



FAMILY AND CONSUMER SCIENCES

Newsline

Fruit Makes an Excellent Summertime Snack

As the weather begins to warm up it can mean one thing... school is nearly out for thousands of children across the state.

Many of these children will be in self-care during a parent's regular work day. While children are at home alone, it is a good idea to provide them with healthy food choices throughout the day, said Barbara Brown, Oklahoma Cooperative Extension Service food specialist.

"Fruit is a great option as part of a healthy meal or as a snack," Brown said. "When a parent isn't there in person to supervise food choices, it's important to provide good-tasting, healthy choices for children."

To help ease the grocery bill, purchase fruit that is in season because not only is it at its peak flavor, it is also less expensive.

"Keep in mind that fruit choices don't always have to be the fresh variety," she said. "Canned fruit in water or juice rather than syrup, or dried fruit will add some variety to a child's snacking options. Also, whole or cut-up fruits are a better choice than 100 percent fruit juice for the dietary fiber benefits."

To increase potassium intake, select fruits such as bananas, prunes, dried peaches and apricots, cantaloupe and honeydew melon.

Brown said it is a good idea to make fruit consumption as easy as possible. Keep a bowl of whole fruit on the table, counter or in the refrigerator. When time allows, cut up various fruits and store in the refrigerator in individual serving sizes. If time is a factor, consider convenience when shopping and buy pre-cut packages of fruit. Keep in mind that pre-cut

packages of fruits are more expensive, but may be worth the trade-off in time savings.

"Many fruits taste great with a dip or dressing. Low-fat yogurt or pudding as a dip for fruits such as strawberries and melon can be very appealing," she said. "Older children can make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Parents need to make sure their children know how to operate the blender and are comfortable with them using the appliance without parental supervision. Also, peanut butter spread on apple slices can be a tasty treat."

Breakfast is a great time to incorporate fruit into a healthy diet. Top a bowl of cereal with sliced bananas, strawberries or peaches, or small, whole berries, to add a new flavor twist. Blueberries can be added to pancake batter to add a serving of fruit.

For lunch or supper, skewer cubes of melon, pineapple chunks, grapes, berries and other fruits to make fruit kabobs for a fun side dish. Many restaurants now offer fruit and 100 percent fruit juice with kids' meals instead of fries and a soda.

Brown said it is important for parents to set a good example for children by eating fruit every day with meals or as a snack.

"To help children become more receptive to trying various fruits, let them pick out a new fruit variety or two during your next trip to the grocery store," she said. "Many children don't eat enough fruit and incorporating more fruit servings into a child's diet is just one way to help them lead a healthier lifestyle."

THE PARENTING PLACE

Celebrate National Family Month

National Family Month is celebrated in June. This is a good time to reflect on your family and how to make it stronger. Strong families share many of the same qualities.

Build Trust

Strong families build trusting relations by following through with promises.

Show Commitment

Strong families feel like a team. They share traditions like having a family picnic on the Fourth of July or taking walks together after dinner. Family members show commitment to the family by making time for family events and making sacrifices for one another.

Communicate

Members of strong families talk to one another about important deci-

sions and daily plans. They discuss feelings as well as day-to-day activities at school or work. When there are conflicts, strong families take time to cool down before responding. They don't bottle up their anger or let it get out of hand. They talk about possible solutions to problems and work together to carry out the best solution.

Grow Through Crises

All families experience crises. Strong families use these experiences to learn and grow. They know even bad experiences can bring about good changes and help them to become closer. They admit problems instead of hiding them. They seek help when needed.

Spend Time Together

Strong families spend time together, talking, reading, playing games, taking walks, cooking. Some special times involve closeness, like reading

a good-night story and tucking children into bed with a kiss.

Have Fun as a Family

Strong families know that having fun is important and make plans to have fun together. They plan family trips or parties. Strong families know that laughter is important and use humor to help reduce stress. Family members laugh with one another, not at one another.

Show Love and Affection

No matter what children say or do, they need to know that their parents love them. Strong families show caring in many ways. Family members say to each other, "I love you" or "I'm happy we're in this family together." They give hugs and show affection in other small ways. They may call each other nicknames and enjoy remembering family stories.

U.S. Department of Health and Human Services

The U.S. Department of Health and Human Services' Children's Bureau, Office on Child Abuse and Neglect and its National Clearinghouse on Child Abuse and Neglect Information created a resource packet in English and Spanish to support individuals, organizations, and communities in their efforts to promote safe children and healthy families. The packet was developed with valuable input from numerous national organizations and Federal partners committed to strengthening families and preventing child abuse and neglect.

The OSU Extension Office has two boxes of the Community Resource Packet, which is available to individuals and agencies. Call or stop by the office in the Bryan County Community Building for a free copy.

