



# FAMILY AND CONSUMER SCIENCES

## Newsline

Fall 2007

Canadian County Extension Service  
P.O. Box 519 El Reno, OK 73036  
Phone (405) 262-0155 Fax (405) 262-2267

## Supermarket Smarts

Grocery shopping can be a chore especially if you're stocking up for just two people. Supermarket aisles are filled with family-size this and economy-size that. Packages scream, "Contains 33% more!" but more isn't always better.

So you have to do a little detective work to make the most of your shopping dollars...and discover ways to reduce waste and save money. These ideas can help.

### Before You Go

**Plan your meals.** A little planning will save you time and money in the long run. You'll be less likely to buy on impulse, and you'll cut down on waste. If you're on a special diet, you'll likely eat healthier too.

So take some time to come up with a menu for the week...or even two. (Don't forget to include snacks.) For some tasty menu ideas, log on to our web site at [www.cookingfor2.com](http://www.cookingfor2.com).

**Make a shopping list.** Jotting down a grocery list is time well spent if it eliminates extra stops at the store for items you forgot. Make sure your list includes the quantity of each item you need—especially if you're an empty nester who hasn't quite kicked the habit of shopping for a family of four or more. Some people take the shopping list a step further and organize it according to the store layout.

### At the Store

Each department of the grocery store offers down-sized options for buying only what you need. Here's a tour:

**Deli** This is the perfect place to get the two or four slices of cheese called for in a recipe or a small block of cheese you can shred yourself. (A 4-ounce block will give you 1 cup shredded.)

You can also get a ¼ pound (or any amount) of various sliced meats including pepperoni, salami, roast beef, corned beef and chicken. Delis also carry products like pickles, olives, dips and sandwich spreads.

**Meat/Seafood** Get to know the butcher. At many stores, they will re-package items for you in smaller quantities. Some stores display individual pieces of meat in a refrigerated case, and you can buy as many as you need. Seafood can be purchased the same way.

Remember, you can also purchase larger packages and divide them up for freezing when you get home. Make sure you wrap the meat airtight and place in a resealable plastic freezer bag. Write the date on the label of each package.

**Produce** Most fruits and vegetables can be purchased by the piece. Keep in mind that some produce items, such as apples and carrots, keep longer than others. And some, like berries and peppers, freeze well.

Another option is convenient bags of frozen fruits and vegetables, which allow you to take what you need and put the rest of the bag back in the freezer.

**Bakery** Instead of picking up a package of hamburger buns in the bread aisle, check the in-store bakery. Many have a bulk section where you can buy individual sandwich buns, dinner rolls and mini baguettes. You can also buy individual pastries from the display case.

**Dairy** Need eggs but not an entire carton? Ask your grocer if you can purchase a half dozen (half carton) of eggs. Or try liquid egg substitute. Each 4-ounce container is equal to 2 eggs...and the containers can be frozen. Also look for individual or quart-size cartons of milk and serving-size cups of cottage cheese. Remember, you can freeze packages of shredded cheese and sticks of butter.

*(Cooking for 2, Winter 2007)*

# Wake Up to Caffeine Levels in Branded Sodas

If you're watching your caffeine consumption, you might want to stick to store brands of soft drinks rather than the national name brands. A study in the *Journal of Food Science* reports that name-brand sodas are more likely to contain higher levels of caffeine than their store-brand counter-parts. Auburn University scientists looked at three categories of soft drinks—colas, "pepper-like" beverages and citrus sodas—and compared Coca-Cola, Pepsi, Dr. Pepper and Mountain Dew brands against private-label choices at 15 stores. The study also found citrus sodas had the most caffeine and diet drinks generally had more than their caloric counterparts. The biggest jolt of all came from Diet Mountain Dew, with 55.2 milligrams of caffeine per 12 ounces, compared to regular Mountain Dew (54.8), Diet Coke (46.3), Diet Dr. Pepper (44.1), Dr. Pepper (42.6), Pepsi (38.9), Diet Pepsi (36.7) and Coca-Cola (33.9). Store brands were often much lower in caffeine, such as Wal-Mart's Sam's Cola, with 12.7 milligrams per 12 ounces. The researchers concluded, "The wide range of caffeine contents in carbonated beverages indicates that consumers would benefit from the placement of caffeine values on food labels."



