



Eating Healthy and Reducing Food Waste

Interest rates, utility bills and food prices have skyrocketed lately, making it more difficult for consumers to make ends meet. With grocery prices at an all-time high, it's more important now than ever to make wise choices at the supermarket in order to put healthy meals on the table, stay within budget and reduce food waste. Household food waste represents about 44% of all food waste generated in the United States. One of the best ways to stay on a budget is to plan meals, said Janice Hermann, Oklahoma State University Extension nutrition education specialist.

“Planning your meals in advance and buying only what is needed for those meals will help reduce your grocery bill. Plus, a meal plan can help incorporate leftovers, which reduces food waste,” Hermann said. “Sunday’s roast can become Tuesday’s beef stew. A roasted chicken can be turned into other meals such as chicken salad or a chicken potpie. Wasting food is simply throwing money away.”

As you make a meal plan, look through the refrigerator, freezer and pantry to see what’s already on hand and plan around those ingredients. Be sure to include breakfast, lunch, dinner and snacks. Visit the USDA’s MyPlate Kitchen for recipe ideas. Check out sales flyers and plan meals around things that are on sale. If your budget allows, stock up on shelf-stable items or things that can easily be frozen.

“When making your grocery list, be sure to include things such as fruits, vegetables and milk that may not be part of a recipe but are basics for healthy eating,” she said. “Meat prices are higher, so in order to save money consider planning some meals with less expensive alternative proteins such as beans, peas and lentils. Try to make half of your meal from fruits and vegetables, then fill in the rest with healthy proteins, dairy and whole grains.”

It’s important to make and stick to a shopping list. Organize the list into different sections of the store to avoid backtracking through the aisles. Because stores place the priciest items at eye level, look at the upper and lower shelves for better bargains.

Hermann suggested reading the Nutrition Facts label to help guide consumers in purchasing healthy foods. Look for reduced fat or low-fat on the label.

“Compare labels on similar foods to see which one better fits a healthy eating plan,” she said. “Keep in mind fresh, frozen and canned fruits and vegetables are healthy options. Seasonal produce will cost less and be at its peak flavor but buy only what you can use before it spoils.” Check out this SNAP-Ed seasonal produce guide to help explore different fruit and vegetable options throughout the year. In addition, if the local supermarket doesn’t offer a large selection, consider other purchasing options such as farmers markets for the freshest produce.

**Tulsa County
Extension Office**

Address

4116 E. 15th Street
Tulsa, OK 74112

Phone

918-746-3721

Email

stacey.jones11@okstate.edu

Website

www.oces.tulsacounty.org

Social Media

Facebook: TulsaCountyOSUExtension

Twitter: twitter@osuextension72



**TULSA COUNTY
EXTENSION**



In this issue:

- ❖ Eating Healthy and Reducing Food Waste
- ❖ FCS 2023 Programming
- ❖ Oklahoma Vegetable of the Month Recipe: Copycat Chicken Lettuce Wraps
- ❖ Co-Parenting Class for Divorcing Parents
- ❖ Monthly Sales Guideline
- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Eating Healthy and Reducing Food Waste ... Continued

Strengthening Oklahoma Families/Tulsa County

“Drink water instead of soda and other sugary beverages. Tap water is easy on your wallet and has zero calories,” Hermann said. “A reusable water bottle is a great way to take water on the go and avoid the high cost of bottled water from a convenience store.”

Another great tool to help ensure consumers use food while at peak quality and reduce waste is the USDA FoodKeeper App available for most smart devices. Consumers often throw food away because they’re not sure of its quality or safety. This app serves as a guideline to help consumers better understand food and beverage storage. It also provides safe food handling and preparation information. USDA’s MyPlate website has a helpful section called Healthy Eating on a Budget. Check it out for ideas to keep your food budget in check all while providing healthy food choices for the family. Source: Trisha Gedon, Division of Agricultural Sciences and Natural Resources



Family and Consumer Sciences Programming for 2023



Spices and Herbs – March 15 th	\$5 and limit of 20 participants
Insta Pot – April 4 th	\$10 and a limit of 10 participants
Drying – April 12 th	\$10 and limit of 10 participants
Barn Quilt Workshop – April 19 th	\$30 and limit of 20 participants
Jelly Canning – May 24 th	\$25 and limit of 8 participants
Jam Canning – June 14 th	\$25 and limit of 8 participants
Salsa Canning - July 5 th	\$25 and limit of 8 participants
Pressure Canning - Aug 9 th	\$25 and limit of 8 participants

Pre-registration is Required
Tulsa County OSU Extension Center
For more information go to www.oces.tulsacounty.org
or call 918-746-3706
Other classes may be added during the year or if class gets filled up.

