



**OSU Extension’s Role in Public Health  
Impacts All Oklahomans**

Most Oklahomans strive to live a healthy lifestyle but may not realize the role public health plays in achieving that goal. What is public health?

Megan Monteith, Family and Consumer Sciences Area Specialist in Health Disparities for Oklahoma State University Extension said public health is to help prevent disease and promote good health for all populations.

“If you stop and think about it, public health plays a role in every aspect of your life,” Monteith said. “You get up in the morning and make a pot of coffee with clean water. You brush your teeth with that same clean water. A healthy breakfast is made with foods that are inspected after leaving manufacturing facilities that were also inspected. Knowing this gives the public confidence that the foods they’re about to put into their bodies are safe for consumption.”

Who doesn’t love to go out to eat on occasion? At the restaurant, patrons may notice the food service license signed by the state health inspector. This helps ensure the public knows the food is sanitary and has been cooked and handled properly.

Public health is so many things in addition to food safety. It’s the staff at your daycare center who have been trained about the importance of hand washing and other techniques to avoid spreading disease. It’s the flyer on the bulletin board at work about the new exercise program available to employees to help reduce the risk of many diseases by staying physically active.

What else is public health? It’s the air you breathe, the vehicles you drive that pass safety inspections before being sold or the car seat safely secured in the back seat. It’s the small, clean pond in the local park that houses a family of ducks. It’s the sanitation department that regularly picks up garbage and properly disposes of it in a licensed landfill, which in turn keeps the neighborhood clean. It’s the quality care you receive in the hospital. In addition, it’s the public health officials who are on top of health issues that affect the public.

“OSU Extension offers many opportunities to the public that support the mission of public health,” she said. “We offer diabetes prevention programs, along with programs that focus on healthy eating, exercise and mental health. Our goals is to provide more educational opportunities to our clientele that supports public health.”

Programming available through OSU Extension is geared toward all ages, from young children through senior citizens and is offered free or at a low cost. Programs such as Health Rocks!, Walk with Ease, Stay Strong Stay Healthy, Farm to You, Fresh Start, Teen Cuisine, KIK It Up!, Project Excite and many more promote good health for Oklahomans.

**Tulsa County  
Extension Office**

**Address**

4116 E. 15<sup>th</sup> 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:**

- ❖ OSU Extension’s Role in Public Health Impacts All Oklahomans
- ❖ FCS 2023 Programming
- ❖ Recipe of the Month: Copycat Alfredo Sauce, But Better
- ❖ Tis The Season For Tax Returns!
- ❖ Stretch Your Food Dollars
- ❖ 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!**

## Extension's Role in Public Health Impacts All Oklahomans... Continued

### Strengthening Oklahoma Families/Tulsa County

County Extension educators provide research-based information that is valuable to everyone in the state, and this information and these programs all tie into the basis of public health.

“The pandemic taught us a lot about the importance of public health and the prevention of spreading disease, and there were some good outcomes from it,” she said. “For example, due to necessity, our Oklahoma Home and Community Education members upped their technology game to continue to be able to meet because no in-person activities were taking place. They’re all appreciative of in-person meetings now, but they now have more advanced computer skills.”

So, when you think about public health, it’s much bigger than what people realize. Public health is for everybody, everyday, everywhere.

Source: OSU Agriculture and Natural Resources

**OHCE**  
**APPRECIATION TEA**  
Held on February 21<sup>st</sup>



### Family and Consumer Sciences Programming for 2023



Insta Pot – April 4 <sup>th</sup>	\$10 and a limit of 10 participants
Drying – April 12 <sup>th</sup>	\$10 and limit of 10 participants
Barn Quilt Workshop – April 19 <sup>th</sup>	\$30 and limit of 20 participants
Jelly Canning – May 24 <sup>th</sup>	\$25 and limit of 8 participants
Jam Canning – June 14 <sup>th</sup>	\$25 and limit of 8 participants
Pressure Canning - Aug 9 <sup>th</sup>	\$25 and limit of 8 participants

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

## COPYCAT ALFREDO SAUCE, BUT BETTER

### INGREDIENTS

- ½ Cup Butter
- 1 Cup Heavy Whipping Cream
- ½ Cup 2% Milk
- 2 teaspoons Garlic Minced
- ½ teaspoon Italian Seasoning
- ½ teaspoon Salt
- ¼ teaspoon Pepper
- 2 Cups Freshly Grated Parmesan Cheese



### INSTRUCTIONS

1. Add the butter, cream, and milk to a large skillet.
2. Simmer over low heat for 2 minutes.
3. Whisk in the garlic, Italian seasoning, salt, and pepper for one minute.
4. Whisk in the parmesan cheese until melted.
5. Serve immediately.

