

Family & Consumer Sciences Newsletter

November/December 2014

Dear Readers,

It's hard to believe this is already the last newsletter of 2014. The closing of another year and the arrival of the holiday season means preparing for the days ahead with our schedules, spending and...lots of good eating! Inside this newsletter you will find information to help you balance these things.

Live Smart Ohio is the name of a new campaign for OSU Extension Family and Consumer Sciences launching this fall. The new website at go.osu.edu/livesmartohio will launch Nov. 1. Information on the site will be organized in four areas -- **Food, Money, Mind & Body**, and **Families & Relationships**. A weekly article will be published for each category year-round, and visitors will have easy access to searchable information and resources. Expect to hear more about it soon!

Wishing you a happy, healthy holiday season,



Kristen Corry,
Extension Educator
Family & Consumer Sciences

Upcoming Dates

Monday, November 3
Well Water Safety Workshop
6:30-8:30pm @
Southeast Region office

Tuesday, November 11
Office Closed

Thursday, November 20
Future Zeps Night
5:30-7:00pm
@ Shenandoah Elem.

November 27-28
Office Closed

Saturday, December 6
Creating Family Glue
10am-12:30pm

December 24-25
Office Closed

January 1
Office Closed

Kristen Corry, Extension Educator
Family & Consumer Sciences
Noble/Monroe Counties
Buckeye Hills EERA

corry.10@osu.edu

Contact your Family and Consumer Sciences Educator directly by phone or e-mail or visit the Noble County Extension website at noble.osu.edu or Facebook page at www.facebook.com/NobleMonroeFCS for upcoming events and links to resources.



Raising Kids

Holiday Gifts When Parents Are Divorced

Rose Allen, Extension Educator, University of Minnesota Extension

How can mothers and fathers who parent apart approach holiday giving?

Let's begin with gifts for the child. Ideally, both parents can communicate with each other about their child's wants and needs. *Wants* are those things she says she can't live without, but you know aren't necessary to sustain life such as a new video game, the doll that grows hair or a trip to Disneyland. Needs on the other hand, are those things that are necessary to have — a new pair of boots for winter, underwear, a new backpack for school and a host of other items that can't be avoided and chip away at the family budget.

Once the wants and needs are determined, the parents can decide who will purchase which items from both lists. Balancing wants and needs is also much easier on each parent's budget — and children will benefit from having some of the items they have on their wish list and others they will use every day. Sometimes a child's needs are different at each household. In this case, the child may want to make a list for each parent of what they wish for and the parents may decide individually what to give.

Parents who parent apart can and do encounter pitfalls. Trying to be the parent who spends the most money on your children's gifts can turn giving into a contest where each parent tries to out do the other with lavish and not very useful gifts. This is no gift for your child — giving your child too much, too soon, that doesn't meet their real needs, is a set up for overindulgence.

Criticizing the other parent's gift challenges your child's sense of loyalty to the other parent. When a child can't enjoy a gift because of your hostility, you are undermining your child's relationship with both of you. Be supportive, even if you don't share their excitement.

Sometimes gifts are specific to a particular household, and should stay there. However this isn't always the case. Remember, the gift is your child's and they should be able to enjoy it at both homes. This is particularly true when the gift helps comfort your child.



In addition to gifts for the children, parents should discuss gifts the children can give to each parent. If communication between parents is difficult, give your child different examples of how they can give to you and/or your family. Some ideas may be personalized coupon books for fun activities together; having your child come up with a new tradition for a specific holiday or occasion; breakfast in bed or a meal together. Remember, it's important to teach children that giving is not about the monetary value of the gift, but the thought and sentiment behind the gift.

We all want our children to learn the art of giving. It's important for parents to encourage children to give gifts to the other parent, as well as family members related to their other parent. This may mean helping them think about what to give, providing a reasonable budget and shopping with your child. For young children who make gifts in school, talk with the teacher about allowing your child to make two items.

Article originally published online at [Parents Forever™](#). Revised December 2009; reviewed January 2012

Source: Allen, R., Neil, McCann, E., Musich, J., and Tralle, M. (2010). *Parents Forever: The impact of divorce on children parent handbook*. St. Paul, MN: University of Minnesota Extension.

