



### Is Takeout Food Safe During the COVID-19 Pandemic?

For several months, Oklahomans have been hunkered down in their homes as a safety precaution during the COVID-19 pandemic. While this extra time at home has prompted some to spend more time in the kitchen trying out new recipes, others have opted for takeout, curbside delivery or home delivery for their meals.

What safety precautions should you be taking in order to ensure your personal safety?

Christine Walters, Oklahoma State University Extension maternal and child nutrition assistant specialist, said takeout meals are a great option for many people.

“Although the restrictions are being lifted around the state and many restaurants have reopened their doors, the dining in experience still may not be a great idea for everyone, especially those with underlying health concerns,” Walters said.

“However, there isn’t any current research to suggest COVID-19 can be transmitted by food or food packaging, and there haven’t been any reports of food transmission made to the Centers for Disease Control and Prevention, the Food and Drug Administration or the United States Department of Agriculture.”

Takeout and curbside food delivery is still a great option for many Oklahomans, not only for those with a

weakened immune system. It also helps support current recommendations for social distancing.

Walters did say that if food were to become contaminated with COVID-19, stomach acid, which is very acidic, would inactivate the virus.

“Because COVID-19 is a respiratory virus, it isn’t well-suited to infect the gastrointestinal system,” she said.

To help alleviate chances of cross contamination, many restaurants have instituted no-touch options, which further minimizes the risks. Once the food goes into the oven, it is not touched again by anyone other than the consumer.

“However, to further cut down on risk, it’s always best to wash your hands for at least 20 seconds with warm water and soap, or use hand sanitizer after handling food packaging from your takeout order,” Walters said.

Consumers also can continue to take advantage of home food delivery services from their local grocery stores. This will help eliminate coming into contact with crowds of people.

“Personal safety is the key message and we simply want people to know they have options for food and groceries that will help keep them safe,” Walters said.

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# 2020 OHCE FAIR KITCHEN

A note from Debbie Zetterberg, Fair Kitchen Chairman

Due to the 2020 COVID-19 (Coronavirus) outbreak and the many safety precautions that must go along with it, the OHCE Executive Committee has voted to not operate the 2020 Payne County Fair Kitchen. We want to protect our members as much as possible. The Fair Board has assured the OHCE Executive Committee that Payne County OHCE will continue to be given the opportunity to operate the Fair Kitchen in 2021 and beyond so we will have the opportunity to have the Fair Kitchen fundraiser in 2021 if we so desire.

On another note, we were contacted by the Quilt Guild and asked if we wanted to provide food service for the 2021 Quilt Show. We gave them a soft answer of "yes" and we will vote on that decision at our next county meeting. Take care of yourselves & stay safe.

## Summer OHCE Local Group Meetings

Oklahoma is now in Phase 3 of the reopening plan and we will be in this phase until we have been notified that it has changed. Based on the current recommendations and with guidance from OSU, it is strongly recommended that OHCE local group meetings NOT be held until further notice. This is due to the fact that the majority of members are in the vulnerable age population which are still safer at home and because all but one local OHCE group has more than 10 members which would make it very hard to practice safe social distancing. We will keep you apprised of the situation as it evolves. *As far as OHCE perfect attendance goes, members will not be penalized for not attending a local group meeting because the meeting was not held.*

**From Extension Administration:** "When it comes to volunteers (including OHCE members), we need to remind individuals that the Governor, CDC and Extension agree that high risk individuals are safer at home (<https://coronavirus.health.ok.gov/what-you-should-know>), that their health and safety are important to us and we'd prefer they stay "safer at home" if they are at high risk for severe illness and that we'll look forward to having them rejoin us when COVID is not a concern." Please do your best to stay safe and healthy!

**AUGUST LEADER LESSON IS  
TUESDAY, JULY 28<sup>th</sup> AT 2:00 P.M. via ZOOM**  
**(note the time change)**

The August Leader Lesson is *"Household Plants & Succulents."* It will be held at 2:00 p.m. via ZOOM. Note the time change since the summer meeting is cancelled. I'll send the ZOOM link via email closer to the date and it will be recorded. Thank you to Mickey Wolff and Pat Kerns for writing and teaching the lesson!

## Payne County OHCE MASK UPDATE

As of 6/23/20, Payne County OHCE members have made and donated **2254 masks and 25 button headbands.**  
Keep up the great work!

# 2020 PAYNE COUNTY FAIR

**AUGUST 24-29, 2020**

(RELEASE ENTRIES on Tuesday, September 1st, 3:00 to 6:00 p.m.)

ENTERING YOUR OHCE EXHIBITS IS GOING TO BE DIFFERENT THIS YEAR DUE TO COVID-19....please be patient, flexible and understanding as we implement this new system to keep you safe while still offering you the opportunity to participate in the fair.