*Tufts University Health & Nutrition Letter, September 2007*



## Heart-Healthier Snacking—Really?

Chip-maker Frito-Lay is crunching the data to prove not all snacks are created equal. Researchers from Frito-Lay, the University of Alabama-Birmingham and the New York Obesity Center, writing in the *American Journal of Clinical Nutrition*, report. "The perception that all high-fat snacks are unhealthy may be wrong." They set out to test if replacing standard snacks with those low in saturated and trans fat—but high in polyunsaturated—would improve cardiovascular health.

Thirty-three volunteers agreed to snack in the name of science, in a randomized trial with three phases: low-fat snacks, traditional high-fat snacks, and high polyunsaturated-fat snacks. All three diets actually reduced LDL and total cholesterol levels, but the low-fat and high-polyunsaturated diets saw the greatest reductions, roughly the same for both. The polyunsaturated snacks led both alternatives in reducing triglyceride levels, however.

Before you break open a bag of chips "for your heart," though, keep in mind that foods fried in any type of fat are high in calories and snack chips are heavy on the salt.

*Tufts University Health & Nutrition Letter, September 2007*

## CANADIAN COUNTY OFFICE "Star" Quilt Workshop

October 11 & 12, 2007

9 a.m.—3 p.m.

See page 7



# RECIPES



## Colorful Turkey Salad

Cubed turkey combines with carrots and potato sticks in this crunchy, refreshing salad. Canned shrimp, cooked salmon or cooked chicken may be substituted for the turkey breast.

- ½ cup cubed cooked turkey breast
- ½ cup shredded carrots
- 2 tablespoons chopped celery
- 3 tablespoons mayonnaise
- 1 tablespoon chopped onion
- ¾ cup potato sticks

In a small bowl, combine the turkey, carrots, celery, mayonnaise and onion. Cover and refrigerate until serving. Just before serving, stir in potato sticks.

Yield: 2 servings.

Nutrition information per ¾ cup serving (prepared with fat-free mayonnaise):  
151 calories; 6g total fat, 1g saturated fat; 14g total carbohydrates, 12g protein; 33mg cholesterol; 250mg sodium, 2g fiber; 20mg calcium.

*Cooking for 2, Winter 2007*

## Tiramisu Parfaits

- 4½ teaspoons instant coffee granules
- ⅓ cup boiling water
- 2 cups cold fat-free milk
- 2 packages (1 ounce each) sugar-free instant vanilla pudding mix
- 4 ounces fat-free cream cheese
- 1 package (3 ounces) ladyfingers, split and cubed
- 2 cups fat-free whipped topping
- 2 tablespoons miniature chocolate chips
- 1 teaspoon baking cocoa

Dissolve coffee in boiling water; cool to room temperature. In a large bowl, whisk milk and pudding mixes for 2 minutes. In a large mixing bowl, beat cream cheese until smooth. Gradually fold in pudding.

Place ladyfinger cubes in a bowl; add coffee and toss to coat evenly. Let stand for 5 minutes. Divide half of the ladyfinger cubes among six parfait glasses or serving dishes. Top with half of the pudding mixture, 1 cup whipped topping and 1 tablespoon chocolate chips. Repeat layers. Cover and refrigerate for 8 hours or overnight. Just before serving, dust with cocoa.

*Light & Tasty, Oct/Nov 2005*

## Apple-Raisin Spinach Salad

- |                           |                                       |
|---------------------------|---------------------------------------|
| ¼ cup white wine vinegar  | 1 teaspoon ground mustard             |
| 2 tablespoons canola oil  | ¼ teaspoon salt                       |
| 2 tablespoons chutney     | 6 cups packed torn fresh spinach      |
| 4 teaspoons sugar         | 1½ cups chopped unpeeled green apples |
| 1½ teaspoons curry powder | ½ cup golden raisins                  |

In a small bowl, whisk together the first seven ingredients. Place spinach in a large salad bowl; top with apples, raisins, peanuts and onion. Drizzle with dressing; toss to coat. Serve immediately.

Yield: 6 servings.

**Nutrition information per 1 cup serving:**  
160 calories; 8g total fat, 1g saturated fat; 22g total carbohydrates, 3g protein; 0mg cholesterol; 126mg sodium, 3g fiber.

