

Strengthening Oklahoma Families



Family and
Consumer Sciences

Pittsburg County OSU Extension

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Explore New Foods During National Nutrition Month®

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Research confirms taste is the number-one reason why one food is purchased over another. So what are consumers to do when the taste of favorite foods starts to lose its luster? As part of the 2014 National Nutrition Month® theme, “Enjoy the Taste of Eating Right,” the Academy of Nutrition and Dietetics encourages everyone to explore new foods and flavors, keeping taste and nutrition on your plate at every meal.



It is easy to fall into a rut of eating the same foods over and over, said Janice Herman, Oklahoma State University Cooperative Extension nutrition specialist.



“Fortunately there’s a whole world of tasty and nutritious foods available today that are just waiting for you to discover them,” Hermann said. “Adding more nutrition and different tastes to each meal is as easy as expanding the range of foods you choose. Consumers have lots of options at the grocery store, in restaurants and in the foods they prepare at home.”

When grocery shopping, make it a point to try one new fruit, vegetable or whole grain every week. It can be something as simple as trying a different type of apple or a new flavor of whole-grain rice. Every new thing you try may not become a favorite, but it is important to expand your taste buds.

Instead of choosing the family’s favorite restaurant when you have an occasion to eat out, choose one that



features ethnic foods from Asia, Europe or Africa.

Hermann said these restaurants often feature menus filled with healthy options that will be new to you.

“You also can find a local restaurant specializing in seasonal ingredients,” she said. “You will be able to order your favorite dish but with a new and exciting flavor twist.”

Consumers do not have to give up the staple dishes they enjoy preparing and serving, but these foods can be switched up a bit simply by varying the ways you cook them. Grill or broil the chicken you typically bake. Roast potatoes instead of mashing or frying. Sauté your favorite vegetables instead of steaming them.

“Another way to add variety to the meals you prepare is to become very familiar with your spice cabinet. A pinch of this or a dash of that can add zest and breathe new life into an old favorite. Something as simple as a splash of fresh lemon juice on vegetables will give you a different flavor,” she said. “Remember, you have about 10,000 taste buds, so don’t be afraid to experiment with new flavors and foods.”



While you are adding a variety of new tastes to your menu, it is vital to make sure your body is still getting the nutrients it needs. Enjoying healthy foods is important.

Money Matters/Pay Yourself First

Source: *Modern Woodmen 2014*

Want to retire comfortably? Pay yourself first. Every month, put money aside. Before paying the mortgage, car loan or utility bill, pay yourself.

To make it work:

- 1) Decide how much you can set aside each month. Then make it a bill you must pay.....to yourself.
- 2) Use tax-favored vehicles, such as IRAs and annuities. With these, your money grown free of current income-tax liability. The result can be steady accumulation and tax savings.
- 3) Pay that bill every month, just as you would any other bill.
- 4) Be patient. Let your money grow over time. Do not touch it. Remember, the odds have always favored the tortoise over the hare. If you save \$500 a month, you will set aside \$6,000 in a year. That amount, plus earnings and compound interest, can add up over time.

Shaping Little Chefs in the Kitchen

Source: www.foodandhealth.com

Allowing little hands to help out in the kitchen is about more than just cooking. It's about developing other skill sets in a fun way.

The first thing is that cooking should be fun for kids—so keep it simple. Do not let “rules” to get in the way of enjoying cooking time with your kids. Yes, a cooking task will probably take longer and be messier when you involve your kids, but that's not a bad thing.

Remember, little things are experiments waiting to happen. Think about showing your kids the way liquids freeze, how raw eggs become hard-boiled, or the way cheese melts on breads. These are new and interesting transitions in the form, function, and flavor of foods. The following tips may help:

- *Allow your kids to watch you while you work. To make it easier for them to see, pull a stool or chair up to the counter.*
- *Give them their own drawer or cabinet that they can use to store play bowls, mixing spoons, spatulas, etc.*
- *Let them assemble their own sandwiches, wraps, or pita pockets.*
- *When you cook, make some of the foods into fun shapes. Let your kids help you.*
- *Heart pan-cakes, smiley-faced pizzas, Christmas tree cookies, and pinwheel peanut butter and jelly sandwiches are all great places to start. Always.....be creative.*



If you want your children to turn out well, spend twice as much time with them and half as much money.....Abigail Van Buren



Pittsburg County OHCE Newsletter

Cultural Enrichment-Working with the Hispanic Culture

We have all done it. We have a certain perception about a person or group of people that leads us to stereotype them. But, given the diverse backgrounds of Oklahomans these days, such stereotypes can limit our abilities to live and work together. As Oklahomans we have been stereotyped many times-hillbillies, okies, rednecks, and the list goes on. The Hispanic culture is no different.

