

# Tillamook County Reflections

Oregon State University Extension Service Family & Community Development Newsletter

Tillamook County  
2204 Fourth Street  
Tillamook, OR 97141  
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September/October 2009

## Counting Calories Remains Key to Weight Control

It's estimated that 61% of Oregon adults are either overweight or obese. The proportion of obese adults has more than doubled in the last 18 years. This can be attributed to eating more calories and getting less physical activity. We're getting more calories as we eat many of our meals away from home. These meals tend to have larger portions and be higher in calorie and fat content than food prepared at home.

Menu labeling at restaurant chains has been proposed as a way to combat obesity. Calorie counts would be on display. Knowing the number of calories in fast food burgers won't necessarily help you make the healthiest choice, however. You also need to know how many calories you require daily to maintain your weight. Then you can calculate what percentage the hamburger calories are of your daily caloric needs.



Calorie requirements differ depending on your age, gender, and level of physical activity. Go to [www.mypyramid.gov](http://www.mypyramid.gov) to find out how many calories you need. (Click on "Get a personalized plan.") In general, older adults, women, and people who are less physically active need fewer calories.

A woman aged 60 who is physically active less than 30 minutes a day needs 1,600 calories daily. On the other hand, a 31-year-old man who is active more than 60 minutes a day needs 3,000 calories. A 600-calorie burger—such as a beef patty on a large bun with mayonnaise and vegetables—would provide 40% of the daily calories for the woman but just 20% of those needed by the man. A smaller or plainer burger might be a better choice for the calorie-conscious person.

Some people plan on exercising to burn the extra calories. However, that can take a lot of time. For example, a 154-pound person burns 280 calories an hour by walking or 290 calories an hour by biking. At that rate, it would take 2 hours or more to work off the 600 calories in the burger. It would be a little faster with running or jogging (5 miles per hour) at 590 calories per hour or aerobics (480 calories per hour).

Calories do count and should be kept in mind when making food selections. Some restaurant chains provide nutrient information on line. Checking it before eating out can help to keep calories in balance.

*References: Dietary Guidelines for Americans 2005, Chapter 3 Weight Management; Oregon Dept. of Human Services, Public Health Division. Senate Bill 931: Task Force for a Comprehensive Obesity Prevention Initiative*

*Source: Carolyn Raab, Extension food and nutrition specialist, Oregon State University; raabc@oregonstate.edu*



Extension Service  
Tillamook County

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## What's Up With Water?

Did you know that water makes up about 70% of the human body? Water plays a vital role in physical health:

- Water is an important part of regulating body temperature: it helps cool you down when you need it most. When your body heats up, water in the surrounding tissues absorbs the heat, which is released through perspiration (sweating).
- Water helps dissolve chemical compounds in the body, and many chemical reactions occur in water in our body. Water also moves waste products and toxins from the body.
- Water helps lubricate the eyes, mouth, and nose and the knees and other joints.



Most people can meet their daily hydration needs by letting thirst be their guide. However, it is important to note that the thirst signal is not always reliable. Infants, the elderly, and those who are ill may need to be offered water often.

Not getting enough water leads to progressively uncomfortable sensations: loss of appetite, slowed movement, crankiness and fatigue, nausea, headaches, increased heartbeat, dizziness, and difficulty speaking. Dehydration can be fatal.

**Drink water when you feel thirsty.** Drink more when you are more active and when the weather is warmer. To help fit fluids in:

- Keep water available and in sight.
- Eat plenty of fruits and vegetables throughout the day.
- Watch alcohol and beverages with high amounts of caffeine, such as coffee and some energy drinks—they can contribute to dehydration.

