Notes from Angie

To me, summer is the best time of year. You have beautiful and bountiful gardens, an abundance of blooming flowers, and best of all, people out and about enjoying the outdoors.

Since the school year has ended, I have kept a busy and active summer. The StrongWomen group is excelling and getting stronger as the days move on. It is really energizing to see their progression and sense of achievement. They truly are motivators for the rest of us. Go ladies! I have been hard at work putting together the Union/Baker OFNP budget for 2008, teaching at various community trainings, and with Susan, beginning to plan the upcoming public school year. I am impatiently waiting for school to resume. It’s fun to watch the children learn and get excited about nutrition. It is not only a topic, but a life skill they are building as well.

Finally, county fair is approaching fast. It’s a busy time for everyone in our office. We have multiple scheduled fair events and OSU Extension baskets we will be drawing winners for. But you must sign up at our booth, so if you have time, stop by and say hi.

Enjoy the remainder of your summer,
Angie

Notes from Susan

It’s been a busy couple of months getting acquainted with the Nutrition Education Program and FCD portions of the job. I have enjoyed filling in for Angie, teaching some of the StrongWomen classes. Thanks ladies for keeping me on track!

I have been busy preparing the newsletter by compiling all of the articles and information, formatting and getting it ready for publication. I will be working with the Kids Club and Summer Food Program at Riveria in mid-August to offer some nutrition education and activities. I am looking forward to celebrating World Breastfeeding Week with WIC mom’s the first week of August.

We are gearing up for a busy fall putting together nutrition education programs for the schools. Enjoy the rest of the summer! OSU Extension will have a booth at the county fair, I’ll be there on Friday afternoon with smoothies! Yum!

Susan Peterson, MPH CHES
Nutrition Education Program Assistant
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541-963-1010
Family and Community Development Upcoming Community Events

World Breast Feeding Week
August 1-7
Breastfeeding helps a child maximize his or her potential, and offers lifelong benefits for the breastfeeding mom as well.

Mothers nurse longer when they get support from:
• The baby’s father
• Family and friends
• Their employer when they return to work
Source: Oregon Department of Human Services

Local World Breast Feeding Week Events
• Check out the historical presentation of breastfeeding thru the generations in the window of Sane Janes in Baker City the entire week.

• Union County: WIC will be hosting a Breast Feeding Celebration for WIC moms and families! We’ll be there with nutrition information and smoothies.
  Riverside Park
  August 7, 2007
  1 - 3 PM

Union County Fair
August 1-4, 2007
Baker County Fair
August 8-11, 2007
Baker County Halfway Fair
September 1-3, 2007

Stop by the OSU Extension booth at the county fairs in Baker City and La Grande to visit with us! We’ll have information on our Nutrition Education Program and other FCD programs.

Union County will have a free drawing of OSU gift baskets (Go Beavs)! The FCE ladies will also be selling raffle tickets for the beautiful quilt they have handmade!

Canning information and pressure gauge testing offered: Thursday, August 2, from 1:00-4:00 pm at our Union County Fair booth.

OSU Extension Service

FOOD SAFETY/PRESERVATION HOTLINE
1-800-354-7319
9 AM to 4 PM
Monday — Thursday
(except holidays)

July 16 — October 12, 2007

Certified Family Food Education volunteers and OSU Extension staff in Lane County will answer your questions.

Sponsored by the Extension Family and Community Development program

It’s Time to Test that Dial-Gauge!
We recommend that you bring in your pressure dial-gauge to test its accuracy before preserving your first beautiful masterpiece this summer.

Contact your local Extension office:
Union County (541) 963-1010
Baker County (541) 523-6418

Or, drop it off at either Extension office and we’ll call you when it’s finished!
Get the Most Nutrition From Your Fruits and Veggies

Fruits and vegetables have many nutrients that are needed for good health, such as vitamin C. Don’t assume that fresh is always healthier than processed. Although freshly harvested produce has the most vitamin C, the amount goes down during storage. Canning or freezing stops the vitamin C loss. However, some vitamin C is lost when fruits and vegetables are heated during freezing, canning, and cooking. Frozen produce can lose some vitamin C due to oxidation (contact with oxygen).

These tips will help you get the most nutrients:

Refrigerate fresh produce (except baking potatoes and squash), and use it soon.

Buy produce from local growers, to avoid nutrient loss during shipping.

Use leftover liquid after cooking or canning for soups and sauces.

Use freezer packaging and shorter frozen storage times.

Don’t store frozen produce for a long time in “frost-free” home freezers (to avoid temperature changes).

Contact
Angela Combe, OSU Extension Family and Community Development Faculty, Union/Baker County, 541-963-1010; angela.combe@oregonstate.edu

Source
Carolyn Raab, Extension Food and Nutrition Specialist, Oregon State University; raabc@oregonstate.edu

Farmers Market Salsa

Ingredients:
1/2 cup fresh cooked or frozen corn
1 can (15 oz) drained and rinsed black beans
1 cup fresh diced tomatoes
1/2 cup diced onion
1/2 cup diced green pepper
2 tablespoons lime juice
2 garlic cloves, finely chopped
1/2 cup picante sauce

Directions:
1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Refrigerate leftovers within 2-3 hrs.
4. Serve with low-fat baked tortilla chips or fresh vegetables.

