



## Nature's 'Fast Snacks' Are Healthy Choices

This Newsletter is published monthly by the Kingfisher County OSU Extension Center— Home Economics Program.

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For many families in Oklahoma, eating on the run has become a way of



Caption describing picture or graphic.

life. With children involved in extra-curricular activities, and in many cases,

both parents working outside the home, it can be difficult to find time to prepare and eat a meal at home.

When today's families are on the go, it seems they are more likely to simply grab a quick snack instead of taking the time to prepare something healthy, said Paula Post, Oklahoma State University Cooperative Extension.

"Good nutrition is essential for a healthy lifestyle," Post said. "A healthy lifestyle coupled with eating nutritious foods and snacks can help reduce the risks of some health disorders later in life. Eating at least five servings of fruits and vegetables is one way to cut the risks of heart disease, obesity and other health problems."

When it is time for after-school snacks or a quick snack in the workplace, keep "nature's fast snacks" in mind. Instead of snacking on potato

chips, ice cream and other high fat, low-nutrient foods, reach for fruits and vegetables instead. Purchased convenience food often are high in fat and sodium, and low in fiber and other nutrients. And in most cases, these types of foods cost more.

"We're continuing to see an increase in the number of overweight children," she said. "Incorporating healthier snacks in place of foods that are less nutritious is one way to help combat this problem."

Strawberries, nectarines, raisins, cherry tomatoes, celery sticks, apples, oranges, carrots, grapes, bananas and kiwi are all good examples of quick, heart-healthy snacks.

"Put these great-tasting snacks in small plastic bags for children to eat after school," Post said. "A bag of fresh fruit or veggie sticks can be tossed in your purse or brief case for a healthy snack at the office. With spring and summer right around the corner, your local grocery store or farmers' market will have many selections available for fresh fruits and vegetables."

In order to save time throughout the week, package up several kinds of fruit and vegetables into resealable bags and keep them in the refrigerator. In just a few minutes parents can have a whole week's worth of snacks ready to go.

## **BEVERLY'S BREAD RECIPE**

2/3 cup oil (I use grapeseed oil)

2 tablespoons salt

6 cups water (105° – 115° F.)

3 T. SAF rapid rise yeast

2/3 cup honey

2 tablespoons dough enhancer (optional for lighter bread)

10 cups whole wheat flour from hard red or white wheat

4-6 additional cups whole wheat flour

1. Mix all ingredients, except yeast and additional flour, on low speed.
2. Add yeast and additional cups of whole wheat flour until the mixture cleans the side of the bowl.
3. Turn machine off and let dough rest for 10 minutes, then turn to speed 2 and let machine knead for 10 minutes. Carefully pull out enough dough for a loaf. “Spank” out air bubbles and place in bread pan. Continue with remaining dough. Bread should then rise for 20-30 minutes or until an indentation pressed into side of the loaf remains.
4. Bake for 25-35 minutes at 350°F. or until loaf is browned and pops out of pan easily. Remove from pans immediately and put on racks to cool.

### **Bread Making Hints**

#### **DO:**

- For optimum taste and nutrition, use freshly milled flour. Any unused flour should be stored airtight in the refrigerator.
- Store yeast airtight in the refrigerator.
- Butter top of bread while warm from oven for soft crust. Use oiled hands to shape loaves.
- Pinch off dough, don't pull it. Pulling it breaks the gluten strands!
- Cover dough with lightweight “tea” towel while rising to retain moisture.
- Brush on egg-white mixture (which acts as a “glue” ) before topping with seeds or embellishing.
- Add tofu to the dough when it is humid to help bread stay moist longer since more flour is used.
- Relax! Bread-making can be fun and easy. Let the machines do the work while you take the credit.
- Remember that I think the dough is easier to raise than the kids!

