



TULSA COUNTY
EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

February/March 2026

The Power is Out – How Long Will Food Be Safe?

By: Trisha Gedon,
OSU Sr. Communications Specialist



Severe weather is as much a part of Oklahoma's history as the Land Run of 1889. Residents are familiar with tornadoes, ice storms, wildfires, blizzards, floods and more. When Mother Nature unleashes her wrath, Oklahomans know to be prepared.

The first tornado of 2026 has already been recorded. Being in the middle of the winter season, there's still plenty of time for other weather calamities that cause power outages. Sometimes the outages are short-lived – other times there's no power for hours or days at a time. Christi Evans, Oklahoma State University Extension food safety specialist, has tips to help people know when to keep or toss the contents of the refrigerator and freezer.

"The first thing I recommend is to have an appliance thermometer in your refrigerator and freezer at all times to help ensure food safety," she said. "Proper refrigerator temperature is 40 degrees Fahrenheit or below, and 0 degrees Fahrenheit or below for freezers."

With advanced weather technology, consumers have ample warning of potential stormy weather that could result in power outages. If there are foods in the refrigerator that can be frozen, move them to the freezer ahead of the storm.

Once the power goes out, Evans recommends keeping the refrigerator and freezer doors closed. Don't open them any more than necessary. The temperature in the refrigerator should hold at 40 F for about four hours. If the power is out for an extended period and the temperature stays above 40 F for more than two hours, most of the food in the refrigerator should be discarded to prevent foodborne illness.

Discard raw or leftover meat, salads, lunchmeat, soft cheeses, shredded cheese, milk, yogurt, eggs and most salad dressings. Keep hard cheeses, bread, tortillas, jelly and uncut fresh fruits and vegetables. More information about what to keep or discard is available online.

A full freezer should last about two days. If the power outage extends beyond that, as long as the food has ice crystals and feels cold, it can safely be refrozen. Food that thaws completely and over 40 F must be discarded.

"Fill plastic gallon jugs with water and keep them in the freezer to take up space," Evans said. "If the electricity goes off, the jugs of ice will help maintain freezer temperature. Also, if you're on well water, the jugs can be used for drinking water since the well pump isn't working."

Tulsa County Extension Office

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Facebook: TulsaCountyOSUExtension
Twitter: [twitter@osuextension72](https://twitter.com/osuextension72)



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!

The Power is Out – How Long Will Food Be Safe? ... Continued

Strengthening Oklahoma Families/Tulsa County

If it looks like the power outage will last a while, put food in an ice chest and add ice packs to help keep the temperature cold inside. Including an appliance thermometer in the ice chest can help monitor the temperature to ensure it stays below 40 F.

Evans said it's always a good idea to keep shelf-stable food on hand in the event of a power outage. Canned meats, vegetables and fruit are good to have in the pantry. Also, peanut butter and dried milk will keep the family fed while power is being restored.

"Groceries are expensive, but trying to salvage foods after an extended power outage isn't a good idea," she said. "When in doubt, throw it out."

OSU Extension offers more information online about food safety during power outages, at the following link: extension.okstate.edu.

LIVE WELL BEYOND CANCER

Series Begins:
March 2nd
Use QR Code
below to apply!



Our program is meant to meet you where you are. We are offering it through Cooperative Extension and your local Extension office. You can connect with others to enrich your survivorship journey, close to home.

Our program includes six classes, each one hour, once a week for six weeks.

CLASS 1	Physical Activity
CLASS 2	Nutrition
CLASS 3	Mental Health
CLASS 4	Resources
CLASS 5	Finances
CLASS 6	Continued Care

- Since we are trying a new approach, we are doing a small scale study. You may be eligible to take part.
- If you take part, you will attend our six weekly sessions. Before and after the six weeks, you will do surveys and a Zoom meeting. You do this all from home.
- Our program is six weeks. We designed it with survivors to offer support that is missing.
- Taking part in our program and study carries very low risk. You do not have to pay and we will compensate you up to \$120 in gift cards.

SCAN HERE
TO SIGN UP



Call or e-mail at
braunlab@ou.edu or
567-240-1582

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with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eoee.okstate.edu>. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Ashlea Braun at 567-240-1582/ashlea-braun@ou.edu. IRB NUMBER: 17371 IRB APPROVAL DATE: 04/16/2025

EASY TRES LECHES CAKE

Stacey Jones – Family and Consumer Sciences Educator
OSU Tulsa County Extension Center

Cuisine: Dessert

Category: Cake

Prep Time: 20 min

Cook Time: 30 min

INGREDIENTS

Cake

1 (18 ¼ ounce) box white cake mix
4 large eggs
1 ¼ Cups water



Three Milks Soaking Liquid

1 Cup heavy cream
1 (12 ounce) can evaporated milk
1 (14 ounce) can sweetened condensed milk



Topping

1 (14 ounce) container whipped cream

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Grease or spray a 9x12 baking pan.
3. Beat eggs in a large bowl.
4. Add water and cake mix and beat for 3 minutes.
5. Pour batter into prepared pan.
6. Bake for 30 minutes or until cake has lost its jiggly center and springs back when touched.
7. Let cool to room temperature.
8. Mix the three milks together.
9. Poke cake full of holes, using a chopstick or skewer. Do not skimp on the holes; this allows the cake to absorb the milk.
10. Slowly pour the milk mixture over the cake until absorbed.
11. Refrigerate until ready to serve.
12. Serve as desired. For special occasions, top with whipped cream and fruit. Individual servings may also be drizzled with heavy cream or served over pureed strawberries.