*Reference: Institute of Medicine, Food and Nutrition Board, Dietary Reference Intakes: Water, Potassium, Sodium, Chloride, and Sulfate  
<http://www.iom.edu/?id=18495&redirect=0>*

*Source: Anne Hoisington, OSU Extension Food and Nutrition, Senior Instructor  
[Anne.Hoisington@oregonstate.edu](mailto:Anne.Hoisington@oregonstate.edu)*

## Food-Product Recalls Underscore Importance of *Your* Role in Food Safety

A recent recall of ground beef products, produced by an Oregon company, is a reminder that thorough cooking is important to kill bacteria. E. coli O157:H7 and other bacteria are in animals' intestinal tracts. Occasionally, the bacteria are spread to the meat. To be safe, cooked ground beef should be brown throughout and have reached an internal temperature of 160 degrees F.

If you're barbecuing, be sure to use a clean plate for cooked patties. Otherwise you could cross-contaminate cooked patties with bacteria that might be on the raw patties. Wash hands and utensils, too.

Cleanliness is important for picnics. If running water won't be available, take soap and a jug of water along. Wash hands before preparing food.

Wash fruits and vegetables at home or at the picnic site before eating them.

Keep perishable food cold until you're ready to serve it. When possible, put the cooler in the shade. Plan to eat the food soon (preferably within 1 to 2 hours).

Put the food back in the cooler as soon as you finish eating. Do not leave it at warm temperatures longer than 2 or 3 hours. If leftovers can't be kept cold, throw them out.

*Source: Carolyn Raab, Extension food and nutrition specialist, Oregon State University;  
[raabc@oregonstate.edu](mailto:raabc@oregonstate.edu)*

## Making Back To School—COOL!

The short summer months will soon begin to wind down and school bus trips will take the place of car trips to the river. Back to school time is often a time of change for many families. First day of school, new schools, and new teachers, are only a few of the many changes children and families encounter at the beginning of a new school year.

Making a smooth transition between the summer break and the beginning of school can help children feel good about themselves and help everyone in the family create and maintain a positive outlook about the coming school year.

Parents play an important role in helping make this transition smooth. Here are some tips to make this transition more relaxed and enjoyable for everyone.



Here

- **Establish a Routine.** Bed times, rise and shine times, where do I put my backpack and important notes when I get home—whatever your routine/schedule will be, begin following it a week or so before school actually begins.
- **Take a School Tour.** This is especially important if your child is new to the school system or building. Knowing where to go on the first day can relieve a lot of stress.
- **Meet With Your Child's Teacher(s).** Introduce yourselves. Discuss what will be happening in the classroom, any special needs or situations your child may have. Is there any way you can help out in the classroom?
- **Make Sure All School Records Are Up To Date.** Make sure the school has any new phone numbers, changes of address, immunization updates, etc. Having these in an emergency can save precious minutes.
- **Get All Required Examinations.** Try to schedule appointments for sports physicals, immunizations, dental exams, etc. before school starts. This will help avoid absences from school.
- **Be Sure Your Child Knows Their Address and Phone Number.** This is especially necessary if you have just moved!
- **After School Care.** Make necessary arrangements and be sure your child knows where they are to go and what they are to do after school. It is also a good idea (especially for elementary school students) to inform the teacher of these plans also.
- **Purchase School Supplies.** Check with your child's teacher or school for a list of needed supplies.
- **Create a Homework Center.** Stock it with extra crayons and supplies to complete homework. Make sure there is no television near and few distractions.
- **Stress The Importance Of Good Nutrition.** Healthy, well-balanced breakfasts, lunches, snacks and dinners can unleash the Brainiac in your child! Studies have shown that good nutrition helps keep children focused, their energies high, and their moods balanced—all of which are factors that promote learning.

*Source: Angie Fletcher, Human Development Specialist in Douglas County, University of Missouri Extension*

*Newsletter prepared by Nancy Kershaw, OSU Extension Agent  
Tillamook & Clatsop County Family and Community Development & Tillamook County 4-H Youth Development  
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## Be Sure You Are Packing Healthy Sack Lunches

What a child eats impacts their learning and behavior, as well as growth and development. That is why it is important to provide a healthy variety when packing a child's school lunch. Lunch that a child takes to school should include a good source of protein, a good source of calcium, grains and a fruit or a vegetable.

