

# STRENGTHENING OKLAHOMA FAMILIES



## FAMILY AND CONSUMER SCIENCES

SEPTEMBER 2021

### Expanding on the Farm to You Lessons at Home

Oklahoma children are back in school focusing on reading, writing and arithmetic. For the last decade, children also have been learning about where their food comes from and how eating healthy foods is important for their bodies, thanks to a fun, hands-on display called [Farm to You](#).

Developed by the Oklahoma State University [Community Nutrition Education Programs](#) (CNEP), Farm to You helps children learn all about where food comes from, what farmers and ranchers do to get food safely from the farm to grocery stores and farmers markets, and eventually into homes across the state. They also learn how their body uses the different foods they eat, how exercise and proper nutrition help build muscles and bones, as well as things they can do to help keep their brains healthy.

Once children get home, it's important for parents and caregivers to help children continue learning these valuable lessons, said Becky Brown, [OSU Extension](#) project coordinator for Farm to You.

"There are lots of things parents and caregivers can do at home to reinforce the lessons their child learned while taking part in Farm to You activities," Brown said. "Planning is essential for making healthy meals. Families are encouraged to use the USDA's [MyPlate](#) graphic as a guide for selecting foods from all five food groups."

After planning meals, make a shopping list and stick to it. This helps keep families from purchasing too much food that may simply go to waste. The list also helps limit the amount of time spent in the grocery store.

As a way to help reinforce school topics such as science and math, turn the kitchen into a classroom by letting kids help with food preparation. "This not only gives them a valuable skill they can use later in life, but will give them a greater appreciation for food and a sense of pride when they help create a dish," Brown said. "It also gives them greater motivation for eating a variety of healthful foods. When involving children in the kitchen, make sure to give them tasks that are age-appropriate."

"Research shows that children who eat with people who care for them tend to have less risk for poor eating habits and substance abuse as they get older. It's important to make meals an enjoyable and anticipated event," Brown said. "Keep in mind meals don't have to be elaborate. Cold sandwiches are just fine as long as everyone is sitting down together."

Try to set a regular mealtime. This can be tricky for busy families juggling between sports practice, music and dance lessons, 4-H meetings and work schedules, but it's important. Turn off the TV and put away cell phones.

### Payne County Extension Office

#### Address

315 W. 6<sup>th</sup> 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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**OHCE FAIR KITCHEN:  
THANK YOU VERY MUCH!!!!**

to everyone who worked in the Fair Kitchen!! It's always a **BIG** job, but everything got done, and that's due to everyone cooperating and doing their part and **many of you did MORE than just your part!! Thank you!!**

**We will have a fair kitchen wrap-up meeting on September 20th so if you have constructive suggestions or ideas on how to make the fair kitchen more efficient and easier to work in, please share them with your local group's fair kitchen committee member while they are fresh on your mind. Also, if you have menu suggestions or changes, please include those in your feedback as well. Please put your suggestions in writing. We appreciate your feedback and all constructive concerns to make the fair kitchen better and more streamlined and effective will be considered.**

Patsy will have a fair kitchen financial report to present at the Fall meeting.

**IN MEMORY OF.....**

These Payne County OHCE members were remembered at the State OHCE Vespers Service:

2019

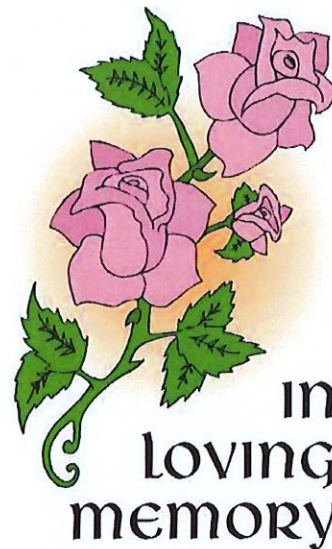
Alice Bilyeu Cherokee

2020

Alene Allinson Cherokee  
Mary Silvers Pine Vale

2021

Emma Lou Hardin Cimarron Valley  
Orene Dean Lunch Bunch



**GET YOUR FAIR KITCHEN LEFTOVERS**

There are several leftover food items from the fair kitchen available for purchase. Here's the list:

