



EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

JANUARY 2024

Food Safety in a Power Outage

If there's one thing Oklahomans know about it is dicey weather that can cause power outages. There's something else Oklahomans know about ... the importance of being prepared.

As we come into the season of freezing weather and possible ice storms that can render entire towns without electricity, [Christi Evans, Oklahoma State University Extension](#) assistant food safety specialist, has some tips for both before and during an outage.

"As in most circumstances, being prepared ahead of time is important. Consumers who don't have an appliance thermometer in both the refrigerator and the freezer should purchase them now," Evans said. "Refrigerators should run at 40 degrees Fahrenheit or below, while the freezer should be set at 0 degrees Fahrenheit or below. Knowing and monitoring the temperature in the refrigerator and freezer will help determine if food is safe after the power goes out."

No matter what news channel Oklahomans watch, the weather professionals on the local news will keep residents informed with up-to-date severe weather forecasts. In the event of severe weather, Evans suggests checking the refrigerator to see if any items such as meat, poultry or leftovers can be

moved to the freezer. Frozen foods will keep longer when the power goes out.

It's a good idea to have ice and ice packs on hand which may be useful later on to help keep foods cold.

"Consumers can make their own ice containers by repurposing empty water or milk jugs by filling them with water and freezing," she said. "These containers can be stored in the freezer to fill space. This will help keep foods safe longer during a power outage. They can also be used in coolers to keep foods cold."

When the power goes out, try to keep the refrigerator and freezer doors shut to maintain the cold temperature inside. If a refrigerator remains closed, it will keep foods at the proper temperature for about four hours. Evans said if the outage is prolonged, refrigerated foods such as meat, eggs, milk, poultry, fish, soft cheeses, salads made with mayonnaise, cooked pasta and other leftovers should be discarded.

Foods in a full freezer should stay safe for up to 48 hours. The time limit is 24 hours for a half-full freezer.

"Be sure to check the appliance thermometer in the freezer. If the food is at 40 degrees Fahrenheit or below or has ice crystals, the food can be refrozen or thawed and

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- **OHCE Awards Information:** Due Date is Wednesday, January 3, 2024
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- **Budget Blast Challenge**
- **Fireplace Safety**
- **RECIPE CORNER:** Pickled Pepperoncini Deviled Eggs
- **Healthy Eating as You Get Older & Healthy Eating for Older Adults**

Food Safety in a Power Outage (continued from front page):

cooked,” she said. “Check each package of food individually. Any foods that have an unusual odor, color or texture should be discarded. Never taste food to determine if it’s safe.”

A good rule of thumb to follow is if perishable foods have been kept at 40 degrees Fahrenheit or above for two or more hours, they should be discarded. Evans said this timeframe is cut to an hour when the temperatures are above 90 degrees Fahrenheit.

“Whether it’s during a power outage or not, it is important to always wash your hands before handling foods,” Evans said. “Foods such as meat, poultry, fish and eggs must be cooked to a safe minimum temperature to help ensure food safety.”

Here is a handy internal food temperature chart:

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

Healthy Eating as You Get Older

***Find out how many calories you need.** The number of calories you need each day depends on your age, weight, height, gender, and how much physical activity you get. In general, you need fewer daily calories as you get older. Paying attention to how many calories you get—along with getting regular physical activity—can help prevent weight gain.

Go to www.MyPlate.gov/MyPlate-Plan to find out how many calories you need—and the amount of food you need from each food group.

Source: Office of Disease Prevention and Health Promotion



PAYNE COUNTY OHCE NEWS



MANY THINGS ARE DUE ON WEDNESDAY, JANUARY 3, 2024!

Due on Wednesday, January 3rd by 5:00 p.m. to the Extension Office are:

- ⇒ Secretary’s book (there are no state report forms so you have to tell **everything your club did in the summary pages in the back of the book**)—please submit your Secretary books with the information for the months that you did meet reporting what your local group members did.
- ⇒ All award forms & reports, Life Stories & Photography entries
- ⇒ 50, 60, 70 year members’ names
- ⇒ Memorials for members who passed away in 2023
- ⇒ Perfect Attendance (list members on a sheet of paper and clip to inside front of Secretary’s book)
- ⇒ Refer to last month’s newsletter, state handbook or contact me if you need information or help with your award entries and forms.