**NEW THIS YEAR: OHCE fair entries must be PRE-ENTERED at the Extension Office by Thursday, August 13th at 4:30 p.m.**

I will mail entry sheets for each OHCE category (clothing, canning, & home & family) to group Presidents so you can work with your members to decide who is going to enter what items. **You must turn in your completed entry sheets into the Extension office by THURSDAY, AUGUST 13TH by 4:30 p.m.** We will then print entry tags for those entries and you will attach them to your group's entries when you come to the fair on Monday, entry day, during your pre-selected time slot. (If you have minor changes in your entries, they can be adjusted on entry day.)

**OHCE ENTRY DAY will be on MONDAY, August 24th from 9:00 a.m. to 4:00 p.m.** Each group will sign up for a 1-hour time slot to bring your entries to the Expo Center on the 24th. The poll will be emailed to group Presidents and time slots will be filled on a first-come/first-serve basis by completing the poll.

**ONLY TWO** club members are to bring your entries to the fair.....we want to limit the number of members in the building for the safety of everyone. Masks will be required and social distancing will be enforced when you bring your entries to the fair.

There will be NO PLANTS & FLOWERS entries and **OPEN OHCE** judging is cancelled this year due to COVID-19. Closed judging will be on 8/26/2020.

## **OHCE EDUCATIONAL FAIR BOOTH RESERVATIONS**

If your group plans to make an educational booth, look on page 53 of your yearbook for more information. **Sign up for a booth by Monday, August 3rd** by calling the Extension office or emailing Dea at [dea.rash@okstate.edu](mailto:dea.rash@okstate.edu). Your group will receive \$25 for setting up an educational booth.

**Setting up your booths this year will look a little different due to the COVID-19 virus.** Your group will have a 1-hour time slot to set up your booth on **MONDAY, AUGUST 24TH FROM 9:00 A.M. TO 4:00 P.M.** I will send an email sign-up poll to your President to choose the time for your group. Slots will be filled on a first-come/first-served basis.

I ask that no more than (2) members work together to set up the booth and you must wear a mask and practice social distancing while working on your booth.

# Flag Fruit Kabobs

<https://www.radacutlery.com/blog/flag-fruit-kabob-recipe/>



2 lbs. strawberries, stemmed (leave small berries whole and cut large berries in half)  
4-5 bananas, cut into 1" slices (dip in lemon juice or lemon-lime soda to keep from browning)  
1 pint fresh blueberries, gently washed and dried  
10—12" wooden skewers

1. Remove the stems from the strawberries and slice large strawberries in half; small berries can be left whole.
2. Peel bananas and cut into 1" slices (dip in lemon juice or lemon-lime soda)
3. On the first 5 skewers, with the pointed end, spear 10 blueberries through the middle in a row
4. After you have speared 10 blueberries, add a banana slice, a strawberry, another banana slice and then end with another strawberry. It looks best if the strawberries all point the same way. Repeat this pattern on 4 more skewers
5. On the remaining 5 skewers, pierce one strawberry followed by one banana slice followed by one strawberry repeating this pattern until you have used 5 strawberries and 4 bananas.
6. Repeat the strawberry/banana pattern on the remaining 4 skewers
7. Arrange the skewers on a serving tray to make the flag design
8. Serve immediately or refrigerate until you are ready to serve.

These substitutions will work also for the fruit kabobs:

**Red:** Watermelon, red raspberries, red seedless grapes, pitted cherries

**White:** Apples with the peeling removed and cut into squares (dip in lemon juice or lemon-lime soda to prevent browning)

**Blue:** Blackberries or black seedless grapes

# Beware of COVID-19 Contact Tracing Scams

By Cindy Clampet, Assistant Specialist, Family Resource Management Specialist, Oklahoma Cooperative Extension Service

We have been warned by the CDC that as businesses open back up and Americans come out of quarantine, there likely will be a spike in COVID-19 cases in the US. One provision of the CARES Act allows state health departments to hire “contact tracers” in an attempt to help slow the transmission of the virus. In Oklahoma, about 600 contact tracers have been hired and are a legitimate force to try to help slow or stop the spread of COVID-19.

When a person gets a positive test for COVID-19, he or she will be contacted by a contact tracer. The tracer will ask that person for contact information about people he or she has come into contact with at social events, work, travel, and housemates. The contact tracer will also get information from the infected person about his or her health, symptoms, and how to quarantine and socially distance him or herself from others and further testing.

The contact tracer will NOT ask for any information that could be used for identity theft, such as social security number, banking information or numbers, insurance, Medicare or Medicaid numbers, credit card numbers, or the ability to pay for testing, tracing, or treatment. Any of that information could be used by a scammer to commit identity theft or to siphon off money from your accounts.

Here is where the scammers step in. Scammers are already coming out posing as contact tracers and since authentic contact tracing isn't going away soon, it is important that people know what a contact tracer can and cannot do. A contact tracer cannot give out information about the identity of the person who you have been exposed to who is positive for COVID-19. So if you get a call that names a person you were exposed to, that is also a sign that the caller is not a legitimate contact tracer. You may also get a scam text asking you to click a link.

