

Family & Consumer Sciences Newsletter

January/February 2018

Dear Readers,

Hope everyone had a wonderful and safe holidays. As we welcome in 2018, the weather has made up its mind and it has been a cold one. With the cold weather come some simple reminders. Remember you can get sunburnt and dehydrated in the cold. Don't forget to protect your fingers, toes, ears, and lips. If you have children that will be outside make sure they are dressed warm. Frostbite can start in as little as five minutes.

Hope everyone has set their New Year resolutions. Set your New Year resolutions high but obtainable. A study has shown that 80% of people keep their New Year resolutions for three months or less. So maybe your New Year resolutions can be your three month resolution. Come back in April and revisit them and set new ones, or keep working at the ones you have originally.

Enclosed are some upcoming events for the next couple months. If you would like to see a program that OSU Extension can provide feel free to let us know. In regards to Healthy People, Healthy Finances, and Healthy Relationships programming let me know.

Sincerely,

Samantha Schott

Samantha Schott

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Complete Guide to Home Canning *USDA revised 2015*

\$20.00 available at the office.



Did You Know?

You may purchase all live vegetable plants, fruit trees and vines including herbs in garden center with your **EBT** card!

Contact your Family and Consumer Sciences Program Coordinator directly by phone or e-mail or visit the Noble County Extension website at noble.osu.edu for upcoming events and links to resources.



“Take 3”

ACTIONS TO FIGHT THE FLU

1. Take Time To Get A Flu Vaccine

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against the flu.
- Everyone 6 months of age and older should get a flu vaccine every year before flue activity begins in their community.
- Children younger than 6 months are at a high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

2. Take Everyday Preventive Actions To Stop The Spread Of Germs

- Try to avoid close contact with sick people.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3. Take Flu Antiviral Drugs If Your Doctor Prescribes Them

- If you get the flu, antiviral drugs can be used to treat your illness.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

<https://www.cdc.gov/flu/protect/preventing.htm>



Safely Using Your Slow Cooker

Coming home on a cold evening to inviting smells of food from your slow cooker or “crock pot” makes us all feel so good. With food cooking at lower temperatures it is important to follow some food safety tips to ensure your food is safe to eat.

Using your slow cooker:

- Always start with clean hands and clean equipment and utensils.
- Always thaw meat or poultry before putting it in the slow cooker. Since the slow cooker uses lower temperatures to eat the meat or poultry could be in the temperature danger zone too long if frozen when put in the cooker.
- Keep perishable foods refrigerated until you are ready to put them in the slow cooker.
- Fill the slow cooker with vegetables on the bottom as they take the longest to cook.
- Add meat or poultry and liquid to the slow cooker. It is best to cut the meat into smaller pieces.
- Heat any liquids you add as this will help ensure safety of the food not being in the temperature danger zone as long. Liquid is necessary to create steam. To ensure effective heating throughout the slow cooker the liquid level should cover the ingredients, especially when cooking meat or poultry. Follow your manufacturer’s directions and recipes as to how much liquid should be in the slow cooker, it is recommended the slow cooker be half to two-thirds full.
- Turn the slow cooker on High if possible for an hour to help reduce time in the temperature danger zone.
- Keep the lid on the slow cooker during cooking. Raising the lid drops the temperature in the slow-cooker by 10 to 15 degrees and slow the cooking process by up to 30 minutes.
- Check the temperature of meats and poultry with a food thermometer:
 - Roasts – 145° to 160° F
 - Soups, sauces, stews – 165°F
 - Poultry – 165°F
- Eat when temperature is correct and recipe is ready.
- Store leftovers in 2-inch high containers and refrigerate within two hours.

It is not recommended to reheat leftovers in the slow cooker, use the stove or microwave to ensure the temperature reaches 165°F. If the power goes out when you are not home and you are using the slow cooker throw away the food even if it looks done. If you are home and can immediately cook the food in a different way such as a gas stove, you can finish cooking. The slow cooker helps less expensive, leaner cuts of meat become tender and shrink less. Helping you have economical healthy meals.

Author: Pat Brinkman, Family and Consumer Sciences Extension Educator, Ohio State University Extension

Dress Warmly—Stay Dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

Layer-up

Inner Layer: Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton.

Insulation Layer: An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool or goose down, or a classic fleece work best.

Outer Layer: The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.

Additional Tips:

- Stay dry—wet clothing chills the body rapidly.
- Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too

warm.

Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body.

Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.



Consider the Gift of Debt Freedom in 2018

Author: *Kathy Michelich*

A recent poll of 1,155 American adults found at CreditCards.com revealed that only 53% planned to buy Christmas gifts that cost \$50 or more this year. And it wasn't only those with modest incomes who were planning to cut back on spending.

