



# EXTENSION

## STRENGTHENING OKLAHOMA FAMILIES

### Family and Consumer Sciences News

MARCH 2024

#### Eat Healthy, Cut Food Costs and Reduce Food Waste

Grocery prices are continuing to rise, and consumers are feeling the pinch. March is National Nutrition Month so now is a great time to address healthy eating while saving money and cutting down on food waste.

With higher costs on utility bills, rising interest rates and increased food prices, consumers are finding it harder to make ends meet, said [Janice Hermann, Oklahoma State University Extension](#) nutrition specialist.

“It’s more important now than ever to use wise strategies before, during and after grocery shopping to put healthy meals on the table, maintain your food budget and reduce food waste,” Hermann said. “A healthy eating style can help you be healthier now and in the future, which in the long run can save money on healthcare costs.”

Hermann suggests becoming familiar with [USDA’s MyPlate](#) and using it as a guide to create an eating plan. MyPlate can help make small changes that pay big dividends both in your pocket and with your health.

When planning meals:

- Make half your plate fruits and vegetables
- Make half your grains whole grains

- Use low-fat or fat-free milk or yogurt
- Vary the protein
- Consume foods with less saturated fat, sodium and added sugar
- Drink water instead of buying other beverages
- Make small changes that are sustainable and work within your family’s food preferences, health goals and budget

Planning meals and snacks will help cut costs if consumers stick to the list and purchase only needed items. Check the MyPlate website for budget-friendly, healthy meals. Go through your pantry, refrigerator and freezer to inventory what you already have on hand and use these items in upcoming meals.

It’s important to make a grocery list and stick to it. Organizing the grocery list using the store’s layout helps speed up the shopping process and cuts down on impulse buying.

“Everyone’s schedules are busy, so choose recipes that are quick and easy to prepare. This helps eliminate the need for takeout on days when you don’t feel like spending a lot of time in the kitchen,” Hermann said. “On weekends, prepare larger meals

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- **RECIPE CORNER:**  
Copycat McDonald’s Southwest Salad

and incorporate those leftovers into other meals throughout the week. This makes for a quick and easy weekday dinner if you just have to reheat and serve.”

Other ways to save on food costs include:

- Buy in-season fruits and vegetables
- Buy sale items in bulk and [freeze](#) or store properly
- Find bargains on day-old varieties
- Have a meatless meal once or twice a week
- Beans, peas, lentils and eggs are great sources of lower-cost protein
- Chicken and pork may be less expensive than other meats
- Extend meat with beans or vegetables in chili or casseroles
- Check sell-by and use-by dates to ensure you’re getting the freshest product possible
- Join a store’s loyalty program

“Oklahoma families are spending more of their budget on food than they ever have, but taking time to plan meals and shop smartly will help ensure everyone is eating healthy and reducing food waste,” Hermann said.



National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. It also describes the various ways we eat and includes sustainability.



# PAYNE COUNTY OHCE NEWS



## APRIL OHCE LEADER LESSON

**“Flowers Here and Forever”** will be taught on **Tuesday, March 19<sup>th</sup> at 2:00 p.m. at the Payne County Extension Office.** If you are the lesson leader for your local group, please try to attend the lesson and it will count as a make-up for perfect attendance.

### ***OHCE SCHOLARSHIP APPLICATIONS WILL SOON BE AVAILABLE***

OHCE Scholarship forms will soon be available for seniors graduating in May 2024. *To be eligible, students must be Payne County residents who are seniors graduating this spring, and must use the scholarship for university, college, business school, nurse’s trade, or technical school.*

Applications are due **(not postmarked) on Monday, April 1<sup>st</sup> at 5:00 p.m. to the Extension Office. (2) \$1500 scholarships will be awarded this year.**

