

STRENGTHENING OKLAHOMA FAMILIES

FAMILY AND
CONSUMER SCIENCES

Parents/Caregivers as Agents of Change for Children's Diets

When rushing around, living life day to day, parents and caregivers may not give a lot of thought to how much influence they have over the foods children eat now – and in the future.

“This extends beyond merely choosing and serving their food or talking to them about the foods they are consuming,” said Ashlea Braun, Oklahoma State University Extension nutrition specialist and assistant professor in the Department of Nutritional Sciences. “Humans learn in social contexts, meaning we learn from observing others. Research shows that the quality of a child’s diet is related to the diet quality of their caregivers.”

Does the diet of the parent/caregiver adhere to the United States Dietary Guidelines and include adequate amounts of fruits and vegetables? If not, then the child’s may not. Or, are the adults intentionally modeling healthy eating?

“Modeling healthy eating includes behaviors such as intentionally trying to eat healthy food in front of children or displaying excitement about eating healthy foods,” she said. “Research has shown for years that having family meals together can influence the diet of children. However, it’s not just eating together, but what you’re eating together as a family, and children observing their caregivers making healthy choices.”

Modeling these behaviors in front of children can help build their confidence to eat healthier while shaping norms about eating. In addition, children like to have autonomy – they like to make their own decisions. By encouraging children to eat healthier foods via social cues and modeling, parents/caregivers can encourage such choices while honoring autonomy.

Braun said this is a better approach than trying to get children to eat foods via force. In fact, research indicates this can create a great deal of tension between families at mealtime.

In addition to the concept of modeling via observation, if parents/caregivers adopt higher-quality eating patterns, they’re more likely to have higher quality foods present in the home. In turn, this makes children more familiar with these healthier choices, leading children to consume those foods both in and out of the home.

Some research takes it even further, examining the presence and/or absence of traditional healthy foods such as

Payne County
Extension Office

Address

315 W. 6th Street, Suite 103
Stillwater, OK 74074

Phone

405-747-8320

Email

Dea Rash
dea.rash@okstate.edu

Website

oces.okstate.edu/payne

Social Media

Facebook: /

paynecountyextension

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Parents/Caregivers as Agents of Change for Children's Diets

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fruits and vegetables and those considered less healthy, such as foods rich in added sugars.

“Unfortunately, our desire to consume those less-than-healthy choices can be powerful given those foods are generally very appealing and palatable,” Braun said. “Having those foods present in excess can overpower our potential desire or intention to consume healthier choices. Social and environmental cues are important, and some research suggests these cues can be more impactful than merely setting rules about eating ‘healthy’ and ‘unhealthy’ foods.”

The effects hold true for both younger and older children and can be particularly important as older children are exposed to more and more external food environments that can shape their eating, including restaurants, ads on television, and other social influences.



Eating Better on a Budget

Have you ever been told that eating healthy is expensive? While sometimes this can be true; the key is knowing tips and tricks to get the best for less! There are many ways to save money on healthy foods that you'd like to eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. Here are 7 tips to help you stretch your food dollars and get the most for your food budget:

1. **Plan:** What meals do you want to plan for dinner? Sit down and write out your list. Before you head to the store, take an inventory of everything that you already have on hand to prevent purchasing things that you already have at home. Include meals like stews, casseroles, or stir-fries, which “stretch” your meals further by bulking them up.
2. **Get the Best Price:** Look at your local grocery stores’ weekly sales and ads! Ask about loyalty cards- or any coupons that you might be missing out on.
3. **Compare and Contrast:** Is the small bottle of ketchup really cheaper? Locate the “Unit Price” on the shelf directly below the product. Use it to compare different sizes of the same product to determine which is really the better deal.
4. **Buy in Bulk:** It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.
5. **Buy in Season:** Buying fruits and vegetables in season can lower the cost and add freshness! Check out your local farmers’ market to find seasonal produce and help local vendors!
6. **Convenience Cost:** Purchasing convenience foods cost more than doing the work yourself. If time is your main struggle with eating healthy, convenience cost might be worth it for you. Just know that it does come with a heavier price tag.
7. **Year-Round Cost Saving:** Certain foods are typically low-cost options all year round. Try beans for a less expensive protein source. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are a good choice.



