



Family and Consumer Sciences

Blaine County OSU Extension Service

August-Sept. 2004

Reshaping the Food Pyramid



Countries around the world have developed dietary guidelines to promote proper nutrition.

Dietary guidelines were originally introduced to deal with malnutrition, said Nurhan Dunford, oil/oilseed chemist for the Food & Agricultural Products Center.

"Today, countries develop guidelines in an effort to prevent chronic diseases such as heart disease, obesity and diabetes," Dunford said. The U.S. dietary guidelines Nutrition and Your Health: Dietary Guidelines for Americans is published jointly every five years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.

The guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for federal food and nutrition education programs.

The current dietary guidelines were published in May 2000. The Dietary Guidelines Advisory

Committee, a committee of prominent experts in nutrition and health, will review the guidelines and determine if revision is warranted. Release of revised dietary guidelines in January 2005 will follow release of the Food Guide Pyramid.

There is a lot of pressure on the USDA to change the Food Pyramid, which first appeared in 1992. A major problem is that the current USDA Food Pyramid does not make distinction about types of fat and carbohydrates. The new pyramid will include new information about vegetables, fat, nutrients and carbohydrates.

Another proposed revisions will recommend that at least one-half of all grains eaten be whole grain.

Other proposed changes to the pyramid include:

1. Move fats and oils down the pyramid. Saturated and trans fat may be at the top and shift monounsaturated and polyunsaturated fats to a lower position on the pyramid.
2. Revisions regarding the ratio of solid to liquid fats and oils in the diet.
3. Emphasis on the importance of physical activity and the need to identify one's correct energy needs.

These revisions would help consumers tailor their diets to address their own special needs. Officials say the Food Pyramid also will have a new look. It will look more like a rectangle or a grouping of various shapes.

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Cleaning Matters

DISHWASHING KNOW-HOW

Summer is time for entertaining, but food and guests also mean dirty dishes. The good news is—new products help make tough dishwashing jobs easier, reports The Soap and Detergent Association. Try these tips and products for hand and automatic dishwashing.

Hand Dishwashing Tips

Wipe off leftover food and grease from dishes and cookware using a rubber spatula or paper towels. Soak dishes with greasy soils or baked-on or burned-on foods in a solution of liquid hand dishwashing detergent or baking soda and hot water. Soak for about 15 to 20 minutes. Drain and wash the dishes and cookware.

New Hand Dishwashing Products

Wipes with dishwashing liquid. They lather up once water is added. Hand dishwashing liquids with new scents. They also feature hand-care ingredients, such as proteins, vitamin E, vitamin B5 and Aloe Vera.

Automatic Dishwashing Tips

Scrap off large food particles. Pre-rinsing dishes should not be necessary. A reasonably current dishwasher that's properly installed and operating and an automatic dishwashing detergent should do a thorough job.



Place the heavily-soiled side of each item facing the source of the water spray at the center of the tub. Only use a product made specifically for automatic dishwasher. Any other type will cause oversudsing and possible damage to the dishwasher.

New Forms of Dishwashing Products

Detergents in tablet form. The tablet is actually two layers: a pre-soak that dissolves and removes dried food and a detergent that cleans. Another version includes a sheeting agent to help keep glassware shiny and smudge-free.

Detergents in gel form. They come in easy-pour bottles or in pre-measured packs that dissolve completely.

Rinse-aids. They can be used either as a separate product or integrated into the dishwasher detergent to help prevent spotting and filming.

Plastic cleaning boosters. They can help remove tough stains from plastic ware.

Tidy Up/Get the Kids Involved

1. Divide tasks. Base cleaning chores on your child's age and ability. Three year olds can help set and clear the table. Nine year olds can vacuum. Eleven year olds can do the laundry.
2. Post it. Hang a to-do chart of tasks where everyone can see it, such as on the

refrigerator. Rotate chores every month.

3. Be specific. Clarify what needs to be done. For instance, how often do you want the trash taken out. Do you want the trash can liners changed too?
4. Dress for success. Have kids wear comfortable shoes and overalls or aprons with big pockets to stuff things into.
5. Organize toys. This is a kid's job. To reduce clutter, have them sort out toys they no longer want. Donate to a charity or plan a garage sale. Always put away toys after finished playing.

A Note About Product Safety

Allow children to help only when you're using a multi-purpose cleaner and only with proper adult supervision. Don't allow children to use disinfectants, disinfectant cleaners, chlorine bleach, or any product that has a warning on the label, such as "Keep out of reach of children."

Information from the Soap and Detergent Association. For more information visit:
www.cleaning101.com

Cleaning Matters: July/August 2004

OHCE INFORMATION AND NEWS

Leader Lessons

The lesson for September is a handout and available her at the Extension Office.