**Diabetic exchanges:** 1 vegetable, 1 fruit, 1½ fat.

*Light & Tasty, Oct/Nov 2004*



# Canadian County OHCE News

## *“Celebrating Oklahoma Women” Fall Council*

*Monday, October 15 9:30 a.m.—3 p.m.  
Canadian Valley Technology Center*

Registration begins at 9:30 a.m. and the business meeting will start at 10 a.m.

The morning program, “Surround Yourself with Awesome Women”, will feature Anna Belle Wiedemann. Following the morning presentation, we will have a covered dish salad luncheon. Each member is asked to bring a salad to share. (*Tableware, bread and beverages will be provided.*)

The afternoon program, “Chickasaw Government 1837-1907” will be presented by Regina Berna. Following the program, Pat Reuter from the Canadian County Historical Society will present a style show from the 1907-1940 period. Members from local clubs will model the clothing.

**Contest** – “Clothing of By-gone Days.” Please bring clothing from your earlier years (or clothing that has been handed down in your family.) The three items that receive the most votes will receive a special prize. (Please note: items brought for the contest will be returned to their owners.)

You don't want to miss this! Bring a friend and enjoy the day of fun! This is a great day to interact with other members in the county!

Each group is asked to bring a table decoration (A basket with Made in Oklahoma Products or Centennial Items-worth \$10) for the centerpiece. They will be given as door prizes at the conclusion of the meeting.

All club presidents and committee chairs need to be prepared to give reports (what you have done with your main project) and committee reports at the business meeting.

## *OHCE Membership Forms and Dues*

### **Attn: Club Members**

- ◆ Dues are \$12.50 per person (\$5—local and \$7.50—state)
- ◆ Don't have time for a club? Be a mailbox member. Dues are \$12.50 and you will receive all of the leader lesson information and newsletters. When you have time, you can participate in a local group and/or county event. Don't miss out on OHCE!!

### **Attn: Club Treasurers**

- ◆ Dues and membership forms are due to Florence O'Hara, County OHCE Treasurer, by October 15.
- ◆ Make one check from your group payable to Canadian County OHCE. Mail dues and membership forms to Florence O'Hara, 17560 SW 29th, El Reno, OK 73036.

## *America Recycles Day*

Wednesday, November 7  
8 a.m.—4:30 p.m.  
Fairgrounds, El Reno

For more information, call the Extension Office at 262-0155.

## *4-H Bean & Soup Supper with Pie Auction*

Monday, October 29, 6:30 p.m.  
Educational Building, El Reno

Canadian County 4-H is planning a fundraiser to support citizenship and leadership activities for 4-H members.

Donations of pies and other “auctionable” items are sought for this event. Call by October 22 if you would be willing to contribute.

Tickets for the supper/auction are available from 4-H'ers in your community or at the Extension Office.

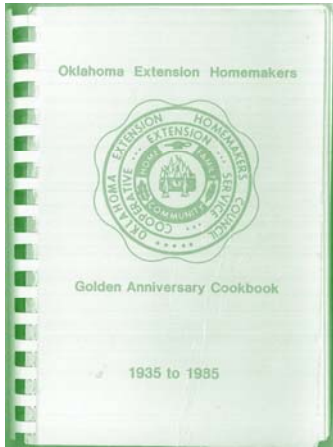


\* Reports and award applications are due by January 15.

\* New officer names should be submitted to the Extension Office as soon as you have them.

\* Now is the time to get started on your county report award books.

# Reprinting of Green Cookbooks



As you may have heard, OHCE members from across the state have expressed a desire for the state board to reprint the "Green Cookbook." For those of you who are too new to remember the "Green Cookbook", it was a statewide OHCE cookbook that was published in the 1980s. That cookbook contained many recipes still used today by many OHCE members and their friends and family.

Please let Donna know by September 25 how many cookbooks your club is willing to sell. The details of the cookbook sales, including date available, cost, profit to state and/or counties, etc. are still under investigation.

## *OHCE Leadership Training*

October 25, 2007  
Clarion Hotel, OKC  
9 a.m.—3:30 p.m.

## **Cultural Enrichment Trip to Guthrie**

October 2, 2007

We will leave at 8 a.m. and return about 4 p.m. Places of interest will be the Oklahoma Territorial Museum, National 4-String Banjo Museum, lunch at Victorian Tea Room, tour on First Capital Trolley, tour of Guthrie Scottish Rite Masonic Temple or shopping downtown.

