



Make Food Choices that Support Growth and Development

As a parent or caregiver, many decisions must be made regarding children, including what to feed them. It's critical to ensure children eat enough food to support optimal growth and development but also to help them develop eating behaviors that can inhibit the development of obesity and related chronic illnesses in childhood and adulthood.

Research has begun to explore the influence of children's consumption of ultra-processed foods, or UPFs, said Ashlea Braun, Oklahoma State University Extension nutrition specialist.

"The Nova Food Classification System defines these foods as 'industrial formulations typically with five or more and usually many ingredients not commonly used in culinary preparation,'" Braun said. "Research shows that children consume about 70% of their daily calories from UPF, while adults consume nearly 60% of their daily calories from UPF. Although there aren't any recommendations for the amount of UPF that can be consumed in a day, excessive consumptions have been linked to an increased risk of chronic illness."

For example, research in 2021 found that each additional serving of UPF per day is associated with a 5% increased risk of overall cardiovascular disease. Not only are there long-term risks associated with excessive consumption of UPF but introducing these foods too early and/or in excess in childhood may have unique impacts on health risks.

Braun said research has shown children have worse locomotor development and cardiovascular fitness when they have a higher intake of UPF.

"When introduced too early, these highly processed foods may influence a preference for them," she said. "For many children, fast-food meals are the norm, and these foods are hyper-palatable, which may make children more likely to eat them over time."

Foods that are recommended for consumption among children, including fresh fruits, vegetables, lean meats, whole grains, and dairy may not be as appealing in comparison to UPF. And, some families plagued by food insecurity or residing in underserved communities, UPF may be the only foods to which they have constant access.

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TULSA COUNTY
EXTENSION



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Thank you!

"These foods can be beneficial in these scenarios as they are shelf-stable, carry low risk of foodborne pathogens, and are easy to prepare for consumption," Braun said. "Some of these foods are fortified and/or enriched with nutrients to minimize the risk of nutrient deficiencies. Therefore, for families with low access to fresh foods, UPF can fill gaps in nutrition."

Parents and caregivers need to know the answer to this problem is not to consume zero UPF. Instead, prioritize consuming and improving access to minimally processed foods.

"Even if food to which families have access consists primarily of UPF, making choices that are relatively low in added sugars and salt, and higher in vitamins, minerals, protein, fiber and unsaturated fat, can help maximize choices," Braun said. **Source:** Trisha Gedon, OSU Sr. Communications Specialist



ROASTED CORN DIP

SERVES: 12

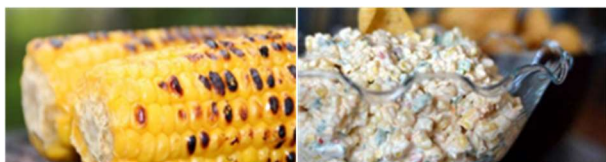
Provided By: Stacey Jones, FCS Educator, Tulsa County OSU Extension Center

INGREDIENTS:

- | | |
|---|--|
| 2 TBSP Olive Oil | ½ tsp Ground Black Pepper |
| 4 Cups Fresh or Frozen (thawed) Corn | 1 tsp Smoked Paprika |
| 1 Shallot sliced in half | 8 oz. Low-fat Cream Cheese |
| 1 Jalapeno (deseeded, destemmed) sliced in half | 1 Cup Low-fat Mayonnaise |
| 2 Cloves of Garlic | ½ tsp Ground Cayenne Pepper |
| 2 Cups shredded Monterey Cheese, divided | Optional Topping: ½ Bunch Cilantro OR
½ Bunch Green Onion |

INSTRUCTIONS:

1. Preheat oven to 425 degrees. Put parchment paper on two baking sheets. Mix together the corn, jalapeno, shallot, and garlic with the olive oil. Make sure that the veggies are in a single layer across the baking sheets for even roasting. Roast in oven for 25-30 min until all veggies are lightly browned.
2. While veggies are roasting, soften cream cheese in a medium mixing bowl. Mix cream cheese, mayo, 1 ½ cups of shredded cheese and spices together. Sit mixture to the side.
3. Let roasted veggies cool and finely dice into bite sized pieces. Put the diced veggies into the mixing bowl with cheese mixture. Mix well.
4. Put the mixture in an 8 X 8 pan. Top mixture with ½ cup of shredded cheese. Bake at 400 degrees for 10 minutes. Top with cilantro or green onion before serving. Serve with corn chips or by itself. Double the recipe for a 9 X 13 pan.



