Healthy Eating Plan Can Fit into Holiday Schedule

Food is one of the pleasures of the holiday season. Just because a person is trying to maintain a healthy eating plan does not mean holiday parties should be avoided.

The secret to fitting a healthy eating plan into holiday festivities is moderation and balance, said Janice Hermann, Oklahoma State University Cooperative Extension Service nutrition education specialist.

“It’s not a good idea to go on a ‘diet’ during the holidays. You’re simply setting yourself up for disappointment,” Hermann said. “Instead of trying to lose weight, just try to maintain your weight. Also, if you know you’ll be attending a party later in the evening, try eating lower-calorie meals earlier during the day. This way you can enjoy the party foods without overdoing your calorie intake for the day.”

Hermann also suggests eating a small, low-fat snack such as fruit or a bagel before heading out to a holiday party. This will help take the edge off your hunger and help you maintain your willpower.

Once you arrive at the buffet, do not head straight for the food tables. Take some time to greet the host or hostess and mingle with friends.

“You should also get something to drink and settle into the festivities before eating,” she said. “Avoid drinks containing alcohol because they are just empty calories. Opt instead for a glass of sparkling water with lemon. This drink contains zero calories and is light and refreshing.”

To avoid unconscious nibbling, socialize away from the buffet table. Conversation can take your attention away from the food and can easily lead to over indulging.

Although the array of holiday foods may be tempting, make just one trip to the buffet table. Make sure to choose the foods you really want and keep portions small. In addition, choose some lower-calorie foods such as raw vegetables or fresh fruit.

Hermann said broiled shrimp with cocktail sauce or lemon is a good choice. Go easy on fried appetizers, cheese cubes or other “not-so-healthy” choices.

“If possible, bring a healthy dish of your own, but be sure to check with the hostess first,” she said.

In party situations that involve a sit-down dinner versus a buffet, make your first helping small. That way if you do take second, the total amount should be about the same as a normal portion size.

Hermann said one of the key things to keep in mind is holiday foods and parties are not an all-or-nothing situation. Do not deprive yourself of special holiday foods or feel guilty when you eat them.

“When it comes to planning your own holiday parties and meals, make substitutions that will lower the fat content of your food selections,” she said. “Your guests probably won’t know the difference. However, if you have a special holiday food that just wouldn’t be the same prepared any other way, simply prepare it as you would normally...
Healthy Eating Plan (continued)

and take a smaller portion. Sometimes just a taste can satisfy your craving.

For those who find that they have over indulged at a party, step up the exercise. Try to get at least 30 minutes of vigorous physical activity on most days.

Be sure to keep in mind that sharing food is part of the holidays. Enjoying holiday meals or parties with family and friends doesn’t mean you have to abandon your healthy food habits.

Personal Safety While Shopping

December shopping trips often involve walking through malls and across super store parking lots; it’s a good time to be extra vigilant about personal safety. Here are some suggestions to help avoid becoming a victim of holiday crime:

⇒ Carry two sets of keys—one to keep and one to throw to distract an attacker.
⇒ Attach a whistle to the good set of keys and be ready to use it.
⇒ If you must carry a purse, carry it on your inside shoulder away from traffic and never carry it across your body. Concealed fanny packs are the safest type of bag to use when shopping or traveling.
⇒ Carry a mobile phone—on your person, not in your purse.
⇒ Never flash wallet/purse contents; use a gel pen on checks.
⇒ Let someone know your plan when out alone; try to shop in groups.

Make a New Year’s Resolution to Think Positive

Our words and attitudes can inspire confidence in and build up others or they can produce negative feelings and poor self-confidence. Following are some contrasts in the way we deal with others—set a goal to focus on the positive side of things for 2008.

◊ Point out what is right vs. magnify what is wrong
◊ Expect excellence vs. expect perfection
◊ Apology vs. blame
◊ Respect vs. ridicule
◊ Promises kept vs. promises broken
◊ Greet people with a smile vs. open with the negative
◊ Listen intently vs. don’t listen at all
◊ See the individual vs. see the stereotype

Operation Christmas

Headquarters for Operation Christmas has changed! The new location is the Multi-Purpose Center, located across the road from Purcell Lake.