A Happy Home Recipe

4 cups love	2 spoons tenderness
2 cups loyalty	4 quarts faith
3 cups forgiveness	1 barrel laughter
1 cup friendship	3 pints consideration for
1 large bunch smiles	others
5 spoons hope	

*Take love and loyalty, mix thoroughly with faith
Blend with tenderness, kindness, and understanding
Add hope, friendship, and abundant laughter
Top freely with smiles and consideration for others
Bake with bright sunshine
Serve daily in generous helpings*

...Bradley Tyler

MONEY MATTERS

Financial Fitness Checkup May Keep Finances Healthy

1. **Perform an annual financial check up.** It's not too late to schedule time for a financial check up for you and your family. This is as important as scheduling routine physical exams to identify problems and potential remedies. A helpful self assessment tool is available through Rutgers Cooperative Extension's online Financial Fitness Quiz at www.oces.tulsacounty.org Click on Family and Consumer Sciences and then Family Financial Well-being.

2. **Be specific when setting financial goals.** Whether you are 16 or 60, it takes discipline and focus to postpone spending for a goal that may be years or even decades away.

Having specific goals is important. Specific goals provide an incentive to save and something to strive for. Put a date and a price on each financial goal. Once you have a total cost, you can break it down into smaller pieces. Perhaps you have a goal to save more money in 2006. That is not specific. Adjust your goal, for example, to save \$2,000 in 2006, which breaks down to \$167 per month or about \$42 per week. That is a specific goal. Next, ask yourself, is that achievable, and then determine how.

3. **Commit to saving regularly.** Small amounts of savings add up. If someone saves \$2,000 per year from age 20 to 66,

they would have \$975,000 accumulated after 46 years, assuming an 8% average return. Savers who wait until age 30 and save \$2000 per year for 36 years would have \$440,000 and those who wait until ages 40 and 50 and save \$2,000 per year for 26 and 16 years, respectively, would have \$188,000 and \$73,000. Pay yourself first. Set aside an affordable amount each month in accounts designated for your financial goals. How long would it take you to be a millionaire? You can find out by using the calculator provided online by clicking on "Practical Money Skills."

Source: Rutgers University, Family

New Minimum Internal Temperature Established For Cooked Poultry

The USDA Food Safety and Inspection Service (FSIS) has lowered the recommended minimum endpoint internal temperature for poultry to 165°F. According to FSIS that temperature will eliminate pathogens and viruses.

The single minimum internal temperature requirement of 165°F was recommended by the National Advisory Committee on Microbiological Criteria for Foods (NACMCF).

The Committee determined the single minimum temperature for poultry at which consumers can be confident that pathogens and viruses will be destroyed. The recommendation is based on the best scientific data available.

Research indicates that food borne pathogens and viruses, such as *Salmonella*, *Campylobacter* and the avian influenza virus, are destroyed when poultry is cooked to an internal temperature of 165°F. FSIS recommends the use of a food thermometer to monitor internal temperature. In addition, consumers should follow important tips for handling raw poultry. This means they should wash hands and surfaces often, keep raw meat and poultry apart from cooked foods, and refrigerate or freeze foods promptly.

While the NACMCF has established 165°F as the minimum temperature at which bacteria and viruses will be destroyed, consumers, for reasons of personal preference, may choose to cook poultry to higher temperatures.

Consumers with food safety questions can call the toll-free USDA Meat and Poultry Hotline at (888) 674-6854. The hotline is available in English and Spanish and can be reached from 10 a.m. to 4 p.m. (Eastern Time) Monday through Friday. Recorded food safety messages are available 24 hours a day. "Ask Karen" is the FSIS virtual representative available 24 hours a day to answer your questions at <http://www.fsis.usda.gov/>

FOOD FACTS



Announcing the "got breakfast?"

Essay contest

Take part in the "got breakfast?" writing contest* and you can win a Dell laptop. Write a poem, an essay or even a song. Express how important breakfast is to you and be a winner! Here's a tip - jumpstart your creativity each morning with Breakfast Breaks and milk for a complete nutritious meal.

If you like breakfast, this is your chance to win!

We are looking for students like you to be on our new "got breakfast?" posters. Four students from across the U.S. will be the lucky winners of these prizes:

- your smiling face on the "got breakfast?" poster to be displayed in schools nationwide
- a Dell Notebook laptop computer AND
- free Breakfast Breaks for your school for a full week!

As long as you're between the ages of 6 and 18 and enjoy breakfast, you can enter.

It's easy to enter:

1. Write an essay or story about why breakfast with milk is the most important meal of the day. It must be 75 words or less.
 2. Be sure to write neatly! (typed is OK too)
 3. Submit it by May 31, 2006 to: East Side Entrees - Essay Contest PO Box 89 Syosset, NY 11791
- Don't wait. Sharpen your pencils and start writing!**

Deadline for submission to the essay contest is May 31, 2006. Winners will be announced in July 2006. The contest winners will be chosen by a committee of judges made up of representatives from each of the campaign's cosponsors.

