



SLIGHTLY SALTY

Have you ever been told you need to cut back on your sodium intake? Sodium, also known as salt, tends to get a bad rap in the nutrition and health world. Fun fact, your body actually needs sodium! The issue is that many people consume more than double the amount of what their body actually needs. When too much sodium is consumed, it puts the individual at risk of developing high blood pressure, heart disease, and stroke.

The USDA’S Dietary Guidelines recommend no more than 2300 milligrams, about one teaspoon, per day. Sodium can sneak its way into your daily life in a variety of ways:

- Sodium is naturally occurring in some foods.
- Sodium could be added in the cooking process through table salt and sauces.
- Most processed foods contain a high amount of sodium to make them last longer on the grocery shelves.

Here are 8 ways to help you stay within the USDA’S recommendations for sodium intake:

1. Eat more fresh fruits and vegetables.
2. When purchasing frozen or canned vegetables, choose the low-sodium options or no salt added.
3. Select processed foods that contain 140 milligrams or less per serving of sodium.
4. Skip the pre-season meat and opt for fresh or frozen poultry, beef, and seafood.
5. Try to cook more meals at home so that you are in charge of what goes into your food.
6. Instead of using salt as your primary seasoning, try using different herbs and spices.
7. Choose your condiments wisely; read the nutrition labels.
8. Taste your food before you salt it.

Sodium is something that can add up really fast if we do not pay close attention to it! Remember, it is okay to remain slightly salty, but we should aim to stay at 2300 milligrams or below.

Source: Katherine Pinto, EFNEP and SNAP-Ed Agent, kdpinto@ksu.edu

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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!

COPYCAT MARKET SALAD

SERVINGS: 4

INGREDIENTS

- 2 chicken breasts
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon kosher salt
- 1/8 teaspoon coarse ground black pepper
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 16 cups spring mix salad chopped
- 1 cup blueberries
- 1 cup strawberries cut in half
- 1 granny smith apple chopped
- 1/2 cup blue cheese crumbled
- 1 cup roasted walnuts
- 1 cup granola



INSTRUCTIONS

1. Combine the chicken, olive oil, kosher salt, black pepper, cayenne and paprika.
2. Heat a large skillet on medium heat and cook the chicken for 5-8 minutes on each side until cooked through.
3. Let chicken cool while assembling salad.
4. Layer the romaine, iceberg, cabbage, carrots, blueberries, strawberries, apple, blue cheese, roasted walnuts and granola.
5. Slice the chicken as thinly as you possibly can (refrigerated cooked chicken is easiest) and top on salad with vinaigrette.

Source: [Chick-fil-A Market Salad \(Copycat\) - Dinner, then Dessert \(dinnerthendessert.com\)](http://dinnerthendessert.com)

NUTRITION INFORMATION:

YIELD: 4 SERVING SIZE: 1

Calories: 311kcal | Carbohydrates: 22g | Protein: 30g | Total Fat: 12g | Saturated Fat: 4g
 | Cholesterol: 84mg | Sodium: 547mg | Potassium: 977mg | Fiber: 5g | Sugar: 13g |
 Vitamin A: 13825IU | Vitamin C: 46.4mg | Calcium: 154mg | Iron: 2mg

BARN QUILT KITS FOR SALE!!!

“To-Go” Barn Quilt Kits
\$30 each

Included:

- 2’ x 2’ pre-primed board
- 5- 6 oz colors of paint (white, black, red, blue, and yellow)

Call 918-746-3706 to order one of these great kits!

OHCE Tulsa County Business Meeting

May 17, 2023, 10 a.m. to Noon

Guest Speaker: Robbin Davis, OLLI Director
Potluck Luncheon Immediately Following

Please Bring an Entrée, or Salad Item to Share!

Jenks & Jenks Night Owls are Hosting &
Will be Providing Desserts & Drinks

OHCE PLANT SALE – Following Meeting @ 1 p.m.
DONATIONS for Plants - Go to TC-OHCE General Fund

Get Out and Play

Spring is a great time to get outside with your kids and spend quality time together. Turns out, time spent outside is good not only for children's ability to be physically active, Kansas State University Child Development Specialist, Bradford Wiles, says it's pretty valuable for their minds, as well. "There are so many benefits for adults and children to be together," Wiles said. "Not only do we respond better mentally and physically to fresh air, but being outside typically involves some movement. It's a great opportunity for parents and their children to learn with and from each other." "Mentally," he adds, "there are just so many cool things happening. Trees are growing, plants are no longer dormant, there are insects everywhere and other parts of the natural environment are starting to emerge. Getting outside is a really good opportunity to spend time with your family and just have a good time."

Weather is rarely predictable, but spring should provide warmer weather that is conducive to outdoor activities, Wiles said, noting that parents don't need to plan structured activities. "I think some of the best advice I can give to anyone is that there's nothing wrong with saying, 'Hey, let's go outside and let whatever happens, happen,'" Wiles said. "Unplanned activity gives your children an opportunity to do some self-determination. They are continually being told what to do and how to do it, so going outside opens up the possibilities for them to engage in self-directed play. Let them choose what they're going to do. That's really empowering for them." Wiles describes play as "the work of early childhood, for children, they're completely learning about their world through play. They are learning cause and effect – they are beginning to understand what happens if I do 'this.' That's part of growing up and so the opportunity to engage in self-determination builds their self-esteem."

