

**HEALTHY
SNACKS
PROVIDE
FUEL FOR
SCHOOL**

With the beginning of a new school year right around the corner, many children will be depending on snacks to get them through the day.

It's always good to start the day with a healthy breakfast, and schools provide a healthy lunch. However, between sports practices, club meetings, completing homework assignments and other after-school activities, snacks can help students make it through the day without feeling hungry, said Jenni Klufa, Oklahoma State University Extension associate state specialist for youth programs.

"Our schedules can become very hectic once school resumes and most children will begin after-school snack routines," Klufa said. "The purpose of snacks is to fill gaps in nutrition between meals, but oftentimes, snacks are treated as indulgences instead of healthy choices. While there's nothing wrong with the occasional cookie or piece of candy, snacking is a good opportunity to eat nutrient-rich foods. Sweets should be the exception, not the rule."

Students will need energy to get through after-school sports practices, band rehearsals and other activities. Snacks that include whole grains, are high in protein low in sugar and low in fat will provide the needed nutrients for students to thrive. Choose fruits and vegetables that come in a variety of colors.

Parents of younger students may be asked to sign up to bring snacks to school if the classrooms observe a morning or afternoon snack time. Klufa encourages them to choose healthier, less sugary options such as cheese sticks, trail mix, pretzels or even baby carrots and apple slices.

"Healthy snacks during class will help keep the students focused on learning," she said. "They burn up energy not only on the playground, but in the classroom as well. So, it's important to keep students properly fed to enhance their learning experiences."

It's no secret that fresh fruit is a great choice for snacking. Fruits offer nutrient-dense calories, which means they are full of minerals and vitamins that we need without added or empty calories. Whole fruits such as apples and bananas are portable and can be tossed in a backpack. Peel oranges ahead of time to make them even easier to consume while students are on the go.

"For an extra kick of nutrition, include a pack of nut butter to go along with the fruit. This will help ensure your children have the fuel they need to perform at

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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!

HEALTHY SNACKS PROVIDE FUEL FOR SCHOOL... Continued

Strengthening Oklahoma Families/Tulsa County

their after-school activities,” Klufa said.

When it comes to beverages, water is the best choice to stay hydrated during activity. Some 100% juice on occasion is fine but be aware of calories, especially in other sugary beverages. Children can easily consume a lot of extra calories and sugar just in their beverage choices.

Students who may not have after-school activities still are likely to need a snack to tide them over until dinner time. Make a list of healthy options and let the child choose which snacks to have at home. Whole-grain cereal bars, whole fruits and vegetables, string cheese, nuts and raisins are good choices. Make popsicles from 100% fruit juice or yogurt. Pretzel sticks or veggies dipped in hummus are also a great choice.

“Just like buying the right back-to-school supplies, be sure to stock the kitchen with healthy snack options,” Klufa said. “Parents can certainly make a difference if they are a good role model and make healthy food choices, too. Having healthy snacks for children is just one way to make sure they have a great school year.”

Source : Trisha Gedon Oklahoma State University



2023 OHCE STATE MEETING

“CONGRATULATIONS!”

Young Member of the Year: Ashlee Eller!

Leadership Development:	2nd Place NE District / Tulsa County – OHCE Appreciation Tea
Membership Report:	2nd Place NE District / Tulsa County – Bunco, Bingo, Crafts & Friendship
OHCE Week:	3rd Place – Owasso Jewels – Who and What OHCE is
Membership Recruitment:	3rd place – Tulsa County 24% growth 3rd place – Valley View 44% growth
Cultural Enrichment:	1st Place – Cinco de Mayo Fiesta!
Family Issues:	3rd Place – Restoring Food Pantry to Support Needy Military Veterans in Our Community
Resource Management:	2nd Place - Tulsa County – Recycled Flower Pots & Paper Seed Pot Project 1st place – Owasso Jewels – A \$10.00 Goodwill Blender
State Project- “Reducing Child Hunger”	1st place – Knit & Stitch – Reducing Food Insecurity by Identifying and Supporting the Underserved in Our Community

