



# NEOHOMA

*The NEW Oregon HOmeMAker*

Quarterly Newsletter for Coos County Family Food Education Program  
Oregon State University Extension Service

- In this issue:
- Making your own fast *healthy* foods
  - FFE program branches out
  - Getting ready for the new school year
  - Introducing Jessica
  - Good thoughts for Nellie
  - FFE graduates new volunteers
  - September is Food Safety Month
  - Fun and Games
  - Fall schedule

*For  
Nellie*



### Making Your Own **FAST Healthy FOODS**

Back to school means back to grabbing breakfast, packing lunches and scrounging for dinner and snacks. But with a little prep and some bright ideas, you can make your own fast foods that are not only fast but healthy, too.

Try these quick and easy **fast foods**.

#### **Instant Breakfast**

Make your own egg-a-muffin with a scrambled micro-waved egg on a toasted 100% whole wheat muffin. Add low-fat cheese and you've got a great breakfast sandwich to go. Or add whole grain cereal to low fat yogurt, sprinkle with almond slivers and top with a spoon.

#### **Snack Attack**

Dehydrate Oregon fruit slices or make your own fruit leather for quick, nutritious snacks that go where you go. Mix your fruit leather with yogurt to add protein and calcium. Cut it up and add to snack mix you make yourself from whole grain cereal, nuts, seeds and roasted soy nuts.

#### **TV Dinner**

Freeze your own single-serving healthy dinners into freezer-to-microwave containers. Kids can grab these after school and get a healthy alternative to chips or cookies. For an easy dinner, just add a dark, green leafy salad topped with mandarin oranges and dried cranberries.



### Family Food Education Program Branches Out

The Family Food Education Program has traditionally focused on food safety and preservation. But starting this fall, this valuable program now has a second focus on **Nutrition**. Training volunteers in this new branch will multiply FCD efforts to reach our children and adults with healthy messages.

Training begins in October. If you would like to help support your community by educating in nutrition, join us for the training that is sure to make a difference. Sign up today.

# Family Food Education Program Coos County



OSU Extension Service  
Mission Statement



The Oregon State University Extension Service engages the people Of Oregon with research-based knowledge and education that focus on strengthening communities and economics, sustaining natural resources, and promoting healthy families and individuals.

*Stephanie Polizzi, Program Administrator*

## Getting ready for the new school year

Those *STAPLES* commercials crack me up... "It's the most wonderful time of the year" Christmas music playing while kids shop for school supplies and parents quietly celebrate and gloat.

But for those of us in the educator role, it's a new beginning, a time for coming up with great ideas to teach our children health and nutrition. But September is also a starting point for adults, for new habits, hobbies, programs and even new behaviors.

This "season", FCD has a full plate to serve up. With the new school policies taking effect this September, schools are anxious for Extension to complement their curriculums with health education. We will be starting with the elementary schools using the Smart Start Eating and Reading curriculum to bring a nutrition message to grades K-3. The volunteers will be helping our new program assistant to reach all 9 school districts by the end of the school year. In addition, teachers are asked to participate in monthly lectures and presentations designed to help them integrate nutrition and physical activity into their curriculums. Plus, Extension has a wealth of educational materials available to loan to schools and other educational organizations and clubs. Ask about our list of available curricula and tools to help your program succeed.



Our most important fall event is the initiation of the Nutrition branch of the Family Food Education program in both Coos and Curry counties. This training will provide in-depth background in nutrition and health to help volunteers contribute their hours to teaching MyPyramid and the Dietary Guidelines in various community venues. Training begins mid October.



In addition, volunteers will be conducting food demonstrations at local food banks and food pantries. Finding and distributing food is a priority in this region. After all, teaching healthy eating is futile if families don't have access to good foods.

Also this fall, I will be initiating the "BRING IT HOME" lecture series. These monthly lectures will be held in 4 locations across both counties each month Oct through May. The goal is to "bring home" a healthy message that you can use in your own life. But also to share that message with your family by "bringing it home to them". And if possible, I will have samples, gift certificates, coupons and donations that participants can "bring home" to try new things.

