



Why We Need to Be Talking Trash



Approximately 40% of all food in the United States goes uneaten and ends up as trash in our landfills. This is the equivalent of about 90 billion lbs. of food rotting away and releasing methane, a greenhouse gas that's 25 times more detrimental than carbon dioxide, into our environment. If that isn't bad enough, one in every six kids in this country goes to bed hungry every night. In other words, one man's trash could be another child's dinner if we did a better job of managing all the excess food in our country.

These startling statistics have motivated both the USDA and the Environmental Protection Agency to set a goal to reduce food waste by 50% by 2030. While everyone along the food continuum—from the farmer and processor to the retail distributor and eating establishment—needs to play a role in reducing food waste, the biggest culprit in trashing edible food is the consumer.

We can have a dramatic impact by reducing food waste in our homes and rerouting surplus food to those who need it. Be a warrior against food waste and a role model by incorporating the following strategies in your home and then spreading the word:

1. Organize your refrigerator. Produce is the largest category of food that ends up in our landfills. While we purchase it with all good intentions, fresh fruits and vegetables typically are relegated to the bottom drawer of the refrigerator. Dubbed the "produce graveyard," they're often forgotten and wilt their way to the trash. Reorganize your refrigerator and place the produce on the middle shelf so it screams at you every time you open the door.

2. Don't let the date on the label scare you. According to the Food Marketing Institute, 45% of consumers misinterpret the "sell by" dates on the food label and toss edible food into the trash for fear of food poisoning. The dates on the label don't refer to food safety, but rather the suggested date to consume the item so you can enjoy it at peak quality. Foods can be eaten safely past the "sell by" or "use by" dates.

3. Fall in love with leftovers. Rather than tossing a small portion of uneaten meals, package them in covered freezer-proof containers. Choose one day each month to clean out the freezer and reheat all the leftovers for an easy dinner buffet.

4. Doggy bag it. Stop leaving uneaten food for the wait staff and get in the habit of bringing home a doggy bag even if you don't have a dog. Make sure to eat it the next day so it doesn't rot in the takeout container in the back of the refrigerator. Freeze it if you're not going to eat it in 24 hours (see tip 3).

5. Donate your excess foods. If you've inadvertently purchased food you know you'll never eat or you're leaving for a business trip or vacation, consider donating it to a local food pantry. AmpleHarvest.org is an online tool to help you locate a food pantry near you.

Source: <https://fruitsandveggies.org/stories/why-dietitians-need-to-be-talking-trash/>

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TULSA COUNTY
EXTENSION



In this issue:

- ❖ How to Involve Your Kids in Your Family Budget
- ❖ Drug and Alcohol Facts
- ❖ Nutrition Research Shows a Favorable "Prune Effect" on Bones
- ❖ Essential Worker Scavenger Hunt
- ❖ OHCE News & Updates

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!

How to Involve Your Kids in Your Family Budget

Have Regular Money Conversations

One of the best ways to get your kids involved in the family budget is by having regular conversations about finances. This could be something as simple as asking questions during family dinners or car rides. The more you talk about money with your kids, the better their understanding will be as they grow. Also, talking about money won't carry the same stigma it did for previous generations.

Find Appropriate Areas of Your Budget to Discuss

Break down your budget and find areas that are okay to talk about with your kids. You're probably not going to let your kids decide how much money you put into your retirement savings or investments. But you can let them help craft your weekly grocery budget or assist in choosing your next vacation destination.

Set Money Goals Together

Another great idea is to set money goals together. These can be family money goals—like a vacation fund or saving up for a large purchase for everyone—or money goals for them, like saving up for a toy or electronic device. This can also be a lead-in to discussing the difference between saving intentionally and using your money for necessities like paying your mortgage and buying groceries.

Make It Visual

Both kids and adults can benefit from having visual reminders of their finances. Draw (or purchase online) budgeting worksheets or coloring pages. You can hang them up on the fridge where everyone can see them. Then, color them in as you make progress toward your savings goals.