Each person will be responsible to pay suggested donations at the museums (approximately \$12) and lunch (approximately \$15 which includes sandwich, tea and dessert.)

Please call the Extension office to sign up. This should be a fun trip and I look forward to enjoying the day with you.

Leadership training offers officers in our county a learning experience in a one-day session. The participants will gain expertise in officer duties to enable them to do a better job and in turn, share training experiences with local groups and members.

The keynote speaker is Anna Belle Wiedemann. Her presentation is entitled, "How Many Octobers Do We Have Left—What's Right with America?" Come and support her!

Do you or someone in your club want to know more about your office? Please contact Donna at the Extension Office to sign up for this workshop.

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## *Fair Worker Appreciation Dinner*

Date TBA  
Educational Building, El Reno

To show their appreciation for your hard work taking entries and assisting the judges during the county fair, the Canadian County Free Fair Board will be hosting a dinner in your honor.



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## *RADA Knives/Products*

To help raise money for the annual scholarships, RADA knives and products will be sold. Forms and books will be available at the Extension office. Orders are due November 5. These items would make great gifts for the holidays and will be an easy money maker for the county. Good luck!

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## *Executive Council Meeting*

Monday, November 5, 10 a.m.  
Extension Office

County and group officers are encouraged to attend.

# Healthy Living with Diabetes

November 7 and 14, 1-4 p.m.  
Dale Robertson Center, Yukon

Do you or a family member have diabetes? This two-day session will be presented by LaDonna Dunlop, Oklahoma County FCS Educator, and Donna Stangl-Jung, Canadian County FCS Educator. This session will help the participant learn how to make positive changes in their diet to help control diabetes.

Recipe modification, food preparation and general nutrition are included.

Registration is \$20 (for both days) and participants must be registered by November 2.

For additional information or to register, call the office at 262-0155.

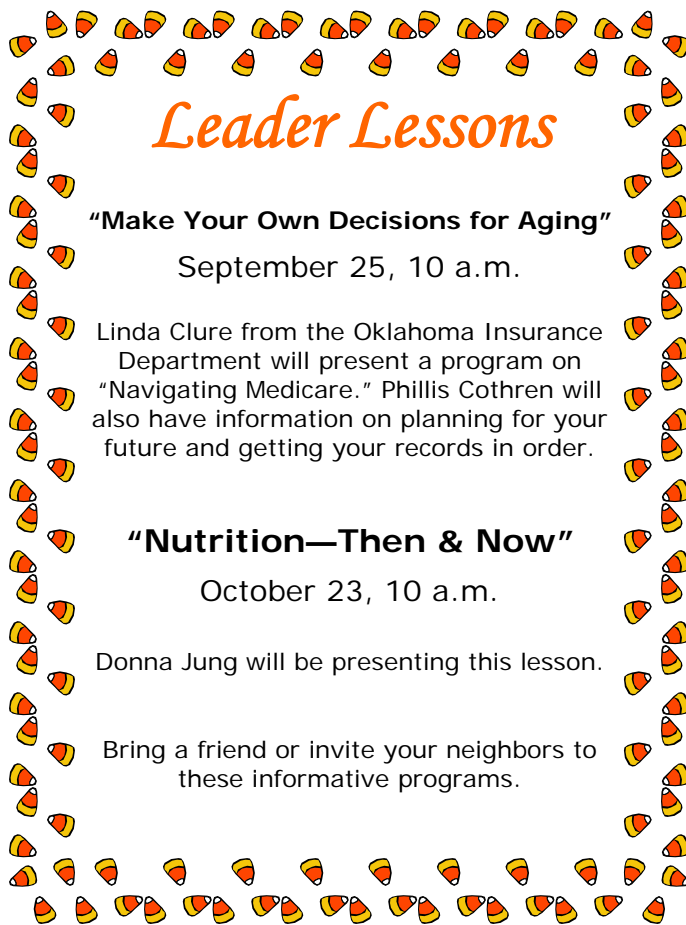


## *Bring Cheer to a Member*

Do you know of a member that is in the hospital or sick at home? Are they going through a rough time with a sick family member or has there been a death in the family?

Please call Donna Stangl-Jung at the Extension Office—262-0155 or Florence O'Hara at 483-5468 and let them know. We will send them a card of cheer representing the Canadian County OHCE.