**A typical scam text may read like this:**

**“Someone who came in contact with you has tested positive for COVID-19 and recommends you self-isolate and get tested. Click here for more information.”**

**DO NOT click this link!** It could download harmful malware onto your device that allows the scammer to access personal and financial information that could be used to siphon money out of your accounts or to set up an identity theft situation.

Another possible scam involves an app you download onto your phone to give you information about the infection rate of COVID-19 in the area you are located. Presumably, this app will alert you if you are close to a person (who also has the app on his or her phone) who is a positive carrier for COVID-19 or if there are a larger number of positive cases of COVID-19 where you are. It is recommended that you NOT download this app to your phone from a text. This could also be a scam. If you actually think this app would be helpful to you, download it from your App Store or Google play platform on your phone. It is important to know that this app couldn't be very effective unless a large percentage of the population is using the app.

Many people are reporting that they have received these text messages. If you receive a text such as these you can just delete the text. Other ways to protect yourself are 1) have multifactor authentication which requires two or more credentials to log into your account 2) enable auto-updates for your operating systems and 3) back up your data on your devices regularly so you won't lose valuable information if the device gets infected with malware or ransomware.

Other new scams to look out for are charity-type groups or individuals asking for donations for people hurt by the riots or by the economic shut-down. Be very careful and do research into these groups or persons. Find out exactly what the money will be used for and if excess money is donated, how the excess money will be used. These might be in the form of a GoFundMe or Facebook account making it very easy to donate the money using your phone. But you may be donating your money to a cause you don't support, so do your homework and research the group or person raising the money. And always remember that even if what you are told fits with your beliefs and values, the person could be a scammer lying to you about the supposed charity. ***Be very careful!***

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...



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**OHCE SUMMER MEETING  
has been cancelled due to  
the COVID-19 virus.**

**Thank you for your patience  
as we work through these  
difficult times. Please  
continue to stay safe!**

## Slow Cooker Chicken Tacos

<https://www.eatright.org/food/planning-and-prep/recipes/slow-cooker-chicken-tacos-recipe>

These tacos are bursting with bold flavors. Remove the seeds and membrane of the jalapeño if your family prefers a milder flavor, or just omit the jalapeño. Queso fresco is a mild, crumbly Mexican cheese that can be found in many major supermarkets. If you can't find it, feta is a good substitute.

2 teaspoons ground cumin  
½ teaspoon salt  
½ teaspoon black pepper  
3 pounds boneless, skinless chicken thighs (about 12 thighs)  
1 ½ tablespoons canola oil, divided  
1 large onion, chopped  
2 stalks celery, chopped  
1 large carrot, peeled and chopped  
1 medium jalapeño, sliced into thin rings (optional)  
4 cloves garlic, minced  
2 ½ cups salsa verde (green tomatillo salsa), divided  
½ cup fat-free, reduced-sodium chicken broth  
24 (6-inch) corn tortillas  
½ cup crumbled queso fresco cheese  
¼ cup fresh cilantro leaves  
2 limes, cut into wedges (optional)

1. In a small bowl, combine cumin, salt and pepper. Rub mixture evenly over chicken thighs. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half of chicken; cook 3 minutes per side or until browned. Transfer to a 5-or 6-quart slow cooker. Repeat procedure with remaining chicken.
2. Heat remaining ½ tablespoon oil in pan over medium heat. Add onion, celery, carrot, jalapeño and garlic; cook, stirring frequently, 5 to 7 minutes or until vegetables are tender and begin to brown. Transfer to slow cooker. Add 2 cups salsa and broth. Cover and cook on low 4 to 6 hours or until chicken shreds easily with a fork.
3. Remove chicken to a large bowl using a slotted spoon; shred with 2 forks.
4. Warm tortillas according to package instructions. Fill each tortilla with about ¼ cup chicken mixture, 1 teaspoon cheese, 1 teaspoon salsa and ½ teaspoon cilantro. Serve with lime wedges if desired.

**Nutrition Information:** Serving size: 2 tacos; Serves 6  
Calories: 340; Total Fat: 14g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 80mg; Sodium: 620mg; Total Carbohydrate: 30g; Dietary Fiber: 4g; Sugars: 7g; Protein: 24g; Vitamin A: 25%; Vitamin C: 8%; Calcium: 6%; Iron: 8%.

## PAYNE COUNTY FAIR OPEN CLASS INDOOR EXHIBITS CANCELLED FOR 2020

Due to the COVID-19 virus and out of utmost concern for the health and safety of everyone, **there will be no indoor Open Class exhibits entered and exhibited in the North Expo Hall.** OHCE & 4-H exhibits (with the exception of **NO plants & flowers**) will be entered, judged and exhibited following COVID-19 safety guidelines & protocols. Thank you for understanding as we navigate this unprecedented situation.