

## Let Kids Help Out in the Kitchen



With the holidays just around the corner, many families are planning special meals that include many traditional favorites. One way to help keep these family traditions alive is to get your kids in the kitchen with you. Not only will your children gain an appreciation for some time-honored recipes and family traditions, they also will develop more healthy eating habits, said Jenni Klufa, assistant state specialist with Oklahoma State University Extension's Community Nutrition Education Program.

"Obesity rates are up for both children and adults in Oklahoma. Youth obesity rates are nearly 22% and the adult obesity rate is 36.5%," Klufa said. "Healthy meal preparation is a vital life skill that should take root in childhood. Fortunately, research indicates that when youth are involved in preparing meals, they're likely to eat more nutrient-rich foods. The Academy of Nutrition and Dietetics offers guidance regarding age-appropriate skills for children to help them gain an appreciation for cooking and eating healthy."

Children ages 3 to 5 will need close adult supervision since their motor skills are still developing. However, the children will feel a sense of pride being able to help out with simple tasks. Klufa said this is a great time to teach youngsters the importance of being clean in the kitchen and always using clean utensils and wiping down surfaces. Here are some ways they can help:

- Wash hands with warm, soapy water for at least 20 seconds. Try singing Happy Birthday or Twinkle Twinkle Little Star twice as they wash hands.
- Wash fruits and vegetables in the sink with cool water.
- Wipe the table.
- Stir together easy-to-make batters.
- "Paint" cooking oil with a clean pastry brush on bread, asparagus and other foods.
- Cut out cookies, but do not eat the dough.

Older children, ages 6-7, have more fine-tuned motor skills so they can handle more detailed work. However, they still will need adult supervision and food safety reminders. Some age appropriate tasks include:

- Use a peeler to peel raw potatoes, ginger, mangoes and other washed fruits and vegetables.
- Break eggs into a bowl and remember to wash hands afterwards.
- Scoop out avocados after sliced in half by an adult.
- Deseed tomatoes and cooled, roasted peppers with a spoon.
- Snap green beans.
- Load the dishwasher.

*continued on page 2.....*

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**TULSA COUNTY  
EXTENSION**



### In this issue:

- ❖ Let Kids Help Out in the Kitchen, continued.... & Fruit Cornucopias
- ❖ 5 Methods for Managing Mental Health that aren't Meditation or Deep Breathing
- ❖ Gifts Your Children Will Never Forget
- ❖ OHCE News & Updates

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Thank you!

## Let Kids Help Out in the Kitchen, continued....

“There’s a wide range of skills in children ages 8 to 9,” Klufa said. “Depending on the child, tailor tasks to each child’s maturity level. Also, reinforce the importance of food safety and wiping down surfaces.”

Age-appropriate skills for this age group include:

- Open cans with a can opener.
- Put leftovers in shallow containers and refrigerate within two hours (one hour if it’s warmer than 90 degrees).
- Pound chicken on a cutting board. Note: Always use a separate cutting board for ready-to-eat and raw foods, and be sure to wash hands with warm, soapy water after handling raw meats and chicken.
- Beat eggs.
- Check the temperature of meat with a food thermometer – it’s like a science experiment!
- Juice a lemon or orange.

Klufa said children 10 to 12 years old can work fairly independently in the kitchen, but still need adult supervision for some tasks. “Before turning them loose in the kitchen, assess whether they can follow basic kitchen safety rules such as turning pan handles over counters to avoid bumping into them, unplugging electrical appliances, using knives safely and using the oven or microwave appropriately,” she said.

Pre-teens likely are able to handle these tasks in the kitchen, with some adult supervision:

- Boil pasta.
- Microwave foods.
- Follow a recipe, including reading each step and measuring ingredients accurately.
- Bake foods in the oven.
- Simmer ingredients on the stove.
- Slice or chop vegetables.

“Spending time with your kids in the kitchen is a great investment. You’ll not only create great memories together, you’ll also help them develop a love of cooking and eating healthy,” Klufa said.

### Fruit Cornucopias - An Easy Thanksgiving Treat

This recipe for Fruit Cornucopias is an easy Thanksgiving treat that is not only healthy, but enjoyable for kids of all ages. **Prep Time** 10 minutes. **Servings** 6 cones, **Calories** 87kcal

#### Ingredients:

- 1 cup blueberries (washed and dried)
- 1 cup Mandarin oranges
- 1 cup raspberries (washed and dried)
- 1/8 cup honey
- 6 ice cream cones (with pointy bottoms)
- 1/8 cup pumpkin seeds (or sunflower seeds, optional)

#### Instructions:

1. Starting with one ice cream cone, fill the inside with your choice of fruit.
2. Place pumpkin or sunflower seeds inside if desired.
3. With a spoon, drizzle a few lines of honey on the top.
4. Eat immediately or place in the fridge until ready to consume.