Eating Right

Season's Eatings



Towards the end of the year, we really do celebrate a holiday “season” because we have holidays occurring right in a row from October to January. Many of the holidays that take place at the end of the year have a heavy focus on food—especially high-calorie foods full of added sugars and rich in fat. Holidays also bring many extra gatherings, social events, shopping, and eating out which leave us with even less time for healthy lifestyle habits like exercise.

Since research shows that weight gained during the holidays doesn't usually come off later in the year, it is important to focus on “weight maintenance” through quality diets and physical activity during the holidays. This not only helps our waistlines, but also helps us to manage other health conditions like diabetes and heart disease.

Stress causes our bodies to stay in a constant state of “fight or flight”. In response, our bodies release hormones that effect the way our bodies release and use glucose. This can cause blood sugar levels to remain high and be more difficult for people with diabetes to manage. Staying active, swapping for healthier options and watching portion sizes can help.

Stay Active

Balance the calories you take in with calories burned. It takes 30 minutes of vigorous walking to burn 230 cal.

Modify Recipes

Reduce the sugar: use less or replace with an artificial sweetener

Reduce the fat: substitute eggs with egg whites or hearty-healthy oils for butter

Reduce the sodium: choose “low-sodium” ingredients, use herbs and spices for flavoring

Increase fiber: add fruits, vegetables, and whole grains to recipes

Control Portions

If you're not controlling what's in a food, you can control *how much* you eat.

Apple Stuffing

Serves 16 (1 serving = 1/2 Cup)

Ingredients

1 cup water	2 cups low sodium broth
1 box low sodium stuffing mix	1 ½ cups whole grain quick cook (minute) rice
1 Tbs olive oil	1 cup thin sliced apple (1 medium)
½ cup diced onion	½ cup diced celery

Directions

1. In a medium sauce pan, combine 1 cup water with ½ cup low sodium broth and bring to a boil.
2. Stir in low sodium stuffing mix, cover, and set aside.
3. In a separate medium sauce pan, bring 1 ½ cup low sodium broth to a boil.
4. Stir in rice, cover and reduce heat and simmer 5 minutes. Set aside.
5. Add olive oil to a large skillet. Sauté apples, onion, and celery until tender.
6. Stir together stuffing, rice, and apple/onion/celery mix. Serve.

Source: *Dining With Diabetes During the Holidays* by OSU Extension

This is one of my favorite *Dining With Diabetes* recipes. The apples add fiber and flavor without standing out, and the brown rice makes it a nice consistency. –Kristen

Nutrition Facts	
Serving Size 1/2 cup (1g)	
Serving Per Container 16	
Amount Per Serving	Calories from Fat 6.5
Calories 78	% Daily Values*
Total Fat 0.7g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 155mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	4%

Spending Smart

The Changing Face of Philanthropy in Eastern Ohio

Mike Lloyd, Extension Educator & Assistant Professor, Community Development, Noble County

Eastern Ohioans have always been generous. Disaster or illness strikes, we give generously of our time and resources. But the concept of organized philanthropy strikes many regional residents as foreign . . . something that the Rockefeller's or Bill Gates do . . . but not us!!

Historically, SE Ohio which includes 26 of the 32 Ohio Appalachian counties has been underrepresented in charitable assets. This region represents 29.5 percent of the state's counties, 10.5 percent of the state's population, but only 2.5 percent of the charitable assets and 2.7 percent of giving in the state. For illustration, Ohio's largest community foundation, The Cleveland Foundation, had approximately 4.8 times the assets and made about 2.6 times the gifts of all 132 foundations in SE Ohio combined.

Oil and gas development in the region may be a catalyst for the growth of organized giving in the portion of SE Ohio where shale development is occurring. New community foundation funds have been established in Harrison and Monroe Counties and the Guernsey County family of funds all have been consolidated under the umbrella of the Foundation for Appalachian Ohio. In Noble County, a local community fund, under the Marietta Community Foundation umbrella, has distributed nearly \$15,000 in grant to local non-profits and \$7,000 in scholarships since its creation in 2005.

These "baby-steps" in some of Ohio's smallest counties are long overdue and represent a positive sign in the region. The creation and maintenance of these local funds provides a seed from which long term growth in charitable giving may result. Hopefully some small portion of the region's new found oil and gas wealth will make its way into these funds to assure that the current gas wealth will help the region thrive for years to come.

