Fall 2013

Organization is Key to Morning Routine

Hectic schedules and hurried breakfasts don't have to be part of the morning routine as students start back to school and adults head to work. Organization and good communication are a must in busy families.

Getting organized is something everyone plans to do in the future but well-spent moments at the end of the day in preparation for the next day could be a valuable investment. Here are some recommendations for families with school-age children:

- Selecting clothing for the next day is one way to invest time in the evening. Folding clothing as it comes from the laundry into compatible outfits can allow the kids to take responsibility for dressing themselves. It is also a morning time saver for adults to make sure outfits are pressed and ready to go the night before.

- School books and work items always seem to hide early in the morning so locate and stack them together in the evening, along with backpacks, lunch money, notes and other needs to save valuable moments, not to mention tempers.

- The stage for the day is set by how the child wakes. Nagging, begging and pleading are not effective motivators and can cause a cloud of gloom to gather over the household. Depending on the child's maturity, an alarm clock coupled with responsibility for using it may be appropriate.

Ending the day with positive communication is also recommended. For example, if families share an evening meal, this would be an excellent time to share events from the day. It is also a great chance to really listen and gain insight about the world of their family members.

Organization and communication can help maintain family sanity.

Source: Renette Wardlow, Human Development Specialist, University of Missouri Extension, MissouriFamilies eNewsletter August 26, 2013
Breakfast - “Break the Fast” from the Night Before

Breakfast plays an important role in children’s health. Children who eat breakfast have a higher intake of vitamins and calcium and therefore are more likely to meet the government’s recommendations for nutrients as compared to children who skip breakfast. Research has shown that regardless of income, children who eat breakfast eat a better variety of foods, as well as, more grains, fruit products, and milk. They also consume less saturated fat.

Do you and your family skip breakfast? You are not alone. Lifestyles have quickened with parents and kids having many commitments. We often do not spend the time and skip breakfast altogether. Over the past twenty years there has been a steady decrease in the number of children who eat breakfast. The U.S. Department of Agriculture (USDA) estimates that 90% of 1 to 5-year-old children eat breakfast. However, the percentage of children that consume breakfast dramatically decreases to only 14% for teenagers.

There are many factors that determine whether breakfast is part of the daily routine including what we will eat. The following issues impact the consumption of breakfast and they include: lack of time, not wanting to make breakfast, limited availability of ready-to-eat foods, lack of someone to share the meal with, not being hungry, the influence of friends and classmates, long commutes, dieting, not feeling well, not liking the food served, not having food available, and lack of funds for their family to purchase enough food.

Eating Breakfast Helps School Performance
Studies have shown that omitting breakfast may interfere with learning. Breakfast consumption does improve school attendance and has a positive effect on the overall nutritional quality of a child’s diet. Research has also shown that students who eat breakfast have higher reading and math scores, and improved memory on cognitive tests.

Skipping Breakfast is Not a Good Weight Loss Diet
Some kids skip breakfast because they sleep too late or because they think it’s a way to stay thin. But skipping breakfast does not help people maintain a healthy weight. Studies have found that children who skip breakfast are at greater risk for being overweight. This may be because they get so hungry that they end up overeating at other meals. It is better for kids to eat three small or moderately sized meals a day with some healthy snacks in between. Eating regular meals will help a child’s body to process food more efficiently than if the child were to eat one or two large meals a day.

Breakfast Foods Can Be Quick, Easy & Healthy
Any breakfast food is better than no breakfast at all. Try to make healthy selections and eliminate the doughnuts or pastries all the time. They’re high in calories, sugar, and fat and don’t contain the nutrients that everyone needs. Just like with other meals, eat a variety of foods, including: grains (breads and cereals), protein (meats, beans, and nuts), fruits and vegetables, milk, cheese, and yogurt. Some common ones: eggs, French toast, waffles, or pancakes (try wheat or whole-grain varieties); cold cereal and milk; hot cereal, such as oatmeal or cream of wheat (try some dried fruit or nuts on top); whole-grain toast, bagel, or English muffin with cheese; yogurt with fruit or nuts; fruit smoothie, such as a strawberry smoothie.

