



Families Matter

Fun Begins in the Kitchen

It seems as though family memories begin in the kitchen. From Christmas parties to picnic lunches to birthdays, fun food makes each occasion a special event. But just as important as what you cook is the excitement of cooking together.

How to Play it Safe

Some recipes have been developed so kids and grown-ups can cook together. Kids will be able to do lots of steps by themselves. However, you know your own child best, so adjust tasks accordingly and supervise at all times. The following are a few extra precautions to be taken:

- Never leave a child unattended in the kitchen.
- Keep hot foods away from children. An adult should

handle foods coming in and out of the oven or microwave, or off the stove. Use pot holders or oven mitts.

- An adult should lift pots to prevent spilling.
- Keep pot handles turned toward the back of the stove.
- Keep sharp knives out of reach. Even when using plastic or butter knives, children should be watched closely.
- Adults should do steps that require electrical appliances, such as mixers, blenders, and toasters.
- Keep appliance cords away from counter edges. Unplug appliances

Just as important as what you cook is the excitement of cooking together!

when not in use.

- Keep detergents, cleansers, bleach, and other kitchen chemicals locked up and out of children's reach.
- Make sure everybody washes their hands before starting to cook.
- Make sure all utensils, cutting boards, and counters are clean.
- Wash hands, utensils, and cutting boards after handling raw meat or eggs.
- Make sure kids don't eat raw meat or eggs.
- Keep long hair pulled back when cooking.
- Make sure your kitchen is equipped with a fire extinguisher.

Oklahoma State University

Volume 1, Issue 2

March/April 2009

Contact the Extension Office at 405-321-4774 or nicole.moore@okstate.edu



Inside this issue:

Living on Less: Food Tips	2
Bug Fest!	2
Moore Health and Safety Fair	3
Stress Management	3
"Tree-mendous" Ideas for Young Children	3
Parenting Journey	4
Quick Fix	4

Living on Less: Food Tips

- Plan your meals one week at a time. Take advantage of specials and seasonal foods. Plan meals around featured sale items to cut food costs.
- Make a shopping list. When you get to the store, stick to your list. This cuts down on impulse buying.
- Buy generic or store brands. The quality is usually acceptable, the nutritive value can be the same as name brand products and the price difference can be considerable.
- Shop at discount grocery stores. Convenience store prices are higher.
- Shop alone. Other family members may want items not on the list.
- Eat before you shop. You will be less likely to buy on impulse.
- Use cents-off coupons for



items you generally buy. Some stores double coupon amounts for additional savings.

- Compare prices per unit: pound, ounce, dozen or package. Comparing cost per unit allows you to accurately compare products of differing sizes.
 - Plan a meatless day each week. Meat is one of the more expensive foods in our diet. Look for recipes that feature beans, cheese, peanut butter or vegetables rather than meat.
 - Use your oven efficiently. Bake more than one dish at a time. The energy savings can be used to supplement other parts of your budget.
- Wrap and store foods carefully to prevent waste and health hazards.
- Plan for the use of leftovers. Millions of dollars worth of food are wasted each year.

- Take nutritious snacks such as fruit or oatmeal cookies with you to work for break time. Vending machines can be expensive.
- Use economy cuts of meat like chicken thighs and chuck roast. They provide good-quality protein but at a lower cost.
- Make your own convenience foods. The more convenience built into a food product, the higher its price. Check with your library for booklets or cookbooks that specialize in homemade mixes.
- Entertain with "pot lucks," or simple, inexpensive foods such as casseroles and salads. Rethinking what we serve and how we entertain can save on company meals.
- Prepare brown-bag lunches when possible. Take leftovers for lunch -- eating out is expensive.
- Cut down on meals away from home.

Bug Fest!

Join OSU Extension and the Pioneer Library System as they present Bug Fest!

When: March 17, 2009 10:00 am-1:00 pm

Where: Norman Public Library– Lowry Room

Free event for children of all ages

Please RSVP for groups of 5 or more

Informational Booths Include:

- OSU Insect Zoo
- Fear Factor Challenge
- Live Insects
- 4-H Booth
- Live Worms
- Insect Crafts
- Demonstrations
- Insect Displays
- Plus More!

For more information contact the Cleveland County Extension Office at 321-4774

Moore Health and Safety Fair

When: Saturday, May 2, 10:00 am-2:00 pm

Where: Community Center/Moore Public Library/and Cleveland County Health Department Complex at 301 S. Howard St., Moore

The Moore Summer Fun and Safety Fair is a FREE Fair with many different booths offering fun games and summer activities. Red Cross will make free safety presentations. Children will be fitted for their FREE bicycle safety helmets and learn the safety rules of the road. Sign up for the Summer Basketball program at the Community Center, and at the Cleveland County Health Department check your child safety seats for correct installation. Don't forget to visit the Moore Public Library and get enrolled in the Summer Reading Program to earn great prizes over the summer.