The work schedule is as follows:

**Monday, December 10:**
- 9:30 a.m.—12:00 p.m. Stealey
- 1:00 p.m.—4:00 p.m. Cole

**Tuesday, December 11:**
- 9:30 a.m.—12:00 p.m. Blanchard
- 1:00 p.m.—4:00 p.m. HCE of Purcell, Washington & Washington Busy

The items that OHCE clubs are responsible for bringing to Operation Christmas are:

Stealey Baby items like rattles, teethers, etc.

Town & Country Story books for babies, birth to 18 months

HCE of Purcell Story books for 18 months to 5 years

Blanchard Barbie Doll clothes

Washington & Washington Busy Jumbo crayons and regular crayons

These donations can be brought to the Extension Office prior to December 10 or to the Multi-Purpose Center on December 10 or 11.
WINTER COUNCIL  JANUARY 17, 10:00 A.M.
Pioneer Telephone Building, Blanchard

Winter Council will be at the Pioneer Telephone Building in Blanchard, located in the 200 block of North Jackson in Blanchard (one block east and one block north of the downtown stoplight). Council will begin at 10:00. Parking is on the west and southwest side of the building and across the street to the north. Entry is through the northwest door. A “Winter OHCE Council” sign will be on the door.

Lunch will be pot-luck, so bring your favorite dish! Hostess clubs are Stealey and Cole. The program will be provided by OHCE members and officers who attended the state OHCE Leadership Workshop in October. Topics to be discussed are (1) Tips for Secretaries, JoAnn Wood; (2) How to Recruit New Members, Myrtle Yates; (3) How to Make OHCE More Visible, Peggy Christian; (4) Awards Reports, Bonita Brakefield; (5) What Kind of Member Are You, Joyce Smith.

Leaders’ Training for February will follow Winter Council beginning at 1:30

Attention—January 14 is an Important Date!

All OHCE club presidents received a packet of information early in November. The packets contained information related to the following items that are due to the Extension Office by January 14, 2008:

♦ Club Financial Report
♦ Club Achievement Score Sheet
♦ Perfect Attendance List
♦ Annual OHCE Member, Young Member, Rookie and Heart of OHCE Award applications—all clubs are encouraged to submit at least one application!
♦ End of the Year Project Reports—All clubs have completed projects that could be reported—report instructs are in President’s packet. Contact Mickey for assistance of ideas in completing the reports.
♦ State Committee/Officer applications.
♦ Life Essays—any member can write an essay based on an event in their life. The purpose is to pass on stories to future generations. The President’s packet contains instructions.
McClain County OHCE Projects For
2008

The following projects have been planned for the coming year:

Resource Management
◊ Recycling Project

Membership
◊ Celebrate OHCE Week
◊ Safety Conference, May 6, 2008. This will be incorporated into Spring Council. Members will be asked to "Bring a Friend".

Family Issues
◊ Red Cross Project
◊ Participate in Military Aid State Project
◊ Participate in Operation Christmas

Healthy Living
◊ Host Senior Conference on July 22, 2008.
◊ Red Cross Project

Cultural Enrichment
◊ Participate in Spring Historical Tour.

Officer's Meeting

January 10

All McClain County OHCE County Officers and Club Presidents will meet on Thursday, January 10, at 9:30 a.m. in Room 111 of the Courthouse. The purpose will be to finalize plans for Winter Council and discuss other upcoming events and projects.

Dates for Your Calendar

March 27 Pre-OHCE District Council Workshop, Duncan
March 28 District OHCE Council, Duncan
April 24 McClain County OHCE Tour to Downtown Oklahoma City—OKC National Memorial, Myriad Gardens, Bricktown Canal
May 4–10 OHCE Week
May 6 Spring Council & Safety Conference
July 22 Senior Conference, Newcastle

Ginger Spice Cookies

Ingredients:
6 tablespoons vegetable shortening
6 tablespoons margarine
1 cup SPLENDA® No-Calorie Sweetener, granulated
1 large egg
1/4 cup molasses
2 cups sifted all-purpose flour
3/4 teaspoon ground ginger
1 teaspoon cinnamon & 1/2 teaspoon ground cloves

1. Mix together shortening, margarine, SPLENDA® Granulated Sweetener, egg and molasses.
2. Sift dry ingredients and add to shortening. Mix.
3. Chill dough in refrigerator until firm (2 hours).
4. Preheat oven to 350°F.
5. Form dough into 30 balls, about 1 tablespoon. Place on ungreased cookie sheet and pat with fork, making a criss-cross pattern.
6. Bake cookies for 10-12 minutes. Do not overbake.
Try these Lower Calorie Sweets for the Holidays
Recipes from: http://splenda.allrecipes.com