Nutritional analysis per serving:

Calories: 376	Carbohydrates: 22.9 g
Total Fat: 30.2 gm	Sugars: 4.6 g
Saturated Fat: 9.5 g	Protein: 10.7 g
Sodium: 269 mg	

POSITIVE PARENTING TIPS

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” 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 crawling, walking, or jumping).

During the second year, toddlers are moving around more, and are aware of themselves and their surroundings. Their desire to explore new objects and people also is increasing. During this stage, toddlers will show greater independence; begin to show defiant behavior; recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children. Toddlers also should be able to recognize the names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

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

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler’s language by talking with her and adding to words she starts. For example, if your toddler says “baba”, you can respond, “Yes, you are right—that is a *bottle*.”
- Encourage your child’s growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs). Always tell or show your child what she should do instead.
- Encourage your toddler’s curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.

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.
- Block off stairs with a small gate or fence. Lock doors to dangerous places such as the garage or basement.
- Ensure that your home is toddler proof by placing plug covers on all unused electrical outlets.
- Keep kitchen appliances, irons, and heaters out of reach of your toddler. Turn pot handles toward the back of the stove.
- Keep sharp objects such as scissors, knives, and pens in a safe place.
- Lock up medicines, household cleaners, and poisons.
- Do NOT leave your toddler alone in any vehicle (that means a car, truck, or van) even for a few moments.
- Store any guns in a safe place out of his reach.
- Keep your child’s car seat rear-facing as long as possible. According to the [National Highway Traffic Safety Administration pdf icon\[1.15 MB / 1 page\]external icon](#) it’s the best way to keep her safe. Your child should remain in a rear-facing car seat until she reaches the top height or weight limit allowed by the car seat’s manufacturer. Once your child outgrows the rear-facing car seat, she is ready to travel in a forward-facing car seat with a harness.



POSITIVE PARENTING TIPS... Continued

Strengthening Oklahoma Families/Tulsa County

Healthy Bodies

- Give your child water and plain milk instead of sugary drinks. After the first year, when your nursing toddler is eating more and different solid foods, breast milk is still an ideal addition to his diet.
- Your toddler might become a very picky and erratic eater. Toddlers need less food because they don't grow as fast. It's best not to battle with him over this. Offer a selection of healthy foods and let him choose what she wants. Keep trying new foods; it might take time for him to learn to like them.
- Limit screen time and develop a [media use plan for your family. external icon](#) For children younger than 18 months of age, the AAP recommends that it's best if toddlers not use any screen media other than video chatting.
- Your toddler will seem to be moving continually running, kicking, climbing, or jumping. Let him be active—he's developing his coordination and becoming strong.
- 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 \(1-2 years old\) | 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-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.

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2024 Master Wellness Volunteer Training

The Master Wellness Volunteer training program is an engaging series of five classes that provides volunteers with 40 hours of training in health and wellness education. In return, the volunteers agree to give back 40 hours of service to the community as an OSU Extension Master Wellness Volunteer.

The object is to train individuals who are interested in health and wellness with current research-based information. These volunteers will assist the Family and Consumer Sciences program at the Tulsa County OSU Extension Center. The program is designed for individuals with at least a high school degree or equivalent, with a true interest in health and wellness, that would enjoy volunteering and sharing research-based information with others.

The training focuses on nutrition, dietary guidelines, food safety, healthy lifestyle choices and physical activity. The training will provide 40 hours of classroom education from the Tulsa and Oklahoma County FCS educators. Upon completion of training, the volunteer will give back 40 hours of service within a one-year period.

