January/February 2008

Are You Prepared for the Next Emergency?
Preparing a 3-Day Food & Water Supply

Food storage is part of being prepared for emergencies and natural disasters. Individuals and families can eliminate some stress, worry and inconveniences by planning for emergency food needs. How much and which foods to store will depend on the members of your household, your preferences, special health conditions, ability to use the food in an emergency, and space for storage. Planning for short-term emergency food needs may be as simple as increasing quantities of some staple foods and non-perishable foods that you normally would use.

A three day emergency preparedness kit will be useful for most situations. Gathering the essential items that could be needed and putting them in one location will help you and your household through the worst days of an emergency. Tips include:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag. The food supply needs to be non-perishable; select foods that require no refrigeration, minimal or no preparation or cooking, and little or no water. If you must heat food, pack a can of sterno.

Continued on next page........
Select food items that are compact and lightweight. Tips include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples -- sugar, salt, pepper, condiments, spices
- High energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets (for example, diabetics or those with allergies)
- Comfort/stress foods -- cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Supplements -- Vitamin/minerals, calcium, fish oil

Make sure you have a can opener, scissors or knife for cutting open foil and plastic pouches, and disposable plates, cups and utensils. Pack all these items in plastic bags (zipper closures work well) to keep them dry and as airtight as possible. Keep a list of dates when food items need to be inspected and possibly rotated (used and then replaced with newly purchased items).

Water is also a crucial part of this three-day supply. Following are the latest recommendations:

- To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.
- If you choose to use your own storage containers, choose two-liter plastic soft drink bottles.
- Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.
- Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.
- Do not use plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.
- Store one gallon of water per person per day. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

Source: Susan Mills-Gray, Nutrition & Health Specialist, University of Missouri Extension
Office Colds and Flu

How to avoid spreading germs at work

The cold and flu season has just begun. And if you haven’t had your first “achoo!” attack, consider yourself lucky. Adults can expect to get anywhere from two to four colds before the season ends in April, while children may get as many as 10 colds each year. Incidents of flu are less frequent, striking only 5 to 20 percent of the population. Although your chances of contracting the flu are fewer, the complications that may ensue, such as pneumonia and dehydration, are more serious.

Germs in the Workplace

The office is a hotbed of germs that cause colds and flu. Think about all the surfaces that everyone touches, such as doorknobs, microwave and refrigerator handles, elevator buttons, stair rails, the copy machine, and the coffee pot. Then there are the office mates who use your phone, borrow your pen, or sit down at your computer to check their e-mail or visit a website. And let’s not forget the compulsory handshake that’s part of daily business etiquette.

People with colds typically carry the virus on their hands. If those hands aren’t washed properly, the viruses can stay alive for at least two hours, moving from hands to other surfaces, just waiting to attract another set of hands. Frequent handwashing is the number-one way to avoid spreading these viruses. This means washing your hands for at least 15–20 seconds, using soap and warm running water. For added protection, turn off the faucet with a paper towel. Dry your hands with an air dryer or clean paper towel. Use a paper towel to open the bathroom door; dispose of it in a trash bin outside the door.

But when clean hands are your goal, it’s not necessary to spend your workday making trips to the restroom. Keep an alcohol-based hand sanitizer at your desk for convenient hand cleaning. A packet of disinfectant wipes will come in handy for removing germs from the telephone receiver, computer keyboard, and the like. A recent study by UNC Hospitals in Chapel Hill, North Carolina, showed that cleaning a surface with a disinfectant wipe for just five seconds was 95–100% effective in getting rid of germs.

If you are the person with the cold, be considerate of others. Sneeze and cough into a tissue, throw the tissue away, and then wash your hands. If a sneeze or cough takes you by surprise, use your shoulder or your elbow as a shield, rather than your hand.

After-Five Strategies for Staying Healthy

• Get plenty of rest. Most people need seven to nine hours of sleep.

