



Family and Consumer Sciences Newsline

OSU Extension—Tulsa County
 4116 East 15th St. ? Tulsa, OK 74112
 918-746-3703(O) ? 918-746-3726 (F)
 Charlotte L. Richert,
 Extension Educator
 Family and Consumer Sciences
 www.oces.tulsacounty.org



Food. Nutrition. Health	2
Produce of the Month: Apple ? The Frosty Apple ? Spiced Apple Cider	
Economic Well-Being	3
<ul style="list-style-type: none"> Time Saving House Cleaning Tips Getting Started on your Family Budget 	
Family Relationships	4
? Family Day—Gather at the Table	
Leadership Development and Family Policy	5
<ul style="list-style-type: none"> Notes from the President OHCE Reminders Tulsa Art Deco 	
Leadership Development	6
<ul style="list-style-type: none"> Welcome! Committee news Training Tips 	

Packing a safe school lunch requires following food safety guidelines

September is National Food Safety Month

With schools across the state back in session, those new lunchboxes may be getting a workout along with all of the new pencils, crayons, notebooks and erasers.

“Although some children purchase their lunches at school, many opt to bring a lunch from home,” said Barbara Brown, Oklahoma State University Cooperative Extension Service food safety specialist.

“Not only are students learning new things in math and science, it’s a great time to teach children about basic food safety issues when bringing lunch to school,” Brown said. “In fact, food safety is just one aspect of science. Safe home lunches are an important part of the learning process. And to help make food safety fun, involve your child in the process just as you do when deciding what foods will go into the lunchbox.”

Food safety starts at home. It is important to keep your preparation area clean, including all counter surfaces. Also make sure the food containers being used are clean as well. Wash hands and always use clean utensils when packing a lunch.

Clean the surfaces and wash hands before preparing foods, and clean up any spills along the way. Remember to clean the lunchbox itself along with all of the food containers, thermos and eating utensils.

The next thing to keep in mind is food temperature. When packing a lunch it is best to use an insulated lunch box. To help ensure foods stay cold, include a freezer gel pack. If a parent is sending a juice box in the lunch, freeze it the night before and use it as a freezer pack. Juice also can be frozen in reusable plastic drinking containers and be used as a cold pack in the lunchbox.

“It’s very important to keep perishable foods such as meat, poultry or eggs, nestled close to the freezer gel pack or the frozen juice box,” Brown said. “Frozen gel packs or ice packs will help ensure cold foods remain cold until lunchtime. However, these gel packs don’t normally last all day, so any leftover perishable foods should be thrown away right after lunch or be discarded when your child gets home after school. It’s not safe to keep uneaten food and use it in the next day’s lunch, even if the food still feels cool.”

Although a brown paper bag could be used in place of an insulated bag, the paper bag will not retain the cold as well.

Double bagging can help provide some additional insulation, but when it comes to ensuring food safety, using an insulated bag is the best bet.

“Be sure to keep lunch boxes out of direct sunlight and away from radiators and other heat sources,” she said. “Check to see if your child’s school has a refrigerator available where children can store lunchboxes until it is time to eat.”

Just as it is important to keep cold foods cold, consumers must keep hot foods hot. Use an insulated bottle or thermos for foods such as soup, stew or chili. To help ensure the foods stay as hot as possible, fill the insulated bottle with boiling water and let it sit for a few minutes. Discard the water and fill the bottle with the hot food. Be sure to keep the insulated bottle closed until lunchtime to ensure the food stays nice and hot.

Source: www.okstate.edu/fcs/

Five Reasons To Eat An Apple Every Day

- ? **Your Diet** - Apples are the perfect, portable snack: great tasting, energy-boosting, and free of fat.
- ? **Your Heart** - Research confirms it! The antioxidants found in apples help fight the damaging effects of LDL (bad) cholesterol.
- ? **Your Digestion** - Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)
- ? **Your Lungs** - An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.
- ? **Your Bones** - Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.