**NUTRITION INFORMATION:**  
**YIELD: 4      SERVING SIZE: 1**

Calories: 1031 kcal | Carbohydrates: 90 g | Protein: 34.5 g | Total Fat: 60 g | Saturated Fat: 37 g | Cholesterol: 190 mg | Sodium: 803.25 mg | Potassium: 69.75 mg

Recipe Provided By: Stacey Jones, Tulsa County FCS Educator

*Bon Appetit*





## TIS THE SEASON FOR TAX RETURNS!



Tax Season: Plan Your Refund Dollars! Tis the season for tax returns! Are you the one who files your return as soon as you can? On the other hand, maybe you are more like me, still gathering all of your documents and hoping to get everything filed just before the April 15 deadline. Either way, it is important to plan ahead for how you will spend your refund. Once it hits your bank account, it is tempting to splurge on something you had not planned on buying. As you consider your plan, here are a few things to think about.

#1) Expand (or start) your emergency fund. From an unexpected car repair to a sudden medical bill, it is important to have money set aside in order to avoid a downward financial spiral.

#2) Pay down debt. Do you have a credit card that you are paying interest on every month? Use your tax refund to knock that debt out and start putting those interest payments back into your savings account or monthly budget.

#3) If you already have an emergency savings account and no high-interest debt, consider setting a new financial goal. Are you hoping to take a family vacation this summer? Establish your vacation savings account with your tax refund money.

Not sure what your next goal might be? Think about investing your return in a short-term CD while you evaluate and plan for more long-term goals. If you are in a favorable financial position, you might even consider helping someone in need.

No matter the amount of your refund, make a plan to put it to work for you. Remember that a tax refund is not free money or a bonus check – it is your money being returned to you for paying too much the prior year. Consider all of your long term goals and use your tax refund to help you reach them faster.

Source: Julie Smith, Family Resource Management and Entrepreneurship Agent



### OHCE CANNED FOOD DRIVE

Shari Munroe delivered  
the canned food  
collected at OHCE Game  
Day to the Coffee  
Bunker!



## STRETCH YOUR FOOD DOLLARS



Stretch Your Food Dollars Have you ever been told that eating healthy is expensive? Although sometimes this can be true, the key to eating healthy inexpensively is knowing tips and tricks to get the best for less! There are many ways to save money on the foods that you eat. The three keys to follow are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. Here are 7 tips to help you stretch your food dollars and get the most for your food budget:

1. Plan: What meals do you want to plan for dinner? Sit down and write out your list. Before you head to the store, take an inventory of everything you have on hand to prevent purchasing things you already have at home. Include meals like stews, casseroles, or stirfries, which “stretch” your meals further by bulking them up.
2. Get the Best Price: Look at your local grocery store’s weekly sales and ads! Ask about loyalty cards or any coupons you might miss.
3. Compare and Contrast: Is the small bottle of ketchup really cheaper? Locate the “Unit Price” on the shelf directly below the product. Use it to compare different sizes of the same product to determine which is really the better deal.
4. Buy in Bulk: Buying foods in bulk is almost always cheaper. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.
5. Buy in Season: Buying fruits and vegetables in season can lower the cost and add freshness! Check out your local farmers’ market to find seasonal produce and help local vendors!
6. Convenience Cost: Purchasing convenience foods costs more than doing the work yourself. If time is your main struggle with eating healthy, convenience cost might be worth it for you. However, just know that does come with a heavier price tag.
7. Year-Round Saving: Certain foods are typically low-cost options all year round. Try beans for a less expensive protein source. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are a good choice.

