



Eat Right for your Stage in Life

The [Academy of Nutrition and Dietetics](#) recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. With March being National Nutrition Month, it is a great time to focus on the changes a person's body needs through various stages of life.

Janice Hermann, [Oklahoma State University Extension](#) nutrition specialist, said what worked in a person's 20s won't necessarily work on their 50s.

"As you age and evolve, so do your health and nutritional needs. That's why it's so important to eat right for life," Hermann said.

This year's National Nutrition Month theme is "**Personalize Your Plate**" and promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year.

Hermann said the new 2020-2025 Dietary Guidelines for Americans provides research-based advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat.

DGA guidelines for healthy eating include:

- **Teens to 20s:** Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Some non-dairy options for calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.
- **20s to 30s:** Eat more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds in an effort to reduce the risk of chronic diseases such as obesity. Women of childbearing age should include sources of folate, such as beans, peas and leafy greens, as well as consume foods that are fortified with folic acid, such as breads, cereals and other grain products.
- **30s to 40s:** At this age, continue with a wide variety of foods, especially fruits and vegetables, whole grains and beans, as well as peas and lentils. These foods contain essential vitamins, minerals, antioxidants and dietary fiber.
- **40s to 50s:** Continue incorporating regular physical activity. This is important because the body is changing due to fluctuating hormones and slowing metabolism.

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

In this Issue

- March is **National Nutrition Month**—"Personalize Your Plate"
- **OHCE April Lesson** "Enjoying Hummingbirds"
- **OHCE Cultural Enrichment** Pandemic Story Writing Project
- **OHCE Scholarship Applications** for High School Seniors Due **Monday, March 29th**
- **RECIPE CORNER:** 1940's Crazy Carrot Cake & 1930's Bacon Roll-Ups
- **Managing Resources:** Don't Fall for Scams
- **OHCE Mask Update**
- **OHCE New Website Address**

Eat Right for your Stage in Life

(continued from page 1)

40s to 50s: (continued) In addition, fine tune your healthful eating habits. Limit foods and beverages with added sugars, salt and saturated fats.

- **60s and beyond:** A variety of protein-rich foods are a must to maintain bone strength in this stage of life. Try to incorporate strength-building activities to help maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which can be a concern for older adults. Check with your healthcare provider about a vitamin B12 supplement.

National Nutrition Month was initiated in 1973 as a week-long observance. It became a month-long observance in 1980 in response to the growing interest in nutrition.



PAYNE COUNTY OHCE MASK UPDATE

State OHCE asked for a final update on the number of masks each county had made and donated and I thought you might be interested to know as well. **In all, Payne County OHCE members made 3836 masks and 25 button headbands.** Each of you who contributed to this very worthwhile cause are to be commended for your service to this project. **THANK YOU!!** for helping keep people safe by sewing and donating masks locally and across the state.

1940'S CRAZY CARROT CAKE (NO EGGS, MILK OR BUTTER)

[HTTPS://SWEETLITTLEBLUEBIRD.COM/CRAZY-CARROT-CAKE-NO-EGGS-MILK-OR-BUTTER/](https://sweetlittlebluebird.com/crazy-carrot-cake-no-eggs-milk-or-butter/)

- 1 ½ c. + 3 T. all-purpose flour
- 1 c. sugar
- 1 tsp. baking soda
- ½ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. cloves
- ¼ tsp. allspice
- ¼ tsp. nutmeg
- ¾ c. peeled, finely grated carrots
- ½ c. chopped walnuts
- ½ c. golden raisins
- 1 tsp. white vinegar or apple cider vinegar
- 1 tsp. pure vanilla extract
- 5 T. canola oil or vegetable oil
- 1 c. water

Preheat oven to 350 degrees and grease an 8" x 8" square baking pan with nonstick cooking spray. In a large mixing bowl, mix the first 8 dry ingredients and blend well. Next, add carrots, walnuts and golden raisins and blend well. Last, add the wet ingredients (vinegar, vanilla, and oil), then pour the water over top and mix well. Pour into greased baking dish.

Bake on middle oven rack for 35 to 45 minutes. Check with toothpick to make sure it comes out clean, remove when ready. Allow to cool and top with your favorite vanilla or cream cheese frosting. Enjoy!



The OHCE Cultural Enrichment committee is sponsoring a special project titled “**The Way It Was-the Pandemic of 2020**”. We are asking each OHCE member to participate by telling how your individual/family life has been affected by the pandemic, i.e. (Financially, community activities, educational, health, emotional, etc.) What changes have been made that you plan to continue after the pandemic is under control?

