

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

NOVEMBER 2020

Let Kids Help Out in the Kitchen

With the holidays just around the corner, many families are planning special meals that include many traditional favorites. One way to help keep these family traditions alive is to get your kids in the kitchen with you.

Not only will your children gain an appreciation for some time-honored recipes and family traditions, they also will develop more healthy eating habits, said Jenni Klufa, assistant state specialist with Oklahoma State University Extension's Community Nutrition Education Program.

"Obesity rates are up for both children and adults in Oklahoma. Youth obesity rates are nearly 22% and the adult obesity rate is 36.5%," Klufa said. "Healthy meal preparation is a vital life skill that should take root in childhood. Fortunately, research indicates that when youth are involved in preparing meals, they're likely to eat more nutrient-rich foods. The Academy of Nutrition and Dietetics offers guidance regarding age-appropriate skills for children to help them gain an appreciation for cooking and eating healthy."

Children ages 3 to 5 will need close adult supervision since their motor skills are still developing. However, the children will feel a sense of pride being able to help out with simple tasks. Klufa said this is a great time to teach youngsters the importance of being clean in the kitchen and always using clean utensils and wiping down surfaces. Here are some ways they can help:

- **Wash hands with warm, soapy water for at least 20 seconds. Try singing Happy Birthday or Twinkle, Twinkle Little Star twice as they wash hands.
- **Wash fruits and vegetables in the sink with cool water.
- **Wipe the table.
- **Stir together easy-to-make batters.
- **"Paint" cooking oil with a clean pastry brush on bread, asparagus and other foods.
- **Cut out cookies, but do not eat the dough.

Older children, ages 6-7, have more fine-tuned motor skills so they can handle more detailed work. However, they still will need adult supervision and food safety reminders. Some age appropriate tasks include:

- **Use a peeler to peel raw potatoes, ginger, mangoes and other washed fruits & vegetables.
- **Break eggs into a bowl and remember to wash hands afterwards.
- **Scoop out avocados after sliced in half by an adult.
- **Deseed tomatoes and cooled, roasted peppers with a spoon.
- **Snap green beans.
- **Load the dishwasher.
- **Shuck corn and rinse before cooking.
- **Rinse and cut parsley or green onions with clean, blunt kitchen scissors.

"There's a wide range of skills in children ages 8 to 9," Klufa said. "Depending on the child, tailor tasks to each child's maturity level. Also, reinforce the importance of food safety and wiping down surfaces."

Age-appropriate skills for this age group include:

- **Open cans with a can opener.
- **Put leftovers in shallow containers and refrigerate within two hours (one hour if it's warmer than 90 degrees).
- **Pound chicken on a cutting board. Note: Always use a separate cutting board for ready-to-eat and raw foods, and be sure to wash hands with warm, soapy water after handling raw meats and chicken.
- **Beat eggs.

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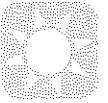
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Pumpkin

In season:



Summer & Fall

Lakota: wagnúzi

Pick it!

Look for a heavy pumpkin with 1 to 2 inches of stem still attached.

Avoid pumpkins with bruises or soft spots.

Should be uniformly orange with a nice, hard rind.

Lopsided pumpkins are just as good as the round ones.

Store in a cool, dark place for two months.

Try it!

Pumpkin is the most popularly used in pies.

Also used to make bars and bread and pumpkin soup.

Pumpkin seeds can be roasted in the oven for a snack.

Rinse, cut in half and roast pumpkins on a baking sheet, or steam on the stove or microwave.

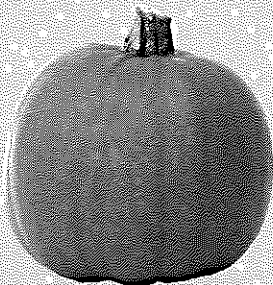
After cooling, remove from the skin, and puree with a food processor or potato masher.



Types of Pumpkins

Small sugar: smaller, sweeter pie pumpkins grown to be eaten, in the winter squash family, used like an acorn squash.

Carving: Standard orange in small, medium, or large sizes, usually used for holiday decor but may be eaten.



Did you know...

Sodium and potassium create a balance in the body to make muscles contract, transmit nerve impulses, and regulate blood pressure and heartbeat.



PAYNE COUNTY OHCE NEWS



OHCE Achievement Day has been cancelled for this year due to COVID-19.

Even though we won't have Achievement Day, you are still encouraged to submit awards for District and State competition.