The lesson for October will be presented on Thursday, September 23rd at 10:00 a.m. The topic will be "Quick and Easy Decorating Ideas".

Election of Officers, Dues and Donations

Your September or October meeting is the time to elect officers for the upcoming year and collect dues and donations. Donations for Pennies for Friendship, Nickels for Leadership and Norma Brumbaugh Scholarship can all be included in one check with the breakdown shown for each amount. Dues and these donations will need to be turned in to the county treasurer by October 22nd. Officers' names will need to be turned into the OSU Extension Office by October 22nd. This will help us as we start the next yearbook.

County dues are \$3.50 and State dues are also \$7.50. (Total \$11). Make payable to Blaine County HCE. If you have any new members, they need to fill out a membership form. We need this for our county and state mailing lists for newsletters.

District Meeting Planning Session

Blaine County OHCE Officers and representatives had a joint meeting with Kingfisher and Major county OHCE members to start plans for the district meeting March 2005. We worked on a theme "From the Past to the Future"; made tentative plans for speakers, lunch, centerpieces and door prizes. If you have ideas for workshops, please let Joy or Alma know. Thanks for all of your help.

State OHCE Meeting

Janice Hood, Maxine Strack, Clella Lookabaugh, Patsy Sinclair, and Darlene Till attended the State OHCE meeting in July. There were some great speakers and workshops for those in attendance.

Lessons for 2005 are as follows:

Jan. – Planning for an Oklahoma Centennial
Feb. – Quilting for Beginners
Mar. – Quick & Easy Dinners
Apr. – District Lesson
May – Flea Market Finds
June – FREE Month
July – Horticulture in Oklahoma/Fall Gardens
Aug. – No Sew Window Treatments
Sept. - State Lesson
Oct. – Preserving Family Heirlooms
Nov. – Appetizers & Party Snacks
Dec. – FREE Month

Blaine County Fair August 26-28, 2004

The fair is right around the corner. Hope that all of you have been busy completing items and exhibits. Don't forget to bring items for the County Store. Jolly Workers will once again be running this booth. They appreciate donations from your garden and kitchen especially. Please have cookies packaged in small portions ready to sell and pre-priced. The monies raised from the Country Store help fund the two \$250 scholarships awarded by the HCE to high school seniors.

Cake Auction...

The proceeds from this auction help pay the adult premiums in the Foley Building at the Fair. We are counting on excellent bakers, who are also HCE members, to help make this a success.

The auction will be Friday at 7:30 p.m. following the ice cream contest. A cake you enter in the fair can also be eligible for the auction, if you so please. All other cakes need to be brought to the Foley Building by 6:30 p.m. on Friday. Please encourage our local businesses to come out and support this project!

Blaine County Fair Catalogs

The fair books have arrived and are in local businesses and the Extension Office. Fair tags are also available at the office. Be sure and check out the special categories and enter something in one of these contests. Don't forget about the Cake Auction and be sure and invite local businesses, politicians, friends and neighbors to participate in this auction. Remember the monies raised from this auction help support the fair premiums.

HCE Fair Kitchen

Dana Syzmore will be managing the kitchen this year. Each group is asked to donate pies and work their shift.

Each shift: (2 workers)

Hopefully this will even out the workload and make the schedule more flexible for each group.

Each group will need to furnish eight pies (total) and one other dessert (brownies, Rice Krispie treats, etc.) If you could furnish two pies early in the day, it works out better.

HCE Fair Kitchen Schedule

Thursday, August 26th

4:00-8:30pm (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

Friday, August 27th

8:00m-12 noon (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

11:00 – 3:00 p.m. (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

3:00-8:30 p.m. (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

Saturday, August 28th

8:00am – 12 noon (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

11:00 – 3:00p.m. (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

3:00 – 8:30 p.m. (2) Jolly Workers
(2) Pleasant Valley
(2) Domestic Engineers

Blood Drive – September 28th



OHCE's blood drive will be Tuesday, September 28th from 12:00 noon – 6:00 p.m. at the Blaine County Fairgrounds. Members are requested to donate homemade cookies and please bring them to the Foley Building at the fairgrounds.

Special T-Shirts will also be given away to donors.

CAN'T WEIGHT TO WALK

Members of Blaine County OHCE are invited to join other OHCE members across the state as everyone kicks off a new state project. Announcements of this project took place at the annual state OHCE meeting in Oklahoma City in July.