So it's a busy new season, ripe with trainings and classes and plenty of community outreach. Watch for dates and times and come join us in our endeavors to improve your health.

## FOOD PRESERVATION TRAINEES GRADUATE THIS SUMMER



Both Coos and Curry counties offered the Food Safety and Preservation training program this summer. The training teaches preservation techniques in canning, freezing, drying, pickling and smoking along with important lessons on prevention of foodborne illness. The classes were taught by Marlene Neideigh, a veteran FFE and trainer extraordinaire. The trainees were welcomed into the 2006-2007 year with a graduation ceremony complete with pictures.

The 2007 Food Preservation Training is scheduled for April and May. The once weekly class goes for 8 weeks and gives you 48 hours of instruction, great demonstrations and hands-on preservation activities. Sign up now to reserve a seat.

## Coos County Graduates



## Curry County Graduates



**Tip for Top Health**  
*Don't take chances with foodborne illness.*

*Attend the workshops offered throughout the year and learn life-saving information about bacteria, viruses and parasites in our food and how to prevent contamination.*

*Or take the volunteer trainings and teach others to be safe.*



FCD welcomes our new  
Nutrition Program Assistant:  
Jessica Garcia

Jessica, a Myrtle Point Graduate, joined us last May as the Nutrition Program Assistant for Family & Community Development. Her enthusiasm and desire to positively impact our youth is evident and contagious. Jessica is funded by OFNP, Oregon Family Nutrition Program\*\*\* and is concentrating most of her efforts in the schools and food banks.

She will be in charge of the Smart Start Eating and Reading program, a curriculum that teaches elementary children the importance of breakfast using interesting stories and hands-on food demonstrations. She tried this out at 4-H camp to an enthusiastic response. Now she's trained, motivated and ready to kick into high gear this school year. If you're an elementary teacher and haven't signed up for a training in your classroom yet, give Jess a call.

Jessica works at the Coos County Extension office most mornings and can be reached at 541-572-5263 or by e-mail at [jessica.garcia@oregonstate.edu](mailto:jessica.garcia@oregonstate.edu).



\*\*\*OFNP is a Federally funded grant that provides nutrition education to families who qualify for food stamps. Through this program, we can offer healthy lifestyle education to many areas of our community.



**What kind of fish performs brain operations?**



**A neuro-sturgeon.**

**"I'm not funny.  
What I am  
is brave."**

**Lucille Ball**



# national food safety education month ®

**S**eptember 2006 marks the twelfth annual National Food Safety Education Month®, one of the activities supported by the National Food Safety Program.

The goals of the program are to:

- Reinforce food safety education and training among foodservice personnel
- Educate the public to handle and prepare food properly at home, where food safety is equally important - whether cooking from scratch or serving take-out meals and leftovers.

Restaurants, foodservice operations, hospitality associations, colleges and universities, federal, state, and local government agencies, and consumer organizations across the country participate in National Food Safety Education Month in a variety of ways each year.

This year's theme is...Don't Compromise - Clean and Sanitize

**Clean First** Cleaning is the process of removing food and other types of soil from work surfaces, utensils, appliances or other food preparation items, usually with soap and water

**Then Sanitize** Sanitizing is the process of reducing the number of microorganisms on a clean surface to safe levels, usually with a sanitizing agent like a solution of bleach and water

Clean and Sanitize...

- After each use
- Anytime you begin working with another type of food
- Anytime you are interrupted during a task and the food preparation area or the tools you have been using may have been contaminated

Remember to wash your hands thoroughly...