Wiles said children develop self-efficacy, which is an individual's belief in their ability to make things happen, by exploring their world. He notes it can be simple things, such as throwing rocks or drawing in the mud. "All of those things feed into a mental health component of child development," Wiles said. "There's always value in getting some energy out; that's a shorter-term effect. But the longer term is very much about increasing self-efficacy and making sense of what they can and can't do." "That's an important part of growing up. What we know is that children who get experiences in managing frustration from an early age, and learn the skills that go with that, end up being much healthier mentally going forward."

The same skills can be learned during indoor play, but getting outside as the temperatures get warmer provides a larger world to explore. "One of the things I love about being outside is that it's almost its own reward," Wiles said. "We all generally feel a little bit better. Yes, the sun will take your energy out of you...but at the end of the day, it's just great. Being outside and playing with your kids or letting them play on their own or with peers...What's not to love?"

Visit ksre.k-state.edu/families/ to read about Child Development from K-State Research and Extension.





2023 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.

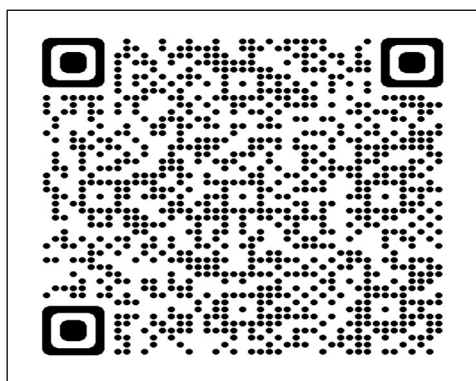
Deadline to enroll: June 30, 2023
(Class size is limited)

Stacey Jones

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Consumer Sciences Educator

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



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

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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****



MAY:

- 1 OHCE President's Quarterly Meeting, 7 pm, Zoom
- 2 Co-Parenting for Resilience, 9 am @ OSU Tulsa Campus (pre-register by 5-1)
- 7-13 **OHCE WEEK!** (Promote OHCE! Participate in your groups activities!)
- 9 **OHCE WEEK Tulsa Co. Outing:** Amish Food @ Detweiler Farm @ NOON, \$20. Reserve By: 5-1
- 15 OHCE Board Meeting, 7 pm, Zoom
- 16 OHCE Leader Lesson Training, First Church, 4715 Price Road, Bartlesville
- 17 OHCE Business Meeting, 10 am-Noon, Potluck & Plant Sale Following
- 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

JULY:

- 4 Independence Holiday – Extension Office Closed
- 5 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 7-3)
- 10-11 OHCE State Meeting
- 18-21 Tulsa County Free Fair
- 21 OHCE Membership Tea (time tba)
- 27 OHCE Bunco, 10 am – Noon
- 28 Registration Deadline for Pressure Canning Workshop



CHANNEL 6 COOKING CORNER

May 31

June 28

July 26

@ Noon

Presented By:

Stacey Jones

Tulsa County FCS Educator



OHCE UPDATES



DONATIONS NEEDED

Coffee Bunker Pantry

OHCE Knit 'n Stitch group will be collecting non-perishable food donations in May for the Coffee Bunker. Canned meats, ravioli and soups are most appreciated. There will be a collection box at the OSU Extension Office for your donations.





OHCE UPDATES



SHOUT OUT FROM ELAINE Tulsa County OHCE President

OHCE Week – May 7-13

Our OHCE Creed is a beautiful explanation of why we are a part of this organization. Once you distill its essence, you come up with these three words: **FAMILY, FAITH, EDUCATION**. These three words sum up our purpose. They are the heart of our existence.

So, during OHCE Week, just say “OHCE” to one person. Likely they will give you a quizzical look and say, “What?”. But there is your opening to explain what we are, what we believe. And then invite them to your next OHCE activity whether it is your meeting, an OHCE Week activity or Bunco at the extension office. Sometimes people just need to be asked. Extend that invitation to be a part of this organization in which we belong.

Spread the message of OHCE. Keep posting those pictures of your service to your neighbors. Share OHCE with a friend!



Elaine Egan



join us for
Tulsa County OHCE WEEK
Celebrating
Amish Food & Friendship
Tuesday, May 9th at 12:00 - \$20



The Detweiler Farm
8126 West 576 Road
Inola, OK 74036



kindly confirm for reservations
by May 1st - call or text
Shari Munroe at 918.408.6918




Tulsa County Family Issues

MAY 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 COMBS/BRUSHES.

MAY FAMILY ISSUES TOPIC

Raising awareness of Mental Health needs & resources

You are not alone – reach out for help. In Tulsa County, if your loved one is in crisis, contact COPES (Community Outreach Psychiatric Emergency Services) at 918-744-4800 or 911.

Financial help is available to help with medication.

Elaine Egan & the Family Issues Team



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.

What is a Mediterranean-style diet?

A Mediterranean-style diet typically includes:

- plenty of fruits, vegetables, bread and other grains, potatoes, beans, nuts and seeds
- olive oil as a primary fat source; and
- dairy products, eggs, fish, and poultry in low to moderate amounts.

Fish and poultry are more common than red meat in this diet. It also centers on minimally processed, plant-based foods. Fruit is a common dessert instead of sweets.

This is a way of life diet that can be used for a daily routine or adapted for special diets like diabetes.

For more information:

American Heart Association - Search: What is the Mediterranean Diet?

Diabetesjournals.org - Search: Mediterranean Eating Pattern

Charline Romine, OHCE-TC Healthy Living Committee Chair

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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