PEACH COBBLER EGG ROLLS

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County



SERVINGS: 12

INGREDIENTS

- 2 tablespoons water
- 1 tablespoon corn starch
- 2 ¼ cups diced peaches
- ⅓ cup brown sugar
- 2 tablespoons melted butter
- ½ teaspoon vanilla extract
- 12 egg roll wrappers (they are doubled to make 6)
- ½ cup of sugar
- 1 tablespoon of cinnamon
- ½ teaspoon of nutmeg
- vegetable oil for frying

INSTRUCTIONS

1. Dice your peaches into small uniform pieces.
2. In a small bowl, add corn starch and water, stir together until it becomes a paste. In a large pan add in peaches, brown sugar, butter, and the water/corn starch mixture. cook on medium high heat and stir frequently. Cook for about 10 minutes or until your peach mixture thickens and becomes bubbly. Remove from the heat and then add in the vanilla extract.
3. Prepare your egg roll wraps by adding 1-2 heaping tablespoons of the peach mixture into the center of the wrapper. Wet the edges of the egg roll wrapper, then fold in the sides and roll, pressing the edges to close and making sure the egg rolls are tightly wrapped so filling does not escape. Repeat with the remaining wrappers until all 12 egg rolls are wrapped.
4. In a small bowl, mix together the granulated sugar and cinnamon until well combined. Set aside.
5. Heat the vegetable oil on medium heat in a large frying pan. Once the oil starts to show small bubbles, it's ready for frying. Carefully add the peach eggrolls and fry for 3-4 mins on each side until crispy. Remove from the oil and set on a plate lined with paper towels to drain for 2 to 3 minutes.
6. Toss the egg rolls in the cinnamon-sugar mixture and serve warm.

Nutritional analysis per serving:

[Peach Cobbler Egg Rolls - Easy, Deep Fried or Air Fryer! - Chenée Today \(cheneetoday.com\)](https://www.cheneetoday.com/recipes/peach-cobbler-egg-rolls/)

Calories: 251kcal | Carbohydrates: 51g | Protein: 3g | Fat: 4g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 12mg | Sodium: 190mg | Potassium: 111mg | Fiber: 2g | Sugar: 33g | Vitamin A: 310IU | Vitamin C: 2mg | Calcium: 30mg | Iron: 1mg

STRONG DADS

STRONG Dads is a free fatherhood program that teaches parenting skills, helps provide resources for fathers, and fathers can earn up to \$180 in incentives. Fathers will attend a weekly 2-hour workshop for only 12 weeks and have a coach who will help them find resources they need to achieve their goals, plus they will receive regular cash incentives for taking part in the program. A father who enters our program will become a confident parent who is involved in their children's lives. Our program is for married dads, single dads, stepdads, and grandfathers who are raising their grandchildren.

This program will be utilizing the 24/7 Dad curriculum through the National Fatherhood Initiative. Classes can be offered in English and Spanish. If interested, please contact:

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Fatherhood Field Program Coordinator
maritza.freese@okstate.edu
918-746-3712

Lacey McCause
Fatherhood Field Program Coordinator
lacey.mccause@okstate.edu
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Recordkeeping Recommendations

Written By: Jonathon Ferguson

Saving receipts, paystubs, tax forms, and other documents can be important. But it can be challenging to know which documents to save, how long to keep them, and which papers to throw away.

This information sheet provides tips on documents you should save, how to save documents, and how to throw documents away.

Documents to save until they expire, are updated, or are no longer valid:

- U.S. identity documents like driver's licenses, social security cards, permanent resident cards, birth certificates, passports, death certificates, and others
- Court filings
- Military records
- Marriage licenses and divorce & custody decrees
- Insurance documents for health, auto, home, and other insurance policies
- Adoption documents
- Wills, powers of attorney
- Warranties for purchases
- Real estate documents
- Any documents related to identity theft or a dispute with a creditor
- Household member's health information such as prescriptions, vaccination history, and others
- Financial documents such as retirement plan documents, bank account & routing numbers, beneficiary forms, investment account numbers, and others

Documents to save for certain time periods:

- Tax filing documents such as W-2 forms and 1099 forms. These documents, and any others related to tax filings, should be kept for at least 7 years.
- Medical bills. These documents should be saved for at least 1 year or until any billing dispute is resolved, whichever is longer.

The best way to save documents can depend on your preference or situation. No matter your preference, it is important to save documents in a secure place and it can be helpful to save documents in multiple ways.