Other ideas include: banana dog (peanut butter, a banana, and raisins in a long whole-grain bun), breakfast taco (shredded cheese on a tortilla, folded in half and micro-waved; top with salsa), country cottage cheese (apple butter mixed with cottage cheese), fruit and cream cheese sandwich (use strawberries or other fresh fruit), sandwich – grilled cheese, peanut butter and jelly, or another favorite, leftovers.

Source: Rutgers Cooperative Extension Fact Sheet FS1058
Managing Big Changes as Parents and Adult Kids Become Roommates

According to the most-recent U.S. Census Bureau figures, 22.6 million (32%) adults ages of 18-34 were living with their parents in 2012. That is up from 18 million, or 27%, a decade ago. Fifty-six percent of young adults between 18 and 24 years old are living with parents. So as adults become roommates, how can each generation help each other during this time of transition?

What Parents Can and Need to Do
If you decide to let your children (and their partners?) move back home, it’s important to recognize there will be increased costs. At the minimum, there will be an increase in utilities, food, gas, and incidentals. How much will depend on how much you’re willing to support your young person. Setting limits and talking about how much YOU can afford to support them is important. It’s okay to ask them to contribute to household expenses. One way to calculate this would be to look at the water, electric, and food bills before and after they arrive and have them pay the difference. You can always base the amounts on how much income the child is bringing in, but make it a reasonable amount that will assist you in covering expenses.

Some studies suggest that parents take out debt or delay their own goals to assist their children. During these years, most middle-aged adults focus on increasing retirement savings, getting out of debt, and setting themselves up for a successful retirement. Having children live at home should not undermine these goals. Allowing children to live with you helps to support their savings or student loans reduction, but not at your future expense.

Young adults who have finished college or are transitioning back home have not had a lot of experience regarding what it takes to pay for running a household or saving for the future. This is an opportunity for them learn these financial skills. Be open about what it costs and how you manage. Have them contribute a bit to each expense category so that they can get into the habit of paying bills on time, making spending choices, and being responsible for their finances.

Recognize your babies are adults. This can be hard, but is important. You have to let your children be adults. Set limits that you both can live with; after all, it is your house and resources. Coach them so that they can make good decisions.

What Children Can and Need to Do
Finding a job can be difficult in this economy, but it is important to find one, build skills, and bring in income. This income can cover your bills, as well as paying your fair share while you live at home.

Work on your own spending plan so that you know how much you’re bringing in and where it is going. You can then talk reasonably with your parents about what you can afford to contribute to the household expenses, while paying debt and saving for your future goals.

Work toward your next stage in life. Most young people would like to be on their own and setting goals is important. Explore what it will cost to live on your own (with friends or by yourself), own a home, go to graduate school, travel, move to a different area … whatever it is. Begin to put money aside, and timeframe around that saved amount, so your current spending supports your future goals.

Remember, you can support your parents in non-financial ways while they are helping you out. Work with them to identify what you can do to help around the house.

Getting Along
Becoming roommates again is not always what either generation wants. Nevertheless, it is what some families choose to do to take care of each other. It may be difficult for everyone and will take time for all parties to adjust. Talking and managing differences will be important for harmony in the household. It’s everyone job to be a good roommate.

Learn to Save, Spend and Grocery Shop Wisely

Food dollars make up 1/3 of the budget. Make your dollars go farther and improve nutrient content.

• Use a list and menu plan – focused shopping will help avoid impulse buys and sales tactics. Planning a week’s meals helps make the most of ingredients.

• Purchase from the perimeter – meats, fresh fruits and veggies, dairy, eggs and whole grains are typically found around the outer edges of stores and make up the majority of nutrient needs.

