



FAMILY AND CONSUMER SCIENCES

School Lunch Program Provides Healthy Meals for Children

Children across Oklahoma are preparing to head back to the classroom. Not only are students picking out new notebooks and perhaps getting a new outfit, parents need to be prepared to fill out various forms at school, including applications for free and reduced lunch programs.

All children are able to participate in the school nutrition programs, but children from low-income households are able to receive meals at a free or reduced price depending on household income, said [Deana Hildebrand, Oklahoma State University Extension](#) nutrition specialist.

“During the pandemic, schools provided free meals to all students, so parents with younger children may not be aware there are forms that must be filled out in order to participate in the free and reduced-price meal program this year,” Hildebrand said.

There are many children across the state who will arrive at school hungry due to food insecurity, which [increased during the pandemic](#). Participating in school meal/nutrition programs is one way to ensure children have adequate nutrition and food security during the day.

“School meals impact thousands of children every day. In Oklahoma, about 367,000 students eat school lunches on a daily basis,” she said.

“This statistic alone makes it very clear that schools are an important source of nutritious food for children all across the state.

Hildebrand encourages those who believe they may qualify for the program to contact their local school district for an application. The [USDA website](#) also offers additional information about how to apply.

“Hunger and malnutrition negatively impact a student’s capacity to learn,” she said. “Hungry children have lower immunity, have more absences and lower school performance. It’s no secret that healthier kids learn better and are more likely to graduate from high school and college.”

Most schools offer both breakfast and lunch meals, and some also offer after-school snack programs. Hildebrand said research indicates the more meals students eat at school the better their dietary quality.

“Check with the school to see if they offer a weekend snack/meal program. Some schools provide backpacks with easy-to-make foods for meals during the weekend,” she said.



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Marinated Cucumber
& Tomato Salad

Prescription Opioids and Heroin Use Go Hand in Hand

Heroin is a highly addictive opioid drug made from morphine and used in the form of a white or brown powder, or a black sticky substance known as black tar heroin (National Institute on Drug Abuse, 2021). Heroin is typically ingested in the form of injection, sniffing, snorting, or smoking. From 2019 to 2020 the United States saw a sharp increase in drug overdoses, with Heroin accounting for 19.8% of overdoses. (Centers for Disease, Control, and Prevention, 2022). Heroin, like many drugs, have a long list of long-term health effects including but not limited to insomnia, collapsed veins, damaged nasal tissue, infection of the heart lining and valves, abscesses, constipation, liver and kidney disease, lung complications, mental disorders, sexual dysfunction in men, irregular menstrual cycles for women (National Institute on Drug Abuse, 2021). In addition, when Heroin is injected, individuals are at a higher risk of bacterial infections of the heart, bloodstream, and skin. Sharing needles increases the risk of serious long term viral infections such as HIV, Hepatitis C, and Hepatitis B.

Furthermore, increased Heroin usage may be a result from the Opioid epidemic. The National Institute on Drug Abuse state that prescription opioids such as OxyContin and Vicodin have similar effects on the body as Heroin, and the misuse of these opioids may lead users towards Heroin use (2021). The National Institute on Drug Abuse concludes that opioid misuse is just one potential factor that may lead to Heroin use, as 2011 data indicated up to 6% of individuals who misuse prescription opioids switch to heroin and roughly 80% of people who used heroin first misused prescription opioids (2021). If you know an individual who may be at increased risk of opioid addiction, or Heroin use and are in need of resources please visit okimready.org.

Marinated Cucumber & Tomato Salad

1/3 c. cider vinegar ¼ c. extra-virgin olive oil 3 T. balsamic vinaigrette
½ tsp. salt ½ tsp. ground pepper
4 medium tomatoes, cored and cut into 8 wedges each (4 cups)
2 medium cucumbers, sliced (4 cups) 1 c. thinly sliced red onion rings
Parsley or other fresh herbs (optional)

Whisk vinegar, olive oil, balsamic vinaigrette, salt and pepper in a large bowl. Add tomatoes, cucumbers, and onion; gently stir to coat. Cover and marinate in the refrigerator, stirring once or twice, for at least two hours before serving.

To make ahead: Cover and refrigerate for up to two days. Toss to refresh before serving.