Source: K-State Research and Extension



OHCE NEWS



JUNE OHCE LEADER LESSON

“Quick, Easy, Inexpensive Party Ideas”

This OHCE Leader Lesson will be held on Tuesday, May 17th at 2:00 p.m. at the Extension Office. It will also be offered via Zoom and the link will be emailed to all members.

This will be a fun, educational workshop which will have lots of fun ideas for your summer entertaining!

National Drug Take Back Day

Saturday, April 30th, 2022 has been deemed National Prescription Drug Take Back Day by the United States Drug Enforcement Administration (DEA). National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing prescription drugs, while also educating community members about the potential for abuse of medications. Opioid misuse and overdose has become a state-wide epidemic, plaguing numerous Oklahoma families. In 2018, opioids were involved in 46,802 overdose deaths in Oklahoma, accounting for nearly 70% of all overdose deaths (National Institute on Drug Abuse, 2020). During the same year, Oklahoma providers wrote 79.1 opioid prescriptions for every 100 persons- compared to the average U.S. rate of 51.4 prescriptions (National Institute on Drug Abuse, 2020).

This rate of increased prescriptions per person may indicate that Oklahomans are housing excess opioid prescriptions that are expired or unnecessary. During the month of April, it is encouraged to clean out medicine cabinets and identify expired and no longer needed medications. Many communities hold Drug Take Back Day Events or have authorized drug take back locations. You can contact local law enforcement or your local municipal trash and recycling service to find out anytime during the year where you can dispose of unwanted medications.

It is always recommended to store and dispose of unwanted medications in a safe and proper manner. Opioids should always be stored in a medication lock box to ensure medicine is only accessible to the prescription holder. This assists in reducing accidental overdoses and/or misuse of prescribed medications. In addition, medications that are no longer needed should be disposed of properly by visiting a local controlled substance public disposal facility or through use of at-home medication disposal bags. For medication lock box and disposal bag resources, contact Community Based Prevention Services Grant Coordinator Melinda Caldwell at melinda.mercado@okstate.edu

PAYNE COUNTY FAIR

AUGUST 22-27, 2022

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

It's never too early to start working on your county fair projects!! OHCE classes are listed in your yearbook. We have lots of new classes and some revised and updated classes so be sure to look at the yearbook before starting your projects.

AGAIN THIS YEAR: Entry day for OHCE & 4-H will be on **MONDAY**, August 22nd from 8:00 a.m. to 2:00 p.m. with open OHCE judging at 6:15 p.m. that evening.

Entry day for **OPEN CLASS** will be on **Tuesday**, August 23rd. Open class & 4-H judging will be on **Wednesday** morning; and the building will open to the public **Wednesday** evening.

Plants & Flowers will still be entered and judged on **Thursday**.

I encourage each club to work toward having a complete OHCE club exhibit this year! If you have extra entries, be sure to enter them in open class.

SPECIAL NOTE: All exhibits must have been made from **August 25, 2021 to August 22, 2022**. Entries made prior to 8/25/21 may not be entered.

NEW THIS YEAR: Local groups will not have to pre-enter their exhibits this year. Bring your exhibits to the fair and we will have the tags printed and ready to attach to your exhibits.

To expedite the entry process, you will need to have your local group's exhibits for each OHCE section listed on the entry sheet (clothing, home & family, canning.)

Let me know if you have questions or need more information.

OHCE STATE MEETING

Mark your calendar & watch next month's newsletter for details on the OHCE State Meeting. Save the date for **July 10-12, 2022 in Oklahoma City**. You won't want to miss it!

2022 OHCE WEEK

We are celebrating all month long!!

As you know, OHCE Week is **May 1-7, 2022**. The Executive Council encourages all clubs to promote OHCE during the month of May.

To encourage members to participate more and to encourage clubs to promote OHCE and be more visible during the month of May, **cash prizes will be offered to the top (3) groups who do the most OHCE promotion in May**. Try to think of creative and innovative ways to tell the OHCE story!