- Before you begin food preparation
- After handling raw meat
- When food preparation is complete
- Before serving

*Did you know...*

**In order to lose one pound of fat, you need to burn 3500 Calories ???**



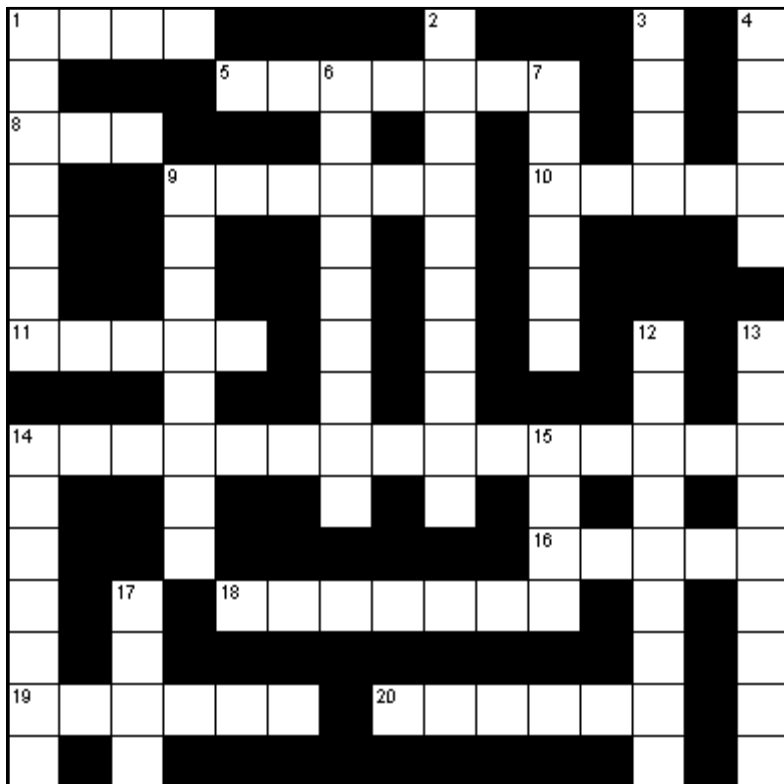
## ***PONDERING POINTS***

**Why isn't there mouse-flavored cat food?**

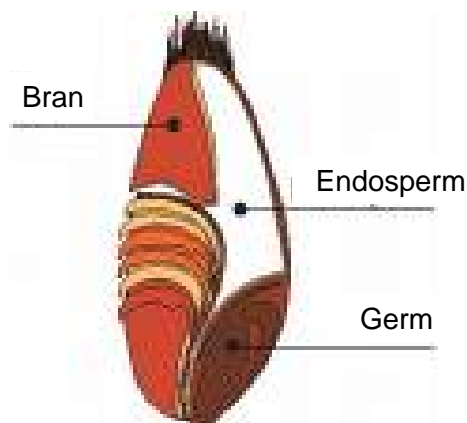
**What do you do when you see an endangered animal eating an endangered plant?**

**If a parsley farmer is sued, can they garnish his wages?**

**Fruits** by James T. Ehler



# The WHOLE of the Wheat Kernel



*What is a whole grain? The bran, germ and endosperm are all used to make the flour. Look for the first ingredient on the label list to be "whole".*

- Down**
1. Succulent thick-rinded, orange-sized tropical fruit; AKA marmalade box.
  2. Cleopatra pome. (5,5)
  3. A small variety of cantaloupe grown in Israel.
  4. The most widely grown acid species of citrus fruit.
  6. A citrus fruit originally named for a city in Morocco.
  7. A nut from a plant in rose family, related to plums, peaches and apricots.
  9. A tree bearing olive like fruit, also called Russian olive.
  12. Large tropical fruit with leathery skin and soft pulp; related to custard apples.
  13. A city in England known for a famous sauce.
  14. A plant that has escaped from cultivation.
  15. Wild plum of northeastern United States having dark purple fruits with yellow flesh.
  17. The extremely sweet fruit of a palm.