How to save documents:

Paper storage—you save the printed documents.

- Home filing cabinet
- Fireproof document box
- Safety deposit box at a bank or credit union

Electronic storage—you save digital copies of documents.

- Personal cloud storage. May be available through your email account or other online service
- Digital safety deposit box through a bank, credit union, or other online service
- USB storage device
- Personal computer

Saving documents is important. However, throwing away documents is important too! Getting rid of documents, you no longer need, such as an old utility bill, can help keep your personal information safe. Here are tips on how to securely throw away personal documents:

- Shred documents. Check your city's website and local stores for free document shredding events.
- From electronic device. Use 'secure delete' software to delete electronic documents.

Source: Recordkeeping Recommendations – Financial Education (wisc.edu)



2023 TULSA COUNTY FREE FAIR



A HUGE THANK YOU to everyone who supported the 2023 TCFF!

A SPECIAL THANK YOU to the Tulsa County Commissioners for the Tulsa State Fair tickets given out for the open class entry awards!

We had 770 Fair Entries in the Open Class Exhibits for 2023... 92 more than we had in 2022.

We had 23 volunteers who provided over 519 volunteer hours. The monetary value of those volunteer hours is \$15,559.62.

THANK YOU to OKLAHOMA HOME AND COMMUNITY EDUCATION who provided 85% of those volunteer hours and had 63 people attend the OHCE Membership Tea.

THANK YOU to everyone who participated in the Fashion Show, and to Commissioner Keith for doing an outstanding job announcing.



Tulsa County OHCE raised \$1800 for both the general fund and scholarships.

“OHCE AT COMIC - CON”

OHCE reached over 114 people from all over Oklahoma and 6 different states, telling them about the OSU Extension and the OHCE program. From this outreach, we had several people sign up for the County FCS Newsletter! We made Sunshine Flowers, Butterfly Fairy Wands, Chicken Pin Cushions, and we also did some beginning Embroidery and Applique. We were thanked by many participants for having our information booth and for having such fun crafts!



Special thanks to Ashlee Eller for signing us up to participate in this fun community event!

OHCE Business Meeting

September 18, 2023

10 am – All Day

Business Meeting - Election of Officers – Potluck Luncheon - Fun Day

Knit 'N Stitch, is hosting a potluck luncheon for the business meeting.

Everyone is welcome! Please bring your favorite potluck dish!

Group Treasurer’s turn in money for 4-H GATESIGNS!


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****

SEPTEMBER:

- 4 Labor Day Holiday – Extension Office Closed
- 6 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 9-1-23)
- 11 OHCE Treasurer’s Budget Meeting @ 1 pm
- 11 OHCE President’s Quarterly Meeting **Zoom** @ 7 pm
- 15 OHCE Board Meeting **Zoom** @ 7 pm
- 18 OHCE BUSINESS MEETING & FUN DAY! @ 10 am-all day
(Election of Officers-Luncheon-OPEN TO EVERYONE!)
NO BUNCO IN SEPTEMBER - DUE TO TULSA STATE FAIR



CHANNEL 6
COOKING CORNER
 September 27
 @ Noon
 Presented By:
 Stacey Jones
 Tulsa County FCS Educator

OCTOBER:

- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 10-2-23)
- 13 **OHCE Membership Dues/Registration Forms Due to your Group Treasurer**
- 13 **OHCE Group Member List with Group Officer/Committee Chairs Due to Extension Office**
- 14 OHCE Demo Day! (Details TBA)
- 20 **Deadline: OHCE Membership Dues/Registration Forms Due to OHCE Tulsa County Treasurer**
- 20 Deadline: OHCE Holiday Luncheon Program Covers Due to Extension Office
- 26 OHCE **Bunco**, 10 am – Noon

NOVEMBER:

- 1 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 10-30-23)
- 1 OHCE Vote on Holiday Luncheon Program Covers
- 9 OHCE YEARBOOK MEETING – 10 am – EVERY OHCE MEMBER – PLEASE ATTEND!
- 10 Veteran’s Day Holiday – Extension Office Closed
- 15 OHCE Nominations for State Member Awards Due to Extension Office
- 16 OHCE **Bunco**, 10 am – Noon
- 17 OHCE Holiday Luncheon RSVP & Payment Due to OHCE County Treasurer
- 23-24 Thanksgiving Holiday – Extension Office Closed





OHCE SCHOLARSHIPS

Shari Munroe, Chair

Tulsa County OHCE is proud to announce their 2023 Scholarship Recipients!

