

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

NOVEMBER 2021

Ways to Help Locally with Food Insecurity

Food insecurity among Oklahoma's youth is a real thing. In fact, more than 208,000 children in the state don't get the amount of food they need to grow and thrive.

Food insecurity, as defined by the United States Department of Agriculture, is a household-level economic and social condition of limited or uncertain access to adequate food, said Jenni Klufa, [Community Nutrition Education Program](#) assistant state specialist for youth.

"Many children across the state depend on school meals to get the nutrients they need. When the pandemic hit last year, schools closed their doors," Klufa said. "Fortunately, many schools were able to continue their food program and provide vital meals to their students. However, we have a lot of ground to make up in the fight against child hunger."

Klufa works with [Hunger Free Oklahoma](#), an organization dedicated to bringing a unified, statewide voice to the issues and solutions surrounding hunger.

"Their goal is to ensure all Oklahomans have access to affordable, nutritious food," she said. "One way to help is to become an Oklahoma youth hunger hero, which involves three easy steps."

Raise awareness about hunger: There often are misconceptions about what hunger looks like and how much it exists in our communities. Accepting that it is an issue and that we may not always be able to visibly recognize food insecurity is an important step in this effort. In addition, educating Oklahomans about the effects of hunger, the successful systems in place to fight hunger and how they play a part is another way to raise awareness.

Support local efforts: When people realize how great of an issue hunger really is, it is easy to become overwhelmed regarding where to start. Start in your local community by supporting local food pantries. This can be done by volunteering, participating in fundraisers, advocating or making monetary donations.

Connect those affected by food insecurity to available resources: Armed with the knowledge of steps 1 and 2, people can further help bridge the gap between those suffering from food insecurity and available resources. These may look different in each community.

"The holiday season is just around the corner, which is a great time to become involved in helping those in need. Many organizations put together food baskets for families in need," Klufa said. "Get your local Oklahoma Home and Community Education group or a 4-H club to help with these efforts."

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Ways to Help Locally with Food Insecurity (from front page):

Oklahoma has some of the worst food insecurity statistics in the country. Hunger costs Oklahoma more than \$1.4 billion each year through increased illness and medical costs and decreased academic achievement alone. Research also shows that hunger can lead to low birth weight, delayed development and decreased language acquisition.

“Food-insecure children are more likely to have lower reading and math scores, more significant behavior and social problems and lower high school graduation rates,” she said. “Also, food insecurity weakens the labor force and decreases educational attainment.”

The pandemic has played a big role in food insecurity and impacted families that already were facing hunger or were one paycheck away from hunger. Households with children are more likely to experience food insecurity. “Take a look around your community and become involved to help raise awareness of this problem,” Klufa said.

Pumpkin Overnight Oats

- 1/2 c. rolled oats
- 1/3 c. unsweetened almond milk (or other nondairy milk)
- 3 T. pumpkin puree
- 2 tsp. pure maple syrup
- 1/2 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- Pinch of salt
- Toasted pumpkin seeds or pecans for garnish

Combine oats, milk, pumpkin, maple syrup, vanilla, cinnamon and salt in a pint-size jar; stir well. Cover and refrigerate overnight.

To serve, top with pumpkin seeds or pecans if desired.

Tip: To make ahead: Prepare through step 1 and refrigerate for up to (4) days.

Tip: People with celiac disease or gluten sensitivity should use oats that are labeled “gluten-free” as oats are often cross-contaminated with wheat and barley.

Nutrition Facts: Serving Size: 1 jar/per serving: 218 calories; protein 5.9g; carbohydrates 40.8g; dietary fiber 6g; sugars 10.9g; fat 4g; saturated fat 0.6g; vitamin A 7316.2IU; vitamin C 2mg; folate 25mcg; calcium 201mg; iron 2.3mg; magnesium 54mg; potassium 290.4mg; sodium 350.9mg; thiamin 0.2mg; added sugar 8g. **Exchanges:** 2 starch, 1/2 other carbohydrate **Source:** eatingwell.com

SAVE
THE DATE

FEATURED
SPEAKERS:



Dr. Angela Pharris
Assistant Professor and
Research Fellow Hope
Research Center



Ashleigh Robinson
Miss Oklahoma 2021



Dr. Linda Jordon
Author of
The Voice of Hope

OKCares
**2021 Oklahoma
FAMILY CAREGIVERS
Conference**
Embracing Hope!