Stress Management

1. Discover your prime time:

Think through a typical day for you and identify what 2 hours of the day are your most productive. Everyone has a prime time of the day when they are more energized and more easily accomplish difficult tasks. Find your prime time and schedule difficult tasks for that time.

2. Learn to Delegate:

Learn to ask for help. Delegate tasks to family members and co-workers when possible. Don't feel like you are imposing when you ask others to do their share.

3. Learn to Say No: Learn to say "no" in a tactful way. When you are organized and have planned your time well, it's easier to say "no, I have other things scheduled." Or "no, I've already



planned to work on other projects and can't fit anything else into my schedule right now."

4. Dovetail: Do things like writing thank you notes, paying bills or making a grocery list while watching your favorite TV program. Make a list of errands you need to run and schedule to do several things by making one trip.

"Tree-mendous" Ideas for Young Children

Being outside allows young children to move around and sharpen their senses. Sharing the outdoors with your child can be started with a look at trees. Trees can be easily found, and offer a simple way of discovering the wonders of nature. A tree runs on sun energy, makes its own food out of water and the air we breathe out, is a natural humidifier for us and actually cleans the air that we breathe. Here are several "tree-mendous" ideas to try with your child:

- Take a piece of paper and put it against the bark on the trunk of the tree. Have your child

rub the flat side of a crayon against the paper. Look at the tree rubbing. Talk about it with your child. Tell your child that the part of the tree that holds it up is the trunk. The part that your child is rubbing is the bark. What does the crayon rubbing look like? Does it look like the tree? Try another kind of tree. Compare what each of them looks like.

- The branches of the tree can make great natural "paint brushes." Take branches that have fallen off a tree and find the thickest part. Flatten it with a hammer, or with something hard to fan out the bottom. Use it as a

paint brush, allowing your child to dip the branch in the paint (or water) and put it on paper. If you find another branch, try it without flattening it and see what kind of lines it will paint. Talk about the twigs and how they help the leaves get sunlight.

- Use the leaves of the tree to create color. Leaves contain chlorophyll, a natural green coloring. Have your child take a leaf and roll it up or crush it, then rub it on white paper. It will make a green color. Your child can create a picture, or just enjoy the process of creating "green" from a tree.

Source University of Illinois Extension

The Families Matter E-Newsletter is one way the Cleveland County Cooperative Extension Service, Family & Consumer Science program provides educational resources in your community.

Families Matter E-news
Is published by the following:

Nicole Moore
Family & Consumer Science
Extension Educator

Oklahoma Cooperative Extension Service does not discriminate because of race, color, national origin, religion, gender, age, disability, or status as a Vietnam-era veteran and is an equal opportunity employer.

The Parenting Journey—Living in Loveland

Show love effectively: Loving is the most important thing we do for our children. Notice how your child likes to be loved. Some children want to be held. Some want to talk or play or just be with us. Some want to hear the words, "I love you, Dear." Love children the way they want to be loved.

Listen with your heart: Listening is an important way to show love. Children like it when we listen to them and try to understand their feelings. When children are upset, sensitive listening proves emotional first aid. In contrast, giving advice when they are upset just makes them feel frustrated or dumb. When a child is disappointed, we can show understanding by saying, "I'm sorry that didn't work out."

Show kindness: Kindness builds relationships and brightens the world. When we say and do unkind things, we should tell our children we are sorry. If our children see us making the effort to be kind, they will look past our mistakes and learn to be kind to others.

Source: Arkansas State Extension www.arfamily.org

Visit <http://oces.okstate.edu/cleveland>

Quick Fix Meal Idea

Easy Tilapia Bake

1 pound tilapia fillets
1 tablespoon butter
1 garlic clove, minced
1 teaspoon chopped fresh tarragon
1/4 cup apple cider vinegar

1. In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle over fresh tarragon. Cover with waxed paper and microwave on high for 2 minutes.
2. Turn fillets over, recover, and continue to microwave on

high for a further 2 minutes. Remove immediately, sprinkle with apple cider vinegar, and serve.

Servings: 4, Calories: 143, Total Fat: 4.4g, Cholesterol: 50mg, Sodium: 102mg, Total Carbs: 1.2g, Dietary Fiber: 0g, Protein: 23.4g

Lemon Green Beans

2 garlic cloves, minced
2 teaspoons olive oil



1 pound green beans, trimmed and cut into 2 inch pieces
1 tablespoon lemon juice
1/4 teaspoon coarsely ground pepper
1/8 teaspoon salt

In a large nonstick skillet coated with nonstick cooking spray, cook the garlic in oil over medium heat for 30 seconds. Add the beans; cook and stir for 10-13 minutes or until crisp-tender. Stir in the lemon juice, pepper and salt.

Serving Size: 3/4 cup equals 54 calories, 2 g fat (trace saturated fat), 0 cholesterol, 80 mg sodium, 8 g carbohydrate, 3 g fiber, 2 g protein.