



# The Family Table

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## All My Secrets

As I'm cleaning out my files I have run across reminders of the programs and people that I have worked with in the last four years and I am trying to determine what I should tell people for this last newsletter. I think about the questions I have been asked and the problems I have helped solve and I realize that the material I have dealt with covers a wide range of topics.

My last letter was going to cover everything I know, however, I realized that would barely fill

this column. I am including some of the websites that I have found helpful in solving problems. Your local library will have some of the same types of resources as well as access to computers

The Wasco and Sherman County Extension offices will no longer be able to address home and family related questions.

I would like to thank all of you that called as in many cases I learned as much as you.

## Tea for Twenty two

I would like to thank the FCE ladies that treated me to tea in May. I really enjoyed working with each of the FCE groups and I am glad that many of you are going to continue when my position is done.

As with much of my job, I learned a great deal through preparing lessons and arranging tours. I have been cleaning out my office and found photos of the bus as it was stuck in Troutdale.

I have also been enjoying the basket of goodies. I ate the chocolate before my daughter saw it. (don't tell the weight management classes) I have moved into the new house, planted a garden, and have an interview lined

up for this week.

Thank you again for the tea and the pretty gift basket.

Fern



*Fern & Wilcox*

### Inside this issue:

Resources	2
Food Safety Hotline	2
School Safety Hotline	2
Evaluating Weight Loss	3
Calendar	4
Recipe	4

### Special points of interest:

*Canning and freezing info:*  
**[Http://www.uga.edu/nchfp](http://www.uga.edu/nchfp)**

*Saturday market on Wednesdays at the Civic Auditorium, The Dalles.*

## My Resource Websites

### Food Preservation:

<http://www.uga.edu/nchfp/>

<http://extension.oregonstate.edu/fcd/foodsafety/foodpres.php#fppubs>

[http://www.cce.cornell.edu/food/ed\\_resources/factsheets.html](http://www.cce.cornell.edu/food/ed_resources/factsheets.html)

### Center for disease control

<http://www.cdc.gov/>

### Ingredient substitutions

<http://www.thatsmyhome.com/recipes/substitute.htm>

## Food Safety/Preservation Hotline

Your freezer has been off for three days and you have a side of beef in it; you are canning pickles and they seem to be turning purple; who can you ask about these problems? Certified Family Food Education volunteers and OSU Extension staff in Lane county will answer your questions. Each canning season OSU Extension Family and Community Development sponsors a food safety/preservation hotline. The hotline will begin July 15 and go through October 15, 2005. The phones will be staffed

### Free look ups (zip codes and phone numbers)

<http://www.melissadata.com/Lookups/index.htm>

### Stain removal

[http://www.chemistry.co.nz/stain\\_frame.htm](http://www.chemistry.co.nz/stain_frame.htm)

### Health info.

<http://www.mayoclinic.com/index.cfm>

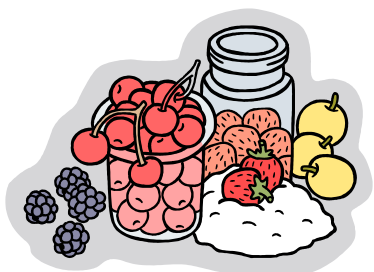
### Extension Information Source

<http://128.227.242.197/>

### Fun recipes

[http://www.eatdangerously.com/thorough\\_cook/index.html](http://www.eatdangerously.com/thorough_cook/index.html)

<http://www.make-stuff.com/>



from 9AM to 4 PM Monday through Friday. (except holidays). The hotline number is:

**1-800-354-7319.**

Please write this number on the inside of your food preservation manual and date it so that you will have fast access to answers.

The Wasco and Sherman county offices will no longer have staff available to answer food related questions.

