



Kingfisher County OSU Extension Service

# FAMILY AND CONSUMER SCIENCES



August-Sept. 2004

## RESHAPING THE FOOD PYRAMID

Countries around the world have developed dietary guidelines to promote proper nutrition.

Dietary guidelines were originally introduced to deal with malnutrition, said Nurhan Dunford, oil/oilseed chemist for the Food & Agricultural Products Center on the OSU campus in Stillwater.

Today countries develop guidelines in an effort to prevent chronic diseases such as heart disease, obesity and diabetes, said Dunford. The U.S. dietary guidelines is published jointly every five years by the U.S. Department of Health and Human Services and the U.S., Department of Agriculture.

The guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce

risk from major chronic diseases. They serve as the basis for federal food and nutrition education programs.

The current guidelines were published in May 2000. A Committee of prominent experts in nutrition and health will review the guidelines and determine if revision is warranted. Release of revised dietary guideline in Jan 2005 will follow release of the Food Guide Pyramid.

There is a lot of pressure on the USDA to change the Food Pyramid, which first appeared in 1992. A major problem is that the current USDA Food Pyramid does not make distinctions about types of fats and carbohydrates. The new pyramid will include information about vegetables, fats, nutrients and carbohydrates. Another proposed revision will rec-

ommend that at least one-half of all grains eaten be whole grain.

Other proposed changes include:

1. Move fats and oils down the pyramid. Saturated and trans fat may be at the top and shift monounsaturated and polyunsaturated fats lower on the pyramid.
2. Revisions regarding the ration of solid to liquid fats and oils in the diet.
3. Emphasis the importance of physical activity and identify one's correct energy needs.

These revisions would help consumers tailor their diets to address their own special needs. Officials say the Food Pyramid also will have a new look. It will look more like a rectangle or a grouping of various shapes.

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*This Newsletter is given for educational information to the interested citizens of Kingfisher County.*

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# CLEANING MATTERS

## Low carbohydrate diets

### DISHWASHING KNOW-HOW

Summer is a time for entertaining, but food and guests also mean dirty dishes. The good news is—new products help make tough dishwashing jobs easier, reports The Soap and Detergent Association. Try these tips and products for hand and automatic dishwashing.

#### Hand Dishwashing Tips

Wipe off leftover food and grease from dishes and cookware using a rubber spatula or paper towels. Soak dishes with greasy soils or baked-on or burned-on foods in a solution of liquid hand dishwashing detergent or baking soda and hot water. Soak for about 15 to 20 minutes. Drain and wash the dishes and cookware.

#### New Hand Dishwashing Products:

Wipes with dishwashing liquid. They lather up once water is added. Hand dishwashing liquids with new scents. They also feature hand-care ingredients, such as proteins, vitamin E, vitamin B5 and aloe vera.

#### AUTOMATIC DISHWASING TIPS

Scrape off large food particles. Prerinsing dishes should not be necessary. A reasonably current dishwasher that's properly in-

stalled and operating and an automatic dishwashing detergent should do a thorough job.

Place the heavily-soiled side of each item facing the source of the water spray at the center of the tub. Only use a product made specifically for automatic dishwashers. Any other type will cause oversudsing and possible damage to the dishwasher.

#### New Forms of Dishwashing Products:

Detergents in tablet form. The tablet is actually two layers: a pre-soak that dissolves and removes dried food and a detergent that cleans. Another version includes a sheeting agent to help keep glassware shiny and smudge-free.

Detergents in gel form. They come in easy-pour bottles or in pre-measured pacs that dissolve completely.

Rinse-aids. They can be used either as a separate product or integrated into the dishwasher detergent to help prevent spotting and filming.

Plastic cleaning boosters. They can help remove tough stains from plastic ware.

#### TIDY UP / GET THE KIDS INVOLVED

1. Divide tasks. Base cleaning

chores on your child's age and ability. 3 year olds can help set and clear the table. 9 years olds can vacuum. 11 year olds can do the laundry.

2. Post it. Hang a to-do chart of tasks where everyone can see it, such as on the refrigerator. Rotate chores every month.
3. Be specific. Clarify what needs to be done. For instance, how often do you want the trash taken out. Do you want the trash can liners changed, too?
4. Dress for success. Have kids wear comfortable shoes and overalls or aprons with big pockets to stuff things into.
5. Organize toys. This is a kid's job. To reduce clutter, have them sort out toys they no longer want. Donate to a charity or plan a garage sale. Always put away toys after finished playing.