“Ned Crouch, in the book *Mexicans & Americans, Cracking the Cultural Code*, says recognizing the differences between cultures is not only important to understanding them, but also is the key to figuring out how to work together,” said Lupita Fabregas, multicultural and community engagement specialist in the College of Human Sciences at Oklahoma State University. “Together we can continue to make this state a great place to live.”

Consider that Hispanics make up almost 9 percent of Oklahoma’s population, according to the 2014 World Population Review. Also, the United States Census indicated that as of July 1, 2012, the group comprised 17 percent of the country’s population. That means Hispanics are the largest ethnic minority in both the state and the nation.

Ms. Fabregas states that stereotyping people leads to confusion and misinterpretations that keep us from taking advantage of opportunities to grow personally and contribute positively to our communities. Her first advise is to put aside the Hispanic stereotypes. However, putting aside those stereotypes does not completely ease the challenge of knowing how to approach and work with Hispanic communities. Understanding important cultural differences can enhance your ability to work with individuals of all backgrounds.

Plan Ahead: Create Daily Menus

Source: Mayo Clinic

You know what foods to feature in your heart-healthy diet and which ones to limit. Now it’s time to put your plans into action.

Create daily menus using healthy strategies. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and limit high-fat and salty foods. Watch your portion sizes and add variety to your menu choices. For example, if you have grilled salmon one evening, try a

black-bean burger the next night. This helps ensure that you’ll get all of the nutrients your body needs. Variety also makes your meals and snacks more interesting. However, allow yourself an indulgence every now & then. A candy bar or handful of potato chips won’t derail your hearty-healthy diet. But don’t let it turn into an excuse for giving up on your healthy-eating plan. If overindulgence is the exception, rather than the rule, you’ll balance things out over the long term. What’s important is that you eat healthy foods most of the time.



**Picture is the OHCE
Group that attended the
4-County Extension
Café in Poteau**

Crispy Oven-Baked Pork Chops

1 cup cornflakes or other flake cereal
 1/2 tsp garlic powder 1/2 tsp paprika
 1 eggs, slightly beaten non-stick cooking spray
 4 thin pork chops (about 1 pound total)

Directions: Heat oven to 350° F. Spray a cookie sheet with non-stick cooking spray. Put flake cereal in plastic zip bag. Close bag and crush cereal flakes into small pieces. Add seasoning to the bag and shake to mix evenly. Beat the egg until slightly foamy. Dip one chop into beaten egg. Drop chop in bag of crushed cereal and sake to cover with crumbs. Place each chop on the cookie sheet after it is covered in crumbs leaving space between each chop. Bake for 20 minutes until crust is brown and crispy.

Nutrition Info: 260 Calories; Total Fat 9g; Saturated Fat 3g; Protein 37g; Total Carbohydrate 6g; Dietary Fiber 0g; Sodium 140mg; Good source of iron.

Special thanks to Chris Thurber for the awesome job she did presenting the Historic Society Extension Café Lesson at Poteau. You were incredible, Chris, way to go.

Save the Date

March 5 OHCE District Meeting 9 a.m. Durant—Leave 7 a.m. OSU Ext. parking lot.

March 8 Mak N'Tak—Rubber Stamping—OSU Ext. 10 a.m. **Cost \$10 and pre-register is due by March 6.**

March 14 Baby Fair Meeting—Health Dept 8 am

March 29 4-H Bread Judging—1 p.m. at Frink School. Please call Diann Hunter if you can help judge.

May 22 Pittsburg Co Coop Ext 100th Year Celebration. We're collecting history memorabilia of Ag, 4-H, FCS & OHCE. Please notify us if you have contribution.

Fiesta Salad

1 (15-oz) can black-eyes peas, drained & rinsed
 1 (15-oz) can whole kernel corn, drained & rinsed
 1/2 cup chopped green pepper
 1/2—1 cup chopped onions

Marinade:

1/4 cup vegetable oil
 1/2 cup sugar or equivalent amount of artificial sweetener
 1/4 cup vinegar.



Mix peas, corn, green pepper and onion in a bowl. In a separate bowl, combine oil, sugar & vinegar & stir well. Pour marinade over vegetables & mix well. Chill 4-8 hours in refrigerator before serving.

Nutrition Info: 200 Calories; Total Fat 8g; Saturated Fat 1g; Protein 4g; Total Carbohydrate 28g; Dietary Fiber 3g; Sodium 300g; Excellent source of Vitamin C.

A note from your OHCE President

With being under the weather lately, I really want to thank Cathy Housely, Linda Navratil and Bobbie Anderson for decorating for our banquet. Everything was extremely beautiful and very much appreciated. Thank you also to all attending and bringing the delicious food. Without you all, this even could not have happened.

Diann Hunter

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