Serves: 15

Nutritional analysis per serving:

Calories: 377	Carbohydrates: 44.3 g
Total Fat: 14.9 gm	Sugars: 33.4 g
Saturated Fat: 7.1 g	Protein: 7.2 g
Sodium: 314 mg	



TULSA COUNTY
EXTENSION

2026 FOOD PRESERVATION LABS

OSU Tulsa County Extension Center
4116 E. 15th Street • Tulsa, OK 74112

Phone: 918-746-3706 • extension.okstate.edu/county/tulsa/family-and-consumer-sciences.html
Register Early — Class Sizes Are Limited!

WORKSHOP FORMAT

(Consists of 2 parts: Lecture with Evaluation Form, and Hands-on Lab.)

- Lecture w/ Completed Evaluation Form (Required) – Free
- Hands-On Lab – \$20 fee (Limited to 8 participants per class)

Participants must register for a lecture when registering for labs.

For registration or questions:

Debbie (918) 746-3706 • Stacey (918) 746-3721

WATER BATH CANNING LECTURE & LABS:

Choose a time/method for Lecture with Evaluation:

- **Zoom Lecture:** April 7 • Tuesday • 6:00 PM (Receive Link with registration)
- **In-Person Lecture:** April 28 • Tuesday • 2:00-4:00 PM
- **Online Lecture (YouTube):** Available any time after April 8 (Receive Link with registration)

Select Lab (X)	Lab	Date	Time	Deadline
	Easy Jelly	May 5 (Tue)	1:00-5:00 PM	Apr 30
	Jams	May 28 (Thu)	1:00-5:00 PM	May 21
	Salsa	June 16 (Tue)	1:00-5:00 PM	June 11
	Pickling	June 30 (Tue)	1:00-5:00 PM	June 25

PRESSURE CANNING LECTURE & LABS:

Choose a time/method for Lecture with Evaluation:

- **Zoom Lecture:** September 8 • Tuesday • 6:00 PM (Receive Link with registration)
- **In-Person Lecture:** September 22 • Tuesday • 2:00-4:00 PM
- **Online Lecture (YouTube):** Available any time after September 9 (Receive Link with registration)

Select Lab (X)	Lab	Date	Time	Deadline
	Carrots	Oct 20 (Tue)	1:00-5:00 PM	Oct 15
	Potatoes	Nov 10 (Tue)	1:00-5:00 PM	Nov 5

REGISTRATION:

Return completed form with cash or check to:

OSU Tulsa County Extension • 4116 E. 15th Street • Tulsa, OK 74112

Name: _____ Email: _____
Address: _____ ZIP: _____ Phone: _____



TULSA COUNTY
EXTENSION



FCS
IN THE NEWS
TAKE A LOOK!



FCS NEWS SPOTS:

Cooking Corner: Tres Leches Cake

<https://youtu.be/aGjy6KtXV88>

Cancer Survivorship Series: 3-2-26 thru 4-6-26

<https://youtu.be/770gEBnvVGU?feature=share>

FAMILY & CONSUMER SCIENCES CALENDAR

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

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

WORKSHOPS & ALL CLASSES - PRE-REGISTRATION REQUIRED - Call: 918-746-3706

February:

- 1 OHCE State Report Awards due at Extension Office (to State by Feb. 1st)
- 10 Co-Parenting for Resilience @ OSU Tulsa Campus 9 am - 1 pm (Register by 3 business days prior)
- 16 President's Day - Extension Office Closed
- 20 OHCE NE District Meeting-Money Due to County Treasurer
- 24 Co-Parenting for Resilience @ OSU Tulsa Campus 1 pm - 5 pm (Register by 3 business days prior)
- 26 OHCE NE District Meeting-Money Due to State Treasurer

March:

- 2 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 9 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 10 Co-Parenting for Resilience @ OSU Tulsa Campus 9 am - 1 pm (Register by 3 business days prior)
- 13 OHCE Game Day, 1 pm – 3 pm, Outreach Event, Guests Welcome! (RSVP by: 3-9-26)
- 16 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 23 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 24 OHCE Scholarship “Bunco for a Cause” @ Bailey Education Foundation, 6:30 pm (flyer pg. 6)
- 30 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 31 OHCE NE DISTRICT MEETING – Cushing, OK

April:

