



**Top Food Trends
for 2021**



It's been a long 365 days filled with uncertainty and change. The one constant, however, was a continued love for both food and cooking across the nation. As the pandemic shifted lives, it also shifted the tastes and preferences of American consumers, sparking actions likely to change the food industry next year.

Change is inevitable – pandemic or not – and is a major force when it comes to food trends, said Andrea Graves, business planning and marketing specialist for the Oklahoma State University Robert M. Kerr Food and Agricultural Products Center, (FAPC).

“Businesses need to pay attention to trends in order to find new growth opportunities and their target audiences,” Graves said. “Understanding these trends helps businesses stay ahead of upcoming change, whether it is regulatory or a new flavor profile. In most cases, consumers drive the trends and are looking for products and companies that are meeting their needs and lifestyles.”

Take a look at the top 10 trends for 2021, predicted by FAPC.

1. **Wanting Well-Being:** The world may have been unpredictable and somewhat scary for people during the pandemic this year, but individuals turned to food for increased well-being, both physically and mentally. Year 2021 will see a continued emphasis on foods that not only boost a body nutritionally, but also are deemed “better” for the environment. From green and organic to superfoods, consumers are going to spend the upcoming year on the hunt for products that nourish both the body and mind.
2. **Pantry Perfect:** Quarantine sparked a love for home-cooking in individuals across the planet. The need to convert pantry items into drool-worthy meals created a love for time in the kitchen, and it is predicted the new year will see a continued desire to stay in rather than eat out.
3. **Finessed Fryer:** A combination of the two previously mentioned trends, air fryers are expected to be one of the top appliances in the kitchen as they allow consumers to make a healthy and satisfying meal at home.
4. **Bakery Homebase:** Another product of quarantine cooking was the desire to bake bread at home. From loaves of white bread or the crackle of sourdough crust as home bakers try something a little more challenging, FAPC predicts next year will see more people joining in on the trend of continuing to whip up their own bread at home.

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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 Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

5. **Back to Breakfast:** With less of a rush to get to work since many individuals were staying at home, a focus on the importance of breakfast re-emerged. It is not called the most important meal of the day for nothing! Expect large breakfast, healthy morning meals and even brunch sessions to gain traction next year.
6. **Caffeine Capital:** It took a little added boost of energy for people to get through 2020, creating a worldwide taste for coffee. FAPC predicts coffee flavors will be finding their way into a multitude of products. From crunchy treats like granola to decadently flavored chocolate bars, people will be able to satisfy their taste for caffeine in products outside a coffee cup next year.
7. **Oil Options:** In the midst of developing a taste for cooking at home, consumers have also found a desire to cook with oils other than olive or vegetable. Oils coming from seeds such as sunflowers and pumpkins will be replacing more common cooking oils to help create dishes with more health benefits and flavors.
8. **Checking Out Chickpeas:** Products like hummus and falafel have made chickpeas a sought-after vegetable in past years, but 2021 is going to bring an even bigger demand. Offering a lot of fiber and filling the role of a plant-based protein option, chickpeas are going to be making a big splash in grocery stores as they appear on shelves in the form of tofu, flour and even cereal.
9. **Jerky Jaunt:** Carnivores aren't going to be the only ones enjoying jerky next year. From mushrooms to jackfruit, a variety of vegetables and fruits are going to start being served jerky style. This snack will offer the same nutrients of fresh produce, but will now possess shelf stability.
10. **Dishing up Dessert:** With such a difficult year, it should be no surprise the demand for dessert is expected to be at an all-time high next year. Consumers turned to sweet treats to help stay positive in 2020, so be on the lookout for a continuation of demand for elevated desserts of all kinds.

FAPC, a part of OSU's Division of Agricultural Sciences and Natural Resources, helps to discover, develop and deliver technical and business information that stimulates and supports the growth of value-added food and agricultural products and processing in Oklahoma.

Source:

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Simple Falafel (Chickpea Burgers)

These burgers are so easy to make and so good! The sour cream and salsa dip is the perfect addition to these. Serve patties warm with sour cream and salsa dip in a pita with fresh greens, or however you desire. The burgers themselves are vegan, just exclude the sour cream dip.