## **OHCE FOOD FESTIVAL IS FRIDAY, MAY 10, 2024**

**Food Festival** will be here before you know it. It will be held on **Friday, May 10<sup>th</sup> at the First United Methodist Church Family Life Center on the southwest corner of 7th and Duck.** Complete details and entry packets will be sent to local group Presidents at a later time. **The information on class updates is on the 2024 group entry sheet included in this newsletter.** (this entry form is just for your information---the one for your group entries will be included in the food festival packet.) **All entries should be from “scratch”, that is, from basic ingredients. Note there is no longer a class where a cake mix can be used in an entry.**

### **A note from LeeAnn Barton, OHCE Food Festival Chairperson:**

Our annual bake off, formally **OHCE Food Festival**, is coming up fast. We are excited to have taken the event back to an OHCE committee format and the committee has had a successful meeting to prepare for this year’s event. You will see that we brought back a few baked items as well as adjusted prices to compensate for inflation.

With 15 classes, we will need **30 superintendents.** (This is a good place for new members to get their feet wet!) The Superintendents’ training will be held on **Thursday, May 2<sup>nd</sup> at 10:00 a.m. in the Commissioners’ Meeting Room on the 2nd floor of the County Administration Building.** You can call the Extension Office or call me (LeeAnn Barton) to sign up to serve as a Superintendent. **If we don’t get enough volunteers, we will be calling you.**

Each Group President will receive a packet with details regarding last year's questions about pre-sales, what baked items can be made for the Gloria Hesser Scholarship table and what happens to unsold items. Your group's Food Festival representative can also share the updated information with you. We are looking forward to our friendly competitiveness, raising community awareness of OHCE, and satisfying that sweet tooth!

LeeAnn Barton, Food Festival Chairperson



# Payne County Home & Community Education

## MARCH 2024



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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	9
10	11 Cimarron Valley Floral Valley	12 Elm Grove	13	14 Lunch Bunch Rising Star	15	16
17	18	19 2:00—Leader Lesson at Extension Office	20	21 Cherokee	22	23
24	25	26	27	28	29	30
31						



# Buying Beef for Home Freezers

Frederick K. Ray  
Animal Foods Specialist

Many consumers are contemplating the purchase of bulk beef for home freezers. Beef can be purchased as a live animal or as a dressed beef carcass. Buying beef in quantity may be the way to save money but it depends upon your situation. When buying beef in bulk many questions will arise. This fact sheet contains questions and answers which may be helpful when one considers purchasing beef.

Basically there are 3 ways to buy meat:

- 1) As a whole carcass, or a side (including both hind and forequarters).
- 2) As a wholesale cut, such as a loin, round, chuck, or rib.
- 3) As a retail cut.

The following questions may help decide which way is the best for your situation.

### Is It Wise to Buy a Side or a Quarter of Beef to be Cut, Packaged, and Quick Frozen for Freezer Storage?

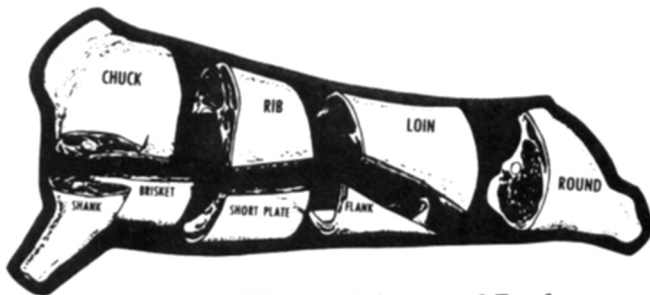
Consider these factors before deciding: The meat cuts served most often; amount of freezer storage space; how much the family consumes in a certain period of time; the community facilities for cutting, packaging, and quick freezing.

### What is the Advantage of Buying in Quantity Rather than on a Day to Day or Week to Week Basis?

Consider the amount of money available to invest in one kind of meat, as well as, the total cost and the amount saved by buying a large quantity of beef.

### How Many Pounds of Meat will my Freezer Hold?

A rule of thumb is one cubic foot of freezer space for each 35-40 pounds of cut and wrapped meat. Allow slightly more space when the meat is packaged in odd shapes.



