



Food Safety During Emergencies

By: Gail Ellis, OSU Extension Food Safety Specialist

What to know

During emergencies, many people including families, firemen and other emergency volunteers may rely on donated food. Christi Evans, OSU Extension food safety specialist, lays out precautions to take when storing perishable food items.

Leaving food at room temperature for too long can cause bacteria to grow, which can lead to foodborne illness. Cold food should be kept at or below 40°F. Hot food at or above 140°F. If food is left at room temperature for more than two hours, it should be discarded.

Storing food

When storing leftover foods, keep in mind that most leftovers should only be kept in the refrigerator for three to four days. Leftovers should be stored in the freezer for longer storage. When reheating leftovers, be sure they reach 165° F as measured with a food thermometer.

Frozen foods may stay safe for 24-48 hours if the refrigerator and freezer doors stay closed. If you have an appliance thermometer in your freezer, check the temperature. If the food is at 40°F or below, or if it contains ice crystals, you can safely cook or refreeze the food. Each food item should be checked individually. If any food has an unusual odor, color or texture, it should be discarded. Never taste food to determine if it is safe.

Food after emergencies

When returning home, beware that the structure may have lost power while empty. If the power was out for more than four hours, refrigerated items like milk, eggs, meats and leftovers should be discarded.

Weather-related events from thunderstorms to wildfires can result in power outages and sometimes displace families from their homes.

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TULSA COUNTY
EXTENSION



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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!

Food Safety During Emergencies ... Continued

Strengthening Oklahoma Families/Tulsa County

Keeping food safe when away from home presents unique challenges. If families are storing food in a cooler, it's important to keep ice or frozen gel packs inside the cooler to ensure the contents remain cold.

It's also a good idea to keep an appliance thermometer in the cooler to help monitor the temperature inside. Cold perishable food should be kept at a temperature of 40°F or colder. Discard perishable foods that were held above 40°F for over two hours. If the temperature is above 90°F, like in a hot car, food should be discarded after one hour.

Take special care to keep foods at safe temperatures and follow food safety basics like handwashing and avoiding cross-contamination. Proper handling of food and monitoring temperatures will help reduce the risk of foodborne illness during challenging circumstances.



LEMON BLUEBERRY MUFFINS

SERVES: 12

Provided By: Stacey Jones, FCS Educator, Tulsa County OSU Extension Center



INGREDIENTS:

½ cup of unsalted butter (room temperature)	2 tsp of lemon zest
1 cup of sugar	1 egg (room temperature)
1 tsp vanilla	1 tsp of baking soda
2 cups of all-purpose flour	2 tsp of baking powder
1½ tsp salt	2 cups of blueberries
½ cup of 2% milk	

Glaze (optional): 1 cup of confectioner's sugar and 3 TBSP of lemon juice

INSTRUCTIONS:

1. Preheat oven to 375 degrees. Spray 12 count muffin pan with nonstick spray and set aside.
2. Using a hand or stand mixer, cream together the butter, lemon zest and sugar about 2 minutes on high speed.
3. Add eggs and vanilla. Beat for 2 minutes of medium speed and scrape the side and bottom of the bowl. Toss the blueberries with ¼ cup of flour; then whisk together the remaining flour, baking powder, and salt.
4. In a large bowl whisk the flour mixture to the batter a little at a time, alternating with the milk. Fold in the blueberries. Note: Batter will be thick
5. Distribute batter equally among the muffin cups. Bake for 20-25 minutes. Check to see if the muffins are done by inserting a toothpick in the center and it comes out clean.

Nutritional analysis per serving:

Calories: 243	Carbohydrates: 39 g
Total Fat: 8.5 gm	Sugars: 20 g
Saturated Fat: 5 g	Protein: 3 g
Sodium: 207.5 mg	



POSITIVE PARENTING TIPS

2-3 Year Olds

Developmental Milestones

Skills such as taking turns, playing make believe, and kicking a ball, are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like jumping, running, or balancing). Because of children's growing desire to be independent, this stage is often called the "terrible twos." However, this can be an exciting time for parents and toddlers. Toddlers will experience huge thinking, learning, social, and emotional changes that will help them to explore their new world, and make sense of it. During this stage, toddlers should be able to follow two-or three-step directions, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

Following are some things you, as a parent, can do to help your toddler during this time:

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around her by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.
- Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she's upset.

Child Safety First

Because your child is moving around more, he will come across more dangers as well. Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe:

- Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without someone watching her. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Encourage your toddler to sit when eating and to chew his food thoroughly to prevent choking.
- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in her mouth when coloring or drawing.
- Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child's being burned.
- Make sure that your child sits in the back seat and is buckled up properly in a car seat with a harness.



POSITIVE PARENTING TIPS... Continued

Strengthening Oklahoma Families/Tulsa County

Healthy Bodies

- Talk with staff at your childcare provider to see if they serve healthier foods and drinks, and if they limit television and other screen time.
- Your toddler might change what food she likes from day to day. It's normal behavior, and it's best not to make an issue of it. Encourage her to try new foods by offering her small bites to taste.
- Keep television sets out of your child's bedroom. Set limits for screen time for your child to no more than 1 hour per day of quality programming, at home, school, or afterschool care and develop a [media use plan for your family.external icon](#)
- Encourage free play as much as possible. It helps your toddler stay active and strong and helps him develop motor skills.
- Make sure your child gets the [recommended amount of sleep](#) each night: For toddlers 1-2 years, 11–14 hours per 24 hours (including naps)

Source: [Toddlers \(2-3 years old\) | CDC](#)

Family and Consumer Sciences Programming for 2024

Drying – 04/10	\$10 and limit of 10
Spices and Herbs – 04/27	\$10 and limit of 20
Pickles Canning – 05/22	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 06/12	\$20 and limit of 15
Salsa Canning – 07/31	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 08/09	\$20 and limit of 15
Jelly Workshop – 11/16	\$20 and limit of 8



Pre-registrations with cash payments are required in advance. Please contact: Tulsa County OSU Extension Center, between 8am & 4:30pm, Mon. thru Fri., by calling 918-746-3706, or dropping by our offices at 4116 E. 15th St., Tulsa, OK, 74112. We are located on 15th Street between Yale & Harvard at “Gate 6” of the Tulsa County Fairgrounds.