JOIN US VIRTUALLY
Wednesday, November 10, 2021
10:00 am – 3:00 pm

Register Here:
<https://okcares.org>



- Connect with other family caregivers
- Learn about:
 - * Respite programs
 - * Improving your health & wellness
 - * Ways to recharge
 - * Stress management
 - * Supports across the lifespan from children to older adults

EDUCATIONAL VOUCHERS
You may be eligible to receive a respite voucher to pay for your loved one's care while you attend the conference.
email: respite@ouhsc.edu

SPONSORSHIP INFORMATION

Gold, Silver and Bronze Levels available

- To ensure a variety of vendors, there may be limitations to vendors that provide the same or similar services.

For More Information
Contact: Ronelle Baker
405-985-9560 or
Ronelle.Baker@okdhs.org



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STILLWATER AFGHAN RESETTLEMENT PROJECT—YOU CAN HELP!!

Support for Stillwater's Afghan Resettlement effort continues. Basic needs for families expected to arrive in early November are being addressed, but the committees primarily would welcome **monetary donations and \$50 gift cards from either Wal-Mart or the Himalayan Grocery Store at 125 S. Main Street.**

Checks should be made out to “**CCEOK - Stillwater Afghan Project**”. **Note that on the MEMO line of the check, it must say Stillwater Afghan Project or it will not go to our local project.** **Donation checks and gift cards can be mailed to:** Mike Fitzgerald, Catholic Charities - Afghan Project, St. Francis Xavier Catholic Church, 711 N. Country Club Road, Stillwater, OK. 74075 or they can be dropped off at the St. Francis Xavier Catholic Church Parish Office on the west side of the church.

Additionally, Family Assistant duos (2-person teams) are needed to pair with each family as advocates. About half the number of needed Family Assistant teams have volunteered so more are needed.

For updated information, lists of needed items and more, see: global.okstate.edu/afghan-project



PAYNE COUNTY OHCE NEWS

2022 OHCE Achievement Day

OHCE Achievement Day will be held on Thursday, January 20, 2022 at 11:00 a.m. in the Community Building at the Payne County Expo Center.

Details on how we will handle lunch will be decided soon. Mark your calendar and plan to attend this special event!

LEADER'S LESSON THIS MONTH

doesn't happen because December is a free month for you to plan a program of your choice!

LEADER'S LESSON for January 2022

will be mailed out to lesson leaders instead of having a leader lesson on in early December. The topic has not yet been determined—stay tuned!

RULES FOR PHOTOGRAPHY CONTEST

Photo must be of an OHCE activity and members, in color, with photo no larger than 5 X 7 inches.

Photography must be taken by an OHCE member during the previous year.

Mount photo on mat board no larger than 5x7 inches, do not attach to a folder.

LABEL should be placed on the back of the mat board: include name, county, and district. Also place a label with a caption briefly describing the activity pictured and place on front of the matting. Photos become the property of OHCE for promotional purposes. Photos judged on photography skills. All photography entries are due to the Extension Office by Monday, January 3rd at 5:00 p.m.

ALL REPORTS ARE DUE MONDAY, JANUARY 3, 2022

Forms for state reports and award book applications can be found online at: ohce.okstate.edu

Secretary's packets, including participation forms, new secretary books and other materials were handed out at the Fall county meeting. Award forms will be mailed soon and they are due on **Monday, January 3rd at 5:00 p.m.**, along with the secretary's books, participation forms, and all the rest. ***Every group needs to fill out these forms.*** Just do the best you can and report what your club did in 2021, no matter how much or how little. If you need more forms, information, or help, let me know.

Payne County OHCE will give cash prizes for the top three outstanding award books in each project area on both the LOCAL LEVEL and the COUNTY LEVEL to encourage more participation in this area!!

First place award is \$10.00; Second place award is \$7.50; third place award is \$5.00.