It is recommended that you let children help make the decision about what goes in their lunch from a list of healthful foods. And, have them help you prepare it.

Lunch preparation can be easier if most of the ingredients such as dried fruit, crackers and pretzels are individually packaged on the weekend.



For the grain choice, remember children need whole grains too. There is now white bread that is actually whole grain. Other whole wheat choices could include crackers, pita and tortillas. Protein foods could be a lean meat, tuna, or peanut butter.

The possibilities for fruits and vegetables are endless. Vegetables with dip are always a hit. Dried fruit can be a good alternative and yogurt and cheese are great calcium options.

It is also possible to get several food groups into one entrée. For example, try a lean ham sandwich on a bagel with low fat cream cheese, grated carrots, and a slice of pineapple. Another option would be a pasta salad with cheese chunks, fresh vegetables, grapes and sunflower seeds.

Keep in mind that kids like to trade their foods so try to send things you know your child will not want to trade.

*Source: Tammy Roberts, Nutrition and Health Education Specialist, Barton County*

## Living On Less

Learning how to spend less but still live well takes skill, determination and know-how - but it can be done! Before you buy, ask yourself, "Is there another way to get what we need or want? Can we recycle? Share someone else's? Make rather than buy? Rent? Trade? Or use public services?" These are all ways to stretch resources when you have to.

These ideas are designed to help you meet your needs after income has been reduced. Most of the ideas are practical, everyday things you can do to cut expenses. Remember to keep your family's needs in mind.

### Food

- Shop for food once each week to save gas, time and money.
- Check out day-old bread stores for savings on bread and other items.
- Make a pound of hamburger go further by adding bread crumbs, oatmeal or tomato sauce. You are stretching a high-cost food item with low-cost products.

- Shop alone. Other family members may want items not on the list.
- Look for coupons before you go, but only for what you would buy anyway.
- Check out when supermarkets discount meat, produce and bakery goods as day-old goods.
- Use economy cuts of meat like chicken thighs and chuck roast for good-quality protein at lower cost.
- Use your oven efficiently and bake more than one dish at a time. The energy savings can be used to supplement other parts of your budget.
- Plan a meatless day each week. Meat is one of the more expensive foods in our diet. Check your library for cookbooks that have Mexican, oriental or pasta recipes that may feature beans, cheese or vegetables instead of meat.
- Mix one part of reconstituted instant milk with one part of 1% or 2% milk. Again, you are stretching a high-cost product with a low-cost one in a way that will not likely be noticed.
- Buy skim milk. The lower the fat, usually the less expensive the milk. *(continued on Page 5)*
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- Compare prices per unit: pound, ounce, dozen or package. Take your calculator with you. Comparing cost per unit allows you to accurately compare products of differing sizes.
- Make your own convenience foods. The more convenience built into a food product, the higher its price. Check with your library for cookbooks that specialize in homemade mixes.
- Entertain with potlucks, or simple, inexpensive foods like casseroles and salads. Rethinking what we serve can save on company meals.
- Take nutritious snacks like fruit or oatmeal cookies for breaks. Vending machines can be expensive.
- If your family stays healthy, you will save on medical bills. Make sure everyone eats nutritious meals. Use the USDA's MyPyramid as your food guide. Go online to [mypyramid.gov](http://mypyramid.gov) and make your own food pyramid based on your size, age, gender and activity level. This is a free service.