Primal (Wholesale) cuts of Beef  
Primal (Wholesale) cuts of Beef

Oklahoma Cooperative Extension Fact Sheets are also available on our website at: <http://osufacts.okstate.edu>

### How many Pounds of Meat are there in a Carcass, a Side, a Quarter, or a Wholesale Cut?

An average beef carcass weighs about 600 pounds. A side usually weighs slightly over 300 lbs. This refers to the hanging weight or the gross weight by which the carcass is sold. Remember: the price that one pays is based on the hanging weight. The average weight losses from cutting and trimming make up about 25% of a yield grade 3 carcass leaving about 450 pounds of usable meat cuts from a carcass or 225 pounds from a side. When buying beef one must be familiar with how much fat is on the carcass because this will influence the amount of product in the packages. A rule of thumb for carcass beef is 25% waste, 25% ground beef and stew meat, 25% in steaks, and 25% in roasts.

Cutting and trimming procedures influence the percent retail yield. When fat and bone are removed the percent retail yield decreases. Table 1 shows the approximate retail yields from carcasses of different yield grades.

**Table 1. Percent Retail Yields from Carcasses of Different Yield Grades.**

Yield Grade	Side % Retail Value	Forequarter % Retail Yield	Hindquarter % Retail Yield
1	82.0	84.0	79.9
2	77.4	79.0	74.9
3	72.8	75.6	69.9
4	68.2	71.4	64.9
5	63.6	67.2	59.9

### What are the Advantages to Buying a Whole Carcass or a Side?

When one buys a whole carcass or a side a variety of high and low priced cuts are obtained. You will get some cuts such as the brisket, short ribs, and shank not normally purchased. Usually locker plants and meat markets will convert such cuts into ground meat or stew meat. Meat processors will often age the meat for 10 days or the period desired and will cut it according to specifications. In addition, one may specify how the side or wholesale carcass is cut. For a carcass or a side to be a "good buy" the purchaser must utilize every cut that is made from the carcass. If the family will not eat certain cuts, then it may be wise to have the unacceptable cuts processed into ground beef. If one uses a great deal of ground beef then it may be wise to purchase only the forequarter. Buying a carcass or a side may be less

expensive per pound, but remember that 24-45% is lost from cutting, trimming, and boning depending on the yield grade of the carcass. In comparing alternatives include the cost of cutting, wrapping, quick freezing, any interest for financing the purchase, and the finance costs on the freezer, as well as the freezer operation costs.

**Are there Advantages to Buying a Quarter?**

Buying a quarter involves many of the same considerations, but one may be a little more selective in doing so. Hind quarters, which include the wholesale round, loin, and the flank will give more steaks and roasts, but will cost more per pound than a side or carcass. A forequarter, which includes the chuck, rib, brisket, plate, and full flank has more of the less tender cuts. These cuts yield more of the pieces which require pot roasting but will provide a higher percentage of usable lean meat and costs less than the side or carcass.

**Advantage to Buying Wholesale Cuts?**

Wholesale pieces involve less total cost and the packages require less freezer space. Buying wholesale pieces allows one to select the retail cuts preferred. If one likes pot roast, the chuck would be a good buy, if one likes steaks, the wholesale loin will provide porterhouse, T-bone, and the sirloin steaks.

The wholesale rib could be processed into all rib steaks, or rib steak and rib roasts. Retail cuts from the rib are usually very tender and suitable for broiling.

The wholesale round produces some very desirable roasts from the rump and somewhat less tender round steaks.

**Is it Cheaper to Buy Retail Cuts at the Meat Markets and Freeze them or is it Cheaper to Buy Beef Sides or Quarters?**

Advantages to buying retail cuts for freezing are:

- 1) It is easier to get the assortment of cuts preferred by the family without buying items you seldom or never use,
- 2) Investment is smaller since the storage area is for a shorter time,
- 3) Many times the retail beef cuts sell as specials. Since retail items are not packaged for freezing, they should be packaged properly for long term freezing. The advantages of buying a full side or quarter of beef are: roasts and steaks can be cut to the desired weight and thickness,
- 4) The food budget can be planned for a longer period since the actual meat costs are known, and
- 5) Many trips to the market can be eliminated.

