



www.geary.ksu.edu

Geary County

K-State Research and Extension News

Knowledge
for Life

Ask the Agent

Q: Is Geary County K-State Research and Extension going to offer another freezer meals class anytime soon?

A: I have had multiple requests for this program. So, back by popular demand, another freezer meals program is going to be offered on Saturday, February 25 from 9:00 a.m. to 1 pm. at the 4-H/Senior Citizens Building. A registration form is included in this newsletter and can also be found online at <http://www.geary.ksu.edu/> Registration is \$40 and is due no later than February 13, 2017. Space is limited so register soon!

Look for other upcoming programs on the last page of this newsletter, as well!



For more information call the Geary County K-State Research and Extension office at:

785-238-4161



K-State Research and Extension is an equal opportunity provider and employer.

www.ksre.ksu.edu

A Time for Family

December 2016

For many, this time of year is when all reaches of the family come together, from your grandmas to your great Uncle Bob. Families celebrate with food, festivities, and fun. It is a time of gift-giving and sharing (perhaps *re-sharing*) family stories and history. It is also a time of reconnection—for many families.

For other families, it may be a time of feeling disconnected. Perhaps they have family members stationed across the country or even deployed overseas. Their family may be spread out over the U.S. and time, money, or schedules simply do not permit them to come together. Unfortunately, for some families, they may be disconnected because of old hurts and conflicts that continue to support the distance they have among members. People are far from being perfect and the families they are part of are no less perfect. Regardless of the strife and conflict some families experience, indeed family continues to be at the heart of the season.

Research conducted by Harris Interactive reports that two-thirds of people surveyed felt their loved ones were the most important aspect of Christmas, followed far behind by parties, presents, and other aspects of the season. In the Harris poll of 2,455 people, 1% reported that their favorite part of Christmas was getting presents, 4% reported they wanted to watch TV specials and listen to holiday music, 6% were eager to find and give gifts, and 9% reported they weren't excited about the holidays.

Research also shows that families who spend time together are strong families. As you reflect on where your family stands in its relationship among the members, here are some ideas to help you embrace the season with your family:

- 1) **Keep it light.** Play games together that encourage fun and relaxation. One of my favorite games is "Catch Phrase" - a game that can be played with 2—22+ players. You can divide into teams or simply go solo. By keeping it light, you reduce the potential of being drawn into a conversation that can become negative or that creates conflict.
- 2) **Play outdoors together.** You can ride bikes, play catch, go for a walk, or load up the kids for a trip to the local park. It will give the family members some fresh air, activity, and the source of great fun.
- 3) **Cook together.** Parents and kids can share in the meal preparation and enjoy light conversation along the way. Think of tasks that even the youngest child and the oldest uncle can do to help get the family meal put together.



- 4) Since the extended family usually visit during the holidays, take time to **share family customs and tell stories** about past generations. Families can build stronger connections when they share their story from one generation to the next. It gives members a sense of belonging and strengthens their values and beliefs.

Spend time with your family to strengthen relationships and to make positive family memories and put away the old conflicts and hurt. Strong families spend time with each other—quality time in large quantities. So begin during the holidays and continue making time for each other throughout the year.





Family Game Night—Board Games

www.bestproducts.com/parenting/kids

Snowy winter days and cold nights lend themselves to family game time. Here is a list of 14 engaging and fun family board games identified by Dana Baardsen and Margaret Hargrove. Pick one out for your next game night!

- 1) **Watch Ya' Mouth**—Get ready to laugh until it hurts with Watch Ya' Mouth. It's simple: Do your best to speak out phrases while wearing a cheek retractor.
- 2) **Mancala Super Stack**—A kids spin on the classic game, Mancala. Instead of the usual colored marbles, this game comes with colored characters.
- 3) **Clue: The Classic Mystery Game**—This is the go-to board game for those dark and stormy days when the kids don't want to go outside.
- 4) **Jenga: The Frozen Edition**—Build up Elsa's ice castle with your family and try to avoid a tumble!
- 5) **Monopoly Here & Now: U.S. Edition**—This revamped version of a classic board game incorporates popular landmarks from cities across the country.
- 6) **Slide Chip**—If you have little ones in your family who don't really follow along with confusing instructions, this is a great "go-to."
- 7) **The Game of Life Junior**—This classic board game gets faster and more fun in this junior version which focuses on one fun-filled day.
- 8) **Spontaneous: The Game Where Lyrics Come to Life**—The title speaks for itself. Key word "Improvise!"
- 9) **Scrabble Twist**—To catch the attention of a new generation of tech-savvy gamers, this new version is a handheld electronic version of the classic board game.
- 10) **Bounce-Off Game**—Family members can face-off head to head, or team up to take turns bouncing the ball into the grid to create a pattern; reminiscent of the TV game show "Minute to Win It"
- 11) **Spot It! MLB Edition**—Your little baseball fan will enjoy stepping up to bat to play this memory game.
- 12) **Pie Face**—Much more fun than getting slimed, no one can get mad about a little whipped cream on their nose. **CAUTION:** This game is most certainly fun—assuming that everyone knows what the outcome will be should they come in second!
- 13) **Twister Moves**—Get your kids up off the couch with this musical activity game featuring a cool new look and a hip-hop-centric playlist.
- 14) **Simon Swipe**—Features the same colors, lights, and sounds of the original game, but with a modern twist using touch-screen technology.

