

OHCE NEWS

Are You Supersizing More Than Your Meal?

Today Oklahomans eat at fast food restaurants more than ever—and spend a significant share of their food dollar doing it. Several chronic diseases such as heart disease, diabetes and cancer have been linked to eating habits and nutrition. Getting a nutritionally sound diet may seem like a big challenge when eating fast food, but it is not impossible.

The June Leaders Lesson is “Eating Out and Staying Healthy”. The information has been prepared by Extension Food Specialist, Barbara Brown, PhD. The training starts at 10am on June 14th at the Ext. Office.

Lessons and Workshops Ideas Needed

Please be compiling a list of lesson topics for 2008. We'll vote on them again during the fair. The Beaver County Fair will be Sept 8-10, 2008.

Cooks Needed

I've won a grant to put on a youth Dairy Cooking School and would like your help. It will be held on June 26th and I could use some adult volunteers. If you are interested, please contact me.

Special Thanks

Thank you for your financial support as a sponsor the Walk This Weigh Beaver County contest. Over 200 citizens are participating. I understand Claudine and her team are “strides ahead”. Keep up the good work!

State Cookbook May Be Reprinted

If you or a friend are interested in buying a copy of the “green” 1983 Anniversary Cookbook, please let the office know by July 20th. The price is undetermined; OHCE is determining if there is enough interest to have it reprinted.

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HCE Week Highlights

This year, Spring County Council was held on May 9th during OHCE Week; twenty members attended. Several were honored for their years of membership in OHCE; they represent 205 years of combined experience! The honorees were: Barb Patzkowsky—50 years; Marilyn Jones--40 years; Mary Evans--35 years; Joyce Bensch--25, Emma Zielke and Alice Clubb--20 years each; and Claudette File with 15 years. Also recognized were “new” 2006 members: Dorothy Mercer, Vicki McBurney, and Lucille Myers.

During the meeting, the Council also voted to make contributions to help others. Beaver County met an OHCE challenge head-on by contributing at twice the requested amount! This donation will help the Water for All project through our affiliated organization, Assoc. of Country Women. Also a donation of \$200 will go to help the Greensburg tornado victims.

State OHCE Meeting Requests

Items are needed for the Ambassadors Silent Auction. Each club is asked to contribute items to fill two baskets with a “House Divided” theme (OU and/or OSU items). Please have them to the office by July 2nd. All proceeds go to fund Ambassador grants.

I would like the women who volunteered to make the pill bottle sunbonnet decorations for the state meeting to contact the office for details and deadlines.

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BEAVER COUNTY FAMILY AND CONSUMER SCIENCES

Newsline

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Hot Off the Grill

Nothing rounds out a summer day like a meal cooked on a backyard grill.



Some common barbecue practices promote the growth of the bacteria that can cause food poisoning, especially in warm weather. To keep bacteria at bay, observe the following simple guidelines:

Marinating

Marinate meats in the refrigerator, not on the counter, so bacteria won't have a chance to grow. If you want to use some marinade for a dip or basting sauce, reserve a portion in advance. Don't reuse marinade that's been used on raw meat. To safely marinate foods:

- Marinate in a non-metal container in the refrigerator.
- Do not marinate more than 24 hours (Meat will become mushy if left too long.).
- Save some unused marinade to baste food during cooking.
- Throw away any leftover marinade.

Precooking

Parboiling or partially cooking meat in the microwave or oven to reduce grilling time is safe only if the food then goes immediately onto the grill. If you're precooking well ahead of time, be certain to cook the meat thoroughly to destroy all bacteria; then refrigerate. (Reheating later on the grill will at least impart a barbecued flavor).

Carrying out the food

Wash any utensils and plates that have come in contact with raw meat before using them for cooked foods. Be sure to keep vegetables or fruits that are intended for grilling sepa-

rate from the raw meat. That way, no one will unwittingly munch on a piece of produce that's been contaminated with meat juices.

Cooking the food

Meat and poultry should be thoroughly cooked. It is best to use a meat thermometer to check for safety and doneness. Large cuts of beef like roasts may be cooked to an internal temperature of 160°F for medium. Poultry should reach 180° F.

Serving the food

Serve immediately, so hot foods won't cool enough to start growing bacteria. Perishable foods should not be left unrefrigerated for more than two hours. If the outdoor temperature is 85°F or hotter, serve within an hour.

Cleaning up

Promptly refrigerate any leftovers, dividing larger quantities into small, shallow containers so the food will cool more quickly, with less chance for bacteria to grow. Some studies have hinted at a possible cancer risk from eating large quantities of grilled meats, especially if they're charred. However, any such risk appears to be slight. The weight of the evidence to date indicates that occasional grilling is not hazardous to barbecue lovers.

<http://www.urbanext.uiuc.edu/grilling/>

THINK POOL SAFETY FIRST

A child can drown in the time it takes to answer a phone.



Pool submersions involving children happen quickly. A child can drown in the time it takes to answer a phone. Seventy-seven percent of the victims had been missing from sight for 5 minutes or less.

There are about 300 drowning deaths of children younger than 5 each year in swimming pools reports The U.S. Consumer Product Safety Commission (CPSC). An estimated 2,725 children are treated annually in hospital emergency rooms for pool submersion injuries – mostly in residential pools.