OHCE Achievement Day & Leader Lesson are January 23rd

We will have our annual **Achievement Day** on **Tuesday, January 23rd at 11:00 a.m. at the Expo Center Community Building.** **NOTE THE DATE CHANGE!** Make plans now to attend. Our meeting will include business and awards, including the outstanding member, rookie member, young member, heart of OHCE, participation awards, recycling award, and 50, 60, 70-year members for both 2023. Memorials will be given for those who have passed away in the past year, and we will have installation of our new officers. **All past and future officers need to be in attendance.**

Bring a covered dish or two for sharing—**please make sure that each dish you bring will serve 12 or more.** Some meat will be provided by OHCE. Hostess groups are **Registration/Door Prizes: Lunch Bunch; Decorations: Floral Valley; Set Up/Clean Up: Cherokee.** Plan to attend this special OHCE event! **February Leader Lesson, “History of OSU & Cooperative Extension,”** will follow the Achievement Day program.

Fireplace Safety

As with any appliance that works with high heat, regular maintenance of both the appliance and chimney is necessary for proper operation and to make sure there are no potential fire hazards.

- Screens should be used in front of open fireplaces, to keep sparks from flying out onto combustible materials.
- Fireplaces should be inspected each year to verify firebox integrity. Masonry fireplaces should not have cracks in the mortar or brick.
- With catalytic wood stoves, the combustor needs to be in good working order.
- In non-catalytic stoves, baffles should be inspected.

If you are not sure what should be inspected, contact a professional. If you have someone clean your chimney, they are often trained to inspect the stove or fireplace as well.

RECIPE CORNER:

Pickled Pepperoncini Deviled Eggs

Ingredients

6 hard-boiled large eggs
1 jar (16 ounces) garlic and dill pepperoncini
1 medium ripe avocado, peeled and pitted
1 tablespoon minced fresh cilantro, divided
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon minced sweet red pepper
1/4 teaspoon chili powder

Yield: 1 dozen

Nutrition

1 stuffed egg half: 59 calories
4g fat (1g saturated fat)
93mg cholesterol
125mg sodium
1g carbohydrate (0 sugars, 1g fiber)
3g protein



Directions

1. Cut eggs lengthwise in half. Remove yolks, reserving whites. Mash yolks. Stir in 1 teaspoon minced garlic from the pepperoncini jar and 2 teaspoons pepperoncini juice. Add 3 tablespoons minced pepperoncini and the whole avocado; mash with a fork until smooth. Stir in 2 teaspoons cilantro, salt and pepper.
2. Cut a small hole in the tip of a pastry bag or in a corner of a food-safe plastic bag; insert a medium star tip. Transfer avocado mixture to bag. Pipe into egg whites, swirling it upward to resemble Christmas trees. Sprinkle trees with minced red pepper, chili powder and remaining cilantro.
3. Cut open and seed one larger pepperoncini; slice into 12 small diamond shapes to top Christmas trees. Refrigerate, covered, until serving. Save remaining pepperoncini for another use.

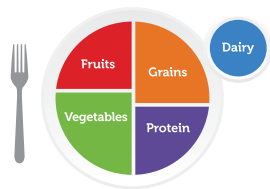
Budget Blast Challenge

This month, we'll put our budgeting skills to practice with this challenge.

1. Chart your weekly spending every week this month.
2. Collect coupons for necessities like groceries and household items.
3. Cut out anything that isn't absolutely necessary.
4. Sell unwanted items and save the money you earn.
5. Start a "fun fund" for dining out, movies, or events.
6. Select versatile grocery ingredients that can be used in up to five recipes this week.
7. Start a family finance practice with a classic cash piggy bank or jar to help any kids visualize their savings.



Start *simple*
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Payne County Home & Community Education JANUARY 2024



Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy New Year! Office Closed	2	3 5:00—OHCE Awards DUE to Extension Office	4	5	6
7	8 Cimarron Valley Floral Valley	9 Elm Grove	10	11 Lunch Bunch Rising Star	12	13
14	15	16	17	18 Cherokee	19	20
21	22	23 11:00 OHCE Achievement Day— Expo Center <i>then</i> Leader Lesson: <i>History of OSU & Cooperative Extension— Expo Center</i>	24	25	26	27
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