### **Clothing**

- Buy any needed clothing on sale. End-of-season sales often offer some of the best savings.
- Swap clothes with friends or neighbors. Many children's garments are still in good shape when a child grows out of them.
- If you cannot start a swap program, take clothing to a consignment shop where they will give you money or trade yours for others in stock.
- Shop for clothing at yard sales to save considerably on slightly used items. This is especially true of children's clothing or maternity wear.
- Before buying any garment, check the fabric labels and care instructions. Avoid clothing that requires expensive care like dry cleaning.
- Encourage family members to hang up clothes after wearing to eliminate unnecessary laundry.
- To get more life from each pair of shoes, do not wear the same pair all the time. Resting shoes between wearings extends their overall life.
- Keep clothes in good repair, so a minor problem does not get worse.
- If you buy a factory second, check the item for flaws. Some flaws you can live with, some you cannot.
- Clean and polish dress shoes often to keep them in good condition and will need replacing less often.
- Store clothes properly to prevent damage from sun, moths, mildew or stretching.

- Spot clean clothes promptly and save on cleaning by careful wear.
- Wear old clothes for messy jobs. Try to anticipate tasks that would cause damage to better clothing and take the time to change.

### **Transportation**

- Read and follow the instructions in the owner's manual to keep your car operating efficiently.
- Learn how to maintain your car. Change oil, air filters and oil filters when recommended. Doing it yourself can cut costs considerably.
- Take advantage of auto repair classes held in your community. A major portion of auto maintenance or repair costs is the labor.
- Form car pools for going to work, meetings, children's activities and shopping. The average family spends 18% of their income on transportation.
- Save on fuel with good driving habits (like slowing down gradually rather than braking at the last minute).
- Try to get along with fewer cars. Automobiles are expensive to own when you include the cost of insurance, taxes and maintenance.
- Use school and public transportation whenever possible.
- Consider carrying just liability coverage on any automobile that no longer has much dollar value. The ongoing cost of collision and comprehensive coverage may not make sense given what you would be paid if you had a claim.

### **Personal Habits**

- Barter talents and resources. Trade skills like typing, wallpapering, painting, sewing or hair trimming with a friend or neighbor.
- Give a gift of your own personal services. Window washing, baby-sitting, lawn mowing and garden weeding are all examples of jobs friends would appreciate having you do. There are many ways to be generous without spending money.
- Look into freecycling programs in your community. Freecycling is when a person passes on, for free, an unwanted item to another person who needs that item. The Freecycle Network™ online at [freecycle.org](http://freecycle.org) can help you find local resources.

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- Make gifts. Grow plants from seeds or cuttings to give as gifts. Fill an inexpensive basket with loaves of fresh bread. Develop a unique, quality craft to use as a gift.
- Choose an easy-care hair style - you'll need fewer styling products.
- Evaluate your need for cable television services. How much time do you really spend watching cable stations, and how important is it to you?
- Write more letters or e-mails if you have access to a computer, or make fewer long-distance calls. The cost of a stamp is usually less than long-distance rates.
- Check through your telephone and cell phone bills carefully each month to be sure all the calls you are paying for are correctly billed.
- Cancel any phone services you are paying extra for but don't really need (call waiting, call forwarding, text messaging, etc.).
- When you must use long-distance, make your calls when the rates are the lowest.

### Housing

- Rent, share or borrow household equipment that is seldom used.
- Simplify your possessions. Get rid of anything you're not using to save on cleaning, maintenance and repairs.
- If furniture or appliances are needed, check the classified ads in the newspaper or try an auction, garage sale or secondhand shop.
- Learn to clean, repair and restore household items yourself. Substitute your own time and skills.
- Make your own draperies/curtains, slip covers or table covers. Look for books at your library.
- Cut down on cleaning supplies by buying all-in-one cleaners.
- Follow instructions on amounts of cleaning products to use so there is no waste.
- Wash walls instead of painting. Washing may be all that is needed to freshen the look of a room.
- Install a water-saver shower head. There will be water and energy savings.
- Take short showers instead of baths to save water. There will be additional savings from not having to heat the extra water.
- Rent out a room or garden space.
- Provide a room in exchange for child/elder care.