Why have Family Game Night? It builds motor skills, leads to better grades, helps in developing problem-solving skills, strengthens family bonds, and is just plain FUN! No matter who wins or loses the game, the **family** wins in the long run!

The endorsements presented in this list do not reflect an endorsement by K-State Research Extension or any of its affiliated staff.

Clean Up Your Winter Wardrobe

Clothing can be an expensive part of our family budget. Making sure you are getting the most out of the clothes you purchase can help you manage this expense. Here are a few tips offered by the American Cleaning Institute to help you reduce the cost per wear for you and your family's garments.



Freshen Your Winter Wear! Depending on how winter clothes were stored, they can resurface with wrinkles or even a musty smell. Read on for tips on freshening up clothes so you can look your best this winter.

Get Rid of That Musty Smell: After taking clothes out of storage, wash them in hot water or take them to the dry cleaner before wearing them. You can also tackle stubborn musty smells by adding white vinegar, borax, or baking soda while washing.

Remove Wrinkles: Ironing clothes before putting them in storage can make stains set and lead to damage. Remove those wrinkles by ironing clothes after cleaning them, or by steaming clothes by hanging them in the bathroom for a few minutes while running a hot shower.

Bring Your Down Back to Life: Down coats (and comforters) are often wrinkled and flattened after months in storage. Fluff up your down by tossing it in the dryer with a few tennis balls.

Plan Ahead for Next Year: Set yourself up for success by thoroughly cleaning all items before storing. Store clothes in a cool, dark, dry, well-ventilated area. Good choices include a cool closet, an airtight chest, or an under-the-bed cardboard box. Avoid plastic bags or bins, as they can trap air and moisture, creating a damp, unsuitable atmosphere.

Need some help with that tough stain? Check out this resource:
http://www.cleaninginstitute.org/clean_living/stain_removal_chart.aspx

IS THIS CLASS FOR ME?

Yes! Let me tell you why:

- It's already organized! The recipes are ready, all the ingredients have been purchased, and there are trained professionals to answer your questions and show you cooking tips.
- It helps you polish your culinary skills and go home with some great home cooked meals!
- It can provide you with a food safety refresher with new ideas about preparing foods that are quick and safe.
- It is fun!

**SPACE IS LIMITED,
REGISTER NOW!**

Why freeze meals?

- Saves money by reducing food waste, eating out less, and preparing inexpensive meals.
- Saves time by combining shopping and preparation tasks.
- Improves nutrition by eating meals prepared at home.
- Improves food safety by using freezer to preserve foods.
- Enhances family meal time by spending time together at enjoyable family meals.
- Saves decision making by already knowing what is for dinner.
- Shares work load by having the family join in the fun and prepare the dishes together.



K-STATE
Research and Extension

**GEARY COUNTY K-STATE
RESEARCH AND EXTENSION**

119 E. 9th St., P.O. Box 28
Junction City, KS 66441

Phone: 785-238-4161
Fax: 785-238-7166
E-mail: dandres1@ksu.edu

**GEARY COUNTY K-STATE
RESEARCH & EXTENSION
PRESENTS:**

Freezer Meal Planning



WHAT IS FREEZER MEAL PLANNING?

Freezer meal planning can be done in a variety of ways. A few of those include:

- Prepare double batches of favorite casseroles, soups, and other recipes that will freeze well. Cook one now and place the other in the freezer to use later.
- Create a freezer exchange group. Each member of the group brings enough main entrees for each of the other people in the group. For example: if there are 4 people in the exchange group, each would bring 3 freezable meals to give to the other members. Each member will have 4 freezer meals (including their own.)
- Follow a freezer meal plan that is for 1 week, 2 weeks, or 1 month. A variety of freezer meal plans are available in the optional "Once-A-Month-Cooking" cookbook used for some of the recipes in this freezer meal class and gives you a wide variety of selections to use in the future.



WANT TO LEARN MORE?

Join us Saturday, February 25th from 9am-1pm!

You will receive:

- Recipes
- Basic food prep experience
- Food safety information
- 4 main entrees that are ready to freeze to take home & enjoy!

Geary County 4-H/Senior Citizens Building
1025 S. Spring Valley Rd
Junction City, KS 66441

Cost is \$40 per person. For \$55 receive a 272 page cookbook titled 'Once-A-Month-Cooking, Family Favorites'.

REGISTRATION DUE:
February 13 by 5:00 p.m.

Send in the attached form with payment to enroll!

FREEZER MEALS—Cook Once, Eat for a Month!