• Eat a balanced diet, and exercise. Along with getting enough sleep, these healthy habits can help the immune system fend off cold and flu viruses.

• Get a flu shot.

• Avoid contact with known allergens. Allergies affecting the nose or throat may increase the chances of getting a cold or flu.

• Quit smoking: avoid secondhand smoke. Because smoking interferes with the mechanisms that keep bacteria and debris out of the lungs, those who use tobacco or who are exposed to secondhand smoke are more prone to respiratory illnesses and more severe complications than nonsmokers.

Finally, if you are sick, stay home. There’s nothing heroic about coming into the office and sharing your germs with everyone else.

Source: Cleaning Matters, Tips & Trends from the Soap & Detergent Association, November/December 2007
The Facts about Soy

In 1999, the Food and Drug Administration approved a new health claim for soy protein, stating “Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.” All soy products containing 6.25 grams of soy protein per serving that are low in fat, cholesterol and sodium may use this health claim.

Since this health claim for reducing heart disease was released, soy protein has also been linked to decreasing the risk of other diseases and health conditions. Soy contains plant-like estrogens called isoflavones, or phytoestrogens, which have been thought to help reduce symptoms of menopause and reducing the risk of breast cancer in women by acting like estrogen in the body. However, a 2006 study by the American Heart Association (AHA) suggests soy may not have as many health benefits as once thought.

The study found that soy protein may lower LDL cholesterol only by 1-3%, which is notably less than the 13% drop of LDL cholesterol that was found in a previous study. Also a specific isoflavone, genistein, has been thought to lead to an increased risk of recurrent breast cancer. Thus far, no research has been conclusive as to the effects soy has on either menopause or breast cancer. So why eat soy?

Soy contains heart-healthy omega-3 fatty acids and cholesterol-removing soluble fiber. In addition, soy protein is lower in saturated fat and higher in polyunsaturated fats (the “good” fats), fiber, vitamins and minerals than animal protein choices.

In fact, eating soy products in place of foods high in saturated fat and cholesterol, such as hamburgers, hotdogs and cheese, can be a part of a low-fat, low-cholesterol diet. By substituting soy foods for your usual choices, even once in awhile, you can lower the amount of calories, fat and cholesterol you eat.

If you want to try soy foods, do so in moderation. Aim for the FDA recommendation of 25 grams of soy protein a day, which is approximately four cups of soy milk.

Looking for ways to enjoy soy? Soy milk is a common soy product and is great in smoothies. Also try a handful of soy nuts for a crunchy snack, soy crisps, tofu, tempeh, soy cheese, miso and soy burgers. If you’re not sure how to prepare a soy food, first check the food package. Many foods have serving tips, cooking suggestions and recipes right on the package.

Despite mixed findings about breast cancer and menopausal symptoms, soy protein may provide cardiovascular benefits when substituted for foods that are high in cholesterol and saturated fats. Therefore, the FDA approved soy protein health claim remains valid and is accepted among most health professionals. The next time you enjoy soy, look for the soy heart health claim and know you’re helping your heart.

Source: Robin Gammon, RD, LD, Extension Associate, University of Missouri Extension and Jessica Kovarik, RD, LD, Extension Associate, University of Missouri Extension

Newsletter prepared by Nancy Kershaw, OSU Extension Agent
Tillamook and Clatsop County Family and Community Development
and Tillamook County 4-H Youth Development
Layout & Design: Nancy Kershaw, OSU Extension Agent, Sherry Vick, Office Specialist
What Are the Key Issues Associated with Decreasing Your Home’s Energy Consumption?

Improving the energy efficiency of your home reduces the amount of energy you need to use to keep it warm or cool. The highest amount of home energy consumption is done by your home’s heating, ventilation, and air conditioning (HVAC) systems.