#### A NOTE ABOUT PRODUCT SAFETY

Allow children to help only when you're using a multi-purpose cleaner and only with proper adult supervision. Don't allow children to use disinfectants, disinfectant cleaners, chlorine bleach, or any product that has a warning on the label, such as "Keep out of reach of children."

Information from the Soap and Detergent Association. For more information visit: [www.cleaning101.com](http://www.cleaning101.com)

Cleaning Matters: July/August 2004

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## OHce information and news

### LEADER LESSONS

The lesson for September has been included in your packets from last month. Please be sure these get to the right person. A few are still here at the office. The regular lesson time is during the Blaine County Fair, and I will be unable to present these materials.

The lesson for October will be presented on Thursday, September 23 at 12:30 p.m. The topic will be "Quick and Easy Decorating Ideas."

### ELECTION OF OFFICERS, DUES AND DONATIONS

Your September or October meeting is the time to elect officers for the upcoming year and collect dues and donations. Donations for Pennies for Friendship, Nickels for Leadership and Norma Brumbaugh scholarship can all be included in one check with the breakdown shown for each amount. Dues and these donations will need to be turned in to the county treasurer by October 22.

Officers names will need to be turned into the OSU Extension Office by October 22. This will help us as we start the next yearbook.

County dues are \$7.50 and State dues are also \$7.50. (TOTAL \$15) Make checks out to KINGFISHER COUNTY HCE. If you have any new members, they need to fill out a membership form .

We need this for our county and state mailing lists for newsletters.

### DISTRICT MEETING PLANNING SESSION

Kingfisher County OHCE Officers and representatives will have a joint meeting with Blaine and Major county OHCE members to start plans for the district meeting in March 2005. We plan to meet on August 10, 1:00 p.m. in Fairview. If you are interested in attending, or have ideas for speakers, please let Joy or Ina know. Thanks for all of your help.

### KINGFISHER COUNTY FAIR, SEPT 8-11

The Kingfisher County fair books are now in the office. Please come by and get some for your group if you haven't already.

Set up will be Sept. 8th and we will begin to receive entries from 4-6 p.m. that evening.

Entries will also be taken for OHCE Sept. 9 from 8-9 a.m.. Open Class will be taken from 8-9:30 a.m. Entries for Paintings and Photography will be from 8-1 p.m. on Sept. 9. Judging for the Open Class and OHCE will begin at 10:00 a.m. and Paintings and Photography will be judged at 2 p.m. all on Sept. 9.

### KINGFISHER COUNTY FREE FAIR EVENTS

#### Wednesday Sept 8th

Exhibit Building open to take entries from 4-6 p.m.

#### Thursday Sept 9th

Judge OHCE Exhibits and Open Class exhibits-10 a.m.

Judge Paintings and Photography-2 p.m.

Pedal Tractor Pull- 6:30

HCE Pie Auction-7:00

(All proceeds will be donated to the KF County 4-H organization)

Farm Hand Olympics-7:00 p.m.

#### Friday Sept. 10th

Entries for Floriculture/Flowers 9-10 a.m.

Judge Floriculture/Flowers-10:30 a.m.

#### Saturday Sept. 11th

Oklahoma Kids Performance-3:30 p.m.

OHCE/4-H Style Show and Cookies Container Silent Auction-5:00 p.m.

Exhibit Building Closes-6:30 p.m.

Exhibits released-7:30 p.m.

I look forward to seeing all of the exciting entries and exhibits at the Kingfisher County Fair. Hope that everyone will be making plans to exhibit and attend this great event.

**SEE YOU AT THE FAIR!!!**

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# For Your Information

## BE KIND TO YOUR SKIN

Umbrellas were originally intended as protection from the sun. Woman carried parasols to avoid getting freckles from the sun. Protection from the sun is still important so be kind to your skin, even when the weather gets cooler. Prevent dry, itchy skin with these simple tips:

- Use sunscreen year round. The harmful rays from the sun are out there year-round.
- Take short, tepid showers or baths: long, hot ones are drying to the skin.
- Try a gentle body wash instead of soap.
- Apply moisturizer after showering or bathing while skin is still slightly damp.

