



The Family Table

Alphabet Soup SW, FFE, FCE, and SNAP-ed

I am happy to report that it is hard to get the **S**trong **W**omen down. I have talked with members from Dufur, Maupin, Pine Hollow, and the Senior Center and they are continuing with volunteer leaders. I want to thank those that have volunteered to help with leading the exercises and commend you on continuing. The group at the College met the first of the month and most were limping around and feeling the aches and pains from a few months rest.

The **F**amily **F**ood **E**ducators are hanging up their aprons for the season. You will receive an invitation to meet and determine the times and dates for the program next year. We have had more calls about food preservation this year and several people have expressed an interest in being a part of our group.

Our **F**amily and **C**ommunity **E**ducators group will be looking at "Grocery Aisle Gotcha's" this month. We study Ancient grains as the first lesson of the year.

Our November meeting will be a group meeting on the 12th in Hood River's newly remodeled Extension Multi-Purpose room. The subject will

be The Fashion Zone, and we will begin at 11:00 o'clock with a potluck following. If you are interested in joining us call the Hood River Extension.

Joy Lee has joined us as a **S**upplemental **N**utrition **A**ssistance **P**rogram educational program assistant. She is going in to the Hood River schools and teaching children about healthy eating and exercise. Patty Ortega-Flores works in the Wasco County schools and Rosa Guevara-Ayala works with the Spanish speaking adults.



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Special points of interest:

- ◆ *Daylight Savings time ends October 31st.*
- ◆ *Recycling one glass jar saves enough energy to watch TV for 3 hours*
- ◆ *Every time you lick a stamp, you're consuming 1/10 of a calorie*

Healthier Halloween

With Halloween only a few weeks away, you can plan now to make it a little healthier for you and your loved ones. Consider these tips:

- Substitute treasures for treats – try handing out small toys, stickers, crayons, or even fake tattoos.
- Make sure your family eats before you start trick-or-treating. This can help stop the kids and mom and dad

from dipping into those goody bags.

- Put the candy out of sight after Halloween and ration it for several months, or donate some to a senior center.

When picking treats to indulge in, go for the sugar-free gum, or pick something you can break into pieces among family members or split in two.

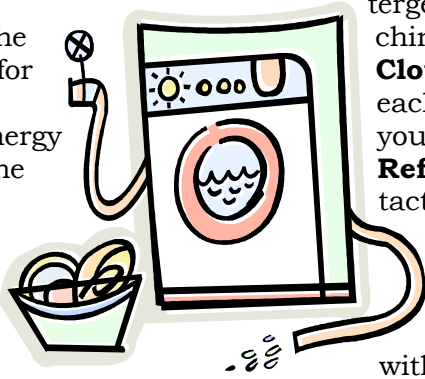
Ways to give your appliances an energy boost

Because appliances are a major source of energy use, it's important to do all you can to keep them running as efficiently as possible. Nancy Bock, Vice President of Education at The Soap and Detergent Association, has gathered some tips to help you conserve energy, which is not only good for the environment but also good for your pocketbook.

Dishwasher: The biggest energy drain comes from heating the water – and it takes just as much water to clean a partial load of dishes as a full one. So wait until the dishwasher is full and then run it. During the winter months, when the air in the house is generally dry, you can further reduce energy use by eliminating the dry cycle. Instead, when the dishwasher stops, open it and pull out both racks. Everything will be dry in about an hour. One side effect of this procedure may be spotting on your glassware. If this occurs, using a rinse agent will allow the water to sheet off the dishes rather than dry in droplets.

Hot-water heater: Lower the thermostat so the water never gets hotter than 120 degrees. Besides saving energy, this will prevent scalding injuries.

Washing machine: Small loads may use less water, but they consume almost as much energy as large loads. So, think before you load! If possible,



wait until you have a full load before running the washing machine. For optimum cleaning, follow the laundry detergent manufacturer's recommendations for the proper amount of detergent. And if you own an HE washer, be sure you're using a detergent that's specially formulated for your machine.

Clothes dryer: Cleaning the lint trap before each load will help avoid a fire hazard and make your clothes dry faster, which saves energy.

Refrigerator: Keep the door seals and their contact surfaces clean. This will reduce energy consumption and extend the life of the seal. Before cleaning, turn off the temperature controls and, if possible, unplug the unit.

Clean the seals and corresponding surfaces with a solution of one part chlorine bleach to one part warm water. Use an old toothbrush to get into the crevices in the seal. Wipe the solution off with a clean, damp cloth and then dry with a second clean cloth or paper towel. A yearly vacuuming underneath and behind the unit will also help it run more efficiently. Unplug the refrigerator and then use a crevice tool or a feather duster to clean the coil and all the metal parts.

Freezer: If you don't own the frost-free variety, defrost whenever there's more than a 1/4 inch of buildup. Be sure to unplug the unit before you begin. Once the frost is gone, clean the inside of the freezer with a solution of warm water and liquid dish detergent. Rinse with fresh water and wipe dry.

