



Family and Consumer Sciences

# Strengthening Oklahoma Families

Pittsburg County OSU Extension

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## Be cautious with sun exposure when spending time

Although summer does not officially start for a few more weeks, the warm weather is beckoning people to spend more time outdoors. After all, who does not enjoy swimming, boating, having a backyard barbecue or just hanging out outdoors?

While summer typically means fun in the sun for many people, it is important to avoid overexposure to the sun, said Gina Peek, Oklahoma State University Cooperative Extension housing and consumer specialist.

“Overexposure to ultraviolet radiation can cause sunburns and prematurely ages the skin. It also can cause skin cancer,” Peek said. “We certainly don’t have to remain indoors, but there are steps that can be taken to help avoid health risks from the sun.”

The hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure. One of the best bets for protection against harmful UV rays is to use sunscreen at all times. Choose a sunscreen with a sun protective factor, or SPF, of 15 or higher. Choose higher numbers for more protection.

Most sun protection products work by absorbing, reflecting or scattering sunlight. They contain ingredients that interact with the skin to protect it from UV rays.

Peek encourages consumers to keep in mind sunscreen wears off. Be sure to reapply every two hours when in the sun. Also reapply after swimming or doing activities that make you sweat.

When you will be outdoors enjoying various activities such as gardening or simply enjoying the fresh air, be sure to wear clothing to protect exposed skin. Loose-fitting, long-sleeved shirts and long pants made from tightly woven material offer the

best protection.

“I realize summer in Oklahoma isn’t always conducive to wearing a long-sleeved shirt and long pants,” she said. “If you do opt for a t-shirt and shorts, make sure to use sunscreen. You also can stay in shady areas, especially during midday hours, to help protect your skin.”

Another tip is to wear a wide-brimmed hat to help shade your face, head, ears and neck. It is best if the brim goes all the way around the hat. A tightly woven fabric, such as canvas, is a great choice.

“Although a straw hat can be a stylish accessory, it may not provide a lot of protection, especially if the hat is made with a loose weave,” Peek said. “For those who choose to wear a baseball cap, make sure to slather on the sunscreen on your ears and the back of your neck.

Check the expiration date on your sunscreen. The CDC states sunscreen that does not have an expiration date has a three-year or less shelf life. Also keep in mind exposure to high temperatures will reduce sunscreen shelf life.

While many people are vigilant about protecting their skin from the sun, it is also important to protect your eyes.

“Sunglasses will protect your eyes from UV rays and can reduce the risk of cataracts,” Peek said. “They also will protect the tender skin around your eyes.”

Sunglasses that block both UVA and UVB rays offer the best protection. Most all sunglasses sold in the United States meet this standard. Expensive sunglasses do not necessarily provide any more protection than cheaper sunglasses.

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## Food Safety After a Flood

When flood waters have receded and it is safe to enter your home discard all foods, including garden produce, that have come in contact with flood water. Food can become contaminated with it is covered with flood water or if the water drips or seeps into the food. Only food in sealed, airtight metal cans that are not bulging or damaged and retort pouches (for example, flexible, shelf-stable juice or seafood pouches) that have been properly sanitized can be saved. If there is any doubt, the food should be thrown out.

Discard:

- Foods in the refrigerator and freezer should be discarded if the equipment was in flood water. If the equipment was above the water, but the power was out, see the information below on what to keep or discard.
  - Food packed in foil, cellophane, paper, cloth or cardboard that came in contact with flood water. Even if contents seem dry they may be unsafe.
  - Flooded meats, fish, poultry and fresh fruits and vegetables.
  - Food packed in crown-capped bottles and glass or plastic jars and bottles as contamination from flood water can get under the lip of these lids and reach the food.
  - Home canned foods covered with flood water. Discard the food and flats but the jars and rings can be sterilized for future use.
  - Commercially canned food in metal cans that are bulging or damaged.
  - Garden produce exposed to flood water is not safe to eat. Do not attempt to disinfect, save or preserve the food. If plants survive, the new produce that forms on them after the flood has receded is safe to eat. It will take about a month for the garden to become clean.
1. Inspect commercially processed foods in sealed, airtight metal cans and retort pouches and discard any food in damaged cans or containers. Damage is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener. If there is no apparent damage the food will be safe to use after the containers have been cleaned and sanitized prior to opening. This can be done following these steps:
  2. Remove labels and mark the contents on the cans with a permanent marker.
  3. Wash cans in a strong detergent solution. Use a scrub brush to remove all dirt.
  4. Sanitize the cans using one of these methods: Method 1: Immerse cans 2 minutes in a bleach solution made of 1 tablespoon unscented chlorine bleach to 1 gallon safe drinking water (or the cleanest, clearest water available) for 15 minutes. Rinse in disinfected water.
  5. Air dry cans for a minimum of one hour.