#### **DON'T:**

- Use hot water, especially with freshly milled (warm) flour because it will kill the yeast resulting in a heavier loaf.
- Let bread sit in pans after baking (cool on racks) or crust will become soggy.
- Over knead dough or gluten strands will break. Dough should be smooth and elastic, not sticky or “choppy.” (Kneading time varies from crop to crop!)
- Measure a preset amount of flour. Watch and adjust for humidity by adding flour until dough begins to clean sides of bowl and ball to center.
- Store loaves in plastic bags until thoroughly cooled. The steam produces moisture and bread will mold more quickly.
- Over handle dough. “Playing” with it too much will break gluten strands resulting in a heavier loaf.
- Bake an over-risen loaf because it can't hold the structure. Punch it back down and let it rise again.

**KINGFISHER COUNTY HCE \$500 SCHOLARSHIP  
GUIDELINES**

1. Applicant must be a dependent of a member (in good standing) of the Kingfisher County HCE Organization.
2. Applicant must be a Graduating Senior in the year application is submitted.
3. Deadline for submitting application form is **April 15**. Scholarship winner will be announced preceding the Fall Semester. An alternate will be selected.
4. One half the amount of the scholarship will be presented to the recipient upon receipt of claim stating enrollment at a college or university for the fall term. The second one half for the Spring semester will be paid upon receipt of second claim. Claim forms will be given to the recipient at the time of announcement.
5. Applicant and parent should sign the application form.  
Please come to OSU Extension office for an application.

**23<sup>rd</sup> Annual Happy Homemakers Spring Craft Show**

The 23<sup>rd</sup> Annual Happy Homemakers Spring Craft Show will be April 9<sup>th</sup>, from 9:00 until 4:00 p.m., at the Kingfisher County Fairgrounds. A concession will be available serving sandwiches, pasta salad and homemade pies. A quilting and loomed accessory demonstration will be at 11:00 a.m. Paula Post will demonstrate how to recycle your jeans to make summer shorts and Capri's at 12:00 p.m., and how to make homemade bread using freshly milled wheat at 1:00 p.m. Come meet special guest Eskimo Joe and Buffy!

**Guthrie Home & Garden Show**

On April 16<sup>th</sup> the Logan County Home & Community Education and Cooperative Extension are sponsoring a Home & Garden show featuring displays, vendors and guest speakers to enhance your home and garden environments. Door Prizes are every hour and a concession stand will be available. Admission is \$4.00 for adults, and \$2.00 for children 6-12, children under 5 and under are free.

**Hennessey Craft & Quilt Show**

The 4<sup>th</sup> Annual Hennessey Craft & Quilt show will take place Saturday, April 23<sup>rd</sup>, 2005 from 9:00 a.m. to 3:30 p.m., 209 S. Main, Hennessey, Oklahoma. Admission is free. Over 50 quilts will be displayed, both antique and new. For more information, contact Randa Parrish at Prairie Quilt, 101 S. Main, Hennessey, or call 405-853-6801. For information on the craft show contact Pauline Kelly at 405-853-4645. A parade is scheduled at 1:30 p.m. In conjunction with this event is the Hennessey Oldies Tractor and Vehicle Club Show. A tractor Rodeo will be held on April 22nd at 6:00 p.m. at the Hennessey Rodeo Grounds.

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## 2006 HCE LESSON SELECTIONS

In each list below, select your top 3 choices and return by April 22 to the Kingfisher County OSU Cooperative Extension Office, 101 South Main Room 13, Kingfisher, OK 73750.

### ECONOMIC WELL-BEING

- Credit Reports, Credit Scores, So What?
- Home Buyer Tips and Facts
- Entrepreneurship in Oklahoma
- Making a Home Inventory
- Money Traps that Keep You Broke
- More Month than Money (Budgeting)
- County Government Works for You
- Secret History of Credit Cards
- De-Clutter Your Life
- What are Your Money Habitudes?