Here are some ideas that other groups around the county are planning to do:

- *Attend the Barn Quilt Workshop on **Thursday, May 12th (pre-registration required (\$30)—contact Dea)**
- *Donate kid-friendly snacks for the county Healthy Living Committee project (box is at the Extension Office)
- *Donate coats for the county Family Committee Project (box is at the Extension Office)
- *Invite a friend (or several!) to attend your May local group meeting & invite them to join OHCE
- *Plan an educational tour, fun day trip or “staycation” (OSU Botanic Garden, Pioneer Woman Lodge, summer festivals, Farmer’s Market, or other cultural enrichment events)
- *Have a cookout or other fun outdoor event with your local members and families
- **Present goody baskets to local agencies thanking them for their service (if including food, you must use individually-wrapped items)

To showcase your OHCE promotion activities in May, each club should take lots of pictures and document the different activities you do. At the end of the month, club members can put together a portfolio of photos with captions, narratives or any other information you would like to include about your promotion projects. **Portfolios will be judged on the following criteria:**

50%--percentage of total membership participating in club projects & activities (include a list of all members who participated in each project completed)

50%--number of different activities completed during the month of May (include a list of all activities completed in the front of your portfolio)

In the case of a tie, neatness and creativity of portfolio will be used as the tiebreaker.

OHCE WEEK PROCLAMATION AT COMMISSIONERS’ MEETING ON MAY 2, 2022

An OHCE Week Proclamation will be presented and signed by the Board of Payne County Commissioners on Monday, May 2, 2022. You are welcome to attend the meeting that morning along with some Executive Council members if you would like. The proclamation will be presented at the very beginning of the meeting.

Thanks to all of you for sharing the OHCE story not only in May but in every month of the year!



Grilled Chicken Salad

Ingredients

Healthy Poppyseed Dressing

- 1/2 cup 2% plain yogurt
- 1 Tbsp maple syrup
- 1 tsp white apple cider or rice vinegar
- 1 tsp Dijon mustard
- 1 Tbsp poppy seeds
- 1 tsp onion powder
- 1/2 tsp salt
- Ground black pepper to taste



Grilled Chicken Breast

- 1 large boneless & skinless chicken breast (*cut in half lengthwise*)
- 1 Tbsp olive oil extra virgin
- 1/2 lemon (zest and juice of lemon)
- 1 small garlic clove, grated
- 1 tsp oregano dried
- Scant 1/4 tsp salt
- 1/4 tsp ground black pepper

Grilled Chicken Salad

- Mixed baby greens
- 1 cup raspberries strawberries or blueberries
- 1 cup grape tomatoes cut in halves
- 1/4 cup feta or goat cheese crumbled
- 1/2 cup toasted mixed nuts unsalted
- 1/3 cup red onion, thinly sliced

Instructions

1. **To make poppy seed dressing:** In a small bowl add yogurt, maple syrup, vinegar, mustard, poppy seeds, onion powder, salt and pepper. Stir well with a fork to combine. Set aside.
 2. **To make grilled chicken:** In a large bowl add chicken, olive oil, lemon zest and juice, garlic, oregano, salt and pepper. Stir with tongs and let marinate for 30 minutes.
 3. Grill on medium high heat (400 degree F) for 10 minutes, flipping once. Rest under foil for 5 minutes.
 4. **To make grilled chicken salad:** In a large salad bowl, add greens, sliced gilled chicken breast, raspberries, tomatoes, feta , nuts and red onion.
 5. Drizzle with healthy poppyseed dressing and toss gently to combine. Serve immediately.
- **Make-Ahead:** You can prepare all the elements in advance. Marinate chicken overnight, store salad ingredients in airtight container, and you can make the dressing up to a week (or more) in advance!
 - **Store:** If the salad is dressed, then make sure to eat it on the same day (with 12 hours). If the salad, dressing, and nuts are stored separately, then you can store them for up to 2 days, covered, in the refrigerator.

Nutrition Facts: 1.5 cups, Calories 305 kcal, Carbohydrates 18g, Protein 19g, Fat 19g, Saturated Fat 4g, Cholesterol 48mg, Sodium 496mg, Fiber 5g, Sugar 8g



Payne County Home & Community Education



MAY 2022

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Editor...

Dea Rash

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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OHCE WEEK IS MAY 1-7, 2022—CELEBRATE OHCE!!						
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