- An easy, low-cost way to increase efficiency in your HVAC system is to clean or replace your furnace’s air filter on a monthly basis.
- Annual checkups of your HVAC system by a professional are also an easy way to maintain the appliance’s efficiency.
- A programmable thermostat has a moderate upfront cost but can save around $150 annually by automatically adjusting your thermostat to energy-saving temperatures while you are not home.
- Maintaining your system’s ductwork is an easy way to ensure overall efficiency.
- Updating these systems with Energy Star-rated appliances can have a significant initial cost that ends up saving you money on your utility bills.
- In addition to saving money on your utility bills, many energy efficient appliances qualify for tax credits. For more information contact your local electrical utility company.

Additional low-cost methods for reducing your home’s energy consumption:

- Cleaning refrigerator coils; removing frost from freezers
- Keeping lights clean; shut off when not in use
- Replacing incandescent bulbs with compact fluorescents
- Installing insulators behind electrical outlets
- Leaving your South-facing windows’ curtains open in winter and closed in summer to collect or prevent solar heat gain.
- Re-leveling your blown-in attic insulation
- Insulating attic access door
- Setting ceiling fans in up-flow mode
- Insulating Water Heater and set its thermostat to 120°
- Weather stripping around windows and doors

Additional moderate to significant upfront cost methods for saving energy include:

- Adding insulation to walls and ceiling
- Replacing / adding ventilation systems
- rated models

It can be helpful to do a home energy audit to determine your household’s current energy use.

For more information see: http://extension.missouri.edu/boone/homeenergyconservation.htm

Source: Barbara Buffalo, Architectural Studies, College of Human Environmental Studies, University of Missouri-Columbia
Television and the Family

Family is the most important influence in a child's life, but television is not far behind. Depending on how it is used, television can have positive or negative effects on children. On the positive side, television can be informative, entertaining, and educational. However, studies have shown that heavy viewing is associated with less physical activity and viewing violent content may lead to more aggressive behavior. By knowing how television affects your children and by setting limits, you can help make your child's TV-watching experience not only enjoyable, but healthy too. The American Academy of Pediatrics advises us to consider the following:

Children in the US watch about 4 hours of TV every day. Movies and video games add screen time. The screen keeps your child busy, but playing, reading, and spending time with friends and family are much healthier for children.

Children who watch too much television are more likely to be overweight. They do not get the exercise they need. Commercials for "junk" foods and drinks run during children's programs. Offer healthy snacks. Explain that the purpose of commercials is to make people want things they may not need.

An average child will have seen about 8,000 murders on TV by the time he finishes grade school. Children who see violence on TV may not understand that real violence hurts and kills people. Children learn that it is okay to use force to handle aggression and settle disagreements. It is best not to let your child watch violent programs and cartoons.

Television exposes children to adult behaviors. Sexual activity is shown as fun, normal, exciting, and without any risks. TV programs and commercials often show people who drink and smoke as healthy, energetic, sexy, and successful. It is up to you to teach your child your views about alcohol, tobacco, and other drug use as well as your expectations for their behavior.

Child TV watchers see more than 20,000 commercials each year. Commercials are quick, fast-paced, and entertaining. Your child can easily remember a song, slogan, or catchy phrase. Ads may try to convince your child that having a certain toy or eating a certain food will make him happy or popular. Kids need to know that ads try to convince people to buy things they may not need.

Television affects how your child learns. High-quality, nonviolent children's shows can have a positive effect on learning. Studies show that preschool children who watch educational TV programs do better on reading and math tests than children who do not watch those programs. When used carefully, television can be a positive tool to help your child learn.

As a parent, you can help your child develop positive viewing habits. Limit TV, movies, and video and computer games to 1 or 2 hours per day. Do not combine TV and homework. Use program guides and TV ratings to help you and your child choose shows. Turn the TV on to watch the program you chose and turn it off when the program is over. Along with reading, playing and time with you, the right mix of children's television can spur curiosity, discovery and lots of fun.

Now that the holidays are over, we all know what that means: it's time to make our list of resolutions. From eating less to exercising more, everyone has different goals for the New Year. There is one, however, that should be on all our lists – limiting TV time.