- (1) 40-pk. Water/\$4.50
- (2) 12-pk. Diet Coke/\$4.50 each
- (4) 20-pk. Diet Coke/\$7 each
- (2) 20-pk. Diet Dr. Pepper/\$7 each
- (1) 12-pk. Sprite/\$4.50
- (1) Bag Diced Ham/\$5
- (11) Bags Chili Base (seasoned meat)/\$5 each
- (4) boxes with 64 individual pkgs./box Lay's Baked Potato Chips/\$35/box
- (6) 1# pkg. Ruffles Potato Chips/\$2.50 each
- (22) 1# pkg. Fritos/\$2.50 each
- (7) 2# pkg. Diced Carrots/\$2.50 each
- (2) pkg. (48 each) Sausage Patties/\$18
- (3) pkg. (24 each) Frozen Biscuits/\$7 each
- (120) Frozen Pie Shells/\$7 for a 5 shells pkg. OR \$1.50/pie shell

Frozen Fruit Pies (\$18.00): (23) Cherry & (10) Mixed Berry

**These items are available on a first call or email/first serve basis.** Call me at (405)747-8320 or email me at dea.rash@okstate.edu to purchase items. I will keep track of who wants what items and will make arrangements for items to be picked up at the Extension office.



# PAYNE COUNTY OHCE NEWS



## NOVEMBER OHCE LEADER LESSON

*“Cast Iron Cooking”* will be taught on Tuesday, October 19th at the Expo Center immediately following the Fall meeting. We will also try to have a Zoom link for those who want to join that way.

## 2022 OHCE LESSON SURVEY

Your 2022 OHCE lesson survey is included in this newsletter and it will also be emailed to you via Constant Contact and *they are due back to the Extension Office by Friday, October 8th at 5:00 p.m.* You can drop your survey off at the office or email it to me at [dea.rash@okstate.edu](mailto:dea.rash@okstate.edu). Local group Vice-Presidents will meet in mid-October to decide 2022 lessons.

*Make time to complete your lesson survey so your choices are counted—everyone’s input is IMPORTANT!*

## OCTOBER OHCE LEADER LESSON DATE CHANGE

*Due to a schedule conflict, the “Clothing Repair & Mending”* leader lesson will be taught by Trinity Brown, Pawnee County FCS/4-H Extension Educator, on Tuesday, September 14th at 2:00 p.m. (instead of 9/7/21) in person at the County Administration Building & via Zoom. We will mail out a link to the Zoom meeting when it gets closer. Lesson leaders & everyone is welcome!

## 2022 COUNTY OFFICER ELECTIONS

2022 Officer Elections will be held at the county meeting on October 19th. Local group voting delegates will be electing a Vice-President Elect for 2022 who will then serve as Vice-President for 2023-2024 & you will also elect a 2022-2023 Treasurer.

## Barn Quilt Interest Survey

I would like to know if you are interested in participating in a **Barn Quilt Workshop**. We had a workshop a few years ago and it was very fun and I thought it might be fun to have a workshop this fall or close to the holidays. If you are interested, call the office to put your name on the list. If we have enough interest (10-15+), I will look at some dates and set up a workshop. You are welcome to invite your non-OHCE friends to join us. The workshop would be from 9:00 a.m. to late afternoon and there will be a fee to cover supplies.

The OHCE FALL MEETING will be held on **Tuesday, October 19th at 11:00 a.m.** at the Payne County Expo Center Community Building.

**NEW THIS YEAR (due to COVID):**  
**Bring your own lunch (including a drink)**

***Hostess Groups:***  
**Registration: Cimarron Valley**  
**Decorations: Pine Vale**  
**Clean-Up: Lunch Bunch**

## 2022 OHCE MEMBERSHIP INFO

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2022 dues \$20.00. You will turn in your enrollment card and pay your dues to your local group treasurer by **Monday, October 18, 2021.**

This year, current OHCE members will *not* be required to fill out new enrollment cards if you are a current 2021 OHCE member. You will just need to get any information updates and the money for your dues to your local group’s treasurer by **MONDAY, OCTOBER 18th.**

Thank you for paying your dues to your local group treasurer by the October 18th deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2022, please have them fill out a membership card and turn the card and the dues in to your local treasurer by **Monday, October 18th.** Make checks payable to Payne County OHCE.