Disinfecting kitchen utensils and cookware

- Wash pots, pans and china and glass dishes and cups that have been covered by flood water with hot, soapy, disinfected water. Use a brush to remove dirt. Rinse in disinfected water and air dry. Discard dishes with deep cracks.
- Any piece of equipment that can be taken apart should be cleaned in pieces. Dip in sanitizing bleach solution and rinse in disinfected water.
- Plastic cookware, utensils, plates, dishes and cups, and wooden utensils and bowls cannot be disinfected if exposed to flood water. They must be thrown away. Plastic baby bottles and nipples and plastic storage containers also must be thrown away.
- Kitchen utensils made of iron probably will be rusted. Remove rust by scouring with steel wool. Then sterilize with bleach solution and re-season by applying a light coat of unsalted fat or oil and placing in a 350°F oven for one hour.

Source: Dr. Barbara Brown, OSU Extension, Keeping food safe during an emergency, USDA at [http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT\\_Index](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index) accessed 5/25/15

## Notes from your OHCE President . . .

In honor of OHCE Week, thank you to all the groups for bringing cookies to distribute to the Police Department, Fire Department, and Sheriff's Office. When we delivered the cookies and told the officers how much they were appreciated, they were very pleased to be honored.

The 2015 Baby Fair was a success. We reached 363 children and 380 adults. These numbers don't even include the adult and children helpers. Next year the name of the "Baby Fair" will be changed to "Kids Fest" and the theme will be in sync with the 2016 Summer Olympics. Make plans now to be involved in next year's Kids Fest, scheduled for April 16, 2016.

On a sad note, we lost two of our members this last month. Bob Anderson, a member of Twin Communities, and Cindy Hollingshead, Crowder. We extend our deepest sympathies to their families.

June 23 is our OHCE County Council Meeting from 10 - 12 in the OCES Auditorium. Hope to you all then. We have some good stuff coming up.

*Frances*



## Notes from Pittsburg County OSU Extension Office after the flood:

Thank you for your patience during this trying time for us. We are definitely striving to live up to the motto: "When clients are stressed, Extension should be at it's best". Never thought that it would be in reverse. This next week will be re-construction with most of our equipment and supplies wrapped up but we will do our best to serve your needs. Thanks for all the support that we have received from the public. LaDell

## Chicken with Asparagus and Roasted Red Peppers

(Makes 4 servings)

1/2 C Chicken broth

1/2 lb Asparagus

7 oz Roasted red peppers, drained and chopped

1 Clove garlic

1/2 C Chopped tomato

2 tsp Balsamic vinegar

1/2 C Low fat mozzarella

1/2 C Chopped onion

Brown chicken in large skillet w/chopped onions.

Once browned, add broth and cook (appx. 15 mins) until chicken is almost cooked through.

Add asparagus, red peppers, and garlic.

Continue cooking 10 minutes, until chicken is done and asparagus is tender.

Place tomatoes in skillet during last two minutes of cooking.

Sprinkle with vinegar. Top with mozzarella cheese and serve.

Nutrition Info: Calories from fat 65; Total fat 7.2g; Saturated fat 3.0g; Total carbs 8.7g; Dietary fiber 2.2g; Sugars 2.4g; Protein 41.4g.

## Eating out tips:

- Before going out to eat, have a warm cup of tea and some vegetables. This "pre-meal" is virtually calorie-free and will prevent you from feeling ravenous when you get to the restaurant; you'll be able to pass o the bread and make a rational, healthy decision about what you are going to order.
- If you are a latte' drinker, switch from 2% milk to nonfat to save 60 calories and 5 grams of saturated fat in a grande latte, and 40 calories in a grande cappuccino. Skip the whipped cream to save 70-110 calories and 7 grams of saturated fat in a medium drink. With each pump of syrup, you are adding 20 calories or 1 teaspoon of sugar. Watch for those extra calories. They add up fast.
- If you crave chocolate: Fresh dates or figs rolled in cocoa powder are delicious!
- Waist-friend snacks: Three cups of air-popped popcorn has just 100 wholesome calories as long as you don't prepare it with oil and you don't add butter or salt. Try jazzing it up with a little cinnamon, non-butter spray, or a sprinkle of grated Parmesan or garlic powder.

### Your Important Dates

#### June 11

**OHCE Sewing Club** 9:00 am—12:00 noon, OCES Auditorium, Project "Pillowcase Dresses", Open to the Public, for beginning sewing instructions

#### June 15 – 26

LaDell will not be in the office. She will be attending the National American Association of Family & Consumer Science and taking a mini vacation.

#### June 23

Pittsburg Co. OHCE County Council Meeting, 10:00 am, OCES Auditorium

*June Newsletter was typed and prepared by LaDell Emmons*



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