• Compare unit prices – bulk is not always best and neither is national brand name. Take the time to see per unit prices on the shelves to get the best value.

• Stock up on staples – having basic cooking items on hand will stretch over several meals and leave the fresh ingredients for weekly shopping trips.

Source: http://msue.anr.msu.edu/news/learn_to_save_spend_and_grocery_shop_wisely

Cook and Freeze to Avoid Holiday Stress

One way to prevent holiday stress is to prepare some food ahead of time and freeze it. From casseroles to cookies you prepare some of your holiday food before the actual day arrives. Some foods do not freeze well, including meringue, cream or custard pie fillings, mayonnaise, sour cream, and vegetables you would use for a salad such as lettuce, cucumbers, radishes and celery. Uncooked potatoes and cooked pasta don’t often freeze well on their own, but generally work in casseroles.

To reheat a frozen casserole, use the oven setting at which it was originally cooked and start with just less than double the original cooking time. If the original cook time was 30 min., start with 50 min. from frozen state. Be sure to check it often at the end of that time. A casserole is thoroughly reheated when the edges are bubbling and the center is hot.

Follow these tips home-frozen foods:

• Foods that will be reheated should be slightly undercooked before freezing to assure the end product won’t be overcooked.

• Cool foods quickly before freezing. This can be done in the refrigerator or by setting the prepared casserole in a pan of ice water. A hot glass baking dish can crack or break when placed in ice water, use caution.

• Be sure to wrap your food well. Air shortens shelf life and can impact color, flavor and texture in undesirable ways.

• Cheese or crumb toppings can become dry or soggy in the freezing process. Add these when the dish is being reheated to serve.

For more information, refer to the OSU Extension publication Freezing Convenience Foods That You’ve Prepared at Home. It can be downloaded at http://extension.oregonstate.edu/fch/sites/default/files/documents/pnw_296_freezingconveniencefoodsthatyouvepreparedathome.pdf or you can call your local OSU Extension Office to request a copy.

Source: Tammy Roberts, Nutrition and Health Education Specialist with University of Missouri Extension, MissouriFamilies eNewsletter, November 12, 2012
Holiday Entertaining Without Breaking Your Budget

As the holiday season approaches, many of us have holiday parties and gatherings to plan. In these tough economic times, we face the daunting task of keeping our family traditions without breaking our budget. The good news is that by being creative and planning carefully, you can still make this season fun and memorable. Saving money does not mean missing out on all the fun.

Most of your budget may be spent on purchasing food for Thanksgiving, Christmas or other holidays. The following budget-friendly tips can help you save money and have fun at the same time.

1. Establish your budget and how much you can afford to spend. Design a menu around your budget and what is seasonal or on sale at the grocery store. Next, write a list of who will be invited. Your budget will guide you on the number of guests you can comfortably invite.

2. Keep a grocery list so you’re less likely to make an impulse purchase. A list will also prevent you from making extra trips to the store. Stick to your list for added savings, but stay flexible if you encounter a sale.

3. Plan ahead for how to use leftovers. We lose money when we toss leftovers that have spoiled.

4. Use coupons! In most cases, grocery stores have great sales on holiday staples like turkeys and hams. Their goal is to get you into the store with the hope that you will purchase lots of other products that are not on sale. Use this to your advantage, but only buy items you need. Check for online coupons as well. Start with the website of the store where you shop or of products you use. Shopping on double or triple coupon days can save you a lot of money.

5. Buy in bulk. If the price is right and the larger size fits your criteria, go for it! Prices can be deceiving, so pay attention to unit prices to ensure you are getting the best deal. Bigger is not always cheaper. Make sure you will use the food while it is still good.

6. Save on store brands. Buy generic and you could save up to 40 percent a year on your grocery bill. In taste tests, most consumers cannot identify the difference between generic and store brands.

