



FAMILY AND CONSUMER SCIENCES

Newsline

June-July 2006



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."

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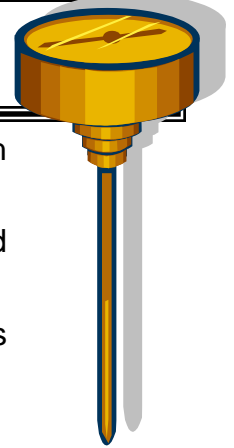
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Food Safety is Important for Seniors



Have you ever eaten something that caused you to feel sick? Chances are that the symptoms were unpleasant, but in a day or two you returned to normal health. The unpleasant symptoms were most likely due to what is known as foodborne illness.

For older people foodborne illness can be more than unpleasant—it can be very serious. Foodborne illness, or food poisoning, is caused by consuming food contaminated with pathogenic bacteria, toxins, viruses, or parasites. Such contamination usually arises from improper handling, preparation, or storage of food. In the United States, the Centers for Disease Control and Prevention (CDC) estimates that approximately 76 million people contract a foodborne illness each year, resulting in 325,000 hospitalizations and 5,000 deaths.

As our population ages the challenge continues. Our immune system helps to fight infection, and if our immune system or “defense mechanism” starts to weaken, foodborne illness can become more frequent and severe. Like the onset of gray hair, grandchildren, and the opportunity to retire, the weakening of the body's immune system often goes along with aging.

What can older adults do to reduce their risk of a foodborne illness? "Eat a variety of healthful foods and beverages and stay active. Both are important to successful aging," says Nancy Wellman, director of the National Center on Nutrition, Physical Activity and Aging. "But even good diets and healthy lifestyles may not be enough to keep one's immunity strong." So she suggests that older adults keep the following in mind to lower their risk of illness from foodborne bacteria:

- Do not eat soft cheeses made from unpasteurized milk, such as Brie and Camembert, blueveined cheese or Mexican-style cheeses, such as queso blanco
- Reheat hot dogs, luncheon meat or deli meats until they are steaming

- Do not eat foods made with unpasteurized raw eggs
- Do not eat raw or undercooked seafood
- Avoid fresh vegetable sprouts that have not been pasteurized
- Choose pasteurized fruit juices

There are also steps and precautions you can implement in the kitchen to reduce risks for foodborne illness. Cleanliness is the first priority. Such practices as frequent washing of hands, surfaces, and utensils are the first place to start.

Fruits and vegetables should be washed under running water and, when possible, scrubbed with a clean scrub brush or with hands, dried, and cut on a clean surface or cutting board. Cutting boards can transfer and contain hidden pathogenic bacteria. Washing cutting boards with hot, soapy water and having separate boards for meats and another for non-meat items is a good idea. Additionally, discard the cutting board if it appears to be worn, since bacteria can live and grow in grooves and scratches, regardless of repeated cleaning.

For cleaning surfaces in the kitchen, use a disinfectant or a mild bleach solution. Paper towels should also be used instead of cloth towels, since damp rags/towels provide an environment where bacteria can grow and later be unknowingly spread around the kitchen.

It is also important to keep foods cold. This applies to the thawing and storage of foods. Most pathogenic bacteria can't grow at refrigeration temperatures, so use of a thermometer ensures that the refrigerator is cool enough (34° to 41°F). When thawing foods, especially meats, it is best to thaw them overnight in the refrigerator. Thawing on the counter may expose the food to temperatures ideal for bacteria to multiply and reach dangerous levels.

Source: Food Insight, March/April 2005

2007 HCE Lesson Selection Survey

In each list below, select your top 3 choices. You can do this individually or by club. Return by **July 14, 2006** to the Kingfisher COUNTY OSU EXTENSION CENTER, 101 South Main, Kingfisher, OK 73750.

Family Issues

- Say the Right Thing (communication)
- Family Thera-Play (quality family time)
- Division of Un-titled Property
- True Colors (personality profiles)
- Men are From Mars, Women are From Venus
- Midwives for the Soul (spiritual care/dying)
- Tele-Medicine
- Where Germs Hide
- Generic vs Brand Name Drugs

Economic Well-Being

- Investment Basics
- Is Your Home Energy Efficient?
- Understanding Effects of Drugs & Meth Labs
- Convection Oven or Conventional Oven
- Understanding Medicare & Medicaid
- Guarantees & Warranties
- Money Habits
- Coupon Saavy

Healthy Living

- The Healthy Refrigerator
- Coffee Gourmet
- Blueberries
- Good Fat, Bad Fat
- Sugars and Sugar Substitutes
- Food Labels, Expirations Dates, Etc
- Spice Up Your Recipes
- Recipe Modification for Better Health
- 4 Ingredient Diabetic Recipes

Cultural Enrichment

- Hispanic Culture & Customs
- Aroma Therapy
- Water Gardens
- Wardrobe Make-over
- Growing & Harvesting Herbs
- Natural Home Remedies
- Move It or Lose It (armchair fitness)
- New Trends in Home Accents

Tell me more.....