Source: Katherine Pinto, EFNEP and SNAP-Ed Agent, Wildcat Extension District, [kd Pinto@ksu.edu](mailto:kd Pinto@ksu.edu)

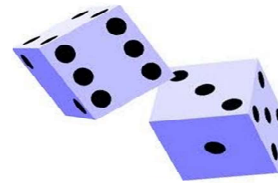


Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)  
for more information on this topic.

## **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:**

- 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 OHCE President's Quarterly Meeting, 7 pm, Zoom
- 3 Co-Parenting for Resilience, 9 am @ OSU Tulsa Campus (pre-registration required)

### **7-13 OHCE WEEK! Activities TBA**

- 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

### **JUNE:**

- 1 OHCE-TC Scholarship Applications Due to Extension Office
- 1 OHCE Week Reports Due to State Membership Chair
- 1 OHCE 50, 60, 70 Year Members Due to State Membership Chair
- 7 Registration Deadline for Jam Canning Workshop
- 12 Tulsa County Free Fair Planning Meeting
- 14 Workshop 10 am: Jam (pre-registration required)
- 19 JUNETEENTH Extension Office Closed
- 22 OHCE Bunco, 10 am – Noon



### **CHANNEL 6 COOKING CORNER**

**April 26**

**May 31**

**June 28**

**@ Noon**

**Presented By:**

**Stacey Jones**

**Tulsa County FCS Educator**



## **OHCE UPDATES**



**Knit 'n Stitch \* 2nd Mondays \* 10 am \* @ OSU Extension Office**

### **KNIT N STITCH**

OHCE Knit 'n Stitch Group gathered March 13<sup>th</sup>, after their monthly meeting, for lunch and to work on their 2023 Teddy Bear Project. Members are making soft huggable bears in a variety of sizes. These bears will be donated to local police, firefighters and first responders to give to children in crisis situations.



# OHCE UPDATES



## SHOUT OUT FROM ELAINE Tulsa County OHCE President

Spring has sprung, the grass has ris, I wonder where the birdies is... This “poem” from my childhood reminds me that one of my four favorite seasons is here. We have a lot packed into this season.

Our Membership Committee has been planning activities for OHCE Week, May 7-13. We want to build on the theme set at our NE District Meeting – ‘Getting our Kicks on Route 66’. We want you to use the Route 66 Passports you received in March to explore this historic stretch in Oklahoma. What attraction is your group going to visit? Whether it’s the Route 66 Historical Village or the Neon Sign Park, be sure to get your passport stamped and post a picture of the venues you visit.

Our Cultural Enrichment Team is offering you a chance to experience the Amish lifestyle when we visit Chouteau on May 9<sup>th</sup>. We will explore The Amish Cheese House, Netty Ann’s Bakery, and Creekside Sales. Make plans to tour with us. Flyers will be available soon!

Enjoy your spring! Share OHCE with a friend!

*Elaine Egan*



## Tulsa County Family Issues

### APRIL 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 **DENTAL FLOSS**.

### APRIL FAMILY ISSUES TOPIC

#### Caring for the elderly or people with special needs

- Remove throw rugs
- Move furniture and clear clutter to create wide paths
- Place nightlights throughout the home
- Reduce water temperature to below 120 degrees.

Elaine Egan & the Family Issues Team



## OHCE GAME DAY 3-17-23 Lots ‘O Lucky Winners!



## VALLEY VIEW

Making blankets for Children’s Abuse Network





# OHCE UPDATES



## 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 contact Shari Munroe, Scholarship Chairman, at 918.408.6918.

## HEALTHY LIVING

By: Charline Romine  
OHCE-TC Healthy Living Chairman



Your body naturally craves sleep, but it can be tough to get to bed on time. Here are tips to get better sleep every night. Learn about tech tweaks and sleep disorders and how to develop healthy sleep routines.

[www.heart.org/en/healthy-living/healthy-lifestyle/sleep](http://www.heart.org/en/healthy-living/healthy-lifestyle/sleep)



Tulsa County Extension Office  
4116 E 15<sup>th</sup> 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

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://eeo.okstate.edu>.