8 Servings/Serving Size: generous ¾ cup

Nutrition Facts (per serving): 90 calories; fat 7g; sodium 152mg; carbohydrates 6g; dietary fiber 1g; protein 1g; sugars 4g; saturated fat 1g; vitamin A 550IU; potassium 250mg.

<https://www.eatingwell.com/recipe/7902446/marinated-cucumber-tomato-salad/>





PAYNE COUNTY OHCE NEWS



PAYNE COUNTY FAIR REMINDERS

AUGUST 22-27, 2022

(RELEASE ENTRIES on Tuesday, August 30th from 3:00 to 6:00 p.m.)

OHCE ENTRY DAY will be on MONDAY, August 22nd 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 22nd.

OHCE Plants & Flowers will be entered on Thursday, August 25th 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 given to a local group member at the Summer County meeting. Complete your entry sheets and bring your exhibits on August 22nd and we will have tags prepared for all of your entries. We will not use canning labels for the canning jars. Let me know if you have questions or need more information.

Be sure to sign up for your group's educational booth by Monday, August 1st! All educational booths must be set up by Monday, August 22nd 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 *"Enjoy the Train Ride with OHCE."* Delegates attending were **Dee Porter, Sharon Klingaman, Donna Cook, Jana Comer, Suzette Barta, Misty Burk, Carol Robbins, Donna Morris** and myself. CONGRATULATIONS!! to our award winners:

Local Group Family Issues Project

3rd Place: Lunch Bunch OHCE, LeeAnn Barton, Kids4Community Christmas Shoppe

Local Group OHCE Week Project

1st Place—Lunch Bunch OHCE, Carol Robbins, Strawberry Jam

Members remembered in the vespers service were Betty Dahms Lewis, Cherokee; Ruth Burton, Cimarron Valley & Anita Givens, Pine Vale

Dee Porter, Cherokee OHCE, is the State OHCE Leadership Development Committee Chairman and Suzette Barta, Lunch Bunch OHCE, is the Coordinator for Engagement & Extension so they were both very busy helping with the state meeting, teaching workshops, and more.

OSU President, **Kayse Shrum**, attended the Friendship Banquet as well as **Dr. Damona Doye**, Associate Vice-President for Oklahoma Cooperative Extension and **Dr. Tom Coon**, Dean and Director of DASNR as well as several other special guests.

FAIR KITCHEN UPDATES AND REMINDERS

All of the important information about the fair kitchen, including the worker schedule, was in last month's newsletter to be sure to check it out.

Please make a list (**name and phone number**) of who is working each shift when your group is scheduled to work and turn the list into the Extension Office by **Friday, August 19th at 4:30 p.m.**

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

If you would like to be a **Daily Shift Supervisor**, please let Debbie Zetterberg, Fair Kitchen Committee Chairman, know as soon as possible. Debbie's number is (405)612-3733. There are plenty of opportunities to serve in this important fair kitchen role.

If you sign up to be a Daily Shift Supervisor, please plan to attend the Daily Shift Supervisor kitchen orientation meeting which will be held on Monday, August 15th at 2:00 p.m. in the Expo Center Kitchen. *If you are on the fence about being a shift supervisor, call Debbie who can help find you an easy shift & make sure you are comfortable with the position.*

Fair Kitchen Work Schedule: Please make sure ALL of the shifts assigned to your group are filled. That may mean that your members will need to work more than one shift or recruit additional non-OHCE member volunteers. The worker schedule is scaled down as much as possible and the kitchen cannot be run without all shifts completely filled. **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 16th and Wednesday, August 17th. Details are in last month's newsletter.

HOW YOUNG CAN FAIR KITCHEN WORKERS BE?

If your club must get help from additional volunteers for their fair kitchen shifts and you want to use teenagers, ***they must be 14 years old or older*** to work in the kitchen. *In addition, they need to be mature and responsible and ready to work.*

You can only have a maximum of (2) teenagers on each shift—the rest of the workers must be adults 18 or older. There are only certain jobs that teenagers can do (serving food, washing dishes, getting pies, etc.) They will not cook burgers, use knives, etc.

While teenagers can certainly be helpful filling in the gaps, please get teenagers to work ***only after you have exhausted all of your options to secure adult workers.***

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

At this current time, masks will not be required in the Fair Kitchen. However, be aware that the COVID-19 situation is ever-changing daily so a mask requirement to work in the kitchen could be implemented at any time during the fair depending on the current situation and OSU's mask mandate policy which we must adhere to if there is an OSU mask mandate in place.