Ingredients:

- 2 C. canned garbanzo beans, rinsed, drained
- 2 Tbsp whole wheat flour
- 2 cloves garlic, minced
- 1 Tbsp wheat germ
- 1 Tbsp chopped onion
- 2 tsp soy sauce
- ½ tsp salt
- ½ C. sour cream
- ½ C. salsa



Directions: *prep: 15 mins, cook: 20 mins, total: 35 mins, Servings: 4*
Preheat oven to 350 degrees F, Grease a baking sheet. Mash garbanzo beans, whole-wheat flour, garlic, wheat germ, onion, soy sauce, and salt together in a bowl until well combined. Shape garbanzo bean mixture into 4 patties and place on prepared baking sheet. Bake in preheated oven until lightly browned, about 15 minutes; flip & bake for an additional 5 minutes. Mix sour cream & salsa together in a bowl for the dip.

Nutrition Facts: Per Serving: 237 calories; protein 8.6g 17% DV; carbohydrates 35g 11% DV; fat 7.7g 12% DV; cholesterol 12.6mg 4% DV; sodium 1009.1mg 40% DV

Source: *allrecipes.com.*

5 New Year's Resolutions to Boost Your Heart Health

Want to make your New Year's resolutions really count this year? Then think about how some of the vows you make — to lose weight, reduce stress, quit smoking, exercise more — really get to the heart of the matter. If you stick to these goals, you may just sail into next year with a healthier heart. Cardiologist Leslie Cho, MD, says common resolutions often come down to boosting heart health — even though that's not necessarily the initial intention. She recommends these five heart-healthy resolutions that will serve you well all year.

1. Resolve to lose weight

"The No. 1 goal for most Americans is to lose weight — and often that resolution is one of the first they break," Dr. Cho says. But think of the benefits you'd reap if you could make steady progress in that area of your life. When you're overweight or obese, you increase your risk of:

- Heart disease.
- Stroke.
- Diabetes.
- Hypertension.
- High cholesterol and triglycerides.
- Blood clots.



To help you keep your resolution, Dr. Cho recommends focusing on lifestyle modification instead of "dieting." If you set a goal of healthy eating and regular exercise, losing weight is often a natural byproduct. Or you can use our activity calculator to determine how much — and what type — of activity you need to reach your goals. There are many apps for your phone or tablet that can help you track your food intake and exercise. And it helps to understand your triggers so you can avoid them, she says. (Do you eat more when you're stressed, bored or in a social setting?)

2. Resolve to get an annual physical

"Getting a checkup is a good thing," says Dr. Cho, who sees many patients who haven't been to a doctor in years. Aside from ensuring that you have no major health problems, a physical allows your doctor to keep tabs on your blood pressure and glucose levels. He or she will also likely discuss physical activity, and drinking, smoking and eating habits — they all affect your heart health, of course. Both men and women should get annual physicals to better focus on heart-health risk modification, she says.

A yearly checkup is particularly important for women. They're more likely to experience less-obvious symptoms of heart disease, Dr. Cho says. Yet many of her female patients only get "bikini medicine," meaning they pay attention to breast and gynecologic issues but neglect the rest of their bodies.

3. Resolve to reduce stress in your life

"Reducing stress should be a goal for the whole country," Dr. Cho says. "Highly anxious people tend to have more heart attacks and strokes." Make time in your day to do things that help you relax. Try meditation, talking with friends, getting outside for a walk, reading a book or exercising.

And while the internet can sometimes increase your stress levels, it also has potential to be a tool for good. There are many websites and apps that will help you calm yourself or embrace reflection and relaxation. They can walk you through simple breathing exercises or facilitate meditation.

4. Resolve to get more sleep

Shorting yourself on sleep can lead to overeating, heart failure, hypertension and atrial fibrillation, Dr. Cho says. "Having less sleep consistently can increase blood pressure and cause inflammation," she adds. "That part of the brain that activates during sleep deprivation is near the part where hunger is, so we know that if you don't sleep, you eat more."

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Resolve to get more sleep continued...

Tips for success:

To get more ZZZs, Dr. Cho recommends that you:

- Put your phone away long before bedtime.
- Cut back on caffeine.
- Sleep in a cool, dark room.



5. Resolve to stop smoking and/or reduce alcohol and caffeine intake

Drinking in moderation is OK. But don't start now if you don't drink (even though you've heard red wine is good for you). If you do drink, Dr. Cho recommends no more than 6 to 8 ounces a day. Drinking less alcohol and caffeinated beverages will help you sleep better and reduce stress. It may even help you lose weight, by reducing the empty calories you consume, she says. And smoking cessation is great for your heart — it can significantly lower your blood pressure and heart rate.

If you resolve to make yourself healthier this year, talk to your doctor about ways to trim down, be more active and relax. You know in your heart those are all resolutions you can live (longer) with.

Source: <https://health.clevelandclinic.org/5-new-years-resolutions-to-boost-your-heart-health/>

Caregiver Resources:

Rosalynn Carter once said, “There are only four kinds of people in the world. Those who **have been** caregivers, **currently are** caregivers, **will be** caregivers and **will need** caregivers.”