- 3 Good Friday – Extension Office Closed
- 6 Cancer Survivor Series 6 pm – 7:30 pm (Pre-registration Required)
- 7 Co-Parenting for Resilience @ OSU Tulsa Campus 9 am - 1 pm (Register by 3 business days prior)
- 7 Food Preservation Lecture: 6 pm, in-person and Zoom (Pre-registration Required – flyer pg. 4)
- 21 Co-Parenting for Resilience @ OSU Tulsa Campus 1 pm - 5 pm (Register by 3 business days prior)
- 28 Food Preservation Lecture: 6 pm, in-person and Zoom (Pre-registration Required – flyer pg. 4)



PLEASE JOIN US FOR

Bunco for a Cause

*With the Bailey Education Foundation and
Oklahoma Home & Community Education (OHCE) of Tulsa County*

Benefiting our OHCE Scholarship Fund

\$20 to play!! Silent Auction!

Exciting Prizes & Refreshments

Tuesday - March 24th, 2026 at 6:30 PM

10502 N 110TH EAST AVE, OWASSO

For more info call Shari Munroe at 918.408.6918

Extra Bring a \$10 Walmart Card to be entered in a special drawing!
These will go to the Pregnancy Resource Center in Owasso

Extra - Wear Flowers & bring Diapers & Wipes

RSVP by 3/23 to Amanda@baileyyeducationfoundation.com

OSU is an Equal Opportunity, E-Verify Employer. Persons with disabilities who require alternative means for communications, program information, or reasonable accommodations, need to contact Stacey Jones at stacey.jones11@okstate.edu at least two weeks prior to the event.



OHCE UPDATES



SHOUT OUT FROM DEBORAH

Tulsa County OHCE President



Greetings - OHCE Tulsa County Members,

We had a fantabulous Winter Business Meeting on Jan. 14th. We celebrated 10 new members in 2026. Woo Hoo! Stacey Jones installed our new 2026 county officers, 14 members received Perfect Attendance Awards, Guest, Kay Hunt, presented much info about Life Senior Services programs and activities. And we had many exceptional reports from our committee chairs which included our 2025 successes as well as exciting plans for 2026. Thank you, Linda Lawrence, for organizing a plant sale at our business meeting; we raised \$45 for our "promotional sales" budget line. Last but not least, Jenks and Jenks Night Owl members were great hosts to our 30 members and guests in attendance. Thank you all. What a wonderful start to 2026!

We have several upcoming events in March including Game Day March 13th, Bunco for a Cause (benefitting OHCE-TC Scholarships) on March 24th, and the NE District Meeting in Cushing, March 31st. (See more details about the NE District Meeting this issue.) Please make a note that the Cultural Enrichment event for Route 66's 100th Anniversary on March 26, has been cancelled due to a lack of events happening in our area at that time.

Blessings to you all, Deborah

SCHOLARSHIP COMMITTEE REPORT

BY: Sharilyn Munroe, Chair

Scholarship Applications are available on the Extension Website and are due June 1st.

Coming up MARCH 24TH... BUNCO FOR A CAUSE!

This was a big, scholarship fundraiser for us last year and we are so excited we get to benefit from this fun event again this year!

We will have our SILENT AUCTION again this year too! Please consider donating any "new" gift items or gift cards you won't be using, by contacting Shari @ 918-408-6918. Shari will arrange to pick those items up from you! Also, we would love to beat last year's huge attendance of 91 people... so ch flyer, page 6, and start making plans to attend!

This event is open to the public and everyone is welcome!



SEEKING...

COMMITTEE CHAIR POSITIONS

We are seeking Committee Chairs, from our membership, for the Promotional Sales, Family Enhancement and Inspirational Committees. All three committees are vital components to our county organization. Please consider helping! Check out 2026 Yearbook pages 9 - 13 for the goals and duties of each committee. Contact Deborah McIntyre for more information.





OHCE UPDATES



NE DISTRICT MEETING NEWS!

March 31, 2026 – Cushing, OK

Have you heard the news? Tulsa, Washington and Osage County OHCE members will be facilitating several fundraisers during the 2026 NE District Meeting in Cushing, March 31st. All proceeds will help offset the costs of the 2027 NE District Meeting which our 3 counties will be hosting next year!

A Silent Auction, Bake Sale, and Craft Sale (and perhaps a raffle) are being planned now! Each group has been asked to donate 3 baskets for the Silent Auction and make craft and bake sale items too.

Group presidents will give updates at your February and March meetings as more info becomes available.

Please contact your group President for more info and all the ways you can help!

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



Family and Consumer Sciences
Tulsa County OSU Extension Service



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Oklahoma Home and Community Education

OHCE - Tulsa County



SAVE THE DATE for GAME DAY!

**As We Celebrate 100 Years
of Historic Route 66**

**Friday, March 13, 2026, from 1-3 PM
OSU Extension Auditorium**

**Please Bring Canned Food Items to
Donate to Coffee Bunker!**

**Please RSVP by March 9th to
Linda Lawrence 918.639.3090**

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