Source: Jinny Hopp, Human Environmental Sciences Specialist in Jasper County, University of Missouri Extension
5 Things You Can Do Right Now to Improve Your Credit Score

Whether you have good credit that you want to maintain, or need to improve your credit score a bit, there are 5 things you can start doing right now to make your credit resolution a reality.

1. **Review your credit report.** Inaccurate information on your credit report can harm your credit. One of the first things you should do is check your credit report, read each section and make sure all the information is correct. If you do find errors, dispute the information and get it fixed.

You can request one free credit report from each of the three major reporting agencies (Experian, TransUnion, & Equifax) each year. The Federal Trade Commission manages this service through their website: annualcreditreport.com. This is the only authorized online source for you to get a free credit report under federal law. You can request a free report from each of the three credit reporting companies every 12 months. Some other sites claim to offer "free" credit reports, but may charge you for another product if you accept a "free" report.

It may surprise you, but your credit report can change on a daily basis, so stagger your requests to each of the companies to assure current information. Remember, checking your own report does not negatively impact your score.

2. **Pay your bills on time.** Put big red circles on your calendar. Write yourself notes. Send reminder emails. Do whatever it takes to pay your bills on time every time. Late payments have one of the greatest negative effects on your credit scores.

If you struggle with paying on time, consider paying your bills online or signing up for automatic payments. Many lenders and companies offer these services for free.

3. **Don't let credit card debt pile up.** It's easy to charge a little here, a little there, and the next thing you know your credit card is maxed out. While it's okay to have credit card balances, it's not okay to charge your cards to the max. If you do carry balances month to month, keep them below 35% of your credit limit. Have a limit of $1,000? Aim to stay below $350.

4. **Apply for new credit in moderation.** Every time you apply for credit, it shows up as an inquiry on your credit report. When you have a large number of inquiries within a short period of time, it makes you look desperate for credit. And that, in turn, can lower your credit score.

5. **Establish yourself.** When it comes to improving your credit score, time is on your side. Establishing a long history of paying your bills on time and continuing to be smart with your credit can add points to your score.

Source: Federal Trade Commission

**Should It Stay or Should It Go?**

- **Bills**—after one year, shred your paid bills. However, keep bills for big purchases for proof of their value in case they're lost or damaged.

- **Bank Records**—after one year, shred your checks (exceptions: keep checks related to mortgage payments, home improvements, taxes, and business expenses).

- **Credit Card Statements and Receipts**—keep your original receipt until you get your statement to make sure purchases match. Keep the statement for seven years if tax-related expenses are listed.

- **Taxes**—keep for seven years.

- **Paycheck stubs**—keep for one year to verify the accuracy of your W-2 form.
Exercise Your Options As The Weather Changes

Cold and rainy weather may make you feel like hibernating, but you don’t have to dampen your exercise plans when the weather chills. You can exercise indoors. Or, with appropriate dress and attention to safety, you can grin and bear the outdoors, too!

Here are a few tips to keep you focused on your health and fitness goals during the winter.

**Stay motivated**

- For individuals working full time, or staying home with the kids, the only time to exercise is early in the morning or later in the evening. Waking up 30 minutes earlier to exercise can make a big difference in your mood and help you tackle the day with renewed energy and a more positive outlook.

**Indoor exercise options**

- If you are able to join a gym or a local Y, do so. There are options to meet just about every situation; for example, most fitness facilities offer classes for older adults, prenatal exercise classes, cycling, yoga, pilates, walking, and all kinds of aerobics classes. It’s also a good way to meet people.

- Not interested in a group setting, or unable to join a gym? There are many good exercise videos and DVDs that may meet your needs. The caution here is boredom, so you might need to mix it up a bit. The library is an excellent resource for exercise videos and DVDs, as you can try many different options without breaking the bank.