- Service your furnace yearly and change filters regularly. A well-maintained furnace with clean filters will operate more efficiently.
- Replace incandescent light bulbs with compact fluorescent light bulbs if possible, especially in rooms where lights are left on for long periods.
- Turn off lights, TV and appliances when they are not in use. It saves on energy usage and will help the appliances and light bulbs last longer.
- Adjust your thermostat setting in cold and hot weather. For every degree adjusted, you save 1-3% on heating or cooling costs. Dress appropriately for the adjusted temperature.
- Save energy and money by turning down the hot water heater. A setting of 110 degrees F to 120 F is adequate if you do not have a dishwasher, 140 F is recommended if you do have a dishwasher.

### Managing money

- Keep track, item by item, of where your money goes every day, week and month. Go over this spending record periodically, then decide if money is being spent the way you really want.
- Do not carry more money than you can afford to spend. You can't buy impulsively if you have to return to make the purchase.
- Have a garage sale to get rid of unwanted items. This frees up storage and generates money.
- Analyze your insurance coverage to make sure you are adequately insured at the lowest price. Comparison shop. The cost for the same coverage varies widely from company to company.
- Take advantage of community recreation services like concerts, fairs and public tennis courts.
- Consider taking up less expensive sports and hobbies than you have now. There are many ways to have fun at little or no expense.
- Pay bills early when creditors give a discount for early payment.
- Balance your checkbook soon after the bank statement arrives to stay on top of your finances - overdrafts can be expensive.
  - Read magazines and books from the library. Cancel book club memberships and magazine subscriptions, especially for those that remain unread for a long time. Look for ways to enjoy the same resources at little or no cost to your family.

Source: Missouri Families eNewsletter 8-10-09

## Parents Can Take Back Control from Marketing Aimed At Their Children



Take this simple test. Ask a young child to identify a picture of George Washington, 1st President of the United States, and the other of Ronald McDonald™, icon of the fast-food restaurant chain. Most likely, George Washington will be unrecognized by our children.

This informal survey was shown in the film documentary *Super Size Me*. The film explored the role the fast food restaurant has in influencing the way we eat. In turn, the survey was a powerful illustration of the influence that media marketing plays on our children's young minds.

It is estimated that the typical **child sees about 40,000 ads a year on TV** and that the **majority** of the ads targeted to kids are for **candy, cereal, soda and fast food** as reported by the Kaiser Family Foundation. The report concludes that the majority of children, who spend the most time with the media, particularly watching television, are more likely to be overweight. The exposure to the food commercials influence children's food preferences that are in themselves inconsistent to the national dietary recommendations.

The food industry understands and puts into work the marketing concept of "imprinting" or "brand-loyalty" that begins at a very early age. "Food marketers are interested in youth as consumers because of their spending power, their purchasing influence, and as future adult consumers" as stated by researchers Mary Story and Simone French, from the University of Minnesota Minneapolis.

Media takes many forms aside from TV, newspaper, magazines, the internet, and radio. Advertising and marketing directly in public schools has grown in the last 10 years. Schools offer a "captured" audience able to reach large numbers of children and adolescents in a contained setting, and schools are financially vulnerable due to chronic funding shortages.

Marketing to our children in schools exists by the following examples:

- exclusive soft drink contracts where only one soda vendor is agreed to be sold in schools;
- book and file folder covers with brand names and logos;
- short-term sales of candy, pizza, or cookie dough;
- displays, billboards and signs in school halls, gymnasiums and gymnasium score boards, or on school buses advertising a particular soda, candy or snack;
- classroom rewards and fundraisers such as Pizza Hut's Book-It Program and McDonald's McTeacher Nights.

Parents can begin to take back control by establishing new rules in their own homes. Here are some ideas:

**Sit less.** Sitting and watching TV burns less calories - - not only less than when playing, but even less than reading or "doing nothing". In fact, watching TV burns as much calories as when at sleep. A reasonable goal is no more than 2 hours a day. Another idea is to take the TV out of your child's bedroom.

