



Healthy Snacks Provide Fuel for School

With the beginning of a new school year right around the corner, many children will be depending on snacks to get them through the day.

It's always good to start the day with a healthy breakfast, and schools provide a healthy lunch. However, between sports practices, club meetings, completing homework assignments and other after-school activities, snacks can help students make it through the day without feeling hungry, said [Jenni Klufa, Oklahoma State University Extension](#) associate state specialist for youth programs.

“Our schedules can become very hectic once school resumes and most children will begin after-school snack routines,” Klufa said. “The purpose of snacks is to fill gaps in nutrition between meals, but oftentimes, snacks are treated as indulgences instead of healthy choices. While there’s nothing wrong with the occasional cookie or piece of candy, snacking is a good opportunity to eat nutrient-rich foods. Sweets should be the exception, not the rule.”

Students will need energy to get through after-school sports practices, band rehearsals and other activities. Snacks that include whole grains, are high in protein low in sugar and low in fat will provide the needed nutrients for students to thrive. Choose fruits and vegetables that come in a variety of colors.

Parents of younger students may be asked to sign up to bring snacks to school if the classrooms observe a morning or afternoon snack time. Klufa encourages them to choose healthier, less sugary options such as cheese sticks, trail mix, pretzels or even baby carrots and apple slices.

“Healthy snacks during class will help keep the students focused on learning,” she said. “They burn up energy not only on the playground, but in the classroom as well. So, it’s important to keep students properly fed to enhance their learning experiences.”

It's no secret that fresh fruit is a great choice for snacking. Fruits offer nutrient-dense calories, which means they are full of minerals and vitamins that we need without added or empty calories. Whole fruits such as apples and bananas are portable and can be tossed in a backpack. Peel oranges ahead of time to make them even easier to consume while students are on the go.

“For an extra kick of nutrition, include a pack of nut butter to go along with the fruit. This will help ensure your children have the fuel they need to perform at their after-school activities,” Klufa said.

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FAIR KITCHEN UPDATES AND REMINDERS

All of the important information about the fair kitchen was in last month's newsletter be sure to check it out before the Fair Kitchen opens.

Each group President was given a complete copy of their group's kitchen shifts at the Summer County Meeting on July 18th. **If any of your members that have signed up for a shift cannot work, you must find a replacement and notify Mickey Wolff of the change. Her cell phone number is: (405)612-2296.**

The list of workers will be available in the kitchen for the Daily Shift Supervisors.

If you signed up to be a Daily Shift Supervisor, please plan to attend the Daily Shift Supervisor kitchen orientation meeting which will be held on Wednesday, August 23rd at 1:00 p.m. in the Expo Center Heritage Hall Kitchen.

THANK YOU!! for going the extra mile to make the fair kitchen fundraiser a success!

Plan to come and help prepare the kitchen and make pies and prepare other food for fair week on Tuesday, August 22nd and Wednesday, August 23rd at 9:00 each day at the Expo Center.

Do I Have to Wear a Mask While Working in the Kitchen?

*If you feel more comfortable wearing a mask while working in the kitchen, you are encouraged to do that. Masks will **not** be provided so feel free to bring and wear your own mask. Hand sanitizer will be available and gloves must be worn when working in the kitchen for utmost food handling safety.*



MAY OHCE PROMOTION CONTEST WINNERS

CONGRATULATIONS!! to the May OHCE Month Promotion Contest Winners:

1st Place: Cherokee

2nd Place: Lunch Bunch

3rd Place: Cimarron Valley

Honorable Mention: Floral Valley

All groups had great promotion projects during the month of May!

Fair Kitchen Cashiers' Orientation Meeting

If you signed up to be a Cashier at the Fair Kitchen, **please plan to attend the Cashier Orientation Meeting on Tuesday, August 22nd at Noon at the Expo Center.**

We have a new cash register and some new procedures for checkout so it is imperative that you attend this meeting so you will be in the know and feel confident doing this important job.



PAYNE COUNTY OHCE NEWS



PAYNE COUNTY FAIR REMINDERS

AUGUST 28-SEPTEMBER 2, 2023

(RELEASE ENTRIES on Tuesday, September 5th from 3:00 to 6:00 p.m.—NOT 7:00 p.m. as listed in the yearbook)

OHCE ENTRY DAY will be on MONDAY, August 28th from 9:00 a.m. to 2:00 p.m.
All entries except plants & flowers must be entered, tagged & in place by 2:00 p.m.

OHCE Open Judging will be held at 6:00 p.m. on Monday, August 28th.

OHCE Plants & Flowers will be entered on Thursday, August 31st from 8:30 a.m. to 11:30 a.m. on the regular schedule for all plants & flowers.

OHCE fair entry sheets & a letter were mailed to local group Presidents. Complete your entry sheets and bring your exhibits on August 28th and we will have tags prepared for all of your entries. You can use canning labels for the canning jars BUT you must ALSO add the cardstock tag with the barcode to the jars as well. Let me know if you have questions or need more information.

Be sure to sign up for your local group's educational booth by Tuesday, August 1st!
All educational booths must be set up by Monday, August 28th at 7:00 p.m.