Make Budgeting Experiential

Taking your kids shopping, is an excellent way for them to see your family's budget in action. Give them a budget and let them find items for meals for the week. Have them compare prices and then determine what you need and what you don't. Don't just talk about money with your kids. Let them experience scenarios where they can make money decisions, too.

Open Up Savings Accounts for Your Kids

Many banks offer custodial accounts, giving your child limited access to the account while you oversee. Children's savings accounts open up a world of learning opportunities, including saving toward money goals, how to deposit and withdraw money from a bank and more.

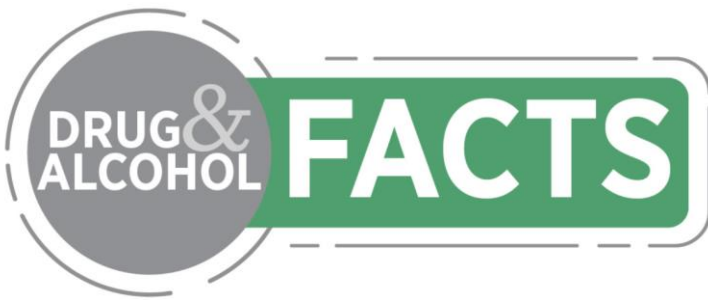
Let Your Kids Earn Money

It could be starting an entrepreneurial venture, like a lemonade stand or selling their old toys. Many parents give their kids an allowance for performing weekly chores around the house. Many money lessons come into play when kids earn money. You can discuss how they want to use their money.

Bottom Line

As our kids grow and learn, we can use the time now to provide financial education at home that will better equip them for what lies ahead. The time and effort we invest in our kids now will pay off in their having a better understanding of how to manage money, avoid debt and save for their future. Plus, in providing these teachable moments for your children, you reinforce your own sound financial habits, including that most important habit of intentionally saving.

Source: <https://www.forbes.com/advisor/banking/involve-your-kids-in-family-budget/>



Alcoholism is one of the most common addictions affecting Americans. It also an addiction that goes untreated in many cases because of the legality of the substance. However, the recorded rates of alcoholism are decreasing (18.1 million people in 2002 to 16.7 million in 2011). Nevertheless, the addiction to alcohol is still a cause for concern.

ALCOHOL IS A GATEWAY SUBSTANCE

More than 90 percent of individuals who develop an addiction began drinking alcohol or used drugs before the age of 18.

TALK WITH YOUR TEEN ABOUT ALCOHOL

Each year, nearly two million teens in the U.S. between the ages of 12 and 17 start drinking alcohol. They typically try alcohol because they feel pressured by peers, want to try something new, or believe alcohol helps them cope with stress. Unfortunately, drinking only makes existing problems worse.

BINGE DRINKING IS ON THE RISE

Binge drinking is considered the most common, costly, and deadly pattern of excessive alcohol use in the U.S. It's most common among young adults ages 18–34 years; and is defined as five or more drinks on one occasion for men, and four or more for women.

THERE IS NO SAFE LEVEL OF ALCOHOL FOR THE UNBORN

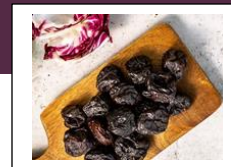
Research estimates more than 150,000 babies in the U.S. are born each year with Fetal Alcohol Spectrum Disorders due to prenatal exposure to alcohol. Many babies born with FASD experience growth deficiencies, physical abnormalities and damage to brain development that can last a lifetime.

NOT DRINKING ALCOHOL IS THE SAFEST OPTION FOR BREASTFEEDING MOTHERS

Generally, moderate alcohol consumption by a breastfeeding mother (up to 1 standard drink per day) is not known to be harmful to the infant, especially if the mother waits at least 2 hours after a single drink before nursing. However, exposure to alcohol above moderate levels through breast milk could be damaging to an infant's development, growth, and sleep patterns. Alcohol consumption above moderate levels may also impair a mother's judgment and ability to safely care for her child.