- Teamwork! Partner with a friend to exercise together, and you will keep each other motivated. For example, do a “child swap” with a friend in order to get some release time to exercise. Each parent gets an hour for a workout, and the kids get a 2-hour play date.

**Outdoor exercise options**

- Check in with your doctor if you have any medical conditions, such as asthma, that can be aggravated by cold air.

- Dress in layers and avoid cotton. Start with a thin layer of polypropylene, which draws moisture away from your body, and add an insulator to keep you warm. Fleece is a great insulator and many microfleece fabrics contain polypropylene. When conditions are wet or windy, add a waterproof or windproof outer layer. Always wear a hat and gloves or mittens.

- Sunscreen and saturate! Common mistakes when exercising outdoors in winter are insufficient water intake and inattention to the sun’s harmful rays. Snow reflects the sun, so sunburn is possible even when you are cold. Cold air is drying and can increase the risk of dehydration, so drink plenty of fluid—even if you do not feel thirsty.

- Use common sense. If the temperature drops below zero or the wind chill is minus 20, stay indoors. Go for a walk in the mall, dance with your kids, or take a day off. Everyone deserves a break.

Winter weather doesn’t mean you need to stay indoors and settle in for a long winter’s nap. Exercise your options. It may take a little extra effort and creativity, but staying active through the winter can help control weight gain, maintain strength and stamina, and improve general well-being. You’ll be ready to blossom in the spring!

Source: Kathy Gunter, Extension physical activity and community health specialist, Oregon State University; kathy.gunter@oregonstate.edu
Tips for family New Year’s resolutions

Making New Year’s resolutions as a family can increase the likelihood that your family will successfully adopt the commitments. The first step is meeting together as a family to talk about resolution ideas. Give everyone a chance to share ideas. Next, choose the resolutions you will work on as a family. Consider increasing family fitness, improving nutrition, increasing community service, or spending more time together as a family.

Consider what’s realistic, given your family’s current daily schedule and other realities. Make the resolutions specific and measurable. For example, one resolution may be to eat dinner as a family at least three times each week.

Here are some tips for working together as a family to adopt your resolutions.

• Track progress in a fun, interactive, and visual way. Put your resolutions in writing and display them on the refrigerator where they can be easily seen. You may want to create resolution posters and charts for tracking progress.
• Celebrate successes with positive, healthy rewards. Honor even small successes with fun rewards that meet the needs of the entire family, such as a picnic or family time at the local park.
• Prepare for setbacks. Family illness or unexpected challenges may get you off track for a couple of weeks. Setbacks are not failure. Schedule a family meeting to get restarted.
• Work together as a team to overcome barriers. If a family member is having trouble meeting a goal, brainstorm together to develop a new, positive strategy. For example, if mom can’t find the time to exercise, perhaps kids can wash dishes while she takes a walk outside.

It takes only about 3 weeks to develop a habit. If you keep it up for 6 months, there’s a good chance it will become part of your life.

References:


Source: Denise Rennekamp, Extension associate, Oregon State University; denise.rennekamp@oregonstate.edu

Once a Month Cooking Class Offered

Do you want to spend less time in the kitchen and more time with your family? Then plan to join Teri Fladstol as she teaches you how to cut down on your cooking time and still enjoy home-cooked meals. The class will also include tips for planning ahead, spending less time in the supermarket, cutting down on prep time, grouping similar kitchen tasks together, making kitchen clean-up more manageable, and using the freezer, computer and your own knowledge to create a month of delicious, nutritious meals.

This two-day class will be held on January 12 and January 26, 9 a.m. – 1 p.m. at the OSU Extension Office in Tillamook. The fee for the class will be $30, which includes handouts, demonstrations and samples of recipes. Pre-registration is recommended by Monday, January 7 and space is limited to 20 participants. Contact the OSU Extension Office in Tillamook, 2204 Fourth Street, Tillamook, 503-842-3433 for more information or to pre-register.
Meals Made Easy

Are you diabetic or do you plan and cook meals for a diabetic or someone with a chronic health condition? Would you like to learn an easy way to plan meals that are nutritious and tasty? Do you like to try new recipes? Then plan to attend the **Meals Made Easy for Diabetes and Other Chronic Health Conditions**. This series of three classes will provide information on nutrition and hands on preparation. The series is taught by Janice Wolk, Tillamook County General Hospital Dietitian and Nancy Kershaw, OSU Extension Agent.