COPYCAT CHICKEN LETTUCE WRAPS

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 1 pound ground chicken (I've also used ground turkey with good results)
- 1 medium/large sweet Vidalia or yellow onion, diced small
- 1/3 cup hoisin sauce
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon Asian chili garlic sauce, or to taste (sriracha may be substituted)
- 3 cloves garlic, finely minced or pressed
- 1 teaspoon ground ginger or 2 teaspoons freshly grated ginger, or to taste
- one 8-ounce can water chestnut, drained and diced small
- 2 to 3 green onions, sliced into thin rounds
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- butter lettuce leaves, for serving

INSTRUCTIONS

1. To a large skillet, add the oils, chicken, and cook over medium-high heat until chicken is cooked through; stir intermittently to crumbly while cooking.
2. Add the onion, hoisin sauce, soy sauce, rice wine vinegar, chili garlic sauce, stir to combine, and cook for about 5 minutes, or until onion is soft and translucent and most of the liquid has been absorbed; stir intermittently.
3. Add the garlic, ginger, stir to combine, and cook for about 1 minute, or until fragrant.
4. Add the water chestnuts, green onions, salt and pepper to taste, and cook for about 2 minutes, or until tender. Taste filling and make any necessary flavor adjustments, i.e. more soy sauce, hoisin, pepper, etc.
5. Spoon about 1/4 cup of the mixture into the lettuce leaves to serve.

NOTES

Storage: Recipe is best warm and fresh, but filling will keep airtight in the fridge for up to 5 days.

NUTRITION INFORMATION:

YIELD: 4

SERVING SIZE: 1

Amount Per Serving: Calories: 366 Total Fat: 20g
Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 14g
Cholesterol: 122mg Sodium: 1044mg
Carbohydrates: 19g Fiber: 2g Sugar: 8g Protein: 29g



[Copycat P.F. Chang's Lettuce Wraps - Averie Cooks](#)

Co-Parenting Class Offered for Divorcing Parents with Children

By Stacey Jones, FCS Educator, OSU Extension



Tulsa County Extension is offering its Co-Parenting for Resilience class for divorcing parents with minor children.

Parents who attend the class will gain a better idea of how their children are dealing with the divorce. They also will learn strategies and skills to help them work with their co-parent for the wellbeing of their children.

“Divorce is life-changing for everyone in the family, including the children, and how the parents handle the divorce can make the experience better or worse for them,” said Stacey Jones, Tulsa County FCS Educator.

The class, based on the most up-to-date research in the marriage and family field, will be taught by Jones and Jordan Shuler, who are especially trained to work with divorcing couples.

According to Oklahoma House Bill 2249, parents with children 18 or younger are required to attend a co-parenting class that relates to the impact of divorce on children.

Oklahoma State University Cooperative Extension’s Co-Parenting for Resilience has been taught for more than 20 years, meets all the requirements of the new state law and has a long, strong track record of effectiveness.

Developed by a multidisciplinary team of researchers at OSU, the class uses a combination of lecture, discussion, video and interactive activities to help parents figure out the best ways to help their children adjust to the divorce.

Recent class evaluations show more than 90 percent of participants who attended the class reported learning new ways to effectively parent their children during and after the divorce.

The class will be the first Wednesday of every month from 9 am to 1pm at OSU Tulsa. The cost to attend is \$40.00. If the participant works for Tulsa County, they will receive a discount on the face to face program on here in Tulsa County.

To register for Co-Parenting for Resilience or for more information about the class, including future class dates, contact the Tulsa County Extension office at 918-746-3707 or 4116 E. 15th St. Tulsa, OK 74112.



Something is on Sale Every Month This is a General Guideline



First Quarter

January - Furniture makers introduce new models in January and retailers need to move out the old to make room for the new. Styles don't change that much from year to year. Cash in on models from the previous year.

