



Celebrate National Nutrition Month with a World of Flavors

While the need to focus on making informed food choices is something that should go on year-round, the Academy of Nutrition and Dietetics pays special attention to healthy eating each year in March, which has been designated National Nutrition Month.

This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity, while also highlighting the expertise of registered dietitian nutritionists.

"Of course, we want everyone to focus on making informed nutritional decisions every day and designating a month out of each year to really focus on healthy habits is a great way to help people meet their nutritional goals," said Diana Romano, Oklahoma State University Extension assistant specialist. "Keep in mind it's not just about food – developing sound physical activity habits also play a role in good health."

Enjoying different flavors of the world not only is a chance to learn more about your own food culture, but those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. As an added bonus, you may even discover new ingredients and flavors you've never experienced before.



"It's always fun to try new recipes and foods from other cultures," Romano said. "Trying new flavors and foods from around the world can also help you increase the variety of foods you eat. It's easy to get in a rut when it comes to mealtime. During National Nutrition Month, try at least one new recipe each week. One of them could become the next family favorite."

Experiment with new recipes for various meals during the day. Find new, exotic fruits that could be part of a breakfast smoothie or served alongside whole-grain pancakes. Try a new type of bread, such as pita, for those lunchtime sandwiches, and instead of lettuce, try using bean sprouts. Pair that sandwich with gazpacho, a type of cold soup made with tomatoes, peppers and onions.

When it comes to snack time, Romano suggests choosing healthier snacks from various food groups. Some good choices may include fruit chutney eaten with bread or cheese, raw veggies with hummus or tzatziki or perhaps whole-grain tortilla chips with guacamole or salsa made with veggies or fruit.

"Healthy eating options span the globe. To make things even more fun, have the family do some research on the part of the world where the recipes come from and discuss these new places around the dinner table," she said.

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APRIL LEADER LESSON

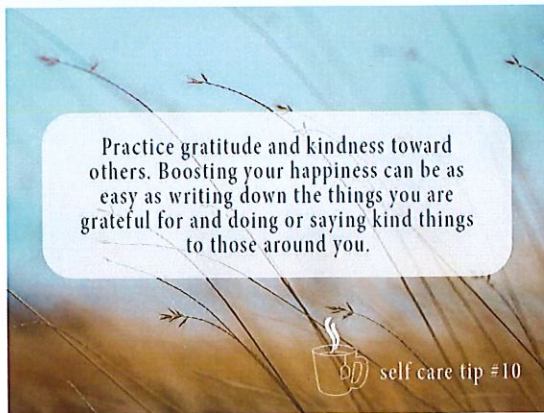
“Jarcuterie 101: A New Twist on Charcuterie ”

will be taught on **Tuesday, March 22nd at 2:00 p.m. at the Extension Office Conference Room.**

This will be a hands-on workshop and all lesson leaders are encouraged to attend. **Guests and other OHCE members are welcome to attend as well— please pre-register by Friday, March 18th at 5:00 p.m. by calling (405)747-8320 or sending an email to Dea at dea.rash@okstate.edu so we have enough supplies for everyone.** The lesson will be recorded for those who cannot attend.

OHCE ACHIEVEMENT DAY TENTATIVE DATE

We are TENTATIVELY planning to have OHCE Achievement Day on **Thursday, April 21st** (the night scheduled for the County Spring Meeting.) Mark your calendar and stay tuned for details. The status of COVID-19 closer to that time will determine what we can do so we will let you know the plan and details in next month’s newsletter. Thank you for your patience and understanding as we try to keep our members safe and healthy.



Practice gratitude and kindness toward others. Boosting your happiness can be as easy as writing down the things you are grateful for and doing or saying kind things to those around you.

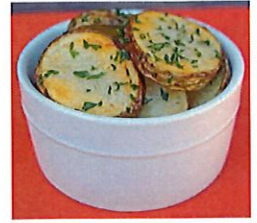
self care tip #10

Feeling down and need a boost? Making a list of the things you're grateful for or starting a gratitude journal can give you that quick jolt of joy you've been craving. After all, we've all got a lot to be thankful for despite hard times. Another easy way to feel good? Say something kind or do something nice for others and you'll immediately feel connected and positive. <https://extension.unh.edu/blog/2020/11/mindfully-maintaining-your-emotional-health>

Air Fryer Potato Coins

<https://food.unl.edu/recipe/air-fryer-potato-coins>

2 servings



2 medium russet potatoes, scrubbed with clean vegetable brush under running water

2 T. olive oil

Optional seasonings: black pepper, cayenne pepper, garlic powder

Optional toppings: shredded cheddar cheese, cooked chopped bacon, chopped green onion, fresh or dried parsley, sour cream

Directions:

1. Wash hands with soap and water
2. Preheat air fryer to 400 degrees F
3. Slice potatoes into 1/4" thick slices
4. Drizzle with olive oil and toss lightly with optional seasonings
5. Place coins in air fryer basket or rack. Be careful not to overlap or stack coins. Bake for 15 to 20 minutes or until coins are tender and browned. If adding toppings, arrange cheese, bacon, green onions or parsley on each coin and return to air fryer for 2 to 5 minutes until all ingredients are thoroughly heated and cheese has melted.
6. Remove potato coins and garnish with sour cream if desired.
7. Serve immediately. Store leftovers in a sealed container in refrigerator.

NOTE: Potatoes can also be prepared in the oven on a baking sheet at 425 degree F for about 25 minutes or until golden brown.