Applications for *outstanding OHCE Member, Rookie Member, Young Member and Heart of OHCE* will be available soon.

Please nominate someone from your group for every category and encourage them to start working on their application now. Each and every group has members who deserve to be recognized for what they do!! Applications are due on **Monday, January 3rd at 5:00 p.m.** It will be here very soon!

LET'S HAVE 100% PARTICIPATION FOR AWARDS!!

I challenge each club to nominate *one member per group* for **outstanding member, outstanding rookie member, outstanding young member, and heart of OHCE awards.**

I also challenge each group to submit an award book in at least one of the following categories: **Cultural Enrichment, Family Issues, Healthy Living, Membership, and Resource Management.** We can also have some **county award book entries** if members from different groups want to help put one together. *Complete award book guidelines are online at ohce.okstate.edu*

Last but not least, let's have **lots of Life Story and Photography entries. I know you all have lots of stories and photographs that would make great entries!!!**

If you need more forms, information or help, please let me know. All award nominations are due on **Monday, January 3rd by 5:00 p.m. Because these are competitive, no late entries will be accepted.**

LIFE STORY ESSAY RULES

Entries must be placed in a 3-brad paper folder with **pockets** for 8 ½ X 11 paper. Information is needed in the following order: **Life story, name of author, address, county, district, & year written in the upper right hand corner of the label on to the folder.**

The essay must be on a typewriter or computer using **Times New Roman font 12 size and double-spaced with a 1 inch left hand margin.** It should be **1-3 pages in length. Do not include photographs, clipart, or news clippings.**

All life essays submitted must include the **signed Life Essay "Release Form" statement by the author giving OHCE the right to read publicly and publish without further financial compensation to the author.** I have release forms at the Extension office. **Life story essays are due on Monday, January 3rd at 5:00 p.m.**

I know there are some great stories that you have to share.....I encourage you to write them down!

Be Grateful in November

Did you know that ***November is National Gratitude Month?*** ***Gratitude is an active process of acknowledging goodness and recognizing its source.*** Gratitude can enhance our moods, decrease stress and improve our overall level of health and well being.

November is a time of giving thanks, and in the spirit of the Thanksgiving season, we want to reflect on the gratitude we can express toward those involved in our lives.

Here are some ways to show gratitude this month:

- **Handwritten Notes**—a thoughtful note can have a huge impact on someone's day!
- **Keep a Gratitude Journal or a Gratitude Jar**—a journal is a diary of things for which you are thankful or write down things you are thankful for on small pieces of paper and put them in the jar then read the items from your journal or jar on Thanksgiving Day.
- **Volunteer**—volunteering is selfless and a wonderful way to express gratitude toward many worthwhile organizations—there are many to choose from!
- **Donate Items or Money**—even though you have clothes, household items or furniture that you don't want, there are plenty of others who can use them. The Salvation Army, Habitat ReStore, or numerous other agencies in the county will be glad to see you! They will welcome your cash donations as well.
- **Support a Cause**—give to organizations that support causes that you care about. Make a difference in your community.
- **Host a Friendsgiving**—express gratitude for friends and special people in your life!
- **Give a Generous Tip**—make your server's day by surprising them with a little extra spending money for the holidays!
- **Fill out a Comment Card or Leave a Positive Review**—if you receive great customer service at a store or restaurant, let them know!
- **Make a Thanksgiving craft with your Kids or Grandkids**—then donate the items to a nursing home for residents to enjoy!
- **Make a "Thankful Pumpkin"**—all you need is a pumpkin, a permanent marker, and a heart full of gratitude. Write something you are thankful for on the pumpkin each day then read the items on your pumpkin at your Thanksgiving Day celebration.