Source: OSU National Center for Wellness & Recovery, www.cdc.gov/breastfeeding, <https://www.brmsonline.com>

Nutrition Research Shows a Favorable “Prune Effect” on Bones



New Study Indicates A Diet High in California Prunes Prevents Bone Loss After Traumatic Injury

You may know that California Prunes are the original good-gut food. But, did you know they are as good for tibias as they are for tummies? A decades-long, growing body of research indicates a remarkably positive connection between California Prunes and bone health. Studies suggest the polyphenol content in California Prunes may play a role in the fruit’s bone health benefits. A web of bone-enhancing, non-polyphenolic compounds including manganese, Vitamin K, boron, copper, sorbitol, and potassium also come together to make California Prunes a best friend to bones.

The study entitled, “Dried plum mitigates spinal cord injury-induced bone loss in mice,” was conducted as part of the California Prune industry’s long-time commitment to world-class nutrition research. Individuals who suffer spinal cord injury (SCI) are prone to extremely rapid bone loss. This leads to a significant increase in the risk of fractures, osteoporosis, and overall mortality. Results of a new animal study show California Prunes may be able to help.

The new study findings build on previous research that shows a link between positive bone health response and California Prunes in post-menopausal women, along with animal-based research that shows a similar favorable bone response among those exposed to radiation – such as astronauts in space.

“We are seeing an exciting ‘prune effect’ on bones,” said Bernard Halloran, Ph.D., Professor Emeritus, University of California – San Francisco (UCSF). “In a variety of unique research scenarios, prunes are consistently associated with a favorable bone response.”

It remains unclear what bioactive compounds in dried plum are responsible for the beneficial effects on bone. However, researchers suggest that the polyphenol content in dried plums may play a role.

Further studies are needed to identify the specific compound(s), as well as to determine if the results from the animal-based study can be replicated among humans.

The new study findings build on a growing body of research that shows a link between positive bone health response and California Prunes in post-menopausal women, along with research that shows a similar favorable bone response among those exposed to radiation – such as astronauts in space.

Additional nutrition research studies are now underway adding to the investment in scientifically-sound evidence about the health benefits of prunes. The research pipeline includes the largest clinical trial ever undertaken by the California Prune industry that is looking at how California Prunes influence the microbiota and inflammation reduction, as well as a first-of-its-kind study that is evaluating the impact of California Prunes on the bone health of men. More studies are examining how California Prunes affect the fracture-healing process and the fruit’s impact on the bone health of younger women who are taking oral contraceptives.

View the abstract here: [Dried plum mitigates spinal cord injury-induced bone loss in mice](#)

References: Liu X, Liu M, Turner R, Iwaniec U, Kim H, Halloran B (2020) Dried plum mitigates spinal cord injury-induced bone loss in mice. *JOR Spine*. e1113. <https://doi.org/10.1002/jsp2.1113> Source: <https://californiaprunes.org/>

Tulsa County-OHCE Week Activity

May 3rd-6th Essential Workers

Scavenger Hunt

To say Thank You to the many Essential Workers that have helped keep us going over the past year, we will be making THANK YOU cards at the Tulsa OSU Extension office May 3rd, Noon-4:00pm. We ask that you deliver the cards you make May 3rd through 6th to the departments listed on the scavenger hunt board, provided on the next page. We ask that you take a picture of you and your card at the location or have someone sign your card and submit them by Facebook to OHCE Tulsa or email to Tulsa County President Shari Munroe (sharilynmunroe@gmail.com) on May 6th by 4pm to be entered to win prizes. You may also drop your card off at the Tulsa County Extension Office by 4 pm. The more cards you make the more entries you earn (max 12). No limit on club participation. All counties invited to participate.