According to the survey, 44% of those with annual household incomes of over \$80,000 planned to keep their most expensive holiday gift under a hundred dollars. About a third of the respondents said they "at least somewhat wished they could skip the holiday season rather than spend money on gifts."

Apparently, Americans were planning for a frugal holiday. That was the plan, but now that the frenzy of shopping over the past few weeks has settled, the fact remains that many Americans will have a tough time paying their bills in January.

According to a The Pew Charitable Trusts survey, about 80% of Americans have some form of debt, and of those respondents, 70 percent said debt was a necessity.

U.S. household debt has been on a steady increase. The Federal Reserve tracks consumer debt and their data from October 2017 indicates that consumer credit (debt) increased at a seasonally adjusted rate of 6.5%. In the second quarter of 2017, total household debt increased for the 12th consecutive quarter, exceeding the previous peak of \$12.68 trillion hit during the recession of 2008.

Seventy-three percent of U.S. Consumer debt is dedicated to non-revolving obligations such as mortgages, car loans, and student loans. Credit card represents the bulk of revolving credit and it now represents 27% of total consumer debt. According to the Federal Reserve, revolving credit increased 10 percent in 2017.

If you are one of the many Americans carrying an increasing amount of credit card debt, the upcoming year may be the time to dedicate some dollars to paying it down – perhaps paying it off completely. The future is never certain or stable, so what better gift could you give during the holidays in 2018 than to be living debt free.

<https://livesmartohio.osu.edu/money/michelich-1osu-edu/consider-the-gift-of-debt-freedom-in-2018/>

Dare to be Different this Valentine's Day

This Valentine's Day have your child dare to be different with non-candy valentines!

Non candy Valentines are becoming more and more popular at schools. With the increase in food allergies sometimes it can be difficult to find a treat that fits the criteria. So this Valentine's Day try something different.

Some non-candy Valentines could include:

- * Glow sticks that read, "Valentine, You Make me **GLOW**"
- * Bubble wands that read, "YOU BLOW ME AWAY VALENTINE."
- * Rainbow loom bracelets place around the Valentine cards.
- * Bouncy balls that read, "This Valentine's Day have a ball" or "Dear Valentine, you make my heart bounce."
- * Silly Straws that read, "SIP! SIP! Hooray it's VALENTINE'S DAY!"
- * Mad Libs that read, "I'm **MAD** about you Valentine!"



Is dark chocolate better?

Make it Dark Chocolate for Valentine's Day

If you plan to give chocolate as a gift on Valentine's Day, one nutrition specialist recommends making it a gift of dark chocolate.

"If you give dark chocolate, your gift may actually benefit the heart of the person you are giving it to," said Tammy Roberts, a nutrition and health education specialist, University of Missouri Extension.

Chocolate has been the subject of a lot of research, including some work at the University of Missouri. But the bottom line, according to Roberts, is that dark chocolate is rich in flavonoids.

"Flavonoids provide many health benefits that include preventing cholesterol from gathering in the blood vessels, reducing the risk of blood clots and slowing down the immune response that leads to clogged arteries," said Roberts.

In a study conducted by the University of California, San Francisco researchers gave one group of people a Dove Dark Chocolate bar every day for two weeks. The other group got a Dove bar but the flavonoids had been removed.

The group that received the chocolate bars with the flavonoids showed improvement in blood vessel function. This improvement in blood vessel function increases blood flow to the arteries and that is good for the heart.

In a study conducted in Germany, researchers gave study participants a small piece of dark chocolate (about the size of a Hershey's kiss) daily. A control group received white chocolate.

All participants had their blood pressure monitored for 18 weeks. The study group that took the dark chocolate saw a decrease in systolic (top number) blood pressure by 2.9 and diastolic (bottom number) by 1.9. There was no change in the group taking the white chocolate.

"It is important to note that chocolate is high in calories and it should not take the place of other important foods such as fruits and vegetables that also contain flavonoids," said Roberts.

There is no definitive recommendation for a daily amount except that it should be a small amount, like one ounce. One ounce would be about the size of four Hershey's kisses.

"The biggest challenge is not eating the dark chocolate, it is stopping after just one ounce," said Roberts. "I should give a warning to the men out there. Don't protect your Valentine by only giving her one ounce of chocolate."



http://agebb.missouri.edu/news/swnews/queries/showall.idc?story_num=4871

How Much Water Should I Drink During the Winter

As winter nears and temperatures begin to drop, the air becomes drier and our bodies receive less moisture than they do during warmer months. A major reason for this lower level of moisture in our bodies is that we tend to stop drinking as much water in winter months. During the summer months, it is easy to keep up with our water intake; our bodies' thirst is a side effect of the heat and very few of us can go several hours without being thirsty.