You may have grown up hearing “an apple a day keeps the doctor away!” Research is finding more support to this old wives’ tale with antioxidants, phytochemicals and more, but one thing is sure, we are entering the time of year for apples to be “in season” and therefore, be at their best,” says Charlotte Richert, Tulsa County OSU Extension Family and Consumer Sciences Educator.

A medium apple has 80 calories and no fat. It provides 20 percent (7 grams) of the recommended daily allowance of dietary fiber. It also provides 8 percent of your vitamin C for the day. A serving size equals ½ cup cooked apple or one medium size apple.

Tips for Buying and Storing Apples

- 1 Avoid fruit with bruises, broken skin, or internal browning.
- 2 Select apples that are bruise-free and firm to the touch, with good color (color depends on the variety), flavorful taste, and pleasant smell.
- 3 Keep apples refrigerated. Apples continue to ripen after harvest.
- 4 To avoid discoloration, keep the surface of apples dry. Do not rinse until ready to use.

The Frosty Apple

1 pint vanilla ice cream
 1 quart naturally sweet apple cider
 4-6 scoops vanilla ice cream (optional)
 Freshly ground nutmeg

Let a pint of vanilla ice cream soften at room temperature or microwave for 20 seconds. Put ice cream and cider into a blender or food processor and blend until frothy and well mixed. Stir in nutmeg. Pour into tall glasses and top with a scoop of ice cream, if desired. Sprinkle nutmeg on top. Yield 6 one-cup servings.

Source: www.urbanext.uiuc.edu/apples/nutrition.html

Spiced Apple Cider

Always read the label and make sure you are purchasing pasteurized apple cider. Raw, unpasteurized cider may contain harmful bacteria.

1 gallon naturally sweet apple cider
 1 cup brown sugar
 4 cinnamon sticks, broken in half
 1 Tablespoon whole cloves
 1 Tablespoon whole allspice
 1/2 teaspoon mace (optional)

Tie cinnamon, cloves, allspice and mace together in cheesecloth or use a coffee filter tied with string. Combine cider and brown sugar in a large pot. Add spices. Bring mixture to a slow boil. Then turn heat down and simmer for 5 to 10 minutes. Remove spice bag from pot. Serve hot cider in mugs. Spiced Apple Cider may be kept warm in a crock-pot (slow cooker) on low setting. Yield 18 servings.



Time Saving Tips for House Cleaning Getting Started with your Family Budget

This is a great time to get your home rid of the summer clutter and get ready for fall. Here are some reminders that make house cleaning a little easier...

- Have a specific area to keep your cleaning supplies. Take a few minutes to gather items back together and decrease your time spent hunting cleaning supplies. Have upstairs cleaning supplies and downstairs cleaning supplies or back of the house, front of the house, etc.
- Change the air filters in your heating and air-conditioning units. This decreases dust and allergens and increases the life of your equipment.
- If you haven't had your fireplace checked for blockage and cracks, do this before using. You don't want a flame finding its way out of a crack and into your house.
- Baking soda is a good old standby for deodorizing refrigerators and freezers. It also is great to clean everything from vegetables to pots and pans. For dried-on burnt-on soils, add 1 tablespoon of baking soda with about 1 inch of hot water. Soak for 15 minutes and wash as usual. The baking soda penetrates to loosen the material and reduces the scrubbing effort.
- Add baking soda to your laundry. This increases the cleaning power of your detergent by softening the water.
- Add baking soda to your vacuum cleaner bag to absorb odors.
- Keep your cleaning tools clean. Before storing mops, sponges, cloths, etc, rinse thoroughly and dry. Replace kitchen sponges once a month or run them through the dishwasher cycle to get rid of bacteria.
- Replace items that are worn or empty. Toss expired supplies.
- Break up your whole house cleaning in easier chunks. Share the responsibility with other members of the household. Make sure they can be successful at the job they have.
- Have a chore exchange! Switch jobs or have a drawing for jobs. If you are the only one in your house, you can draw for jobs yourself to add a little excitement to an otherwise, not so exciting job.

Source: How to Clean Anything.com

Are you trying to get your family or personal budget under control, but you don't know where to start?