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Charity is Giving, Philanthropy is Doing.

Polly Loy, Extension Educator, Family and Consumer Sciences, Belmont County

Reaching out to others in need is as American as Apple Pie. Putting loose change in a donation bucket to help rebuild after a natural disaster, running in a 5K race for a cause, and providing canned goods to the local food shelter are all examples of charity. Giving is how we show compassion for our fellow man.

Charity usually focuses on short term goals and immediate relief while philanthropy is longer term with a mission. In the story – "Give a man a fish and he eats for a day. Teach a man to fish and he eats for a lifetime." – giving the man a fish is charity and teaching him to fish is philanthropy.

With increased income, comes the opportunity for increased charity and philanthropy and while most people cannot afford to donate a new wing to the local hospital, money pooled together for a cause can make a difference for a community. Local charitable foundations such as the **Noble County Community Foundation** (nccfohio.org), and **Foundation for Appalachian Ohio**, which serves 32 counties (appalachianohio.org), provide the opportunity for donors to give in a variety of ways to support ongoing projects or even to establish an individual or family donor advised fund that can be directed to a specific purpose.

(Continued on p. 5)

(“Philanthropy” continued)

Maybe your family can set up a scholarship fund for student artists or a fund to provide mini-grants to schools for special educational opportunities. Using philanthropy to enhance a community creates a lasting legacy.

In addition to helping others, monetary donations can have tax advantages for the giver. According to the IRS, charitable contributions are deductible for taxpayers who itemize deductions. In order to be deductible, charitable contributions must be made to qualified organizations. The local community foundations listed above qualify as tax exempt organizations, but to determine if other charities you are interested in qualify, use **Exempt Organizations Select Check** on the IRS.gov website at this shortcut go.osu.edu/charity.

There are many ways to contribute money to a community foundation. Talk to your tax or financial adviser to find out if a charitable lead trust, remainder annuity, bequest or other of the many giving opportunities is right for your financial plan and future.

Kitchen Incubator Opportunity

Emily G. Adams, Extension Educator, Agriculture and Natural Resources, Coshocton County

Ohio food law gives us several options for making and selling food products. Cottage foods are foods that can be made in your own home without having an inspection from the Ohio Department of Agriculture (ODA) or paying any type of license fee. There is a specific list of foods that can be produced and includes baked goods like breads, cakes and cookies as well as canned jams and jellies, candies, dry mixes for baked goods or dips, and a few others. A complete list can be found on the ODA website, agri.ohio.gov.

The reason that these foods can be made without a license is that they are not potentially hazardous, meaning that the risk of contamination that results in foodborne illness is very low. Any foods that have an increased food safety risk require licensing and

many require facilities that are outside of your home. Often this is because a critical temperature step is involved in the production of the food. Some examples of these types of foods are salsas or refrigerated cream pies. There is increased safety risk when canning foods other than jams and jellies or making foods that require refrigeration.

There is an exciting new opportunity for anyone interested in selling food that is not allowed to be made in your home kitchen. Kitchen incubators, sometimes referred to as shared commercial kitchens, offer equipment and preparation and storage space for rent. There are some wonderful well-established facilities such as ACENet (Appalachian center for Economic Networks) in Athens.

However, a new facility is being developed in South Zanesville through the Muskingum County Business Incubator (MCBI). MCBI covers a 7 county region including Muskingum, Coshocton, Guernsey, Noble, Morgan, Perry, and Licking counties. MCBI started as a multi-use facility, but is now focusing on agricultural businesses. This could result in a food hub for produce as well as processing to extend the shelf life, including dehydrating and freezing eventually.

There will be two kitchens at MCBI. The first is 925 square feet and the phase 2 kitchen will be 1600 square feet. There will be large steam jacketed kettles and plenty of oven space to produce large quantities of sauces and baked goods. Another benefit of working with MCBI is that they have expertise in helping develop businesses, so they will work with you to create a business plan and make sure that you are setting yourself up for success in your endeavors.

The facility is located at 2725 Pinkerton Lane, South Zanesville, Ohio 43701. If you have any questions about making and selling food from your home or at a facility like MCBI, please feel free to call your county Extension office.