7. Shop high and low. Bargains are usually on the top or bottom shelves. The worst deals are at eye level.

8. Pay attention at the checkout. Don’t lose out on a great deal because an item scans incorrectly.

9. If you are hosting a holiday gathering, ask for help with meal preparation. This will help relieve some of the financial burden. Contact everyone on your holiday guest list and see who can bring a dish to share. Guests traveling from out of town may not be able to bring perishable items, but they can grab some nonperishables on their way in. Make sure you coordinate who’s bringing what to avoid overlap.

10. Include a variety of meatless dishes — these are often cheaper and, as a bonus, generally healthier, too.

11. Help others. How about serving some homemade food or giving a grocery store gift certificate to a family in need? This is the greatest investment you can make for your money during the holiday season.

Source: Damaris Karanja, MA, Nutrition and Health Education Specialist, St. Louis County, University of Missouri Extension, MissouriFamilies eNewsletter, November 12, 2012
**Nutrition Education Volunteers Sought by OSU Extension**

Concerned about the food and shopping choices people are making that affects their health? If you would enjoy sharing research-based information about healthy eating on a budget then you might enjoy becoming an Oregon State University Nutrition Education Volunteer. Volunteers demonstrate cooking healthy recipes at local food pantries or lead small groups with fun, interactive nutrition activities.

To become a Nutrition Education Volunteer applicants take a 6-hour class on **February 14, 2014**, 9 AM to 3 PM at the OSU/Deschutes County Extension office in Redmond. Once participants are trained and certified, volunteers commit to demonstrating healthy recipes six times over six months.

See the Nutrition Education Volunteer Application link to read more about the program and see the application on the OSU/Deschutes County web site, [http://extension.oregonstate.edu/deschutes/nutrition-education](http://extension.oregonstate.edu/deschutes/nutrition-education).

To **apply**, send your application to Katie Ahern, Family and Community Health Instructor by **January 31, 2014** to katherine.ahern@oregonstate.edu or OSU Extension, 1900 NE Division St, Suite 107, Bend, OR 97701. If you have questions, please call 541-306-6067.  

*Source: Katie Ahern, OSU Extension Faculty/Instructor*

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**Six Steps to a Healthier Holiday Season**

At the beginning of the year, people make resolutions to lose weight, including the weight they’ve gained during the holidays. This year, try following tips from Tufts University’s *Health and Nutrition Letter* to prevent weight gain.

1. **Serve turkey twice.** Turkey is a great source of protein that is low in fat, salt and calories. Consider serving turkey at Thanksgiving and Christmas instead of beef or ham. The healthiest part of the turkey is the breast.

2. **Go with whole grains in dressing.** Use whole-wheat bread in traditional dressing. With brown or wild rice as the main ingredient, you can use less butter. Adding more flavorful veggies like onions, garlic or shallots to the mix increases aroma and flavor with fewer calories.

3. **Roast your vegetables.** Roasting brings out the natural sweetness in vegetables, from carrots to asparagus to corn. Eliminating the soaking and cooking in boiling water helps keep nutrients.

4. **What’s for dessert?** You don’t need to skip dessert, instead make a wise choice at the end of the meal. For example, instead of offering three different pies, just have one favorite and serve it with a fresh fruit salad. To make it more festive, make the fruit into a parfait. Strawberry and kiwi slices layered with low-fat yogurt would be a delicious and decorative finale to any meal.

5. **Drink fewer calories.** Americans consume 22% of total calories in liquid form. Serve water or low-calorie drinks and save the calories.

6. **Take some extra steps!** Before, during or after watching the big game, take a walk or have a game of your own. Get up and burn some of those extra calories to balance things out.

*Source: Janet Hackert, Nutrition and Health Education Specialist, Harrison County, University of Missouri Extension, MissouriFamilies eNewsletter, November 12, 2012*
Questions? Food Preservation/Food Safety Hotline Reopens for Thanksgiving

The toll-free statewide Food Preservation/Food Safety Hotline will reopen this month to help you with your Holiday questions. You can find friendly certified Master Food Preservers and OSU Extension staff ready to help you November 18th through 27th from 9 am – 4 pm, Mondays, Tuesdays, Thursdays and Fridays. The food preservation line is 1-800-354-7319 and sponsored by the OSU Extension Family & Community Health program.