The classes will be held on Thursday evenings, March 6, 13 and 20 from 5:30 to 7:30 p.m. at the OSU Extension Service Meeting Room in Tillamook. Class participants will cook and eat a complete meal at each class. The fee for the series is $35 per person or $55 per couple and includes instruction, handouts, and three full meals. Scholarships are available from the OSU Extension Service. To register contact the OSU Extension Office, 2204 Fourth Street, Tillamook, 842-3433 or the Tillamook County General Hospital cashier, 815-2499.

Lessons Open to All

Extension Home Economics Study Groups meet monthly to learn about topics of interest related to home and family. Study groups welcome new members and visitors. They are a fun way to learn about something new and spend time with others who have similar interests. Study groups meet as follows, contact the person listed below for more information about meeting times and places.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Study Group</th>
<th>Contact Person</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Wed</td>
<td>10:00 a.m.</td>
<td>Clatsop County-Astoria</td>
<td>Terry Pellissier</td>
<td>503-717-0751</td>
</tr>
<tr>
<td>2nd Mon.</td>
<td>10:00 am</td>
<td>Nehalem Bay-Manzanita</td>
<td>Mary Beth Backlund</td>
<td>503-368-7943</td>
</tr>
<tr>
<td>2nd Tues.</td>
<td>10:00 am</td>
<td>South County-Pacific City</td>
<td>Onnie Beyer</td>
<td>503-965-6587</td>
</tr>
<tr>
<td>2nd Wed</td>
<td>10:30 am</td>
<td>Kilchis-Tillamook</td>
<td>Evelynn VonFeldt</td>
<td>503-377-2019</td>
</tr>
</tbody>
</table>

The January lesson will be **A Good Night’s Sleep** (except South County will have the lesson *Oregon’s Spiders: Friend or Foe*). This lesson will be taught by Nancy Kershaw, OSU Extension Agent. Sleep problems are a serious threat to one’s health, safety and quality of life. Sleep disturbance is a common and complex program, particularly in older adults. Sleep disorders range from merely annoying to potentially life threatening. This lesson will help participants define normal sleep patterns; learn about sleep disorders; evaluate their own sleep and learn some practical approaches to better sleep.

The February lesson will be **Oregon’s Spiders: Friend or Foe** (except South County will have the lesson *Food Safety for Seniors*). This lesson was developed by an OSU Extension Horticulture Agent and taught by an Extension Study Group member. Spiders are beneficial because of their role as predators of insects and most cannot harm people. Participants will learn the physical characteristics of spiders, understand a spider’s life cycle, differentiate between poisonous and non-poisonous types and appreciate the benefits of spiders.

The March lesson will be **Food Safety for Seniors** (except South County will have the lesson *A Good Night’s Sleep*). This lesson was developed by Carolyn Raab, OSU Extension foods and nutrition specialist and taught by an Extension Study Group member. Unsafe foods cause an estimated 76 million illnesses and 5,000 deaths each year. Foods such as raw spinach, alfalfa sprouts, raw milk, undercooked ground beef and even peanut butter have been implicated. Older adults are more at risk because the immune system weakens as we age.

The April lesson will be **Eggs – They Really Are Incredible!** This lesson was developed by Elaine Husted, Grant County OSU Extension Agent and taught an Extension Study Group member. This hands-on lesson includes the latest research on nutritional value, quality, food safety, storage, function and the different types of chicken eggs – free range, organic, brown, etc. The lesson will also feature many ways to use eggs.