Sources:

Ohio Department of Agriculture

<http://www.agri.ohio.gov>

Muskingum County Business Incubator

<http://www.mcbi.info>

Living Well

The Neighborhood Pumpkin Patch: More than Just Fun on the Farm

Written by: Cynthia R. Shuster, Extension Educator, Family & Consumer Sciences, Perry County

Amid all of the crazy busyness of our daily lives, it's paramount to spend time together as a family. Common activities strengthen family bonds and build a strong foundation for nurturing, communicative, healthy relationships; those feel-good family moments.

Autumn provides opportunities for those feel-good family moments by enjoying the beauty of nature while learning about life on the farm through the neighborhood pumpkin patch. No matter what your age, there's something very special about visiting a pumpkin patch and what better way to strengthen your family than a fall family outing?

I don't know about you, but in my travels this fall, not a day goes by that I don't see an opportunity to visit a neighborhood pumpkin patch.

Agritourism (income from agriculture tourism) allows farm operations to boost their income by adding a variety of activities such as pick your own pumpkin, apple, or produce patches; haunted trail/scary maze; fun-centers with bounce houses and slides; barn parties; and petting zoos with llamas, alpacas, goats, ducks, and geese. These activities bring out the "kid" in all of us.

Undeniably, what people go in search of in the neighborhood pumpkin patch are pumpkins. But, what people are really seeking is a good time, and a memorable family experience.

In addition to the neighborhood pumpkin patch, here are a few suggestions to increase time together with the family this fall –

- 🍂 Pumpkin carving or decorated gourd contest
- 🍂 Build a scarecrow – Make a scarecrow together using at least one piece of clothing from every family member.
- 🍂 Visit your local library for a variety of fall-themed books you can enjoy as a family.

October 10, 2013 blog article found at <http://livehealthyosu.com>



I visited a pumpkin patch with a few of my friends, enjoying the cider, pumpkin donuts, and festivities but, most of all, the chance to find out what was going on in each other's lives. Wishing you all a happy fall and your own unforgettable experiences this winter!

Upcoming Programs

Creating Family Glue

Are you wondering about how to guide your family toward healthier eating? We'll share tips for "creating family glue" through stronger relationships and nutritious family meals. Bring the kids to prepare and enjoy a meal together!

10:00am	Learn about what brings families together and simple ways to make it happen. Kids will learn about making healthier food choices.
12:00pm	Enjoy a meal made with your family.

For more information, call the Noble County Extension office at 740-732-5681.

Family and Consumer Sciences Clientele Information Sheet

Please take a few minutes to complete this questionnaire. We look forward to providing you with research-based information that will strengthen families and communities.

Name: _____
Address: _____ Phone: _____
City _____ Zip: _____ Cell Phone : _____
County: _____ Email: _____

Business/Organization/Agency Name: _____
Title/Position: _____

Please check the areas below that you would be interested in receiving information/programming on in the future:

Food Preservation

- Canning Basics
- Water Bath Canning
- Pressure Canning
- Canning & Freezing Meats, Soups & Stews
- Jams and Jellies
- Drying Foods for Home Storage

Food Safety

- for ServSafe® certification
- for quantity cooking & volunteers
- for the home & workplace

Financial Management

- Basic Budgeting
- Stopping Spending Leaks
- Buying a Home

Health and Wellness

- Proper Handwashing
- Sun Safety
- Feeding Young Children
- Understanding Food Labels
- Dining With Diabetes

Other

- Parenting
- Staying Safe Online
- Relationships for Teens
- Child Development
- Building Stronger Families
- Other _____
- Other _____
- Other _____

Thank you for helping us better serve your needs.

Return form to: Kristen Corry, Extension Educator
Family and Consumer Sciences
OSU Extension Monroe/Noble Counties
Email to corry.10@osu.edu
Noble Monroe
740-732-5681 740-472-0810





THE OHIO STATE UNIVERSITY

OSU EXTENSION NOBLE COUNTY
150 COURT HOUSE
CALDWELL, OH 43724



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Keith L. Smith, Associate Vice President for Agricultural Administration; Associate Dean, College of Food, Agricultural, and Environmental Sciences; Director, Ohio State University Extension; and Gist Chair in Extension Education and Leadership.