**Treasurers:** I will send you a current local group roster for you to update for 2022 along with the membership/donation form to submit with your local group roster and dues check. Forms and dues are due to the Extension Office by **Monday, October 25th at 5:00 p.m.**

## ELECT YOUR 2022 GROUP OFFICERS

**September or October** is the time for local groups to elect their 2022 officers. We will send a postcard to local group Presidents to let us know who your new 2022 officers are.

## OHCE 2022 LESSON SELECTION MEETING

The 2022 lesson selection meeting for local group Vice-Presidents is scheduled for **Tuesday, October 19th at 10:00 a.m. in the Community Building at the Expo Center.**

At this meeting, we will decide on the Payne County OHCE members' choices for 2022 lessons based on the lesson surveys completed by members.

There will be no more than 10 people at the meeting and per OSU current policy, masks will be expected and social distancing will be practiced.

If your local group Vice-President cannot attend the meeting, please send another officer to represent your group. The meeting won't take long but it is a very important part of making decisions for the 2022 OHCE yearbook.

## 2022 OHCE County Committee Goal Setting

2022 Goal Setting Meeting will be held on **Tuesday, October 19th at 10:30 a.m. in the Community Building at the Expo Center.**

Pat McNally, incoming OHCE County President, will be securing county committee chairmen for 2022-2023 and then the committee chairmen will secure their committee members.

If you would like to be on a county committee or if you would like to be a committee chairman, contact Pat McNally. Her contact information is: [pmcnally@ksu.edu](mailto:pmcnally@ksu.edu) or call or text her at (785)456-4827. She will be glad to hear from you!

The committee choices are in your yearbook. We need one person from each group to serve on each of the committees except for Food Festival which will be chaired by a local group.

Committee chairmen & members are all encouraged to attend the 2022 Goal Setting meeting which will be held prior to the Fall County Meeting.



(Top): Betty & Jim accepted the award for the Cottonwood Renovation Project (1st Place & Outstanding Cultural Enrichment Project)

(Bottom): Pat's photograph of Betty Rutledge painting at Cottonwood received First Place



An active long-time Cherokee HCE member and a tireless painter, Betty Rutledge was there every day of the 24-day Cottonwood Community Center Renovation Project.

# NO-BAKE BREAKFAST COOKIES

1/2 cup honey  
1/2 cup raisins  
2 1/2 cups crushed flaked cereal (non-frosted cereal)

1/2 cup non fat dry milk (instant)  
1/2 cup creamy peanut butter

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop heaping tablespoons onto waxed paper to form mounds. Cool to room temperature. Store in refrigerator.

## NUTRITIONAL INFORMATION

Serving Size: 12 cookies

Calories: 130	Total Fat: 6 g
Trans Fat: 0 g	Sugar: 11 g
Carbs: 17 g	Protein: 4 g
Saturated Fat: 1g	Sodium: 197 mg



Source: <https://shapeyourfutureok.com/recipes/no-bake-breakfast-cookies/>

## OHCE STATE MEETING REPORT

Payne County OHCE members attended the OHCE state meeting August 1st-3rd at the Champion Convention Center in OKC. The theme for this year's meeting was ***"You Hit a Home Run with OHCE"***

**Members attending were *Misty Burk, Dee Porter, Sharon Klingaman, Donna Cook, Donna Morris & Dea Rash, Extension Educator. Betty Rutledge & Jim Rutledge attended the Awards Ceremony on Tuesday morning. Payne County OHCE has lots to cheer about! CONGRATULATIONS!!! to our winners!!***