Households want to roll out the red carpet for guests over the holidays, so they often buy flooring at the end of the year. Prices fall in January when demand drops off.

January's traditional "white sales" come with bargains on bedding and linens, though you can find these sales throughout the year.

Also, look for pre-Super Bowl sales on the latest LCD, LED, plasma and big-screen flat panel televisions in 2-D and 3-D, as well as other home theater products, which likely have been on and off sale since just before the holidays.

February - Who needs an air conditioner in the middle of the winter? Bargain shoppers.

Older model televisions could also be on sale to make room for the new models later in the year.

March - China and flatware deals grace store shelves in preparation for spring weddings.

Another forerunner of spring? Sales on gardening tools. The inventory may be picked over until the sowing season hits full stride, but that means you can harvest a decent discount.

Second Quarter

April - Clean up on low prices for vacuum cleaners. When spring cleaning fully gets underway, prices will rise with the demand.

May - Sales and discount coupons for barbecue equipment, patio furniture and other items you use in extended living spaces outside your home, show up as spring gets underway. After the summer heat arrives, retailers cool it on sales on these items, until after July 4.

Many businesses start up after the tax return deadline, so expect to see some sales on office furniture you may need for your home office.

June - With Father's Day on the horizon, tools, with and without a power assist, can get your pop off the couch, out of the man cave and into some deferred maintenance work before it gets too hot.

Third Quarter

July - Look for another round of furniture clearance items to make way for the year's second batch of new models.

Discounts also become available on kitchen appliances - refrigerators, ranges and microwaves.

After July 4, when the smoke has cleared, look for markdowns on barbecue grills.

August - Find sales on linens and storage containers in preparation for kids going to college and summer stuff getting stashed for the fall and winter.

September - Last gasp attempts to get you to buy stuff you may not use until next year include sales on grills and lawn mowers, but expect limited selections.

Stores make way for new appliances - other than refrigerators - by marking down old models.

Fourth Quarter

October - Appliance sales continue, along with sales for what's left of patio furniture and other outdoor goods.

Looking toward the advent of more indoor events, retailers serve up cookware with bargain prices.

November - Holiday gift-giving season sales begin to offer some of the year's best prices on televisions and other electronics.

Appliance sales also continue to hit rock bottom and cheap tools are in abundance.

December - Black Friday, Cyber Monday and the weeks in advance of those shop-until-you-drop days, come with some of the year's best bargains continuing on televisions and electronics.

Because toasters, blenders and other small appliances are perfect shop-and-grab items for last-minute gift shoppers, retailers practically give them away.

Home improvements, contracted now, rather than during the busy spring and summer remodeling season, come with low demand-related discounts and negotiable deals that can be steals compared to the full price you'll pay in the spring. Source: OSU Extension

FAMILY & CONSUMER SCIENCES CALENDAR

*****All events will be held at the OSU Extension Office unless noted*****

****Please observe that some event dates have been changed****

MARCH:

- 1 Co-Parenting for Resilience Class, 9 am @ OSU Tulsa Campus (pre-registration required)
- 10 Registration Deadline for Spices & Herbs Workshop
- 15 Workshop 10 am: Spices & Herbs (pre-registration required)
- 15 RSVP for OHCE Game Day to Jean Parks
- 17 OHCE GAME DAY 1-3 pm
- 23 OHCE Bunco, 10 am – Noon
- 28 OHCE NE District Meeting, Tulsa Tech-Owasso, 10800 N. 137th E. Ave., Owasso (pre-registration required)
- 31 Registration Deadline for Insta Pot Workshop

APRIL:

- 4 Workshop 10 am: Insta Pot (pre-registration required)
- 5 Registration Deadline for Drying Workshop
- 5 Co-Parenting for Resilience Class, 9 am @ OSU Tulsa Campus (pre-registration required)
- 7 Good Friday, Extension Office Closed
- 12 Workshop 10 am: Drying (pre-registration required)
- 14 Registration Deadline for Barn Quilt Workshop
- 19 Workshop 6 pm: Barn Quilt (pre-registration required)
- 27 OHCE Bunco, 10 am – Noon

MAY:

- 1-5 OHCE WEEK!** Activities TBA
- 1 OHCE President's Quarterly Meeting, 7 pm, Zoom
- 3 Co-Parenting for Resilience, 9 am @ OSU Tulsa Campus (pre-registration required)
- 15 OHCE Board Meeting, 7 pm, Zoom
- 16 OHCE Leader Lesson Training, First Church, 4715 Price Road, Bartlesville
- 17 OHCE Business Meeting, 10 am
- 18 Registration Deadline for Jelly Workshop
- 24 Workshop 10 am: Jelly (pre-registration required)
- 25 OHCE Bunco, 10 am – Noon
- 29 Memorial Day, Extension Office Closed



OHCE UPDATES



HEALTHY LIVING LINK

Recently, my friend and co-worker passed away. I had worked with her about 28 years. She was 61 years old. She had at least one heart attack and open heart surgery to put in three (maybe four) stints. So, my Healthy Living Handout to you this month is about our heart.

<https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women/silent-heart-attack-symptoms-risks>

February was the American Heart Association's month to GO RED FOR WOMEN and feature heart attacks in women. For women, symptoms are different from those of men, as they can be "quiet". Please read the website and watch for yourself, your friends and your co-workers. Sometimes even if you know the signs, you can't help them in time. Some heart attacks are not so silent.

Charline Romine, OHCE-TC Healthy Living Chairman



OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President

March is a special month in the Egan family. Growing up I went to St. Patrick School and later married into a family that only a few generations before had come directly from Ireland. Green was a staple color and I tried my hand at corned beef and hash for a few years until my kids said we didn't really need to celebrate in that way.

March is also a busy OHCE month. We have Game Day on March 17th. I hear there are lots of prizes to be won and fun in celebrating all the winners. Make sure you RSVP to Jean Parks to be a part of this fun activity. Use this as a membership tool – invite your friends!

Lots of planning has gone into the 2023 Northeast District meeting on March 28th. Make sure you take advantage of all the workshops and shop the sales to help raise money for future meetings.

It's never too early to start thinking about OHCE Week in May. How do you want to celebrate this year? Do you have an activity in mind? Please let us know so we can start making some plans to share our organization with our communities.

Finally, I love hearing about all the activities you are doing. Make sure you document them and take lots of pictures. You will then have the basis for writing a state report to submit in 2024. If you write the report shortly after the activity is completed you won't forget all those fun details that make our stories so engaging. Let's let everyone know the value of OHCE!

Elaine



Tulsa County Family Issues

MARCH 2023 FAMILY ISSUES

In 2023 we are supporting the Tulsa County Emergency Shelter which provides temporary quarters for families and helps them move into their own homes.

We are collecting items throughout the year to present to shelter representatives at our Christmas Luncheon in December. Keep a box in your closet to collect your items. This month we will collect TOOTHBRUSHES/DENTAL FLOSS.

MARCH FAMILY ISSUES TOPIC

Increasing family skills across all generations using research-based curricula

Take one fact from this month's lesson and share it with someone who is not an OHCE member.

Elaine Egan & the Family Issues Team

SCHOLARSHIPS

By: Shari Munroe

The OHCE Tulsa County Scholarship Application is available on the Tulsa County OSU Extension website at:

<https://extension.okstate.edu/county/tulsa/media/docs/ohce/ohce-scholarship-application-2023-a-2.pdf>

Or a copy can be picked up at the OSU Extension Office. Applications are due in the office by JUNE 1st.

For questions please call Shari Munroe, Scholarship Chairman, at 918.408.6918

MEMBERSHIP

Reminder: Please get together with your clubs about how we can contribute to the overall Membership for Tulsa County.



OHCE UPDATES



The Jenks group held a membership drive at their February meeting with a soup-sampler luncheon followed by a member/guest craft event... the "Folding Iris" card-making, guided by Kathy Erwin. They gained one new member to their group from this outreach!!!

BEREAVEMENT ANNOUNCEMENT

Tulsa County OHCE is heartbroken over the loss of their member, Judith Gillmore. As some may know, the last few years she was inactive due to Alzheimer's. She was a 30 year member at the onset of her disease. Please contact Shirley Cox to see how condolences should be made.

Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied.

Family and Consumer Sciences
Tulsa County OSU Extension Service