**Notes:** Not a fan of the fruit in the recipe? You can use any type of fruit you'd like.

Calories: 87kcal | Carbohydrates: 19g | Protein: 1g | Fat: 1g | Sodium: 11mg | Potassium: 113mg | Fiber: 2g | Sugar: 12g | Vitamin A: 235IU | Vitamin C: 16.3mg | Calcium: 17mg | Iron: 0.5mg



## 5 Methods for Managing Mental Health that aren't Meditation or Deep Breathing

Some people swear by meditation, and sometimes that involves word repetition or deep breathing. Meditation can be calming and has been shown to benefit overall health and wellbeing, according to the National Center for Complementary and Integrative Health (NCCIH). But it's not for everyone. In fact, the NCCIH points out that meditation, in rare cases, may even cause or worsen symptoms of anxiety and depression. That's where alternative therapies come in, and there are quite a few. Finding a therapeutic approach that resonates with you is part of the wellness journey.

**Here are a few non-traditional methods worth considering:**



### **1. Music Therapy**

Making or listening to music may be an effective tool for tuning up your mental health. It helps people explore their thoughts and feelings, according to the American Psychological Association. Music therapy can ease treatment- or illness-related anxiety, and there may be short-term benefits for people with depression, too, per the NCCIH.

### **2. Art Therapy**

This therapeutic approach transcends the limits of language, according to the American Art Therapy Association. In other words, it gives people a different way to express their feelings, symptoms or emotions, according to a May 2019 review in the journal *Psychiatric Research*. Four studies showed "significant reductions" in depressive symptoms, compared with baseline measures, following eight- to 12-week art therapy sessions, according to the *Psychiatric Research* review.

### **3. Equine Therapy**

If working with horses appeals to you, you might find this form of animal-assisted therapy to be quite soothing. Small studies and anecdotal evidence show that it can reduce symptoms of anxiety and depression, according to the National Alliance on Mental Illness (NAMI). After six weeks of equine therapy, 10 U.S. veterans with PTSD showed no significant improvement in symptoms, resilience or stress levels compared with a control group, according to a January 2019 study in the *Journal of Integrative Medicine*.

### **4. Dance Movement Therapy (DMT)**

DMT is a type of psychotherapy that uses body movement as a non-verbal language, according to the American Dance Therapy Association. "In the therapeutic setting, movements and the way they are conducted are an expression of emotions," explains Silvia Birklein, PhD, a licensed clinical psychologist and board-certified dance movement therapist.

### **5. Ecotherapy**

When's the last time you connected with nature? If you have anxiety, depression or PTSD, you might consider harnessing the power of the great outdoors. "Ecotherapy" encompasses numerous therapeutic approaches. How about a trail walk in the woods or outdoor cycling? There's evidence that these types of activities can lead to positive improvements in health. Walking in nature, versus an urban setting, reduces activity in the region of the brain associated with ruminating over negative thoughts and spending time in nature may also lower blood pressure and cortisol levels, per Harvard Health Publishing.

*Tip: As with any new therapy, you should consult your health care provider before starting.*



Source: <https://www.livestrong.com/article/13727562-alternative-therapies-mental-health/>

## Gifts Your Children Will Never Forget

What type of gifts can we give to our children that they will never forget?

What gifts will truly impact their lives and inspire them?

*“You give but little when you give of your possessions. It is when you give of yourself that you truly give.”*

—Kahlil Gibran

### 15 Gift Ideas that Your Children Will Never Forget:



**1. Affirmation:** Sometimes one simple word of affirmation can change an entire life. So, make sure your children know how much you appreciate them. And then, remind them every chance you get.

**2. Contentment:** The need for more is contagious. Embracing “less is more” is the antidote. Therefore, one of the greatest gifts you can give your children is an appreciation for being content with what they have, who they are, and who they can become.

**3. Curiosity:** Teach your children to ask questions about who, what, where, how, why, and why not. “Stop asking so many questions” are words that should never leave a parents’ mouth.

**4. Discipline:** Children need to learn everything from the ground-up including appropriate behaviors, how to get along with others, how to get results, and how to achieve their dreams. Discipline should not be avoided or withheld. Instead, it should be consistent and positive.

**5. Encouragement:** Words are powerful. They can create or they can destroy. The simple words that you choose to speak today can offer encouragement and positive thoughts to another child. Or your words can send them further into despair. So, choose them carefully.

**6. Finding Beauty:** Help your children find beauty in everything they see... and in everyone they meet.

**7. Honesty/Integrity:** Children who learn the value and importance of honesty at a young age have a far greater opportunity to become honest adults.

**8. Hope:** Hope is knowing and believing that things will get better and improve. It creates strength, endurance, and resolve. And in the desperately difficult times of life, it calls us to press onward.

**9. Imagination:** Life is changing faster and faster with every passing day. The world tomorrow looks nothing like the world today. And the people with imagination are the ones not just living it, they are creating it.

**10. Intentionality:** Slow down, consider who you are, where you are going, and how to get there. And do the same for each of your children.

**11. Meals Together:** Meals provide unparalleled opportunity for relationship, the likes of which cannot be found anywhere else. A family that eats together, grows together.

**12. Room to Make mistakes:** Kids are kids. That’s what makes them so much fun... and so desperately in need of your patience. Give them room to experiment, explore, and make mistakes.