For more information about breakfast at school, go to www.breakfastbreaks.com

THANK YOU!!!

Thanks to advisory member, Steve Summers, Bokchito for providing racks for the "Families Matter" flyer. Steve has also been instrumental in helping to place the flyer in his area. We appreciate his help!

4-H Scholarship Established

The OHCE members from the Southeast District are the *first OHCE groups in the state* to sponsor a state record book scholarship. The beginning balance of the scholarship account is \$1,444.08 and reflects the \$522.62 collected at this year's meeting.

State 4-H Foundation will director Jim Rutledge is currently working to establish the procedures the Foundation will use to grant the funds on an annual basis. He is aware that our district has voted that the funds be used for a Southeast District 4-H member.

Your support of this worthy project is deeply appreciated. Your work and dedication to this project will truly benefit the future of us all. THANK YOU.

BRYAN COUNTY OHCE

MEMBERS:

In March, twenty-four OHCE members attended the SE District Meeting in Coalgate. Our Barbara Summerlin received the “SE District OHCE Member of the Year Award.” She is now eligible for the “State OHCE Member of the Year Award” at the state meeting in July.

Let’s all plan to attend the state meeting and give Barbara our support!

WEBSITE:

Remember the OHCE website. View it at www.ohce.org.

CELEBRATIONS:

Let’s celebrate OHCE Week– our spring council begins with a short business meeting at 10:30 A.M. on May 10, followed by a Hawaiian Luau at noon at the community building. Plans are being made for special entertainment at lunch.

Check with your president concerning what food your group needs to bring.

The Goodwill group is in charge of decorations. Anita Ray and Barbara Summerlin are in charge of the registration.

Invite your friends to come and learn about OHCE and enjoy the fun and food!

CONDOLENCES:

We are sorry to hear of the death of OHCE members Bernice Edwards and Georgia Mae Lyday. They will be missed.

EVENTS:

Five County Program– Summer Entertaining Program
This will be presented May 17, at 10:00 A.M. at the Calvary Baptist Church, 9702 Hwy 377 South, in Tishomingo.

The following topics will be addressed:

- Summer Foods
- Summer Food Safety
- Summer Gardening
- Summer Weddings
- Summer Entertaining

A chicken salad lunch will be served. The \$5.00 registration fee is due May 10, the day of our Spring Council Meeting. Check with your president for directions. Call the office if you need a ride.

Canning update in June with State Specialist Barbara Brown -

There will be a 5-county Canning Update Program with OSU Cooperative Extension Specialist, Barbara Brown. This program will be Tuesday, June 27, in Madill. All plans are not confirmed at this writing. Check with the extension office later for further details.



Recipe Corner



My Favorite Smoothie: One Easy Recipe/Many Variations

Three common ingredients, unlimited variations and full of healthy fruits and calcium-rich yogurt!

This smoothie recipe, courtesy of the National Cancer Institute's 5 A Day for Better Health Program, may become your favorite, too! For more recipe ideas featuring fruits and vegetables, visit www.5aday.gov

Peach-Raspberry Smoothie

(Serves 1)

- 1 cup unsweetened, frozen raspberries*
- 3/4 cup 100% orange juice (if you use frozen juice, don't forget to dilute first)
- 1/2 cup fruit-flavored, low-fat yogurt (try peach)

DIRECTIONS: Blend all ingredients well in blender, and drink!

VARIATIONS:

- Frozen strawberries, blueberries, mixed berries, mango, or peaches
- Pineapple juice, orange-tangerine juice, and other 100 percent juice blends
- Different yogurt flavors

* NOTE: Using frozen fruits helps thicken the smoothie. To freeze fresh berries, wash them thoroughly under running tap water, pat dry with clean paper towels and freeze in a single layer on a rimmed cookie sheet. Transfer to a freezer bag when frozen. Pour out as needed. (AH)



NEWSLINE

OHCE– continued

D A T E S T O R E M E M B E R

- May 3– No Executive Meeting
May 8-13 OHCE Week
May 10– Spring Council Meeting
May 17– Five County Summer Entertaining Program
Calvary Baptist Church, Tishomingo, Oklahoma
June 7- Executive Meeting 9:30AM
No lesson
Eye-opener: Eager
June 27– Five County Canning Update; Madill, Oklahoma

Newsline can be sent via electronic mail in an easy-to-open format. Please call us with your e-mail address at: 924-2312 or e-mail our Family and Consumer Science Educator, Glenda Wiley at: glenda.wiley@okstate.edu

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