*Other classes may be added during the year or if classes get filled up.

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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

April:

- 1 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 3-28-24)
- 10 Drying Workshop 9 am – 10 am (pre-register 918-746-3706)
- 10 OHCE & Master Gardener Fermenting Workshop 1pm (must pre-register)
- 27 Herbs & Spices Workshop 9 am – 11 am (pre-register 918-746-3706)
- 30 OHCE Cultural Enrichment: Tulsa Botanical Garden (Details tba)

May:

- 5-11 OHCE WEEK – Activities TBA
- 6 OHCE President’s Quarterly Zoom, 7 pm
- 7 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 5-3-24)
- 13 OHCE Executive Board Meeting Zoom, 7 pm
- 15 OHCE Business Meeting @ 10 am- Potluck @ Noon – All Welcome!
- 21 OHCE Leader Lesson Training (Jun/Jul/Aug) @ 10 am, First Church, 4715 Price Road, Bartlesville
- 22 Pickles Canning Workshop 9 am – 1 pm (pre-register 918-746-3706)
- 23 OHCE Bunco, 10 am – Noon
- 27 Memorial Day – Extension Office Closed
- 28 OHCE Membership & OHCE Week Reports Due to State

June:

- 3 Scholarship Applications Due to Extension Office
- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 5-31-24)
- 10 Tulsa County Free Fair Planning Meeting at Extension Center, 1-3 pm
- 12 Show & Tell with Pressure Canners Workshop 9 am – 11 am (pre-register 918-746-3706)
- 19 Juneteenth – Extension Office Closed
- TBA OHCE Cultural Enrichment: Tulsa Drillers Baseball Game



CHANNEL 6
COOKING CORNER
 April 24th
 May 29th
 June 26th
 @ Noon
 Presented By:
 Stacey Jones
 Tulsa County FCS Educator



BUNCO - MAY 23



FAMILY AND CONSUMER SCIENCES

OHCE UPDATES

OHCE GAME DAY IN REVIEW!

GAME DAY WAS A HUGE SUCCESS WITH NEARLY 30 IN ATTENDANCE, NEW MEMBERS JOINING, AND MANY CANNED FOODS DONATED TO THE COFFEE BUNKER! THANK YOU TO LINDA LAWRENCE AND THE MEMBERSHIP TEAM FOR THIS FUN DAY!!!



OHCE UPDATES

SHOUT OUT FROM ELAINE

Tulsa County OHCE President



We are blessed to live in an area with so many historic sites and interesting venues. Tulsa has many treasures, and our Cultural Enrichment team has been busy planning opportunities for you to see some of them. (If you missed out on the Sherwin Williams Museum of Jewish Art, well – WOW, just WOW, what a tour!)

The team has invited us to tour the Tulsa Botanical Gardens on April 30th. What a perfect time to experience some of the best of Tulsa. The gardeners have planted 200,000 daffodil, hyacinth, crocus and tulip bulbs for the enjoyment of the public. We should be able to see those spring flowers and maybe even catch the beginning of the summer show of color. Bring your family and friends. It should be a wonderful day!

We are gearing up for OHCE Week in May. Stay tuned for some fun service activities.



Share OHCE with a friend! *Elaine*

FAMILY ISSUES

APRIL 2024

Have you started saving items for the Tulsa County Transitional Living Center? Please pick up some extra **COMBS/HAIRBRUSHES** and bring them to the 2024 Christmas Luncheon.

APRIL FAMILY ISSUES TOPIC:

SUPPORT YOUR LOCAL LITTLE FREE LIBRARY

SUPPORT YOUR LOCAL LITTLE FREE LIBRARY! This organization is based in St. Paul, MN, but little libraries can be found in all 50 states and in 120 countries. Their mission is to provide 24-hour access to books and inspire readers through their volunteer-led Little Free Library book exchange boxes. How can you help? (1) Share a Book; (2) Become a volunteer steward; (3) Make a donation.

Check them out at littlefreelibrary.org.



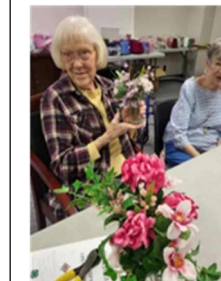
Find and support a Little Free Library near you!

The Family Issues Team

VALLEY VIEW FUN PICS!

March Meeting
Leader Lesson

Flowers:
Arranging and
Preserving





OHCE UPDATES



CULTURAL ENRICHMENT

Chair: Jean Parks

TULSA BOTANICAL GARDENS TOUR

APRIL 30, 2024

10 AM - NOON

Bring a Picnic Lunch
And Join Us for Lunch at the
Gardens - Following the Tour!

Details Coming Soon

OHCE WEEK

Tulsa County

MAY 5 - 11, 2024

Have you started thinking about what your group or county can do for OHCE Week? Every group should be making plans now for a fun and successful week of promoting OHCE in Tulsa County! Let's share an event packed week and then write an award-winning state report!

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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