<https://www.amylattacreations.com/2012/11/thankful-pumpkin-tradition.html>

<https://www.ourunitedway.org/5-meaningful-ways-be-thankful-november>
<https://letsliveandlearn.com/20-ways-to-give-thanks-and-express-gratitude-with-free-printable/>

Pumpkin Sugar Cookies

Source: eatingwell.com

- 1/2 c. unsalted butter, softened
- 1/2 c. granulated sugar
- 1/2 c. light brown sugar
- 1 large egg
- 3/4 c. unseasoned pumpkin puree
- 2 tsp. vanilla extract, divided
- 1 1/3 c. white whole wheat flour
- 1 c. all-purpose flour
- 1 1/8 tsp. pumpkin pie spice, divided
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 c. confectioners' sugar
- 1 T. whole milk or more as needed

Place oven racks in upper 1/3 & middle positions; preheat to 375 degrees F. Line 3 baking sheets with parchment paper. Beat butter and both sugars with an electric mixer on medium speed until light & fluffy, 3 to 4 minutes. Add egg; beat until completely combined, about 30 seconds. Add pumpkin puree and 1 1/2 tsp. vanilla; beat until just combined, about 30 seconds.

Whisk whole-wheat flour, all-purpose flour, 1 tsp. pumpkin pie spice, baking powder, baking soda & salt in a medium bowl. Gradually add flour mixture to butter mixture, beating on low speed until just combined, about 20 seconds.

Scoop dough using a 1 1/2-inch cookie scoop (or by rounded tablespoonfuls) & arrange two inches apart on prepared baking sheets. Bake two pans until cookies are set and lightly browned, 10 to 14 minutes, rotating pans top to bottom & back to front halfway through cooking time. Let cookies cool on the pans for 5 minutes then transfer to wire rack to cool completely, about 20 minutes. Meanwhile, repeat the process with the remaining pan of cookies using the middle oven rack.

Whisk confectioners' sugar, one tablespoon milk & remaining 1/2 tsp. vanilla & 1/8 tsp. pumpkin pie spice in a small bowl. Whisk in more milk one teaspoon at a time to reach desired glaze consistency. Drizzle glaze over cooled cookies. To make ahead, store in airtight container for up to 3 days.

Nutrition Facts (per serving): Serving Size: 1 cookie

87 calories; protein 1.2g; carbohydrates 14.5g; dietary fiber 0.7g; sugars 8.3g; fat 2.9; saturated fat 1.7g; cholesterol 12mg; vitamin A 881.9IU; vitamin C 0.2mg; folate 13.5mcg; calcium 15mg; iron 0.5mg; magnesium 8.6mg; potassium 37.1mg; sodium 66.9mg; added sugar 8g

2022-2023 PAYNE COUNTY OHCE OFFICERS

**The following officers were elected at the
Payne County OHCE Fall County Meeting:**

**Delpha Whitefield, Vice-President Elect for
2022 who will then serve as
Vice-President for 2023-2024**

LeeAnn Barton, Treasurer for 2022-2023

**The following county officers will
serve for 2022-2023:**

**Pat McNally, Cherokee
President for 2022-2023**

**Delpha Whitefield, Cimarron Valley
Vice-President-Elect for 2022
& Vice-President for 2023-2024**

**Dee Porter, Cherokee
Vice-President for 2022**

**Sharon Klingaman, Lunch Bunch
Secretary for 2022**

**LeeAnn Barton, Lunch Bunch
Treasurer for 2022-2023**

**Your willingness to assume these
leadership roles is very much appreciated!**

MARY SILVERS MEMORIAL

Dee Porter and the Executive Board is working on a news article highlighting Mary Silvers' service to Payne County OHCE and the Payne County Fairboard. They are asking you, Payne County OHCE members, to share some personal memories of Mary related to OHCE or the Payne County Fair.

Personal stories with details of your interaction with Mary is what they are looking for. Please take time to share your thoughts and stories. They can be emailed to Dee Porter or to me. Thank you for sharing your memories of Mary for this special project.





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Editor...

Dea Rash

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

Payne County Home & Community Education NOVEMBER 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Cimarron Valley Pine Vale	9 Elm Grove	10	11 Veterans' Day (Office Closed) Floral Valley Lunch Bunch Rising Star	12	13
14	15	16	17	18 Cherokee	19	20
21	22	23	24	25 HAPPY THANKSGIVING (Office Closed)	26 THANKSGIVING HOLIDAY (Office Closed)	27
28	29	30				