Lemon Raspberry Bars

What you need:

Crust:
3/4 cup SPLENDA® No-Calorie Sweetener, granulated
3/4 cup all-purpose flour
1/4 cup light butter
1 pinch salt

Filling:
2 tablespoons all-purpose flour
1 1/4 cups SPLENDA® No-Calorie Sweetener, granulated
1/2 cup egg substitute
1/2 cup half-and-half
1/2 cup fresh lemon juice
1 tablespoon grated fresh lemon peel
1/4 cup reduced sugar raspberry preserves

What you do:

1. Preheat oven to 350°F. Spray an 8x8-inch baking pan generously with butter-flavored nonstick spray. Set aside.

2. To make crust: Mix together flour, SPLENDA® Granulated Sweetener and salt in a medium mixing bowl. Cut in light butter until the mixture is crumbly, like a streusel topping. Do not overmix. Press dough into prepared 8x8-inch baking pan. Bake in preheated oven 15-20 minutes or until lightly browned.

3. To make filling: Place SPLENDA® Granulated Sweetener and flour in a medium mixing bowl. Stir well. Add egg substitute and half-and-half. Stir until blended. Slowly add lemon juice while stirring constantly. Add lemon peel.

4. Stir raspberry preserves until they loosen up. Spread evenly over warm crust.

5. Gently pour lemon mixture over preserves. Bake in preheated oven 20-25 minutes or until set.

6. Chill in refrigerator 2 hours before serving.

Nutrition Information (per serving)
Calories 70; calories from fat, 25; protein, 2 g.; fat, 3 g. (sat. 2 g.); carbohydrate, 9 g.; fiber, 0 g.; cholesterol, 10 mg.; sodium, 60 mg.; sugar, 3 g.
Creamy Cheesecake

Ingredients:

**Crust**
1-1/4 cups graham cracker crumbs, plain
1/4 cup SPLENDA® No Calorie Sweetener Granular
3 tablespoons unsalted butter, melted

**Filling**
1 pound cream cheese, fat free
1 pound cream cheese
1-1/4 SPLENDA® No Calorie Sweetener Granular
1-1/2 tablespoons lime juice
1/8 teaspoon salt
4 large eggs

**Preheat** oven to 350°F.

**Mix** graham cracker crumbs, 1/4 cup
SPLENDA® Granular and butter for

crust and press into a spring form pan.

**Beat** cream cheese and SPLENDA®
Granular until well-mixed and smooth.

**Add** lime juice and salt, beat until smooth.

Add eggs one at a time, beating after each
addition.

Pour filling over crust and bake 50-60
minutes or until slightly firm to the touch.

Cool 15-20 minutes before placing in the
refrigerator.

**Refrigerate** 4-6 hours before serving.

**Garnish** with fruit sauces of fresh fruit or
chocolate shavings.

Note: A water bath may be used to reduce the
occurrence of cracks, but it will increase the
bake time.

**Nutrition information per serving:** Calories, 200; calories from fat, 130; total fat, 14 g; saturated
fat, 8 g.; cholesterol, 95 mg; sodium, 310 mg; total carbohydrate, 10 g; dietary fiber, 0 g; sugars, 4 g;
protein, 8 g. This recipe, when compared to a traditional recipe, has a 37% reduction in calories, a 75%
reduction in carbohydrates, and a 90% reduction in sugars!
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**January, 2008**

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Donna Jung, RD/LD, Canadian County FCS Educator, will be sharing some interesting pointers and recipes for this “South of the Border” lesson to start off the new year. She will be sharing how to eat healthy when choosing and eating these foods. The lesson will be held in Room 111 of the Courthouse at Purcell beginning at 1:30 p.m.

February Leader Lesson—January 17, 2008

Just as fashions and technology change, sewing techniques and equipment change over time. Susan Moffat, Cleveland County FCS Educator, will be bringing ideas on, “New Sewing Technology”. The lesson will cover recent improvements in the sewing process to save time and create a professional product and will be held January 17, 1:30 p.m., after HCE Winter Council at the Pioneer Telephone Building.

2008 Yearbooks

The 2008 McClain County OHCE Yearbooks have been prepared and can be picked up at the Extension Office. They will be available during Leader's Training Dec. 12. Cost is $1.00 each.