### Cherokee OHCE Cultural Enrichment Project

**1st Place & Cultural Enrichment Outstanding Project—Pat McNally**  
*(Cottonwood Community Center Renovation)*

### Life Story:

**1st Place—Pat McNally** *(The Rearview Mirror)*

### Photography

**1st Place—Pat McNally** *(photograph of Betty Rutledge painting at the Cottonwood Renovation)*

### 50-Year Member Recognition

Connie Walker, Elm Grove (2019)  
Mary Trimble, Cherokee (2020)

### 70-Year Member Recognition

Geraldine Allen, Cimarron Valley (2019)

### Master FCS Volunteer

Dee Porter (2019)

### 70-Year Anniversary Group Recognition

Elm Grove OHCE (1949-2019)

Dee Porter is serving as the Chairman of the State OHCE Leadership Development Committee.



# Payne County Home & Community Education SEPTEMBER 2021



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Editor...

*Alva Reed*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Floral Valley Lunch Bunch Rising Star	10	11
12	13 Cimarron Valley Pine Vale	14 Elm Grove 2—October Leader Lesson—CAB	15	16	17	18
19	20	21	22	23 Cherokee	24	25
26	27	28	29	30		

# 2022 Lesson Selection for Payne, Osage, Pawnee and Creek Counties

Bring completed survey to the Payne County Extension Office

OR

email your survey to Dea at [dea.rash@okstate.edu](mailto:dea.rash@okstate.edu)

**Due Date: Friday, October 8<sup>th</sup> at 5:00 p.m.**

State OHCE Lesson: ***To be Determined at a later date***

- \_\_\_ 1.
- \_\_\_ 2.

District OHCE Lesson: ***To be Determined at a later date***

- \_\_\_ 1.
- \_\_\_ 2.

***(Select two choices under each category)***

## **Cultural Enrichment**

- \_\_\_ History of Bierocks & How to Make Them
- \_\_\_ Beautiful Cross-Country US Train Routes
- \_\_\_ Honoring & Supporting Our Veterans
- \_\_\_ Let's Do Lunch in Greece
- \_\_\_ Amish Food & Traditions

## **Nutrition, Health, Exercise**

- \_\_\_ Jarcuterie 101: A New Twist on Charcuterie
- \_\_\_ The Versatile Air Fryer & Cooking Ideas
- \_\_\_ Cooking Safely for a Crowd
- \_\_\_ Quick, Easy, Healthy Breakfast Ideas
- \_\_\_ How to Make Healthy Food Substitutions
- \_\_\_ The Magic Pan (Crepes)
- \_\_\_ Better Balance & Falls Risk Reduction
- \_\_\_ The Eyes Have It! Eye Diseases & Care
- \_\_\_ Fruit & Veggie Desserts

## **Leadership**

- \_\_\_ Leadership Can Be Fun
- \_\_\_ Tell Me More About the  
FCS Master Volunteer Program
- \_\_\_ What Shoe Are You?
- \_\_\_ Destressing Your Life: How to Say "No!"
- \_\_\_ Finding Your Facilitation Skills

## **Resource Management**

- \_\_\_ Navigating the Grocery Store Aisles
- \_\_\_ Controlling Heat Loss or Gain in our Houses
- \_\_\_ Online Security & Safety for Seniors
- \_\_\_ Seniors Traveling Solo
- \_\_\_ HELP! I Think I've Been Scammed
- \_\_\_ Hot or Cold: Looking Good & Feeling Comfy  
Around the House

## **Home, Family, Personal Enrichment**

- \_\_\_ The Buzz about Coffee and its Benefits
- \_\_\_ Mind Full or Mindful? Mindfulness Tips &  
Tricks
- \_\_\_ Family Caregiving Tips: Creating a Care  
Team
- \_\_\_ Positivity & Productivity in the COVID  
Craziness
- \_\_\_ Quick, Easy, Inexpensive Party Food Ideas

## **Gardening/Home**

- \_\_\_ Not Your Grandma's Laundry
- \_\_\_ Clutter Management & Decluttering Tips
- \_\_\_ Diseases and Pests in Landscape Plants
- \_\_\_ Energy—Win It in a Minute
- \_\_\_ Seven Steps to a Healthy Home
- \_\_\_ Composting 101