***True Colors-**What makes people tick? Since the beginning of time mankind has been trying to answer this question. In some ways we are so similar, yet each of us maintains unique personality traits that set us apart from others. Learn ways to build rapport, show appreciation, and to motivate successful behavior in your personal and professional relationships. As you learn how you are viewed by others, you will begin to identify and appreciate the difference in those around you.

***Men Are From Mars, Women are from Venus-** Learn more about the love language differences between men and women.

***Midwives for the Soul-**We often put much preparation into the birth of a child. Yet, we hesitate, feel uncomfortable or afraid to talk about death. This class will discuss how to talk and what to do for the dying person. What the dying person needs to hear and do to have a more peaceful passing.

Sugar-free Apple Pie

- 12 ounces apple juice, frozen concentrate
- 3 tablespoons tapioca
- 1 teaspoon cinnamon
- 1/2 Teaspoon nutmeg
- 1/8 teaspoon ginger
- 1/2 teaspoon salt
- 8 apples, peeled, sliced
- 3 tablespoons butter
- 2 pie crust, frozen

Preheat oven to 425. Put bottom pastry in pie pan.

Mix tapioca, cinnamon, nutmeg, ginger and salt.

Add sliced apples and mix. Pour into unbaked pie pastry. Dot with butter. Cover with top pastry. Bake 35 to 40 minutes.

Per serving: 346 Calories; 15.2g Fat (38.5% calories from fat); 1.8 g Protein; 52.7g Carbohydrate; 11mg Cholesterol; 292 Sodium



KINGFISHER COUNTY COOP EXT. SERVICE
OKLAHOMA STATE UNIVERSITY
101 SOUTH MAIN, ROOM 13
KINGFISHER, OK 73750-3241

Upcoming Events!

July 10-12

OHCE Annual State Mtg. Call the office to car pool!

July 15 Leader

Lesson Selections Due

July 27 Leader Lesson

Attitude in Everything

August 22 Leader Lesson

Recycling or Agri-tourism Mail Out

August 10-11-Women in Ag & Small Business Conference, OKC, \$75 for both days. Registration includes a breakfast, 2 lunches, breaks and refreshments, and all conference materials. Additional information is by calling Casey at 580-832-3661.

August 23-26

Kingfisher County Free Fair

Can't Weight to Walk Program

Remember to call in your steps. to Denise at 375-3822.

Fall County Council

Host for Fall County Council will be Surprise HCE Club.



Leader Lesson

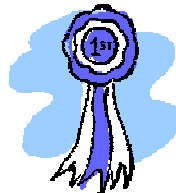
HCE Members are encouraged to send Lesson Leader to the monthly lesson. Anyone can attend a Leader Lesson. If you are not an HCE Member, please call the office so that we have enough handouts at the meeting. What a nice way to spend your lunch hour.

If you are wanting to have a specific lesson in the future, please call the office to make a request for a specific lesson.

Fair Changes

Open Class-Add genealogy-migration map, Jr.

Division -craft metal craft, plastic craft, bead craft, ceramics, multimedia (3 or more) memory album page one sided, memory album page two sided.



HCE-Food Preservation-vegetables-add Okra, Bread, add 100% Milled Wheat

Clothing and Home Décor

Add-Jacket/Blazer lined, Jacket/Blazer unlined.

Women- Skirt

Lined, Skirt, Unlined, Blouse/ Shirt, Pants, Long Dress, Sport Wear.



Girls- (No ages category for children)

Dress-1, 2, 3 pieces, Girls Sportswear, Girls Jumper, Girl's Skirt Lined, Girl's Skirt Unlined, Girl's Blouse/Shirt, Girl's Pants, Girl's Long Dress, Boy's Sportswear, Sleep Ware, Apron. Note: no age limit.

Home Décor-Curtains Lined, Curtains Unlined, Curtains/made from Bed Sheets, Table Cloth, Sofa Pillow, Sofa, Pillow with Piping, Sofa Pillow with Fringe.

Home Management-All crocheted, cross stitch and needlework will go into the category of Home Management. Ceramics-Add Ceramics Misc., Multimedia (3 or more).