**Should I Freeze the Meat Myself or Have it Done by a Commercial Establishment?**

For large meat purchases it is best to have freezing done by a commercial establishment who has the proper equipment for quick freezing. Slow freezing causes more of the meat fibers to rupture due to the formation of large ice crystals. This means more juices are lost when the meat is

thawed. So in purchasing large quantities always purchase them frozen. Be sure that the operator or processor has quick frozen the meat before it is taken to the home freezer. Meat should be initially frozen at -10°F or lower and as quickly as possible.

**How Long Can Meat be Frozen and Still Maintain its Quality?**

Beef can be stored from 9-12 months. Ground beef can be stored from 3-4 months. Most meat items can be safely stored for longer periods, but they lose some quality. Long storage periods contribute to freezer burn, dehydration, and broken packages, which results in sacrificing quality and quantity. Shorter storage periods can reduce storage investment costs. Decide whether or not your family can eat a side of beef within a year before you buy.

**Buying Beef**

- 1) Buy from a dependable supplier, choose a firm which sells the grade, the weight, and the amount of meat you prefer.
- 2) Buy inspected beef. Check the place out to see that the establishment is a clean inspected operation.
- 3) Purchase only the amount of meat needed. Some consumers prefer a carcass or a side of beef but others feel that a quarter or one wholesale cut is enough.
- 4) Choose beef suited to your purpose. While some families prefer roasts, steaks, and pot roasts others are more interested in ground beef and stew beef. If all of the cuts in a carcass are not used, then the next beef purchase should include only those which are.
- 5) The amount of refrigeration and freezer space available are important when considering the amount of beef to purchase. The approximate cost per pound of wrapped meat is determined by the price per pound of weight divided by the percent yield of edible meat.

\$ cost per lb. of packaged meat	=	\$ Price/Lb. Carcass weight (includes cutting and wrapping cost)
		% edible meat
An example is:		
\$1.78 cost per lb. of packaged meat =		\$1.25 price/lb carcass weight (including cutting and wrapping)
		70% edible meat

In summary, the steer is not all steaks nor is the carcass all steaks. Consumers contemplating the purchase of carcass beef should calculate the approximate cost per pound of edible meat and then consider if it is cheaper to buy bulk meat in the form of a live animal, a carcass, or buy meat on a special in the supermarket.

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# Copycat McDonald's Southwest Salad

If you were a fan of the McDonald's Southwest Salad before it left the menu, this copycat recipe brings it all back with a few healthy twists. The creamy dressing keeps saturated fat and calories in check with reduced-fat sour cream combined with salsa to give it its signature spice. We loaded it up with plenty of veggies, but feel free to give it your own spin with chopped avocado or crushed tortilla chips for crunch. (*Editor's note: The title of this recipe does not align with EatingWell's practices for naming and attributing recipes but gives proper credit to McDonald's menu, which called this dish "Southwest Salad."*) Originally appeared: EatingWell.com, April 2023 By [Carolyn Casner](#)

Updated on September 18, 2023

Reviewed by Dietitian [Emily Lachtrupp, M.S., RD](#)

Tested by [EatingWell Test Kitchen](#)

**Active Time:** 25 mins

**Total Time:** 25 mins

**Servings:** 4



## Ingredients

- ½ cup reduced-fat sour cream
- 3 tablespoons salsa
- 1 tablespoon lime juice
- ¾ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 6 cups chopped romaine lettuce
- 2 cups halved cherry tomatoes
- 2 cups chopped or shredded cooked chicken
- 1 cup corn kernels
- 1 cup canned black beans, rinsed
- ½ cup slivered red onion
- ¼ cup shredded Colby Jack cheese
- Lime wedges for serving (optional)

## Directions

1. Whisk sour cream, salsa, lime juice, cumin, garlic powder, onion powder, salt and pepper together in a large bowl.
2. Add lettuce, tomatoes, chicken, corn, black beans, and onion; toss to coat well. Divide among 4 plates and sprinkle with cheese. Serve with lime wedges, if desired.