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 2021

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 4th at 5:00 p.m.

ALL REPORTS ARE DUE MONDAY, JANUARY 4, 2021

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 will be ready for pickup soon. Award forms will be mailed soon and they are due on **Monday, January 4th 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 even though you won't have much to report this year* because they are totaled and sent as a county report in each area. **Just do the best you can and report what your club did in 2020, no matter how much or how little.** If you need more forms/information, 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 4th at 5:00 p.m.** It will be here very soon!

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 4th at 5:00 p.m.**

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

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.**

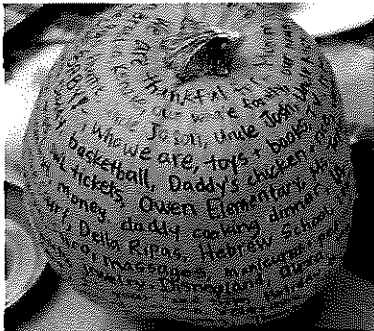
I also challenge each group to submit an award book in at least one of the following categories: **Cultural Enrichment, Family Issues, Healthy Living, Membership, and Resource Management.** We can also have some **county award book entries** if members from different groups want to help put one together. *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 4th by 5:00 p.m. *Because these are competitive, no late entries will be accepted.***

Make a Gratitude Pumpkin with Your Family

This idea requires only a Sharpie, a **pumpkin** and a heart full of **gratitude.** Each day, ask your kids or grandkids what they are thankful for and then write it on the **pumpkin.** By the time Thanksgiving rolls around, you will have a **pumpkin** full of happiness for your Thanksgiving table centerpiece!



<https://www.simplemost.com/heres-make-thankful-pumpkin-cute-crafts-show-gratitude-fall/#:~:text=1.,Thankful%20Pumpkin,a%20pumpkin%20full%20of%20happiness.>

<https://coffeeandcarpool.com/celebrate-thanksgiving-with-gratitude-pumpkin/>

Let Kids Help (continued from front page):

**Check the temperature of meat with a food thermometer – it's like a science experiment!

**Juice a lemon or orange.

Klufa said children 10 to 12 years old can work fairly independently in the kitchen, but still need adult supervision for some tasks.

“Before turning them loose in the kitchen, assess whether they can follow basic kitchen safety rules such as turning pan handles over counters to avoid bumping into them, unplugging electrical appliances, using knives safely and using the oven or microwave appropriately,” she said.

Pre-teens likely are able to handle these tasks in the kitchen, with some adult supervision:

**Boil pasta.

**Microwave foods.

**Follow a recipe, including reading each step and measuring ingredients accurately.

**Bake foods in the oven.

**Simmer ingredients on the stove.

**Slice or chop vegetables.

“Spending time with your kids in the kitchen is a great investment. You’ll not only create great memories together, you’ll also help them develop a love of cooking and eating healthy,” Klufa said.

EatingWell

Four-Bean & Pumpkin Chili



This healthy vegetarian chili has a fragrant touch of cinnamon for added flavor. Let diners top it with whatever suits their taste.

Active: 45 mins**Total:** 1 hr 25 mins**Servings:** 8

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 cups chopped onion
- 1 ½ cups chopped carrot
- 3 large cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 3 cups diced pumpkin or butternut squash
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 4 (15 ounce) cans low-sodium beans, such as black, great northern, pinto and/or red, rinsed
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- ¼ teaspoon cayenne pepper, or to taste
- Diced onion, sliced jalapeños, Cotija cheese and/or pepitas for garnish

Directions

Step 1

Heat oil in a large pot over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Reduce heat to medium, add carrot and continue cooking, stirring often, until the vegetables are soft, 4 to 5 minutes more. Add garlic and cook, stirring, for 1 minute.

Step 2

Stir in broth, scraping up any browned bits, and bring to a boil over high heat. Add pumpkin (or squash), tomatoes, beans, chili powder, cumin, cinnamon, salt and cayenne (if using). Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, uncovered, until the pumpkin (or squash) is tender, about 30 minutes.

Step 3

Serve garnished with onion, jalapeños, cheese and/or pepitas, if desired.

Tips

To make ahead: Refrigerate for up to 5 days; freeze for up to 6 months.