### HEALTHY LIVING

- Chocolate Choices
- Sugars & Sweeteners
- Good Fat, Bad Fat
- Who Wants Ice Cream? (new varieties/equipment)
- Hot Ideas for the Indoor Grill
- Good Eating with Yogurt
- Almost Homemade (convenience foods to make quick meals)
- Four Ingredient Diabetic Recipes
- Modify Your Recipes for Health
- "Spice" Up Your Life

### FAMILY ISSUES

- Who Let the Dogs Out (fighting fair)
- Wonder Women Doesn't Live Here (stress management)
- Facing Fear: Dealing with Tragic Events
- Words to Live By (journaling)
- Attitude is Everything
- Understanding Your Child's Temperament
- How to Talk to Your Teen
- Remembering Our Differences (Issues between men and women)
- Balancing Family & Work
- Changing Family Roles

### CULTURAL ENRICHMENT

- Sips of Serenity (Guide to Teas)
- Spa at Home (Homemade bath salts, oil, soaps)
- Simple Sentiments (Homemade cards)
- Think Outside the Box (gift embellishments)
- Be the Best You Can Be at Any Age
- Decorating on a Dime
- Growing/Harvesting Kitchen Herbs
- Ways to Serve in Your Community
- Faux Chenille Projects
- Recycle Your Wardrobe

### STATE LESSONS:

- Agri-Tourism
- Recycling, What Happens To It?

### DISTRICT LESSONS:

- Walking, How Much, Safety, Shoes, etc.
  - Developing Resilient Children & Youth
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### **County HCE Trip**

Would you be interested in a county HCE trip?

**Yes/No**

Would you be interested in serving on a committee to organize a trip?

**Yes/No**

If yes, rate (1 highest-5 lowest) the following in order of preference for any trip you would consider taking.

1.  Guthrie Historical Tour & picnic (one day)
2.  OKC Trip (one day) Brick town, Crystal Bridge, etc)
3.  Ride train and visit Ft Worth Historical Stockyards District (overnight trip)
4.  Branson, MO and Silver Dollar City (two night trip)
5.  OKC National Memorial Museum

**County HCE Class** If yes, rate (1 highest-5 lowest) the following in order of preference for each workshop you would consider taking.

1.  Would you be interested in a “**True Colors**” workshop?

The key to your personal and professional success come from your ability to communicate effectively with others. True Colors provide you with an understanding of what makes you and others feel successful...the key to effective communication. Participation in True Colors will help you find the keys for you to build rapport, show your appreciation, and to motivate successful behavior in personal and professional relationships.

2.  Would you be interested in a workshop a “**Who Moved My Cheese**” workshop?

“Cheese” is a symbol for whatever is important to you-the way you do your job, a loving relationship, money, health, and peace of mind. “The Maze” is where you look for it – the organization you work, the family or community you live. Discover how to deal with change, so you can enjoy more success and less stress in your work and in your life.

3.  Would you be interested in a workshop a “**Fish Philosophy**” workshop?

Thousands of organizations worldwide are using the Fish! Philosophy. Learn to bring more fun, enthusiasm, accountability and wholeheartedness to your life, work, and family. Learn how playfulness eases tension, to make people's day, and how our attitudes affect others.

4.  Would you be interested in a workshop a “**Give ‘em A Pickle**” workshop?

Pickles are those special or extra things you do to make people happy. Learn more about how service, attitude, consistency and teamwork.

5.  Would you be interested in workshop discussing the Transitions of Mother/Daughter Relationship?

6.  Recycling Clothing Workshop (denim short and Capri's from old jeans)

7.  Bread Baking Workshop (using milled wheat)

*\*True Colors, Who Moved My Cheese, FISH Philosophy, and Give ‘em A Pickle are programs I have previously given to schools, businesses and leadership groups.*

### **County HCE Project Ideas**

Check ideas you would support. This is a survey only, not a vote!

Antique Appraisal

Spring Home and Garden Show

China Display (Chance to buy and sell your pottery and china)

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