Spreading Thankfulness



Essential Worker Scavenger Hunt

Fire Department	Grocery Store	Police Department
OSU Extension Office	Other (Your Choice)	Hospitality Workers
Post Office	Nurses	Doctors
Eldercare	Library	Teachers





SHOUT OUT FROM SHARI

Happy May! Our 2021 OHCE WEEK is here! A Big Shout Out to our Membership Committee for coming up with our theme, "Spreading Kindness"! I hope all of you will invite a friend, and come join us as we "Spread Kindness" to our Essential Workers. The more kindness you share the more entries you will have in our drawing for some really great prizes! A Big Shout Out to Ashlee Overall for designing our "Essential Workers Scavenger Hunt Card". A Big Shout Out to Jean and Coe Ann from Valley View for decorating our OHCE Board! Thank You SO MUCH! They look great. Also, a Shout Out to Coe Ann Patton and Glenda Tucker for volunteering to do our Annual Audit....Thank you! I'm looking forward to seeing everyone at our May Business meeting. We will meet in person at the Extension **AND** Virtually! Please reach out to your members in your group and check up on them! Many have been staying home for over a year!!! Hopefully we will all be able to be together soon.

?? DID YOU KNOW ??

Please remember to collect the tabs off of your canned drinks and bring them to the OSU Extension and give them to the 4-H Department.

Thank you!



Nuts About OHCE!



Shari

MEMBERSHIP: The Membership Committee is excited to see everyone during OHCE WEEK! Please come join us on Monday, May 3rd to make your "Thank You" cards! Then go thank the special Essential Workers in your community! Then we will see you on Thursday, May 6th, when you turn in your Scavenger Hunt card to put in our drawing for some special prizes!!

~ Shari Munroe, Membership Chairperson

WHAT'S HAPPENING



Please remember:
While attending an OHCE event:
Masks and Social Distancing
are required.



May:

- 2-8: OHCE Week! ~ "Spreading Thankfulness" in the community
- 3: 12:00 - 4:00 - Make "THANK YOU" Cards – Extension Office
- 3: President's Quarterly Zoom Meeting 7:00 pm
- 3 - 6: Thank our Essential Workers! (See pages 5 and 6)
- 6: Deadline to submit "Spreading Thankfulness" entries to Shari by 4:00.
- 10: Chat and Create 10:30 Auditorium
- 18: Leader Lesson training in Bartlesville 10:00 am *Pending*
- 19: 9:00 Board Meeting, 10:00 Business Meeting, Extension Office **and** Virtual
- 24: Chat and Create 10:30 Auditorium
- 31: Memorial Day – Extension Office Closed

June:

- 1: OHCE Scholarship Applications due
- 14: Chat and Create 10:30 Auditorium
- 28: Chat and Create 10:30 Auditorium



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



The Scholarship Committee is pleased to announce this year's Scholarship application is available:

<https://extension.okstate.edu/county/tulsa/oklahoma-home-and-community-education.html>

Your group representatives can also provide you a copy if you are unable to access the online application. The deadline to have items back at the OSU Extension is June 1st.

~ **Cheryll Romere, Scholarship Chair**
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RESOURCE MANAGEMENT

There are many OHCE State Goals for Committees for 2021 listed in the OHCE Outreach (Volume 29, Number 3, Fall 2020). One of the Resource Management Goals is, "Eliminate food waste with menu planning and better shopping practices."

"Thought Question" for May:

"How can Resource Management help you prepare your monthly food budget?"



~ **Dolores Williams, Resource Management Chairperson**

It's time to THRIVE!

MOM is the focus of this Mother's Day month.

So here are some Healthy Living Links for you to check out:
5 WAYS TO MAINTAIN A HEALTHY LIFESTYLE AS A MOM

<https://www.laurafuentes.com/maintain-healthy-lifestyle/>

HEALTHY THINGS EVERY MOTHER SHOULD DO

<https://www.cdc.gov/women/mothersday/index.htm>



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