Deadline to enroll: May 1st, 2024

(Class size is limited)

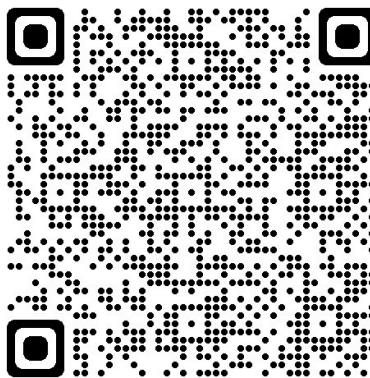
Stacey Jones

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<https://bit.ly/43OpAwU>

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:

- 5 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 3-1-24)
- 11 RSVP OHCE Game Day to: Linda @ 918-639-3090
- 15 OHCE Game Day, 1 pm – 3 pm
- 26 OHCE NE District Meeting @ Glenpool Conf. Center, 12205 S. Yukon Ave., Glenpool
- 29 Good Friday – Extension Office Closed

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

CHANNEL 6
COOKING CORNER
 March 27th
 April 24th
 May 29th
 @ Noon
 Presented By:
 Stacey Jones
 Tulsa County FCS Educator

**FAMILY AND
 CONSUMER SCIENCES**



OHCE UPDATES

The Valley View group donated crocheted hats to Oklahoma Cancer Specialists in Tulsa. Members are also making lap blankets for the center.

Flatbread Margherita Pizza

The Jenks group made "Flatbread Margherita Pizza," at their February meeting. The Leader Lesson given was "February Flatbread: Quick and Easy."

OHCE UPDATES

SHOUT OUT FROM ELAINE Tulsa County OHCE President



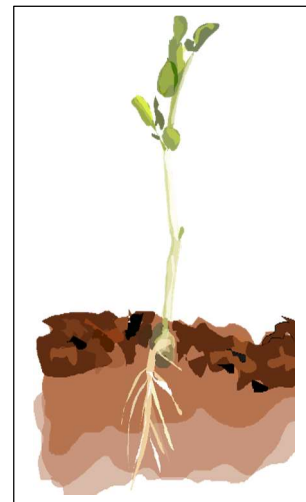
March is such a busy time for everyone. The promise of spring is upon us. Everyone is ready to do some planting – either seeds in the garden or seeds of friendship. OHCE gives you some opportunities!

Invite your friends to Game Day on March 15th at the extension office. Show them what a fun group we are – and how much we love to give away prizes! Let Linda Lawrence know you are attending so she can plan for you and your guests.

Then the Northeast District will be here before you know it! Plan on March 26th in Glenpool. This event is always the best – so much excitement in the air! There are always great workshops; make sure you attend your favorites. There is also great shopping. You will see some unique items for sale and your purchases support the group planning the 2025 meeting.

I can't tell you how much I appreciate each of you who steps up to the leadership challenge. Whether you are in an elected or appointed position, or you present a lesson to your group, you are treasured. Keep up the good work! Share OHCE with a friend!

Share OHCE with a friend! *Elaine*



FAMILY ISSUES

March 2024

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

MARCH FAMILY ISSUE TOPIC: DON'T BE AFRAID OF THE ZOOM

DON'T BE AFRAID OF THE ZOOM. Technology has made communication so much easier. Have you been invited to a ZOOM meeting, but didn't know how to participate? Usually, you will receive an email containing a link to the meeting. Just select the link which will take you to the meeting. If you have never used ZOOM, you will be asked to download the free client from their download center. It's so easy! - The Family Issues Team

CULTURAL ENRICHMENT

Our recent trip to the Sherwin Miller, Museum of Jewish Art was a fantastic experience! It's an amazing collection and our tour guide was exceptional! We learned so much and had a great time!





OHCE UPDATES



Healthy Living

Chair: Charline Romine

Could dark chocolate have a blood pressure-lowering effect?

Dark chocolate may have blood pressure-lowering effects, research suggests.

- Essential hypertension is high blood pressure that doesn't have a known cause.
- Dark chocolate is a popular food item that may offer valuable health benefits.
- A Mendelian randomization study found that intake of dark chocolate was associated with a decreased risk for essential hypertension and possibly a reduced risk for blood clots.

[Hypertension: Eating dark chocolate may help reduce risk](https://www.medicalnewstoday.com)

OHCE Tulsa County "Spring Fling Game Day"

Friday, March 15, 2024 - 1pm to 3pm
Tulsa County OSU Extension Auditorium

**BINGO*SNACKS*DRINKS*PRIZES
FUN & FELLOWSHIP**

CANNED FOOD DRIVE!!!

CANNED FOODS DONATED TO THE COFFEE BUNKER!

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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