**13. Sense of Humor:** Laugh with your children everyday... for your sake and theirs.

**14. Time:** The gift of time is the one gift you can never get back or take back. So, think carefully about who (or what) is getting yours.

**15. A Welcoming Home:** To know that you can always come home is among the sweetest and most life-giving assurances in all the world. Is your home breathing life into your child?

Of course, none of these gifts are on sale at your local department store. But, isn’t that the point.

Source: <https://www.becomingminimalist.com/35-gifts-your-children-will-never-forget/>



## SHOUT OUT FROM SHARI



Dear OHCE Members,

Happy Fall Ya'll! Don't know about you but I am so ready for the cooler weather. We have had a very busy October! A shout out to the Membership Committee for hosting the very successful "FALL Fun & Fellowship" event! Another shout out to Ashlee Overlee for arranging our Ice Cream Social at the Marble Slab Creamery at the Riverwalk in Jenks! We were able to share OHCE with 25 people! (keep planting those acorns!) A BIG SHOUT OUT to Dorothy Swindler and all the volunteers for helping work the Rummage Yard Sale! The funds from this sale all went to our General Fund! Another shout to all of our members and groups that have been busy making handmade items to help raise money for our Scholarship Committee!! We are quickly approaching the \$1,000 mark!!!! We made \$300 at the Fall Fun & Fellowship, alone! So excited about this! All the items we have available are on the Facebook page - OHCEtulsa - please check them out and buy a great HANDMADE item to give as a gift! Thank you, Eastside, Knit N Stitch and the Owasso Jewels for all your wonderful items! We had our Fall Business Meeting on October 26th. This the first time we have met Live AND via Zoom at the same time! We have all had to make adjustments this year due to COVID but Tulsa County continues to move forward and serve our members and our community! The winner of my "Nuts About OHCE" contest is Louise Boucher, from Knit N Stitch. She brought in TWO new members this year! There was a three-way tie for the runner up, with Dolores Williams, Elaine Egan and Cheryell Romere, of the Owasso Jewels, with one new member each! Louise received the "Nuts About OHCE" white mug that was donated by Audri Barthel. Each group has a "Nuts About OHCE" plaque that they will present to their group member who brought in the most new members. PLEASE KEEP PLANTING THOSE ACORNS!! Blessing to all!

**Nuts about OHCE!**

*Shari*



### WHAT'S HAPPENING

**November:**

- 11: Veterans Day – Extension Office Closed.
- 16: Nominations for State Member Awards due to the Extension Office.
- 17: Yearbook 2021 Planning Meeting @ 10:00.
- 20: Donations to Tulsa County Social Services due to Tulsa County Treasurer: Jean Parks.
- 26-27: Thanksgiving – Extension Office Closed

**December:**

- 7: Membership: Paint & Sack Lunch (details pending).
- 24-25: Christmas – Extension Office Closed.

**From the MEMBERSHIP COMMITTEE:**

Thank you to everyone who came to the Fall Fun & Fellowship! We had a total of 24 members participate in person and we made 12 take home kits! Delzee Comer became our newest member!! We have 3 other possible new members that may join soon!! We want to thank JoAnn's for the majority of the supplies that were used for this fun pumpkin project! Also, thank you to Kathy Erwin, Ashlee Overlee, Shari Munroe and Michelle Bonicelli for helping get everything set up! Check out our Facebook page to see everyone's beautiful creations! Be watching for the sign up for our next Membership Event - "Paint and Sack Lunch" - which will have a daytime and evening session on Monday, December 7th. You won't want to miss this! (again, invite your prospective new members)

*~Shari Munroe, Membership Chairman*

Oklahoma Home and Community Education (OHCE), consists of eight groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches or community centers. To start or join a group in your neighborhood or community, call the Tulsa County OSU Extension Office at 918-746-3706.



# OHCE UPDATES



## **CHRISTMAS GIFTS TO TULSA COUNTY SOCIAL SERVICES**

We are all disappointed that this year's Holiday Luncheon has been canceled. But, we can still enjoy giving to Tulsa County Social Services through a group donation. Send a personal check to your OHCE group treasurer as soon as possible, who will then send a combined group check to Jean Parks, our County Treasurer, who needs all donations by **NOVEMBER 20th**. The goal is to have this donation to the Tulsa County Social Services office by December 2nd (the original date of our luncheon.) As you always do, please give with your big heart.

I have not heard from anyone who would rather give a gift donation, but it is still an option. Please call me as soon as possible, so a collection date can be set up.

(Donna at 918-630-6604.)

~*Donna Spielman, Family Issues Committee Chairman*



**Unfortunately,  
the Holiday Luncheon  
that was scheduled for  
December 2, 2020 has  
been cancelled**

~*Glenda Meinheit,  
Holiday Luncheon Committee Chairman*



## ***The Healthy Living THRIVE focus this month....***

During this holiday season we need to heed our health recommendations from the CDC to avoid the spread of COVID19.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#>

~*Charline Romine, Healthy Living Committee Chairman*



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