I Am Not Sweating

While we may not have the sunshine to keep us thirsty and craving water, the warmth from heaters, furnaces, and fires brings its own heat. Our bodies are mostly made of water – about 70% overall – and regardless of the time of year, requires good hydration. And while thirst is a good indicator of dehydration, it is a late indicator. During winter, symptoms include chapped lips, a dry cough, nosebleeds, mild headaches, and acne.

Keep the Winter Weight Away

When we are hydrated, our appetites are much more controlled. However, when we aren't drinking enough fluids, we don't have the energy required to break down fat; thus, we often mistake thirst for hunger, leading us to eat more than needed. Water is required for most of our bodily functions including regulating body temperatures, flushing toxins, and maintaining a healthy metabolism.

How Much Water Should I Drink During the Winter?

The amount of water you should consume varies from person to person. Certain factors such as activity level, weight, gender, and age should all be considered when deciding on a daily intake of water. Follow the guidelines below to prevent dehydration during the winter months.

WATER INTAKE GUIDELINES FOR MEN:

If you are mostly sedentary, drink 8-10 glasses per day
If you exercise, drink between 10-14 glasses per day

WATER INTAKE GUIDELINES FOR WOMEN:

If you are mostly sedentary, drink 6-8 glasses per day

If you exercise, drink 8-12 glasses per day

If you are breastfeeding, drink 7-10 glasses per day

How Can You Ensure That You Stay Hydrated Through Winter?

As the temperature continues to drop, we find ourselves preferring a hot beverage to warm ourselves up. In the blistering winter, a glass of ice water seems less appealing. Luckily there are many other ways to get water into your system that don't include a cold glass of water. Here are some suggestions:

Water-based foods – Fruits and veggies are a natural source of water and can also provide an invaluable source of vitamins and minerals. Watermelons, apples, grapes, and berries are just a few fruits that will keep your water intake up.

Match alcohol intake with water –The winter months are almost always full of holiday parties and events that encourage drinking. For each cocktail or glass of wine you consume, consider drinking a glass of water alongside it.

Eat your soup – Clear soup is a great source of water. Brothy soups will warm your body and fill you up while providing you with the water you need to get through the day.

Get a humidifier – Humidifiers release water into the air, helping to keep our bodies moisturized.

While drinking a glass of water during the summer months seems like a no brainer, it's just as – if not more – important during the winter. By realizing just how important water is, supporting our bodily functions will keep you as healthy as possible, regardless of the season.



<http://filterbutler.com/blog/much-water-drink-winter/#ixzz53LCOKe9v>

Seasonal Recipes



Slow Cooker Beef Stew

Ingredients:

- 2 lbs. stew meat (cut into 1 inch cubes)
- 1/4 cup flour
- 2 cups water
- 2 tsp. beef bouillon
- 1 garlic clove (finely chopped)
- 3 carrots sliced
- 3 potatoes diced
- 2 onion chopped
- 1 celery stalk sliced
- Add herbs, salt, and pepper desired

Directions:

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Quick Tortilla Pizza

Ingredients:

- 6-inch tortilla shells
- Raw vegetables of your choice
- Shredded mozzarella (or cheese of preference)

Directions

1. Spread a thin layer of pizza sauce over a 6-inch tortilla.
2. Add a variety of raw vegetables (sliced mushrooms, pepper strips, chopped onion, chopped tomato, shredded carrots, etc.)
3. Add tablespoons shredded mozzarella or other cheese. Heat in a skillet over medium heat or bake at 375°F until cheese is melted



Upcoming Events

OSU Extension Noble County

Parenting Classes– First Five Years

January 22 & 29, February 5 & 12

Call Sami Schott at 740-732-5681 for registration.

Guernsey Noble Beekeepers Beginner's Beekeeping Class

February 17, 2018

Email Don Crock at doncrock@yahoo.com or call 740-581-1883.

Maple Syrup Workshop for Hobby Producers

February 24, 2018

Call Christine Gelley at 740-732-5681 for registration.

Caldwell and Shenandoah Elementary Schools Field Days

Shenandoah Elementary Field Day

May 14, 2018

Caldwell Elementary Field Day

May 17, 2018

Looking for volunteers for those days. A volunteer flyer is included. Great opportunities for church groups, sports teams, 4-H clubs, etc. We ask that the volunteers be 8th grade and older.



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Bruce A. McPheron, Vice President and Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension; and Gist Chair in Extension Education and Leadership.