**To make ahead:** Refrigerate dressing (Step 1) for up to 3 days.

**Nutrition Facts (per serving):** Serving Size: 2¼ cups

277 calories; total fat 9g; saturated fat 4g; cholesterol 66mg; sodium 417mg; total carbohydrate 25g; dietary fiber 7g; total sugars 8g; protein 26g; vitamin C 19mg; calcium 152mg; iron 3mg; potassium 844mg

**2024 OHCE FOOD FESTIVAL GROUP ENTRY SHEET**

**Group Number:** \_\_\_\_\_ **Group Name:** \_\_\_\_\_  
**Group Food Festival Chairman:** \_\_\_\_\_  
**Group Food Festival Chairman Telephone:** \_\_\_\_\_

Fill out entry sheet and give to each superintendent to record as you bring that exhibit to enter.  
**When all items are entered, give this sheet to county OHCE Treasurer (Vina Spickler)**

Be sure your group number is on each entry tag and attached to each entry along with the "made by" card. **NO RECIPES ARE REQUIRED.**  
**GROUPS MUST ENTER 10 or more CLASSES TO QUALIFY FOR A COMPLETE EXHIBIT.**

CLASS NUMBER	EXHIBITOR	PLACING	POINTS	PRICE
1.	<b>Angel Food Cake</b> glazed on top & running down sides Any flavor <b>(list flavor on entry tag)</b>			\$14.00
2.	<b>Chocolate Cake</b> With chocolate frosting, 3-8" or 2-9" layers			\$14.00
3.	<b>Any Other Cake made from Scratch</b> 3-8" or 2-9" layers or large Bundt pan <b>(list flavor on entry tag)</b>			\$14.00
4.	<b>Fruit &amp;/or Nut Cake</b> with compatible frosting, (ex. lemon, strawberry, pineapple, cherry, etc.) 3-8" or 2-9" layers or large Bundt pan <b>(list flavor on entry tag)</b>			\$14.00
5.	<b>Italian Cream Cake,</b> With cream cheese frosting, 3-8" or 2-9" layers			\$18.00
6.	<b>German Chocolate Cake</b> Icing between layers & on top <b>ONLY,</b> 3-8" or 2-9" layers			\$18.00
7.	<b>Quick Bread,</b> any flavor loaf baked in standard loaf pan <b>(list flavor on entry tag)</b>			\$10.00
8.	<b>White Yeast Bread, Loaf</b> baked in standard loaf pan			\$10.00
9.	<b>Wheat Yeast Bread, Loaf</b> baked in standard loaf pan			\$10.00
10.	<b>Other Specialty</b> <b>Yeast Bread</b> using 3-4 cups flour, no specific shape, French, onion, herb, international, other grains, etc.			\$12.00
11.	<b>Cinnamon Sweet Yeast Rolls, (12) rolls</b> baked in standard pan, any shape, iced			\$12.00
12.	<b>Sweet Specialty</b> <b>Yeast Bread</b> using 3-4 cups flour, no specific shape			\$12.00
13.	<b>Two Crust Fruit Pie</b> baked in standard disposable pie pan <b>(list flavor on entry tag)</b>			\$18.00
14.	<b>Pecan Pie</b> baked in standard disposable pie pan			\$18.00
15.	<b>(12) Cookies or Bar Cookies, (2" round or 2" square)</b> <b>any flavor (undecorated) (list kind/flavor on entry tag)</b> <b>PLUS a single cookie on a separate 6" plate in resealable bag for judging.</b>			\$10.00