If you feel more comfortable wearing a mask while working in the kitchen, you are encouraged to do that. Masks will be provided or 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.



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 19th at 5:00 p.m.

OHCE LEADER LESSON & EDUCATIONAL PROGRAM

"Developing OHCE Member Enthusiasm"

This State OHCE leader lesson & educational program will be taught by Cherokee OHCE Member Dee Porter on **Thursday, August 11th 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 2022 Payne County OHCE Scholarship Winners!

Brindle Hibbs graduated from Perkins-Tryon High School and plans to attend Rose State College and study Radiologic Technology.

Hayden Balfanz graduated from Stillwater High School and plans to attend Oklahoma State University and study Applied Exercise Science.

SUMMERTIME

2022 OHCE BYLAWS CHANGE

The State OHCE Membership voted to approve the following Bylaws change at the OHCE state meeting on July 11, 2022. This Bylaws change will be voted on by Payne County local group voting delegates at the OHCE Fall County Meeting on Tuesday, October 18, 2022. It is being shared with all members in this August 2022 newsletter.

To be in compliance with OSU and the federal government each county should make this change in their county by-laws. Several by-law changes were made at the state OHCE meeting in July 2021. The state committee urges each county By-Laws Committee meet to see if their by-laws are in compliance with the state by-laws. If not, it would be the time to bring them up to date and approved by your county delegates.

Article III – Membership

SECTION 1. The membership of the Oklahoma Home and Community Education, Incorporated, shall consist of all county organizations for Home and Community Education whose membership support and advance its objectives and whose bylaws do not conflict with those of the parent organization. The Oklahoma Home and Community Education, Incorporated does not discriminate by gender, race, color, age, disability, religion, national origin, economic circumstance or status as a veteran in any of its policies, practices or procedures.

Proposed Change:

Article III – Membership

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Dolores Cotton & Misty Burk, Payne County OHCE By-Laws Committee

OHCE COAT DRIVE UPDATE

by Kathie Tanner

The **Payne County OHCE Family Committee Coat Drive** has gotten off to a wonderful start in April and May. County OHCE members have collected well over two hundred coats, plus hat, scarves and gloves for families in need which will be distributed at Halloween. This effort will take on renewed effort in Mid-August as school begins with collection boxes being set back out at various collection sites around the county. Collections will continue through the third week of October. The Family Issues Committee will then prepare for the distribution of the coats, hats, gloves, and scarves at Stillwater Halloween Downtown event. The date, time, and location will be forthcoming. **OHCE members are encouraged to post information about the Coat Drive to your Facebook pages and post posters at businesses in your community if possible.** A HUGE THANKS to all who have participated to date. The Family Issues Committee could not do this without YOU!!

CELEBRATE GRANDPARENTS DAY

Sunday, September 11, 2022

by Kathie Tanner

Grandparents Day follows closely behind the end of the Payne County Fair. To celebrate this day is one of the goals of the Family Issues Committee. One suggestion made was to collaborate with youngsters to make cookies to share with seniors in Senior Centers in our communities. Encourage everyone to celebrate Grandparents in your community in your own special fashion. Share how you did so with your OHCE community and others through local newspapers and the OHCE newsletter.

Watermelon Fruit Pizza

½ c. low-fat plain yogurt

1 tsp. honey

¼ tsp. vanilla extract

2 large round slices watermelon (about 1" thick), cut from the center of the melon

2/3 c. sliced strawberries

½ c. halved blackberries

2 T. torn fresh mint leaves

Combine yogurt, honey and vanilla in a small bowl.

Spread ¼ cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries & mint. (other fruit of your choice can also be used.)

Possible ingredients additions: other favorite fruits (*additional ingredients or ingredients substitutions will alter the Nutrition Facts information*)
8 Servings/Serving Size: 2 slices

Nutrition Facts (per serving): 64 calories; protein 1.9g; carbohydrates 14.6g; dietary fiber 1.4g; sugars 11.7g; fat 0.6g; saturated fat 0.2g; cholesterol 0.9mg; vitamin A 893IU; vitamin C 21.7mg; folate 13mcg; calcium 45.7mg; iron 0.6mg; magnesium 21.3mg; potassium 237.3mg; sodium 12.8mg; thiamin 0.1mg; added sugar 1g.