Remember, we may not know if a member needs a card unless you call and tell us. We really do want to know!



## *Leader Lessons*

### **"Make Your Own Decisions for Aging"**

September 25, 10 a.m.

Linda Clure from the Oklahoma Insurance Department will present a program on "Navigating Medicare." Phillis Cothren will also have information on planning for your future and getting your records in order.

### **"Nutrition—Then & Now"**

October 23, 10 a.m.

Donna Jung will be presenting this lesson.

Bring a friend or invite your neighbors to these informative programs.

## *OHCE Holiday Luncheon and Leader Lesson*

Monday, November 26, Noon  
Educational Building

All members and spouse/guest are invited to the holiday luncheon. Meat and rolls will be provided. Bring a dish to share—salad, vegetable, dessert, etc.

Please RSVP to 262-0155 by November 21 if you will be attending.

Following the luncheon, Donna Jung will be presenting the "Cooking South of the Border" January leader lesson. Please make sure a representative from your club attends to receive the training and materials.

Each member is asked to donate canned goods and/or a new toy to donate to those in need in the county. These items will be used for the centerpieces. (We will not have door prizes.)

Come celebrate the holidays with your OHCE friends.

Visit OHCE's Web Site:

[www.ohce.org](http://www.ohce.org)

CANADIAN COUNTY OHCE  
**"Star" Quilt Workshop**

October 11 & 12, 2007  
 9 a.m.—3 p.m.  
 Education Building, El Reno



Canadian County OHCE is offering a quilt workshop. Anyone is welcome to attend. The fee is \$15 and includes lunch both days. Bring your sewing machine and supplies and be prepared to have an enjoyable time.

This beautiful jointed star is easier than it looks. There are no diamonds and no "Y" seams, so even a beginning quilter would be comfortable putting this beautiful design together. You won't want to miss this opportunity to spend two pleasant days with old friends or making new ones.

Call Donna Jung at the OSU Extension Office at 405-262-0155 to register. Class size is limited.

Fabric Choices: There are several options for the star fabric. The fabric requirements are based on the first option. You may need less than the chart recommends depending on the option you choose.

**Options:**

You could select 8 different fabrics. A variety of shades of the same color with 4 being light and 4 being dark so that there will be contrast.

You could use a variety of different colors.

You could select two colors (complimentary colors or light and dark shades of the same color family).

You could select four fabrics for the star. Follow the guideline of light and dark for contrast.

Be sure to purchase extra fabric if you choose to have additional borders.

36" x 36" (Wall Hanging)	
Star & Scrappy Border	8 fat quarters
Background & First Border	¾ yard
Third Border	¼ yard
Outside Border & Binding	¾ yard
Backing	1 ¼ yards

70" x 70"	
Star & Scrappy Border	8 fat quarters
Background & First Border	1 1/2 yards
Second Border	½ yard
Outside Border & Binding	2 yards
Backing	4 ¼ yards

Supplies needed: sewing machine, cutting board and cutters, scissors, pins, iron and ironing board (we can share these so everyone will not need to bring one).

Both of these are the 36" x 36" star. The one on the left has some additional half stars and borders added (74" x 64"—I think). It is a good snuggler size. It takes the same amount of fat quarters to make the large star as to make the small star if you purchase in fat quarters.

The 70" x 70" star is easy to make into larger sizes with the addition of borders or you could add half stars as shown in the quilt on the left. Just remember that you will need extra fabric if you have more than just the borders listed.

Ranel Lasley, FCS Extension Educator in Caddo County and workshop presenter, suggests making the 70" x 70" quilt for a faster completed project if you want a big quilt.





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*Oklahoma*  
*Home & Community Education*



*Family & Consumer Sciences*  
*Newsline*

Is published bi-monthly at a cost of \$76.28 for 350 copies by the Canadian County OSU Extension Center—FCS/4-H Youth Development Programs, 218 N. Country Club Road, P.O. Box 519, El Reno, OK 73036  
 Phone 262-0155 FAX 262-2267

*Donna R. Stangl-Jung*

**Donna R. Stangl-Jung, RD/LD**  
 Extension Educator, FCS/4-H Youth Dev.

9/18/07

# Info Needed

Please send a list of your member's birthdays and anniversaries to the Extension office. We want to celebrate your special days! This information is also needed for reporting purposes.



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