Solution is on Page #8

- Across**
1. A type of plum almost spherical in shape.
  5. Medium-sized largely seedless mandarin orange with thin smooth skin.
  8. Usually large hard-shelled seed.
  9. This citrus fruit is frequently dyed to improve its appearance.
  10. Large oval smooth-skinned tropical fruit with juicy aromatic pulp and a large hairy seed.
  11. Yellow-fleshed fruit related to custard apples.
  14. A russet colored pear, juicy & tender, keeps very well in cold storage. (6,5,4)
  16. Evergreen tree cultivated in the Mediterranean region since antiquity and now elsewhere; has edible shiny black fruits.
  18. Small wild or half-domesticated Eurasian plum bearing small ovoid fruit in clusters.
  19. Spice tree native to the Spice Islands, the tree yields 2 different spices.
  20. Fruit with a single hard stone.



# FAMILY FOOD EDUCATION

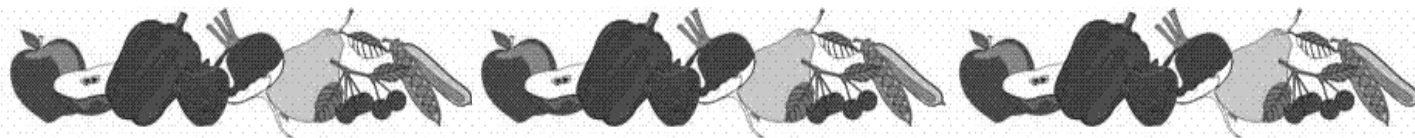
## Fall Calendar



DATE	CLASS	LOCATION/TIME	
Sept. 23	HOME CANNING TUNA	MYRTLE POINT	10 TO 2
October 19	GIFTS FROM THE KITCHEN	MYRTLE POINT	1 TO 3
		COOS BAY	6 TO 8

- Cost: \$12.00 for tuna canning and \$7.00 for Gifts from the Kitchen
- Class Locations:
 

<p>Myrtle Point: <i>Ohlsen Baxter Building</i> 631 Alder Street (Conference room)</p>	<p>Coos Bay: <i>Gloria Dei Lutheran Church</i> 1290 Thompson Road (Kitchen in NW corner)</p>
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- FOR MORE INFORMATION AND TO RESERVE A SEAT:  
 541.572.5263 / 800.730.4978      [rhonda.fischer@oregonstate.edu](mailto:rhonda.fischer@oregonstate.edu)



### September

- 11 Storage Clean-up 11 AM
- 12 Curry Co FFE monthly meeting 10 AM
- 13 Coos Co FFE monthly meeting 11 AM
- 14 Women's Safety Center food demo 2 PM
- 23 Tuna canning workshop 10 AM
- 30 Powers food bank food demo

### November

- 1 Bring it Home Coos Bay 6:30 PM
- 4 Curry Co *Gifts from the Kitchen*
- 8 Bring it Home Myrtle Point 6:30 PM
- 14 Langlois food bank food demo 12:30 AM
- 15 Coos Co FFE monthly meeting 11 AM
- 15 Bring it Home Bandon 6:30 PM
- 21 Curry Co FFE monthly meeting 10 AM

### October

- 4 Bring it Home Coos Bay 6:30 PM
- 10 Curry Co FFE monthly meeting 10 AM
- 11 Charleston food bank food demo 10 AM
- 11 Bring it Home Myrtle Point 6:30 PM
- 14 Nutrition training at Myrtle Point Ext office
- 18 Coos Co FFE monthly meeting 11 AM
- 18 Bring it Home Bandon 6:30 PM
- 19 Coos Co *Gifts from the Kitchen*
- 21 Nutrition training at Gold Beach Ext office

### December

- 5 Coquille food bank food demo 9 AM
- 6 Bring it Home Coos Bay 6:30 PM
- 13 Coos Co monthly meeting 11 AM
- 13 Bring it Home Myrtle Point 6:30 PM
- 19 Curry Co monthly meeting 10 AM
- 20 Bring it Home Bandon 6:30 PM



Extension Service

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Solution To Crossword Puzzle, Page #6

J	O		Q		E	G	A	I
E	G	A	M	U	S	T	A	S
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Nutrition  
Volunteer  
Training

When: Saturday, October 14  
 9 AM to 5 PM

Where: OSU Extension Office  
 Myrtle Point

Contact: Rhonda or Stephanie  
 (541) 572-5263