**Encourage imaginative play.** Depending on the age of the child, playing with legos, sidewalk chalk, reading a book, playing a game or with puzzles are just a few of many things to do. Boredom can lead to ideas of filling free time with the right parental encouragement.

**Move more.** Lead the way and be active together. Make physical activity a part of each day. Walk with your child to school, enjoy family walks in the evening or play at the park. Find out if your school or church has an "open gym" and take the family.

**Give positive rewards.** Reward yourself and your child for a job well done. Think "healthy" when selecting rewards. Staying up an extra hour, a trip to the library, going fishing, or enrolling in summer camp are a few of many ideas.

Setting limits on TV and watching responsibly will help protect your child and teen from many influences that are not in the best interest for them and overall your family. It is worth the time to have these discussions with your children.

*Source: Alma Hopkins, M.Ed., R.D., L.D., former Associate State Specialist Nutritional Sciences, University of Missouri Extension*

## Extension Study Groups Announce Lesson Topics

Would you like to be part of a group that is interested in continual learning? Then the OSU Extension Study Groups are for you. Groups meet monthly to learn about topics related to home and family. These groups are open to all interested people and meet in both Tillamook and Clatsop Counties. Lessons for this year are:

September	Organizational Meeting
October	Group Determined Program
November	How Does Your Credit Score?
December	Holiday Activities
January	Group Determined Program
February	Mushrooms
March	Bone Health & Fall Prevention
April	Lighting Options for Your Home
May	End of Year Activities



For more information about where and when each study group meets contact the person listed below:

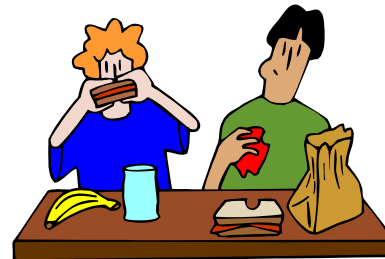
<u>Date</u>	<u>Time</u>	<u>Study Group (Meeting Place)</u>	<u>Contact Person</u>	<u>Phone #</u>
1 <sup>st</sup> Wed.	10:00 am	Clatsop County (Astoria area)	Terry Pellissier	503-717-0751
2 <sup>nd</sup> Mon	10:00 am	Nehalem Bay (Manzanita)	Jan Markle	503-368-6166
2 <sup>nd</sup> Tues.	10:00 am	South County (Pacific City)	Maxine Wright	503-965-7882
2 <sup>nd</sup> Wed.	10:30 am	Kilchis River (Tillamook)	Evelynn VonFeldt	503-377-2019

### Lunch ‘n Learn - Dollar Decisions

Most of us are living with less as the economy continues to be tight. Come learn how to make smart dollar decisions and save money at the “Lunch ‘n Learn” program that begins on Thursday, October 8 at the OSU Extension Service meeting room in Tillamook. Contact the OSU Extension Service to pre-register for one or more sessions. Sessions with low pre-enrollment may be cancelled.

Bring your lunch and explore the following topics:

October 8	Tracking Your Expenses
October 15	Spending and Saving Plans
October 22	Credit Basics
October 29	How Does Your Credit Score?
November 5	Take Control of Debt
November 12	Guard Against Identity Theft
November 19	Putting it All Together to Develop Your Plan



### Calendar

#### September

	Food Safety Month and Healthy Aging Month
Sept. 4	Strong Women Orientation, 9 am or 11 am (choose one), OSU Extension Service
Sept. 11-Dec 30	Strong Women Program, M, W, & F, 7:45 am, noon and 1 pm, OSU Extension Service
Sept. 12	Canning Tomatoes and Salsa, OSU Extension Service, 9 am
Sept. 23	Study Group Advisory, OSU Extension Service, 10:30 a.m.

#### October

Oct. 8-Nov. 19	Lunch ‘n Learn – Dollar Decisions, OSU Extension Service, Noon
Oct. 24	Fall Festival Classes, OSU Extension Service, Tillamook