OHCE State Meeting Report

Payne County was well represented at the recent OHCE State Meeting. The theme of the meeting was ***"Piece by Piece....Together Again."*** Delegates attending were **Dee Porter, Pat McNally, Sharon Klingaman, Jana Comer, Misty Burk, Elaina Lyle, Donna Morris and Dea Rash, Advisor.** CONGRATULATIONS!! to our award winners:

County Healthy Living Project

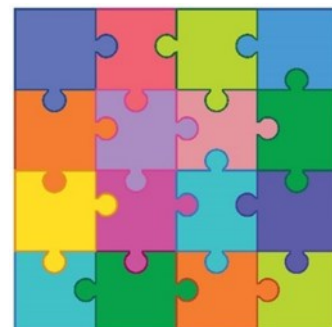
2nd Place: Payne County OHCE, Donna Morris, Healthy Snacks

Local Group State Project: Reducing Child Hunger

2nd Place: Lunch Bunch OHCE, Suzette Barta, Reducing Oklahoma Hunger

Ruth Sturgeon of Cherokee OHCE was remembered in the Vespers service.

Pat McNally & Sharon Klingaman served as Payne County OHCE Voting Delegates and Dee Porter is the State OHCE Leadership Development Committee Chairman so she was busy helping with the state meeting, teaching workshops, and more.





OHCE SILENT AUCTION AT THE FAIR

OHCE SILENT AUCTION IN THE EXHIBIT HALL

THURSDAY 6PM THROUGH SATURDAY 12PM

PROCEEDS BENEFIT LOCAL SCHOLARSHIPS, 4-H,
& OTHER OHCE ACTIVITIES

We would like to know an approximate number of auction items before the auction begins so we have enough tables for everything. Please let LeeAnn Barton know how many auction items to expect from your group's members or your group and whether or not it is going to be a fair entry by *Friday, August 18th at 5:00 p.m.*

OHCE LEADER LESSON & EDUCATIONAL PROGRAM

"Families & Mental Health"

This State OHCE leader lesson & educational program will be taught by Cherokee OHCE Member Pat McNally on **Tuesday, August 8th at 2:00 p.m. in person at the Extension Office.** (this lesson will not be offered via Zoom) Lesson leaders and others are encouraged to attend!!

Payne County OHCE Scholarship Winners

CONGRATULATIONS! to the 2023 Payne County OHCE Scholarship Winners!

Abigail Burton graduated from Stillwater High School and plans to attend Oklahoma State University and study Biology in Allied Health. She is the granddaughter of our own Ruth Burton.

Jaylin McCray graduated from Perkins-Tryon High School and plans to attend Oklahoma State University and study Psychology.

Sweet Summer Peach Salsa

1 1/2 lbs. tomatoes, diced
2 bell peppers, any color, seeded & diced
2 jalapenos, seeded & finely chopped
1 medium onion, diced

1 lb. peaches, pitted & diced (leave skin on fruit)
1/2 bunch fresh cilantro, minced
1 lime, juiced
1/4 tsp. pepper

In a large bowl, add tomatoes, peppers, onion & peaches. Mix well. Add cilantro, lime juice & pepper. Toss to combine. Serve immediately. For a more intense flavor, refrigerate 1-2 hours before serving.

Serving Size: 1/8 of recipe (8 servings)

Nutrition Facts (per serving): Calories: 50; Total Fat: 0g; Cholesterol: 0mg; Sodium: 5mg; Total Carbohydrate: 13g; Dietary Fiber: 3g; Total Sugars: 9g; Protein: 2g; Calcium: 21mg; Iron: 1mg; Potassium: 420mg

Tip: Did you know the skin on fruits contains healthy vitamins & minerals? Enjoy fruits without peeling them for added fiber, vitamins & minerals!

<https://onieproject.org/recipes/sweet-summer-peach-salsa/#>



Healthy Snacks (continued from front page):

When it comes to beverages, water is the best choice to stay hydrated during activity. Some 100% juice on occasion is fine but be aware of calories, especially in other sugary beverages. Children can easily consume a lot of extra calories and sugar just in their beverage choices.

Students who may not have after-school activities still are likely to need a snack to tide them over until dinner time. Make a list of healthy options and let the child choose which snacks to have at home. Whole-grain cereal bars, whole fruits and vegetables, string cheese, nuts and raisins are good choices. Make popsicles from 100% fruit juice or yogurt. Pretzel sticks or veggies dipped in hummus are also a great choice.

“Just like buying the right back-to-school supplies, be sure to stock the kitchen with healthy snack options,” Klufa said. “Parents can certainly make a difference if they are a good role model and make healthy food choices, too. Having healthy snacks for children is just one way to make sure they have a great school year.”





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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Elm Grove	9	10 Lunch Bunch Rising Star	11	12
13	14 Cimarron Valley Floral Valley	15	16	17 Cherokee	18	19
20	21	22 9-Kitchen Clean-Up/ Filling Day Noon—Cashier Orientation	23 9—Pie Making Day 1—Kitchen Supervisor Orientation	24	25	26
27	28 9-2—OHCE Entry Day 6:00—OHCE Judging	29 8 a.m.-7 p.m.— Open Class Entry Day	30 Open Class Judging Day 6—Exhibit Building Open	31 8:30-11:30 a.m.: Plants & Flower Entries 2-Plants & Flowers Judging	Sept. 1	2
3	4	5 10-Fair Kitchen Wrap-Up Day 3-6—Release Exhibits	6	7	8	9