1. It is important to know where your money is currently being spent. This can be done by tracking your spending. For one week, write down everything you spend and what it was. Keep track of cash, checks, credit purchases, and debit purchases.
2. Don't beat yourself up. This is information that will help you know more.
3. Now you are ready to decide where you can shift spending.

These are tips from the National Foundation for Consumer Credit and Consumer Credit Counseling.

Source: Natti Gilbert, www.sideroad.com



Housing and utilities	26%
Food	13%
Transportation	15%
Entertainment	5%
Personal Insurance	10%
Charity/Contributions	10%
Clothing	5%
Health	6%
Savings, other	10%
Total	100%

September 25 has
been slated
"Family Day - Gather
at the Table."

Home at 5:30, football practice at 6:00, home again at 8:30! When does your family eat? Although the typical American family's schedule seems to be getting more and more hectic, there are many benefits to taking time to eat together.

September 25 has been slated "Family Day - Gather at the Table", sponsored by The National Center on Addiction and Substance Abuse (CASA) at Columbia University. This is a national effort to reduce youth substance abuse and raise healthier children, said Charlotte Richert, Oklahoma State University Cooperative Extension Family Consumer Sciences Educator.

"CASA research indicates the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs," Richert said. "By taking the time to sit down together as a family, parents make time to learn more about their children's lives and better understand the challenges they face. Children may also learn about the challenges the parent(s) deal with. It's a time when parents can provide a healthy and positive influence on their children. Family meals really can make a difference to children and youth."

Roadblocks to having family mealtime:

- ? Busy schedules
- ? Lack of cooking skills
- ? Watching television and
- ? Lack of commitment to family mealtime

"Although it takes time and planning, eating meals together has so many benefits for each family member and the family unit as a whole." If eating dinner together is not possible, then make your meal together, breakfast," says Richert. "An American family typically eats 21 meals a week, make your family worth it to eat at least five times together."

In addition to spending more time together, meals eaten at home often are more nutritious than those eaten outside of the home. There is a strong association between the person who eats family dinners and those who are able to make nutritionally sound food choices. Keep in mind that better nutrition at just one meal can improve a person's nutrition for the entire day.

It isn't which meal you eat together that's important, it's the fact that you're together as a family. "Eating together truly can reduce the risk of serious

Youth who have dinner with their families five or more nights a week are nearly 50 percent less likely to try alcohol, compared to teens whose families eat together two or fewer times per week.

Source: Columbia University

problems down the road. If and/or when there are problems that occur, the fact that your family has open communication with each other will make it easier to handle any problems that arise," says Richert.



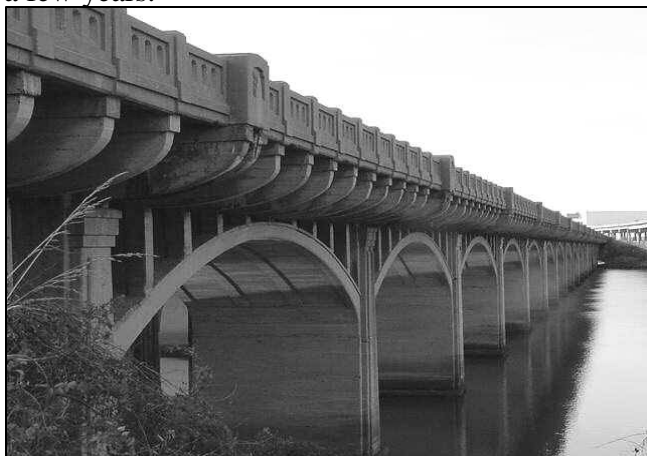
Jo's
Notes

The calendar says fall is approaching, but summer looks like it is going to hang around for a while longer. I hope you all had a nice summer and everyone is getting ready to get busy with HCE activities in full swing.

We will have election of county officers at the September 15th business meeting. We will be electing the President and Secretary for the 2007-08 terms. If you have a nominee for either of these offices, please contact Evelyn Carter, Vice President and Chairman of the Nominating Committee.