Tea Parties Keep Us Young

The regular consumption of green tea has been associated with a reduced risk of cardiovascular disease (CVD) and several types of cancer. A recent study in Japan followed over 12,000 people 65 to 84 for over 5 years. They found that the risk of dying from CVD in those drinking 7 or more cups of green tea daily was reduced a remarkable 75% compared to those who drank little or no tea.

Epidemiological studies have found regular green tea drinkers usually have a reduced risk of lung, pancreatic, hematological, colon, skin,

and prostate cancers. There is evidence suggesting tea drinking may help protect against developing type 2 diabetes and possibly Alzheimer's disease and Parkinson's disease, all increase with age. Regular tea consumption appears to reduce the risk of many ills associated with old age. In humans the risk of all cause mortality roughly doubles every 8 to 10 years so tea drinkers in the Japanese who were 55% less likely to die from all causes than those who rarely drank tea also appeared about 5 years younger.

Cleaning for a Reason

October 2009 marks the 25th anniversary of National Breast Cancer Awareness Month. Many cancer patients face challenges when their immune system is under attack. The Cleaning For a Reason Foundation offers professional housecleaning services once a month for four months to women undergoing treatment for cancer—at no cost.

Cleaning For A Reason provides peace of mind to women undergoing treatment for cancer so that they can concentrate on their health. Ensuring that patients have clean environment when immune systems are compromised is a true gift that is being provided in 44 states. Oregon is one of those states, however, at this time the services are offered only in the metropolitan area. If you know of any one living in that area be sure to let them know about this service.



“there are tons of cancer-research foundations. I need help with my house! I have three small children and have been taking chemotherapy for 19 months. This is a God-send to me.”

Stephanie, Long Island, NY

To support the work of the Cleaning For a Reason Foundation, or to see where services are offered, visit their website at: www.cleaningforareason.org

For more information about National Breast Cancer Awareness Month, visit their website at: www.nbcam.org.

Source: Cleaning Matters Sept-Oct.

Smart Choices??

A new food-labeling campaign called Smart Choices, backed by most of the nation’s largest food manufacturers, is “designed to help shoppers easily identify smarter food and beverage choices.” The green checkmark label that is starting to show up on store shelves will appear on hundreds of packages, including — to the surprise of many nutritionists — sugar-laden cereals like Cocoa Krispies and Froot Loops. The Food and Drug Administration and the

Department of Agriculture intends to monitor its effect on the food choices of consumers.

The FDA would be concerned if the Smart Choices label “had the effect of encouraging consumers to choose highly processed foods and refined grains in-

stead of fruits, vegetables and whole grains.”

The government is interested in improving nutrition labeling on packages in part because of the nation’s obesity epidemic, which experts say is tied to a diet heavy in processed foods loaded with calories, fats and sugar.

Froot Loops qualifies for the label because it meets standards set by the Smart Choices Program for fiber and Vitamins A and C, and because it does not exceed limits on fat, sodium and sugar. It contains the maximum amount of sugar allowed under the program for cereals, 12 grams per serving, which in the

case of Froot Loops is 41 percent of the product, measured by weight. That is more sugar than in many popular brands of cookies.

Nutritionists questioned other foods given the Smart Choices label. The program gives the seal to both regular and light mayonnaise, which could lead consumers to think they are both equally healthy. It also allows frozen meals and packaged sandwiches to have up to 600 milligrams of sodium, a quarter of the recommended daily maximum intake.

Ten companies had signed up for the Smart Choices program by September, including Kellogg’s, Kraft Foods, ConAgra Foods, Unilever, General Mills, PepsiCo and Tyson Foods. Companies that participate pay up to \$100,000 a year to the program, with the fee based on total sales of its products that bear the seal.

Source: New York Times

The best choices do not have a label. They are located around the perimeter of the store.



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Your business tag line here.



Butternut Soup

1 medium butternut squash (about 2 1/4 pounds)

Nonstick vegetable oil spray

1 medium onion, chopped (about 1 cup)

1 tablespoon freshly grated ginger, optional

3 tablespoons unsalted butter

3 cups chicken broth

1-2 cups water, as needed

Salt and pepper to taste

Sour cream for garnish

Directions

Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side down in roasting pan sprayed with nonstick vegetable oil spray. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool. When cool, scoop the flesh from the skin. While the squash is baking, cook the onion and the ginger in the butter in a saucepan, over moderately low heat, for 5 minutes or until the onion is softened. Add the broth and simmer for 10 minutes, covered. Add the squash pulp to the sauce pan. Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste. Return the soup to the sauce pan and cook over moderate heat until it is hot. Garnish each portion with the heaping teaspoon of low-fat sour cream.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Strong Women	6	7 Strong Women	8 Parkdale and Mosier FCE	9	10
11	12 Strong Women	13	14 Strong Women	15	16 SNAP-ed at MCCOG	17
18	19 Leadership	20 Training	21 Corvallis	22	23	24
25	26 MCCOG Fi- nance	27	28 Strong Women	29	30	31 Halloween Turn clocks back

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