Morgan Rae Mayberry, from Broken Arrow, OK, is the granddaughter of Shirley Cox, member of the Knit N Stitch Group. Ms. Mayberry is pursuing her advanced degree as a nurse anesthetist.

John Williamson, from Norman, OK, is the son of Evelyn Williamson, member of the Jenks Group. Mr. Williamson is a Federal Probation Officer and is pursuing a master’s degree in multiple disciplines.

Bunco Reminder: NO “Bunco for Scholarships” in September due to the Tulsa State Fair! Plan to join us on October 26th from 10AM - Noon!

The Silent Auction at the Tulsa County FREE Fair, benefiting the OHCE of Tulsa County Scholarship Fund, raised \$900 in donations! We also were given a beautiful Quilt from Quilts by Karen, handmade by Karen Hilton! We are selling tickets for this donated quilt and the drawing will be held at the Fall Demo Day, October 14th! Tickets can be purchased through your local group or call Shari Munroe, 918.408.6918.



OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President



HAPPY FALL!

We are headed into fall like Robert Mitchem driving his hot rod full on moonshine through the hills of Kentucky in "Thunder Road". Just hang on for the ride!

Looking back, we had a great Tulsa County Free Fair. Congratulations to all those ribbon winners and those of us who also participated. Our OHCE groups did a great job of displaying our capabilities and promoting our organization. Congratulations to Jenks Night Owls for winning the OHCE Group Award.

Now we are preparing for our next major activity – DEMO DAY – October 14th! I hope you all get a chance to attend (and maybe even participate). Let Jean Parks know how you want to be involved. Spread the message of OHCE. Keep posting those pictures of your service to your neighbors. Share OHCE with a friend! Elaine Egan, President

SEPTEMBER 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 **HAND SOAP**.

SEPTEMBER FAMILY ISSUES TOPIC:

Internet Safety

DO YOU USE THE INTERNET?

Consider these safety tips:

- *Use strong passwords.
- *Avoid entering personal information on unknown websites.
- *Avoid clicking on links in your emails.
- *Be careful what you download and where you download it from.

OHCE Tulsa County PRESENTS
Save this Date!
Holiday Luncheon
DECEMBER 13th
AT 11 AM

GAMES
DRINKS
FOOD

RSVP
918.636.6734

Unique Christmas SWEATER Gathering

SPECIAL MUSIC PERFORMANCE BY
Dave & The Ukeldies

Wear Your Favorite Holiday Sweater | OSU Tulsa Campus - BS Roberts Room
700 N Greenwood Ave, Tulsa, OK 74106

OHCE TULSA COUNTY
HOLIDAY LUNCHEON
DECEMBER 13, 2023
11 AM
OSU Tulsa Campus – BS Roberts Room
700 N. Greenwood Ave.
Tulsa, OK 74106



OHCE UPDATES



13 Proven Health Benefits of Walnuts

Who knew that walnuts could be such a good choice to eat for good health?

https://www.healthline.com/nutrition/benefits-of-walnuts?slot_pos=1&utm_term=intro&utm_source=Social&utm_medium=Email&utm_campaign=authoritynutrition&utm_content=2023-08-08&apid=&rvid=7114167424e6865d90f488e0f253ff0bd9332ce42f2c5e56068cc9968e1007ce

Charline Romine
Healthy Living Committee Chairman

OHCE MEMBERSHIP RENEWAL TIME! DEADLINE OCTOBER 13TH

Complete a Membership Renewal Form and submit that along with your \$24 yearly dues to your OHCE Group Treasurer by Oct. 13th!

Group Treasurer's deadline for submitting all forms and money to the OHCE County Treasurer is Oct. 20th!

Renewal Time is also the perfect time to invite your friends and neighbors to join OHCE with you!

Pick-up New Member Forms and your Membership Renewal Forms at the OSU Tulsa County Extension Center!



Tulsa County Extension Office
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Family and Consumer Sciences
Tulsa County OSU Extension Service

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