Parents may think that if their child falls in the water, they will hear lots of splashing and screaming, and that they will be able to come to the rescue. Many times, however, children slip under the water silently. Even people near the pool often report hearing nothing out of the ordinary.

To reduce the risk of drowning, adopt layers of protection, including physical barriers, such as a fence with self-closing, self-latching gates completely surrounding pools to prevent unsupervised access by young children. If the house forms a side of the barrier, use alarms on doors leading to the pool area or a power safety cover over the pool. Multiple barriers and constant supervision are essential to protecting children.

It is important to always be prepared for an emergency by having rescue equipment and a phone near

the pool. Also, all parents who own pools should learn cardiopulmonary resuscitation (CPR). Babysitters and other caretakers, such as grandparents and older siblings, should also know CPR. Survival depends on rescuing the child quickly and restarting the breathing process, even while the child is still in the water. Seconds count in preventing death or brain damage. Learn CPR (cardiopulmonary resuscitation).

There are the growing dangers of the popular inflatable or portable pools, which range in size from small kiddie pools to pools up to 4-feet deep and 18-feet wide. Large inflatable pools are relatively inexpensive – large pools with water filters filters can cost under \$200. They often have slanted or flexible sides, which make it easier for children to climb into the pool even without a ladder present. These pools may fall outside of local building codes that require barriers, and are often purchased by consumers without considering the barriers, such as fencing, necessary to protect young children.

In addition to barriers and constant supervision, follow these tips to help prevent drowning deaths:

- Since every second counts, always look for a missing child in the pool first. Precious time is often wasted looking for missing children anywhere but in the pool.
- Instruct babysitters about potential pool hazards to young children and about the use of protective devices, such as door alarms and latches. Emphasize the need for constant supervision.
- Don't leave toys and floats in the pool that can attract young children and cause them to fall in the water when they reach for the items.
- For above-ground and inflatable pools with ladders, remove or secure the ladder when the pool is not in use. Even if children can swim, it doesn't make them drown-proof. Always supervise children.

Source: www.cpsc.gov; Release #07-195—May 24, 2007

June is National Dairy Month

Easy Crustless Broccoli Quiche

2 tbsp shredded or grated Parmesan cheese
2 tbsp unseasoned dry breadcrumbs
1 large egg
4 egg whites
1 1/2 cups reduced fat (2%) milk
1/4 tsp salt (optional)
1/2 tsp garlic powder
1/2 tsp onion powder (or 1/4 cup finely chopped onion)
1/4 tsp hot sauce
4 oz. (1 cup) shredded reduced fat sharp Cheddar cheese
1 1/2 cups broccoli florets, steamed or microwaved until tender and diced
cooking spray

Preheat oven to 350 degrees Fahrenheit. Coat the inside of a 9-inch deep pie pan with canola cooking spray. Mix Parmesan and breadcrumbs together in a small bowl then pour into prepared pie pan and tilt it around to coat the inside of pan with mixture.

In mixing bowl, beat the eggs, milk, salt if desired, garlic powder, onion powder and hot sauce together on medium speed until smooth. Sprinkle Cheddar cheese and broccoli evenly into the bottom of the prepared pie pan.

Pour egg mixture into the pie pan and gently stir mixture lightly with a fork to mix the ingredients together. Place in oven and bake for 40-45 minutes, until the edges are browned and puffy and the center is set.

Nutritional Facts per serving

Calories: 210
Total Fat: 11 g
Saturated Fat: 6 g
Cholesterol: 80 mg
Sodium: 420 mg
Calcium: 40% Daily Value
Protein: 17 g
Carbohydrates: 8 g
Dietary Fiber: 1 g

www.3aday.org



OHCE State Meeting

The OHCE Outreach has been mailed with registration form & related information for the annual OHCE State Meeting in July. I will be attending; contact me if you would like a ride.

If you haven't received your copy yet, here are some details:

Date: July 8-10, 2007
Place: Clarion Hotel in OKC
Registration Deadline: June 22nd
Registration Fee: \$15.00
Sunday Yellow Rose Dinner Theater: \$28.00
Monday Lunch: \$15.00
Friendship Banquet: \$24.00
Tuesday Lunch: \$15.00
Total for All Events: \$97.00

Make reservations before June 24th by calling the Clarion at 405-942-8511 and state you are with OHCE for a room rate of \$65.00 for 4.

Plan to dress in period clothing for the Friendship Banquet on Monday, July 9th. The committee would like members to dress in a style that reflects one of the ten decades in honor of the Oklahoma Centennial theme.

Note: If members wish to attend the Cathedral Window (quilting) workshop, they need to bring their reading glasses (if applicable) and a thimble.



Upcoming Events

June 14 Flag Day
June 14 Leader's Lesson 10am @ Ext Office
Eating Out and Staying Healthy
June 17 Father's Day
June 21 *Walk This Weigh Beaver County* ends
June 22 OHCE Meeting Reservations Due
June 26 Youth Dairy Cooking School
June 27 *Walk This Weigh Awards* Presentation
@ the Inter-Agency Meeting 1:30pm
Cimarron Room--1st Security Bank
July 2 Basket Donations due
July 4 Courthouse Closed; Independence Day
July 5-7 Quad County 4H Camp @ Camp Gibson
July 8-10 OHCE State Meeting OKC