“Can’t Weight to Walk” is a three year program with the first year focusing on increasing physical activity among OHCE members, their families and friends. With a goal of 10,000 steps per day, members are encouraged to keep track of how much they walk by wearing a pedometer. Walking is one of the easiest ways to begin a lifestyle change and become a healthier citizen.

The three year objectives of this project include:

1. Raise member awareness of current health issues.
2. Reversal of unhealthy habits.
3. Promote OHCE healthier lifestyles for members, their families and all Oklahomans.

An appointed or elected representative of each local group will total the accumulated steps and report monthly to a County Chairman. These accumulated steps total from local groups will be posted monthly on the OHCE web page.

Blaine County is planning to launch this project at the Fall Association Meeting. Spend a

few minutes at your next meeting brainstorming ideas on how this project will work in Blaine County.

Some suggested activities:

- Form walking clubs or groups.
- A walking bus
- Join community sponsored ‘walks’ such as awareness or fundraising for heart, lung, cancer, diabetes, multiple sclerosis, and arthritis
- Adopt a Highway
- Get involved in public policy by securing a walking trail for your community.

Fostering & Adoption: A Rewarding Opportunity

On any given day there are more than 5,900 children in foster care in Oklahoma. There is a great need for quality foster parents ready to make a positive difference in the lives of children.

To become a foster parent you must be 21 years old and financially stable. You do not have to own your own home and you can be married or single. There is a maximum of 5 foster children in the home and 6 children total. Liability insurance, medical, dental and

mental health benefits will also be provided to the foster child. Childcare assistance is available for foster parents who work 20 hours or more a week.

Margaret Linnemann, State Office Foster Care unit stated, “We need people who are willing to open their homes to these children and give them the love and stability they need. People who will be part of the team that helps us work to put families back together.”

If you are interested in fostering or adopting, please contact the Blaine County Department of Human Services, Brittany Hansens, Foster Care or Tina Rackley, adoptions.

FOR YOUR INFORMATION

BE KIND TO YOUR SKIN

Umbrellas were originally intended as protection from the sun. Women carried parasols to avoid getting freckles from the sun. Protection from the sun is still important so be kind to your skin, even when the weather gets cooler. Prevent dry, itchy skin with these simple tips.

- ❖ Use sunscreen year round. The harmful rays from the sun are out there year-round.
- ❖ Take short, tepid showers or baths: long, hot ones are drying to the skin.
- ❖ Try a gentle body wash instead of soap.
- ❖ Apply moisturizer after showering or bathing while skin is still slightly damp.

CAN'T WEIGHT TO WALK

Selecting Walking Shoes

There is no one best shoe. The best shoe for you is the one that fits you best, the one that gives you the proper support, cushioning, flexibility and compensates for any stride problems you may have, such as overpronation. Each person's feet are different. Take all advice with a grain of salt and find a shoe fitting expert to help you find the shoe that is best for your walking distance, speed, style, and surface as well as your weight and stride. Here are a few basics for selecting walking shoes:

1. Look for a low supportive heel that rounds (or bevels) in. A thick heel or one that flairs out (like many running shoes) will cause your foot to slap down rather than roll. This slows down forward momentum and increases the occurrence of sore shins.
2. A walker's foot hits heel first and then rolls gradually from heel-to-toe. So, you will need a flexible sole and more bend in the toe than a runner. You should be able to twist and bend the toe area.
3. Next, look for a shoe that is light weight and breathable. The last thing you want is the clunky heavy leather walking shoe.
4. The most important thing is a shoe that fits properly. Be sure your foot has enough room in the toe box. There should be thumbnail width between your toes and the end of the shoe. The shoe should be side enough in the toes that your toes can move freely. The heel should not slip, and the shoe should not pinch or bind, especially across the arch or ball of your foot.
5. Go shopping at the end of the day or after your walk when your feet may be slightly swollen. Be sure and wear the same socks you will be wearing. Try on both shoes. Your feet may not be the same size.
6. Do not shop when you are in a hurry. Be sure to walk around the store a few minutes on a hard surface. If the store has an objection to this, find another store. It is worth the effort to find the right shoe for you and it is worth spending a few extra dollars.
7. Wear your shoes in the house for a few days to try them out. Don't venture outdoors until you are sure the shoes are going to work for you. (If the shoes are not going to work out, you will want to exchange them before scuffing them up outside).
8. Keep track of how many miles you have put on your shoes, and replace them every 300 to 600 miles. To extend the life of your shoes be sure to wear them only on your walks. Also, rotating two pairs of shoes will give them time to "bounce back" between walks.

Keep these items in mind when purchasing your next walking shoes. Your feet and legs will thank you for it.

Sources <http://walking.about.com>
<http://swathe> walking site.com