## CAN'T WEIGHT TO WALK

### *Selecting Walking Shoes*

There is no one best shoe. The best shoe for you is the one that fits you best, the one that gives you the proper support, cushioning, flexibility and compensates for any stride problems you may have, such as overpronation. Each person's feet are different. Take all advice with a grain of salt and find a show fitting expert to help you find the shoe that is best for

your walking distance, speed, style, and surface as well as your weight and stride. Here are a few basics for selecting walking shoes:

1. Look for a low supportive heel that rounds (or bevels) in. A thick heel or one that flairs out (like many running shoes) will cause your foot to slap down rather than roll. This slows down forward momentum and increases the occurrence of sore shins.
2. A walkers' foot hits heel first and then rolls gradually from heel-to-toe. So, you will need a flexible sole and more bend in the toe than a runner. You should be able to twist and bend the toe area.
3. Next, look for a shoe that is light weight and breathable. The last thing you want is the clunky heavy leather walking shoe.
4. The most important thing is a shoe that fits properly. Be sure your foot has enough room in the toe box. There should be thumbnails width between your toes and the end of the shoe. The shoe should be wide enough in the toes that your toes can move feely. The heel should not slip, and the shoe should not pinch or bind, especially across the arch or ball of your foot.
5. Go shopping at the end of the day or after your walk when your feet may be slightly swol-

len. Be sure and wear the same socks you will be wearing . Try on both shoes. Your feet may not be the same size.

6. Do not shop when you are in a hurry Be sure to walk around the store a few minutes on a hard surface. If the store has an objection to this, find another store. It is worth the effort to find the right shoe for you and it is worth spending a few extra dollars.
7. Wear your shoes in the house for a few days to try them out. Don't venture outdoors until you are sure the shoes are going to work for you. (If the shoes are not going to work out you will want to exchange them before scuffing them up outside.
8. Keep track of how many miles you have put on your shoes, and replace them every 300 to 600 miles. To extend the life of your shoes be sure to wear them only on your walks. Also rotating two pairs of shoes will give them time to "bounce back" between walks.

Keep these items in mind when purchasing your next walking shoes. Your feet and legs will thank you for it.

Sources <http://walking.about.com>  
<http://swathe walking site.com>

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# Can't Weight to Walk

Members of Kingfisher County OHCE are invited to join other OHCE members across the state as everyone kicks off a new state project. Announcements of this project took place at the annual state OHCE meeting in Oklahoma City in July.

"Can't Weight to Walk." is a three year program with the first year focusing on increasing physical activity among OHCE members, their families and friends. With a goal of 10,000 steps per day, members are encouraged to keep track of how much they walk by wearing a pedometer. Walking is one of the easiest ways to begin a lifestyle change and become a healthier citizen.

The three year objectives of

this project include:

1. Raise member awareness of current health issues.
2. Reversal of unhealthy habits
3. Promote by OHCE healthier lifestyles for members, their families and all Oklahomans.

An appointed or elected representative of each local group will total the accumulated steps and report monthly to a County Chairman. These accumulated step totals from local groups will be posted monthly on the OHCE web page.

Kingfisher County is planning to launch this project at the Fall Association meeting. Spend a few minutes at your next meeting brainstorming ideas on how

this project will work in Kingfisher County.

Some suggested activities:

- Form walking clubs or groups
- A walking bus
- Join community sponsored 'walks' such as awareness or fund raising for heart, lung, cancer, diabetes, multiple sclerosis, and arthritis
- Adopt a Highway
- Get involved in public policy by securing a walking trail for your community.

## FOSTERING & Adoption: A Rewarding Opportunity

On any given day there are more than 5,900 children in foster care in Oklahoma. There is a great need for quality foster parents ready to make a positive difference in the lives of children.

To become a foster parent you must be 21 years old and financially stable. You do not have to own your own home and you can be married or single. There is a maximum of 5 foster

children in the home and 6 children total. Liability insurance, medical, dental and mental health benefits will also be provided to the foster child. Child-care assistance is available for foster parents who work 20 hours or more a week.

Margaret Linnemann, State Office Foster Care unit stated, "We need people who are willing to open their homes to these children and give them the love and stability they need.

People who will be part of the team that helps us work to put families back together."

If you are interested in fostering or adopting, please contact the Kingfisher County Department of Human Services, Brittany Hansens-Foster Care or Tina Rackley, Adoptions.



## **DATES TO REMEMBER:**

**August 15—Entry deadline for State Fair of OK**

**September 6—Office Closed-Labor Day**

**September 8, 9, 10, 11—Kingfisher County Fair**

**September 17-26—Oklahoma State Fair-OKC**

**September 23—Leader Lesson 12:30-Quick and Easy  
Decorating Ideas**