Nutrition Information: Calories: 290; Total Fat 14g; Saturated Fat 2g; Cholesterol 0mg; Sodium 10mg; Total Carbohydrates 38g; Fiber 3g; Total Sugars 1g; includes 0g Added Sugars; Protein 5g; Vitamin D 0%; Calcium 2%; Iron 10%; Potassium 20%

OHCE SCHOLARSHIP APPLICATIONS AVAILABLE

OHCE Scholarship forms will soon be available for graduating seniors. *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 **Monday, March 28th at 5:00 p.m. in the Extension office.**

OHCE STATE BOARD APPLICANTS NEEDED

There are several committee member positions available on the OHCE State Board. It's easy to apply and is a great experience! Let me know if you would like to know more or would like an application.

Air Fryer Fajita-Stuffed Chicken

<https://www.tasteofhome.com/recipes/air-fryer-fajita-stuffed-chicken/print/>

- 4 boneless skinless chicken breast halves (6 oz. each)
- 1 small onion, halved & thinly sliced
- 1/2 medium green pepper, thinly sliced
- 1 T. olive oil
- 1 T. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. garlic powder
- 4 oz. cheddar cheese, cut into (4) slices



Optional: salsa, sour cream, minced fresh cilantro, jalapeno slices and guacamole

Directions:

Preheat air fryer to 375 degrees F. cut a pocket horizontally in the thickest part of each chicken breast. Fill with onion and green pepper. In a small bowl, combine olive oil and seasonings and rub over chicken.

In batches, place chicken on greased tray and place in air fryer or in air fryer basket. Cook 6 minutes. Top chicken with cheese slices and secure with toothpicks. Cook until a thermometer inserted in chicken reads at least 165 degrees F, 6 to 8 minutes longer. Discard toothpicks. If desired, serve with toppings of your choice.

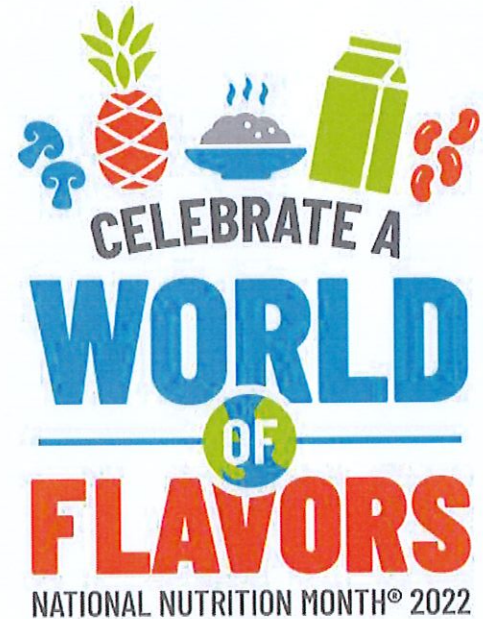
Nutrition Facts: (1 chicken breast half): 347 calories; 17g fat (7g saturated fat); 126mg cholesterol; 628mg sodium; 5g carbohydrate (1g sugars, 1g fiber); 42g protein

National Nutrition Month

(continued from front page)

OSU Extension offers additional [nutritional information online](#).

National Nutrition Month[®] was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.

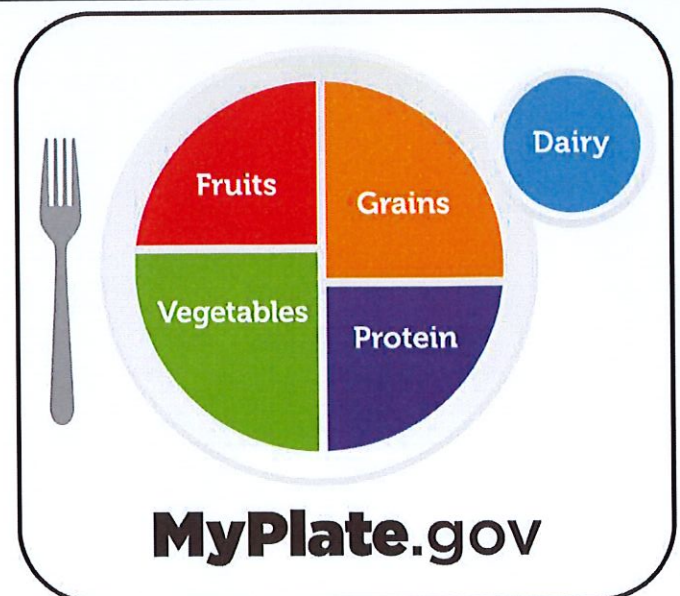


eat right Academy of Nutrition and Dietetics

Practical Budgeting Tips

1. **Pay off your debt**—stop letting debt rob you of your income.
2. **Have goals**—focus on your “why”—why are you making these sacrifices to be debt-free?
3. **Cut up your credit cards**—stop using them, cut them up, shred them & ditch them for good! Get them out of your life.
4. **Track your progress**—check your progress from time to time & don't forget to celebrate the small wins.
5. **Create a buffer in your budget**—put a small amount of money aside for unexpected expenses during the month.
6. **Give yourself lots of grace**—it takes a few months to get a handle on budgeting. It won't be perfect the first time but you'll get there!

<https://www.ramseysolutions.com/budgeting/the-truth-about-budgeting>





Payne County Home & Community Education MARCH 2022



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
FCS4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						5
MARCH IS NATIONAL NUTRITION MONTH What new healthy, nutritious recipe or food will you try this month?						
6	7	8	9	10	11	12
	Elm Grove		Floral Valley Lunch Bunch Rising Star			
13	14	15	16	17	18	19
Cimarron Valley Pine Vale			Cherokee			
20	21	22	23	24	25	26
		2:00 OHCE Leader Lesson— <i>Jarcuterie</i> Ext. Office & via Zoom				
27	28	29	30	31		
OHCE Scholarship Apps Due						

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

 Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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