This recipe is for fresh or frozen salsa only. Contact the Extension Office for approved canning salsa recipes.

http://healthyrecipes.oregonstate.edu
A Back-to-School Primer for Parents
To Help Children Do Their Best

Parents want to help their children build self-esteem, develop creativity, and reach physical, social, emotional, and intellectual potential. Settling into a structured school day may be difficult for children after a carefree summer. Help make this transition easier by making sure your child is getting plenty of rest, a nutritious diet, and a little extra nurturing.

Parents play a crucial role in providing their children with the values and skills essential for success in school and in later life. To motivate children to do their best, parents need to:

• Relate personal experiences and family stories that reinforce the message that effort, persistence, and good character count.
• Give children responsibilities at home to foster self-reliance, industriousness, and resourcefulness.
• Teach children to plan ahead for completing assignments.
• Recognize and encourage positive behavior, efforts, and performance as well as correcting misconduct.
• Encourage children to work to the best of their abilities in school and to make the effort needed to succeed in their studies.
• Establish family rules (by, for example, setting curfews and restricting activities during the school week) that provide youngsters with structure.
• Expect to see homework assignments each day. Parents should question their children and school authorities if homework appears to be the exception, not the rule.
• Make effective use of leisure time at home. Talk to children about their experiences to help them extract meaning from events. This skill is important to success at school. Also, limit the amount of time children spend watching television, and monitor their choice of programs.
• Show support for the school and teachers. Get children to school on time with needed schoolwork and supplies. Support school disciplinary measures, and work with the school to meet the child’s needs. Get to know the teachers, attend school meetings, and contact the school with concerns.
• Learn about the school’s expectations and practices by talking directly with the principal and teachers and visiting the classroom.
• Join with other parents to improve the school. A group of parents working together, such as through PTA, is more effective than just one person. Families and schools working together provide the best possible environment for schooling children.

Reference

Contact
Angela Combe, OSU Extension Family and Community Development Faculty, Union/Baker County, 541-963-1010; angela.combe@oregonstate.edu

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

Kid-Friendly Treats

• Roll banana chunks in yogurt and crushed cereal; freeze.
• Mix lemon yogurt with a little orange juice and milk; shake or stir and drink like a milkshake.
• Spread peanut butter and grated carrots on a tortilla; roll up and slice.

Source: Oregon State University What’s in your Cupboard July 2007
Pet Food Safety Includes Proper Handling at Home

The discovery of contaminated dog and cat food has prompted many pet owners to examine what they feed their animals. In addition to giving pets safe food, it’s important to handle their food safely.

Unsafe food can make both pets and humans sick. Being either old or young makes both pets and people more susceptible to foodborne illness. Always handle food safely when preparing food for young children, pregnant women, and older adults. Likewise, take care when feeding kittens, puppies, and older dogs and cats.

Foodborne illness is caused by harmful bacteria and parasites. Keep people and pet food safe by practicing good hygiene, correct cookery, and proper temperature control.

Keep food clean to keep microorganisms away. Wash your hands with soap and water, especially after using the toilet, cleaning litter boxes, removing dog droppings, or changing diapers. Wash your hands after petting your animal, too. Harmful germs and tapeworm could be on their haircoat.

If pets have been walking on kitchen counters, clean the counters with soap and water before preparing food. Then, sanitize with a weak chlorine mixture (1 teaspoon of chlorine bleach in a quart of water). Wash counters, cutting boards, and utensils after contact with raw meat, poultry, seafood, and eggs to get rid of naturally occurring bacteria that might be present. Clean your pet’s food and water bowls regularly with soap and water.

Cooking kills bacteria. Cook poultry, ground meats, and fish thoroughly before eating. Although some pets may eat fresh raw meat, people can become ill doing that.

To prevent growth of bacteria, don’t leave perishable food at room temperature longer than 2 to 3 hours. Keep hot food hot and cold food cold. Refrigerate leftover food right away, including unused portions of canned pet food or moistened dry pet food. Don’t leave moist food in pets’ bowls for an extended time.

If you aren’t sure whether food is safe, don’t eat it and don’t feed it to your pet. After discarding, seal garbage can lids tightly to prevent your pet from eating spoiled food.

Contact
Angela Combe, OSU Extension Family and Community Development Faculty, Union/Baker County, 541-963-1010; angela.combe@oregonstate.edu

Source
Carolyn Raab, Extension Food and Nutrition Specialist, Oregon State University; raabc@oregonstate.edu

Family and Community Education (FCE)
Quilt Raffle

Tickets are now on sale for the annual FCE quilt raffle! The quilt is hand quilted by our local FCE members. It will be on display during the Union County Fair. Stop by their booth to see this beautiful handmade quilt.

Tickets cost: $1 each or 6 for $5

Drawing will be held in November during the annual FCE Holiday Fantasy. You do not need to be present to win.

For more information contact the Union County Extension Office: 541-963-1010.

FCE booth will be located just outside the fair office/textile building.
NEP Vision: Working together to educate and equip Oregonians to live healthy, active lives through nutrition education.

FCD Vision: Oregon State University Extension Family and Community Development programs and community partnerships help all Oregonians achieve a healthy, nurturing family and a caring community.

OSUES Vision: Oregon State University Extension Service is the “Front door to OSU” and the premier provider of nonformal education that meets the needs of Oregonians and contributes significantly to strong individuals, families and communities, a vibrant economy, and sustainable natural resources.

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Enjoy your county fair!