Nutrition Facts

Serving Size: About 1 1/2 Cups**Per Serving:**

275.8 calories; protein 13.9g 28% DV; carbohydrates 49.4g 16% DV; exchange other carbs 3.5; dietary fiber 16.5g 66% DV; sugars 10.1g; fat 2.8g 4% DV; saturated fat 0.4g 2% DV; cholesterolmg; vitamin a iu 11331.6IU 227% DV; vitamin c 23.6mg 39% DV; folate 31.1mcg 8% DV; calcium 163.3mg 16% DV; iron 5.7mg 32% DV; magnesium 82.7mg 30% DV; potassium 1073.3mg 30% DV; sodium 508.8mg 20% DV.

Exchanges: 2 1/2 Vegetable, 1 1/2 Lean Protein, 1 1/2 Starch, 1/2 Fat

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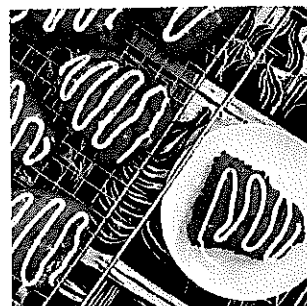
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Healthy pumpkin scones

Moist and flavorful, you'd hardly know these pumpkin scones are pretty healthy too.



Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Course: Snack Cuisine: American

Keyword: healthier baking, pumpkin scone Servings: 6

Calories: 226kcal Author: Caroline's Cooking



5 from 4 votes

Ingredients

- 1 cup whole wheat pastry flour 120g
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 1/4 cup dried cranberries 35g, use those sweetened with apple juice to avoid refined sugar
- 1/2 cup pumpkin puree 92g, not pumpkin pie puree
- 1 egg
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 3 tbsp coconut oil melted and cooled

Nutrition: Calories: 226kcal | Carbohydrates: 28g | Protein: 4g | Fat: 11g | Saturated Fat: 8g | Cholesterol: 37mg | Sodium: 143mg | Potassium: 322mg | Fiber: 3g | Sugar: 10g | Vitamin A: 3340IU | Vitamin C: 0.8mg | Calcium: 108mg | Iron: 1.3mg

For frosting (if using)

- 2 tbsp cream cheese
- 1 tbsp butter
- 1 tbsp maple syrup

Instructions

1. Preheat to 425F/210C and line or grease a baking sheet/tray.
2. Mix together the flour, baking powder, cinnamon, ginger, allspice, nutmeg and salt in a medium-large bowl. Mix through the cranberries.
3. Separately whisk together the pumpkin puree, egg, maple syrup, vanilla and coconut oil. Add the mixture to the flour and spice mix and mix until well combined, without over-mixing.
4. Turn the mixture out onto a lightly floured surface and gently pat to flatten it into a circle or square around 3/4in/2cm thick then cut into triangles/squares/rectangles as you prefer - I got 6 good-sized scones from the mix but you could get a few more if smaller.
5. Carefully transfer the cut scones to the prepared baking sheet and bake for approx 12min until turning slightly brown around the edges.
6. Allow to cool completely before adding the frosting, if using - mix together the frosting ingredients and beat until as smooth as possible. Pipe over the scones.

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Editor...



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2021-2022 OHCE COUNTY OFFICER ELECTIONS

The President and Secretary (voting delegates) of each local group have cast their vote for the following candidates:

**President-Elect: Pat McNally
Secretary: Sharon Klingaman**

The following county officers will serve for 2021-2022:

**Misty Burk, Elm Grove
President for 2021**

**Pat McNally, Cherokee
President-Elect for 2021
& President for 2022-2023**

**Dee Porter, Cherokee
Vice-President for 2021-2022**

**Sharon Klingaman, Lunch Bunch
Secretary for 2021-2022**

**Patsy Rains, Elm Grove
Treasurer for 2021**

Congratulations! and Thank You! for taking a leadership role in Payne County OHCE. Your time and effort is appreciated!

Fall OHCE Local Group Meetings

Most Current Information on COVID-19 and Meetings From Extension Administration: You may have group meetings of up to 50 people if the space allows for social distancing of 6' or more and everyone is wearing masks. Even though we would encourage groups with a majority of members who are at higher risk for severe illness and are "safer at home" to not meet, we do not set rules for other independent groups (including OHCE groups as they are a 501c3 separate from Extension).

CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>
Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older. There are also other factors that can increase your risk for severe illness, such as having underlying medical conditions. By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life. As you get older, your risk of being hospitalized for COVID-19 increases. **Everyone, especially older adults and others at increased risk of severe illness, should take steps to protect themselves from getting COVID-19.**