## Oregon School Safety Hotline

The Oregon School Safety hotline was enacted by the 2001 Legislature. It is an outgrowth of the Attorney General's School and Community Safety Coalition. The hotline is available to school age children and other members of the public for the purpose of anonymously reporting



illegal, suspicious or other questionable activity on school grounds or at school sponsored activities. The hotline will be accessible 24-hours a day, 7 days a week. The number :

**866-305-7745**

The goal of the hotline is to offer a mechanism for early prevention of violence, abuse and illegal activity in Oregon Schools

# Evaluating Weight Loss Products and Services

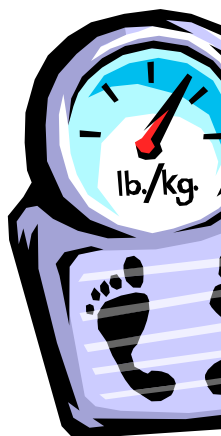
Want to lose weight? Here's help in evaluating products and services

More than 60 percent of Americans are overweight or obese. Many try weight management programs and products to lose excess weight. It's important to choose safe and effective options in order to avoid wasting money and endangering your health.

"Voluntary Guidelines for Providers of Weight Loss Products or Services" have been developed by the Partnership for Healthy Weight Management. This is a coalition of representatives from science, academia, the health care professions, government, commercial enterprises, and organizations promoting the public interest. The guidelines are a set of criteria for disclosing information to consumers about weight loss services. Those who agree to follow the voluntary guidelines must, at a minimum, give consumers the following information.

**What's involved in following the program** – Ask for details about what foods (and how many calories) you'll eat each day and whether the program includes regular physical activity. The Dietary Guidelines for Americans advise eating at least five servings of fruits and vegetables every day as well as whole grains, lean meats, and low-fat dairy products. People usually do best when they reduce their usual calorie intake by about 500 to 1,000 calories per day or increase calorie use by that amount. This results in a weight loss of 1 to 2 pounds per week.

**Qualifications of staff that assist consumers with the program** – Ask about their training, experience, and credentials. Find out whether you'll receive individual or group counseling and how often.



**Risks of being overweight and any risks of using the provider's service** – Get details about side effects and risks. Diets that require drastic food restriction should be under the supervision of a physician. Before taking prescription or over-the-counter weight loss drugs, or dietary supplements, check with your health care provider.

**All costs involved in participating in the program** – Ask for an itemized list that includes membership fees, fees for weekly visits, and costs for items such as diagnostic tests, food, meat replacements, dietary supplements, or other products.

**Advice for maintaining weight loss** – The Partnership's Guidelines require participating programs to give you information about difficulties in keeping weight off and how you can increase your odds for success.

Providers also are encouraged to disclose the success rates of others who follow the program. Ask whether the program can provide studies that document its success. If so, ask what percentage of all customers have completed the program, how much weight they lost, and how successfully they've kept the weight off over a 1-year period or longer.

A consumer brochure, "Weight Loss: Finding a Weight Loss Program That Works for You," can be found at <http://ific.org/publications/brochures/index.cfm>

Before beginning a weight loss program, check with your health care provider about your overall health risks and the weight loss options that are best for you.

**Reference**  
IFIC Food Insight, January/February 2004

**Source**  
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Open minds open doors



**Cicada Shish-Kebugs**

*(Makes 6 skewers)*

Catch 36 cicadas (road kill won't do). Keep them cool and alive in a tight container. Soak 6 bamboo skewers in water for at least an hour.

Prepare shis-kebubs by alternating the following on the skewers:

- Mushroom caps
- Onion wedges
- Cherry tomatoes
- Green, red, yellow bell peppers
- Cicadas

The cicadas must be cooked prior to skewering by submersion in water for 5 minutes. (To obtain tender, or succulent bugs, dig them out of the ground or catch them just as they emerge before their shell hardens.)

Place the skewers over a hot grill, basting with a mixture of olive oil, soy sauce, and red wine. Turn and baste frequently. Grill approximately 5 minutes. Serve with rice or pasta.

*Recipe source: www.washingtonpost.com*

**July**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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