<https://www.eatingwell.com/recipe/254624/watermelon-fruit-pizza/>

MAY OHCE PROMOTION CONTEST WINNERS

CONGRATULATIONS!! to Cimarron Valley and Lunch Bunch! Cimarron Valley placed First and Lunch Bunch placed Second in the May OHCE Promotion Contest. Both groups had lots of different OHCE promotion activities involving many of their members!

HEALTHY LIVING SNACKS PROJECT UPDATE

by Donna Morris & Jana Comer

The **Healthy Living Committee** has worked on the goal of **collecting child-friendly snacks and distributing them to children.**

We collected snacks at the Spring Achievement Day. The number we collected was above our expectation. Thank you, everyone. We were able to deliver the snacks to children the next week.

At the Summer County Meeting, we collected about 230 more snacks. These snacks will be distributed during the first week of school.

We have collected over 900 snacks so far but we can do more. We will continue to collect kid-friendly, individually packaged snacks at our October County Meeting so we can continue our efforts in the Fall. If you aren't able to come to the meeting in October, feel free to drop snacks by the Extension Office. There is a box marked "Snacks for Kids" in the foyer.

Thank you for your generosity in the effort to fight childhood food insecurity.

BOTANIC GARDEN TOUR SCHEDULED

by Elaina Lyle

The **Resource Management Committee** has scheduled an educational tour at the **OSU Botanic Garden** in September.

The tour is scheduled for **Friday, September 16th at 6:00 p.m.** The address is **3300 W. 6th Street** and the starting point for the tour will be at the **South Entrance right off of 6th Street.**

The educational tour will be conducted by **Laura Payne, Horticulture Extension Educator.** Laura used to work at the Botanic Garden before coming to the Extension Office and she says the Garden is beautiful in September.

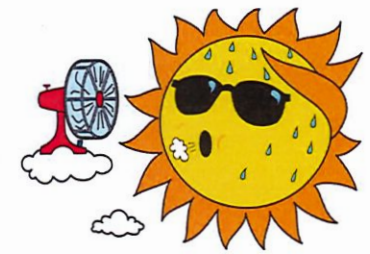
Mark your calendar and plan to attend this fun event and bring your friends who might like to join OHCE.

WAYS TO BE MORE MINDFUL EVERY DAY

- Practice mindfulness during routine activities. Try to be more present during your normal daily routine. For example, pay more attention while brushing your teeth, taking a shower, eating breakfast, or driving to work. Focus in on the sight, sound, smell, taste, and feel of these activities instead of completing them on autopilot.
- Put your phone on airplane mode. Stop checking your phone every five minutes! An easy way to do this is to put your phone on airplane mode, for example, when you are out to dinner with friends or engaged in a conversation. It is much easier to be present in the moment without constant notifications from a cell phone.
- Connect with nature. Get outside! Take a walk in nature, whether that be in your neighborhood, at a park, in the woods, or on the beach. Listen to the sounds of nature, look around, and be present in your surroundings.



Payne County Home & Community Education AUGUST 2022



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|------------------------|--|--|-------------------------------------|
| | 1 Sign up for OHCE Educational Booths | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 Cimarron Valley Pine Vale | 9 Elm Grove | 10 | 11 Floral Valley Lunch Bunch Rising Star 2—Leader Lesson Extension Office | 12 | 13 |
| 14 | 15 2—Daily Kitchen Supervisor Meeting—Heritage Kitchen | 16 9—Fair Kitchen Cleanup/ Fruit Pie Filling Day | 17 9—Pie Making Day | 18 Cherokee | 19 4:30—Fair Kitchen Work Schedules & Silent Auction #s DUE | 20 |
| 21 | 22 9-2—OHCE Entry Day 6:00—OHCE Open Judging 7—OHCE Booths Setup Deadline | 23 PAYNE COUNTY FAIR (All Week) 8:00 to 7:00 Open Class Exhibits Entry Day—Expo Hall | 24 | 25 8:30—Plants/ Flowers Entries 6—OHCE Silent Auction Starts | 26 | 27 Noon—OHCE Silent Auction Ends |
| 28 | 29 | 30 3-6-Release Fair Entries Expo Center | 31 | Payne County Fair guides & Open Class Entry Information is available online at https://www.pcxpocenter.com/page/home/exhibitors/payne-county-free-fair and at the Payne County OSU Extension Office. | | |

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