Another option for asking food preservation questions is the Ask an Expert feature on the OSU Extension Service website: http://extension.oregonstate.edu/. Questions are answered with research-based answers within 2 working days.

Oregon State University Extension Offers Preserve@Home, an On-line Food Preservation Class

Will your New Year’s Resolutions include updating your food preservation skills? Want to learn how to safely can, dry or freeze your garden’s bounty? Oregon State University Extension Service invites you to enroll in Preserve@Home, an on-line food preservation class to teach individuals how to safely preserve a variety of food products. Participants learn how to produce high-quality, preserved foods and the science behind food preservation and food safety.

The registration deadline is Monday, January 13, 2014 at noon. The first class of the 6-week course opens on-line on Thursday, January 16, 2014. Each lesson includes online text (that can be downloaded and printed), on-line bulletin board to facilitate participant discussion, and a real-time weekly chat to interact with classmates and instructors. The first weekly, on-line chat session will be on Thursday, January 23, 2014 from 1:00 to 1:45 PM. Topics to be covered include: Foodborne Illness – causes and prevention, Spoilage and Canning Basics, Canning High Acid foods, Canning Specialty High Acid Foods – pickles, salsa, jams, jellies, etc., Canning Low Acid Foods, and Freezing and Drying. Supplemental materials this year will include materials on planting varieties for food preservation and one on cold storage and root cellaring.

OSU Extension/Deschutes County will provide a hands-on lab experience for Central Oregon participants at the OSU Extension office in Redmond. Students will practice pressure canning, water-bath canning and dehydrating. The optional hands-on lab will be held on Saturday, March 1, 2014, 9:00 AM to 3:00 PM.

Cost of the course is $50 plus the cost of required supplemental materials. Many of the supplemental materials are available free, on-line. Class size is limited. This course has been developed and is offered collaboratively with University of Idaho Extension Service and eXtension. Call 541-548-6088 to reserve your space, and then get your registration materials submitted by Monday, January 13, 2014 at noon.

For more information and registration materials visit this web site: http://extension.oregonstate.edu/deschutes/food-preservation or contact Glenda Hyde, OSU Extension Senior Instructor at glenda.hyde@oregonstate.edu or call 541-548-6088. Source: Glenda Hyde, OSU Extension Senior Instructor
Join the OSU Extension Food Service Food Preservation Program on Facebook

Looking for up-to-date information on food preservation? Visit and “Like” the OSU Extension Service Food Preservation Facebook page. Get timely food preservation tips from OSU Extension staff and trained Master Food Preserver volunteers. See what’s happening with food preservation around Oregon.

Long Live Oregonians!

Starting October 2013, Oregonians will have a completely new way to access health insurance through an online central marketplace called Cover Oregon. You’ll be able to compare and enroll in health and dental plans that fit your family’s needs and budget. All plans offered through Cover Oregon will cover essential health benefits including provider visits, hospital stays, maternity care, emergency room care, prescriptions, preventive care, mental health services, dental and vision coverage for kids and more.

Even if you already have a health condition you will be able to get coverage. You can also get financial assistance to help pay for premiums, if you qualify. For example, financial assistance will be available to individuals earning up to $45,900 a year and a family of four earning up to $94,200 a year.

Cover Oregon will provide clear information on a range of insurance plans so individuals, families and small businesses can make side-by-side comparisons and choose the right plan for them. It will include health coverage from private insurers and public programs like Healthy Kids and the Oregon Health Plan.

Enrollment begins in October, and coverage begins January 2014. Visit www.coveroregon.com to learn more. Use the online calculator to see if you may qualify for financial help, and sign up for updates. You can also call 1-855-CoverOR (1-855-268-3767) to talk to a trained specialist.