Simply stated, a caregiver is an unpaid individual who provides ongoing care for someone with a chronic or disabling condition.

This includes:

- **Spouse/partner.**
- **Friend/neighbor.**
- **Sibling.**
- **Child caring for parent.**
- **Parent of a child with special needs.**
- **Grandparent or other relative raising a child.**



Nadine Walter of DHS Aging Services coordinates the Oklahoma Caregiver Coalition. There are several resources available for those who are caregivers or if you who know someone who supports loved ones. The coalition's website has an abundance of information at <https://okcares.org/>. If you have any questions, email Nadine.Walter@okdhs.org.

Millions of Americans take care of a friend or family member with a serious health condition. Being a caregiver can be a labor of love, but it can also be stressful. Learn how you can be an effective caregiver while also taking care of yourself. For more information: <https://www.nia.nih.gov/health/caregiving>.



SHOUT OUT FROM SHARI



I just wanted to take a moment as we head into February 2021! I want to do a Big Shout Out to all our 2021 Executive Board Members. Thank you for serving Tulsa County OHCE!

We have all had to make sacrifices and we have had to "Think Outside the Box" to be able to help our families and communities.

Due to Pandemic we had to have our Winter Business via ZOOM. I know we can all say that we can hardly wait to be together and we hope that time will be soon. A Big Shout Out to those members with Perfect Attendance for 2020.

A special thank you to Donna Spielman for her leadership, encouragement and dedication to lead our "Project Merry Christmas" for the Tulsa County Emergency Shelter. We had an amazing turnout despite all of the challenges with the pandemic. Thank you to all of you who donated and continued to support this worthwhile agency.

Thank you to Jean Parks for proofreading our OHCE Yearbook! Her assistance is greatly appreciated.

Continue to reach out and be a beacon in Tulsa County!

Nuts about OHCE! *Shari*



WHAT'S HAPPENING

February:

- 1: Award Reports due to State OHCE.
- 8: Chat and Create 10:30 am Auditorium *
- 15: Presidents' Day – Extension Office Closed
- 19: NE District Money Due * details pending
- 22: Chat and Create 10:30 am Auditorium *
- 27: Basket Weaving 10:00 – 3:00 *
Contact Linda Rasure for more information.

March:

(Deadline for State Project Report due soon!)

- 8: Chat and Create 10:30 am Auditorium *
- 16: NE District Mtg: Details pending
- 22: Chat and Create 10:30 am Auditorium *

Thank you, Ladies and Gentlemen,

"Project Merry Christmas" was a giant success thanks to you. The folks from Tulsa County came with a van and guess what? It was filled within minutes so three cars followed, full of many more treasures to the loading dock. There we were met with many hands to unload. What a joy to be a part of that day!

Angela Patton has advised that they estimate the gifts at \$3,200.00. A check was written by Treasurer for \$464.00 and checks written to Tulsa County totaled \$250.00 and 4 gift cards to QuikTrip totally \$20.00 for a grand total of \$734.00 WOW!!

Wish we could have been together but, I did see some ladies I have not seen in a while and met 2 new members.

Thank you again for all your sharing. It is wonderful to be a part of a group like YOU.

~Donna Spielman, Family Issues Chairman

*(pending pandemic status)

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



RESOURCE MANAGEMENT

One month of the new year has passed. Did you start a daily, weekly or monthly journal to record expenses for your home, food, utilities or transportation? If so, what did you notice in one month? The electric bill will be increasing by \$5.00 per month. Utility statements include helpful comparisons, so that you know what increased, or decreased, each month throughout the year.

"Thought Question" for February

What is one reason that Resource Management would apply when saving just one gallon of water a day for each member of your household?"

~Dolores Williams, Resource Management Chairperson

CHAT & CREATE: We can only dream of the time we will be together to continue sewing for others. If you have completed items for Grace Hospice or others and need for me to pick them up and deliver them, please give me a call and keep sewing. 918-720-5229

~ Pat Thomas

The Healthy Living THRIVE focus this month....

American Heart Association has recipes for us!

<https://www.heart.org/en/healthy-living>

Tulsa Health Department has website open for sign-up for the COVID19 Vaccine.

<https://www.tulsa-health.org/coronavirus-disease-2019-covid-19/covid-19-vaccine>

~Charline Romine, Healthy Living Committee Chairman



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Michelle Bonicelli

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Tulsa County OSU Extension Service

Please remember: While attending an OHCE event: masks and social distancing are required.

