.) as long as it measures a 12 ½" x 12 ½" square.
- You may only enter one quilt block per kit. (Multiple kits can be purchased.)
- Finished quilt blocks should be turned in at the Major County OSU Extension Center no later than 5:00 p.m. on Thursday, September 1, 2022 so they can be prepared for display at the fair for judging. (They will be displayed in the Exhibit Building.)
- This contest is open to any resident of Major County.
- All quilt blocks become the property of Major County OHCE. If you have questions, please call the OSU Extension Office at 580-227-3786.

PREMIUMS to be paid by Major County OHCE

\$25---1<sup>st</sup>   \$20---2<sup>nd</sup>   \$15---3<sup>rd</sup>   \$10---4<sup>th</sup>   \$5---5<sup>th</sup>

After the fair, the quilt blocks will be made into a quilt and raffled off at the 2023 Major County Fair to benefit the OHCE High School and Adult Scholarships.

### **2022 Fabric Kits will be available starting May 2!**

-2022 fabric is fifteen different Christmas/Winter scenes (from a layer cake kit)-



**Tickets are also available for the opportunity to win the 2021 Quilt Block Challenge Quilt.**

The suggested donation per ticket is one for \$1 or six for \$5 and tickets are available from Major County OHCE members.

# Home Food Preservation Workshop



Monday, June 13, 2022  
10:00 a.m. to 2:00 p.m.  
Exhibit Building  
Major County Fairgrounds in Fairview

- This hands-on workshop will teach participants the proper and safe use of both pressure and water bath canners as well as the processes of hot and cold pack of food into jars.
- A fee of \$35 per participant is required and includes lunch, workshop supplies and other materials. The number of participants is limited.
- Each participant will complete the workshop with 2 jars of home-canned foods in addition to a *USDA Complete Guide to Home Canning* book and other handouts.
- Register for the workshop at the Major County OSU Cooperative Extension Center located in the county courthouse no later than Monday, June 6. The fee is due by this time as well.
- Guest workshop presenters: Trinity Brown, Pawnee County OSU Extension  
Dea Rash, Payne County OSU Extension

Contact information:

**Dana Baldwin**

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**EXTENSION**



**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

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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](http://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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Major and Blaine Counties

and Major County Extension Director

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