Rules:

1. **Write a ONE page story “The Way It Was-the Pandemic of 2020”** depicting what you want future generations to know about the Covid-19 Pandemic of 2020.
2. Every OHCE member may submit one entry and there is no county limit.
3. Entry must be ONE page typed using Times New Roman font 12 size and double-spaced with a 1-inch left hand margin.
4. Photo may be added, but must be inserted on the one page.
5. Put the Member’s name and County at the top of the page.
6. County will collect the stories and put them all in a 3-brad folder. You may use additional folders if needed for the counties entries.
7. Put a label in the upper right hand corner on the front cover of the folder. Include County name, District and “The Way It Was-Pandemic of 2020” story.
8. Send to: **Mayes County OSU Extension; PO Box 39, Pryor, Ok 74362.** Attention: Linda Wallis, OHCE Cultural Enrichment Chair
9. **Due- May 15**
10. Entries will be judged by committee and winners announced at the OHCE state meeting.
11. All entries will be laminated and compiled in a notebook to be presented to the OHCE Historian for Archiving.

If you have questions, contact Linda Wallis; g_ma_6540@hotmail.com.; Tonie Bess; tbprissy@gmail.com; Martha Aughe; marthaaughe@gmail.com or Sue Rendel, srendel@sbcglobal.net

We look forward to receiving your stories. **Remember to keep them to only ONE page per member.**

Don't Fall for Scams!

Criminals, thieves and con artists use many types of scams to target unsuspecting people who have access to money. Consumer scams happen on the phone, through the mail, e-mail, or over the internet. They can occur in person, at home, or at a business.



Here are some tips to protect yourself from scams:

Don't share numbers or passwords for accounts, credit cards, or Social Security.

Never pay up front for a promised prize. It's a scam if you are told that you must pay fees or taxes to receive a prize or other financial windfall.

After hearing a sales pitch, **take time to compare prices**. Ask for information in writing and read it carefully.

Too good to be true? Ask yourself why someone is trying so hard to give you a "great deal. **If it sounds too good to be true, it probably is.**

Watch out for deals that are only "good today" and that pressure you to act quickly. **Walk away from high-pressure sales tactics** that don't allow you time to read a contract or get legal advice before signing. Also, don't fall for the sales pitch that says you need to pay immediately, for example by wiring the money or sending it by courier.

Put your number on the National Do Not Call Registry. Go to www.donotcall.gov or call (888) 382-1222.



This information comes from the Consumer Financial Protection Bureau.

www.cfpb.gov



APRIL LEADER LESSON

“Enjoying Hummingbirds ”

will be taught on Tuesday, March 23rd at 2:00 p.m. at the Extension Office Conference Room.

Lesson leaders are welcome to attend in person following COVID-19 guidelines and it will also be taught via Zoom and recorded for you to watch at your convenience.

OHCE SCHOLARSHIP APPLICATIONS ARE AVAILABLE

OHCE Scholarship forms are available for graduating seniors to apply for a \$1500.00 scholarship from Payne County OHCE. (2) scholarships will be given again this year.

To be eligible, students must be Payne County residents who are seniors graduating this spring, and must use the scholarship for university, college, business school, nurse’s trade, or technical school. Applications are due Monday, March 29th at 5:00 p.m. in the Extension office.

CULTURAL ENRICHMENT STORY PROJECT

On a separate page in this newsletter is information on a new state Cultural Enrichment project, writing a story on life during the 2020 pandemic. I encourage you to read the information and write a story and submit an entry. It won’t take long and I’m sure you have some interesting stories to share!

NEW OHCE WEBSITE ADDRESS

Oklahoma Home & Community Education (state OHCE) has a new website address:

<https://extension.okstate.edu/programs/oklahoma-home-and-community-education/index.html>

1930’s Bacon Roll-Ups

<https://www.tasteofhome.com/recipes/bacon-roll-ups/>

- 1/3 c. finely chopped onion
- 1 T. butter
- 3 c. cubed day-old bread
- 1/4 tsp. celery salt
- 1/4 tsp. garlic powder
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 large egg, slightly beaten
- 10 bacon strips

In a small skillet, sauté onion in butter until tender. In a large bowl, combine the bread cubes, celery salt, garlic powder, salt, pepper and onion mixture; toss to mix evenly. Add egg; toss to coat bread cubes. Roll into (10) 1 1/4” balls. Wrap a bacon strip around each ball. Secure with toothpick. Repeat with remaining ingredients.

In a large skillet, cook bacon roll-ups on all sides over medium heat for 18 minutes or until bacon is crisp and a thermometer inserted into stuffing reads at least 160 degrees. Drain on paper towels.

Nutrition Facts: (2 roll-ups) 348 calories; 30g fat (11g saturated fat), 79mg cholesterol, 613mg sodium, 12g carbohydrate (2g sugars, 1g fiber), 7g protein



Are you ready for SPRING and garden planting? It’s right around the corner!





Payne County Home & Community Education MARCH 2021



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.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/ expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeeo.okstate.edu>. This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of \$.30 per copy. 3/21

Editor...

Dea Rash

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 Elm Grove	9	10	11 Floral Valley Lunch Bunch Rising Star	12	13
14	15 Cimarron Valley Pine Vale	16	17	18 Cherokee	19	20
21	22	23 2:00—Leader Lesson—CAB & Zoom	24	25	26	27
28	29	30	31			