Tulsa's Art Deco

Tulsa's unique heritage and design is often taken for granted by those of us who have lived here for a few years.



See, hear and learn about Tulsa Art Deco at the *Tulsa County OHCE Business Meeting*, at the Extension Center, on September 15, 2006 at 9:30 a.m. Michelle Place, Tulsa Historical Society, will be the speaker.

Evelyn Carter, Vice President

Reminders and Looking Ahead

August and September
Extension Center Display Case



September 1
Group Treasurer's turn in money to Earl Moore for 4-H Gate signs.

September 4
Extension Offices Closed for Labor Day Holiday.

September 15
9:30 a.m. Fall Business Meeting; **open to all members**.
The program will be Tulsa's Art Deco presented by Michelle Place, Tulsa .

September 26
10:00 a.m. Leader Training in Owasso.

September 30
Membership fees due.

October
Groups elect officers and committee representatives.

Jo Harkrider
OHCE-TC President 2006

Group Check List Reminders:

- Group Treasurers** collect
- Nickels for Leadership,
 - Pennies for Friendship,
 - Norma Brumbaugh Scholarship and
 - 2007 Membership dues by September 30,
 - due October 13 to **County Treasurer**.

Welcome to our New Office Assistant

August 6 was the first day on the job for our new office assistant, Pamela Henderson. You may have met her at the Summer Iced Tea during the county fair. If you have not had a chance, please come by and welcome her to the Tulsa County OSU Extension Center!

Charlotte Richert

Children's Book Drive

273 books were collected during the county fair. These will be donated to the Laura Dester Shelter.

Eleanor McCord, Family Literacy Chairman

Membership

Now is the time to join a Home and Community Education Group. The \$15.00 membership fee is a bargain! You receive 10 *Family and Community Sciences Newline*; benefit from 11 educational programs developed by OSU Extension Staff; have cultural and social experiences and more!

The next Learn to Serge workshop is set for September 22 at the International Linen registry in Promenade Mall.

Source: Judith Gillmore, Chairman

Holiday Recognition Luncheon

Get your taste buds and decorations ready for the 2006 Holiday Luncheon on December 6 at the Garnett Church of Christ. The theme, Yuletide Around the World, will provide a festive setting. A decoration workshop day is set for Friday, November 3 at the OSU Extension Center. The menu selected features Lime Grilled Chicken Breast with roasted new potatoes and steamed mixed vegetables. Cost is \$12.00 per person. More information will come in October!

Source: Patsy Rowland, Chairman

Thanks! Job Well Done!

A big thank you to all who contributed items, bought items, and worked for our silent auction at the 2006 County Fair. We made \$1,619.00! A great success due to you.

Elizabeth Bartlett, 2006 OHCE-TC
Promotional Sales Chair

Five Basic Training Tips



Getting people to do things right means taking the time to teach them properly from the start so that they understand what needs to be done, how to do it and why it should be done.

Effective training, however, involves more than simply providing information. The best way to motivate and change behavior is to use a variety of proven techniques.

- 1) Promote Participation. The most effective training technique is good old-fashioned interactivity.
- 2) Make it Relevant. People are more apt to connect to a concept if it relates to something they have already experienced. Tell real-life stories, so it hits home.
- 3) Offer Rewards. Providing incentives is often a good way to motivate people.
- 4) Link Knowledge and Skills to Performance. When someone uses the information that was taught, recognize it.
- 5) Lead by Example. All the training in the world can be undone by people who don't lead by example."

Source: Food Safety Update, 2000

Sincerely,

Charlotte L. Richert

Family and Consumer Sciences

OSU Extension Educator-Tulsa County

This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112, 918-746-3703 or log onto: www.oces.tulsacounty.org

Information given herein is for educational purposes only. Reference made to commercial products or trade names is with the understanding no discrimination is intended and no endorsement is implied. Oklahoma Cooperative Extension Service offers its programs regardless of race, color, national origin, sex, age, religion, disability, or status as a veteran and is an equal opportunity employer.