Please fill out the below information and send to:
Geary County Extension, P.O. Box 28, Junction City, KS 66441

Name _____

Address _____

Food Allergies _____

- COST: \$40—Includes lunch and 4 main entrees to take home.

\$55—Includes lunch, 4 main entrees to take home AND a 272 page cookbook!

Pay-

ment

Type:

CASH

Check

Card (\$3 fee to run credit/debit card)

Card type: MC VISA Discover Number _____

CVV Number (on back of card) _____

Expiration Date: ____/____/____

Healthy Habits

With school being out of session for winter break, many homes are a buzz with children or grandchildren. No matter how much you prepare for a meal, it seems they are hungry throughout the day. Instead of grabbing for the go-to Christmas treat tray, here are some alternative healthy options to help them zip through their day and give you some good snack alternatives.

Source: www.fruitsandveggiesmorematter.org

- ◆ Popsicles! - Freeze 100% juice to make popsicles. Kids love them no matter how cold it is outside!
- ◆ Fruit Sandwiches. Use slices of apples or pears and low-fat cheese. Or simply wrap sliced apples up in a small whole grain tortilla with a little peanut butter. This will get them through to the next meal!
- ◆ Fruit and yogurt. Kids love to dip their food. Offer them banana chunks, pineapple pieces, or apple slices with their favorite flavor of low-fat yogurt.
- ◆ Smoothies. A simple blended mixture of fruit and milk is good anytime.
- ◆ Canned (in juice) fruit or single-serve fruit cups are both fast and convenient.
- ◆ Dried fruits. Pack up dried fruits such as raisins, blueberries, apricots and apple slices for great on-the-go snacks.

PEACH BANANA SMOOTHIE

Ingredients

- 1 banana (medium, peeled and sliced)
- 2 peaches (medium, peeled and sliced) - use 1 cup frozen sliced if peaches are out of season
- 1/2 cup canned pears (drained)
- 1 cup fat-free milk (or 1 cup low-fat milk)

Directions

1. Combine banana, peaches, canned pears, and milk in a blender.
2. Blend until smooth, pour into glass and enjoy!

Be Safer this Holiday Season!

There is so much activity going on during the holiday season. You're moving around quickly to try to get every thing finished before the next gathering or festivity. This can set you up for a hard fall! **Six out of every 10 falls happen at home**, where we spend much of our time and tend to move around without thinking about our safety.

Tips to "Fall Proof" Your Home

- **An important step toward preventing falls at home is to remove anything that could cause you to trip or slip while walking.** Tripping on clutter, small furniture, pet bowls, electrical or phone cords, or other things can cause you to fall. Slipping on rugs or slick floors can also cause falls.
- **Arrange furniture to give you plenty of room to walk freely.** Also remove items from stairs, hallways, and pathways.
- **Be sure that carpets are secured to the floor and stairs.** Remove throw rugs, use non-slip rugs, or attach rugs to the floor with double-sided tape.
- **Put non-slip strips on floors and steps.** Put non-slip strips or a rubber mat on the floor of your bathtub or shower, as well. You can buy these items at a home center or hardware store.
- **At home and elsewhere, try to avoid wet floors and clean up spills right away.** Use only non-skid wax on waxed floors at home.
- **Be careful when walking outdoors and avoid going out alone on ice or snow.** A simple slip on a slick sidewalk, a curb, or icy stairs could result in a serious injury.
- **Poor lighting -- inside and outdoors -- can increase your risk of falls.** Make sure you have enough lighting in each room, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture.
- **During the winter, ask someone to spread sand or salt on icy surfaces.** Be sure to wear boots with good traction if you must go out when it snows. Better yet, don't take chances walking on icy or slippery surfaces.
- **Good lighting on stairways is especially important.** Light switches at both the top and bottom of stairs can help.
- **Place a lamp within easy reach of your bed. Put night lights in the bathroom, hallway, bedroom, and kitchen.** Also keep a flashlight by your bed in case the power is out and you need to get up.
- **Have handrails installed on both sides of stairs and walkways.** If you must carry something while walking up or down stairs, hold the item in one hand and use the handrail with the other. When you're carrying something, be sure you can see where your feet are stepping.
- **Properly placed grab bars in your tub and shower, and next to the toilet, can help you avoid falls, too.** Have grab bars installed and use them every time you get in and out of the tub or shower. Be sure the grab bars are securely attached to the wall.
- **You might find it helpful to rearrange often-used items in your home to make them more accessible.** Store food boxes, cans, dishes, clothing, and other everyday items within easy reach. This simple change could prevent a fall that might come from standing on a stool to get to an item.

Source: *National Institute on Aging: Senior Health*





K-STATE
Research and Extension

Geary County
P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs
**Requires pre-registration.

December 2017

23 & 26 County Designated Holidays—Office Closed

January 2017

2 New Year Holiday Observed — Office Closed

3 Knowledge at Noon— **Keys to Embracing Aging: Know Your Health Numbers**, Expanding to a second location at the 4-H/Senior Citizen’s Building 1025 S. Spring Valley Road, Junction City, this program will begin with the first in a series of 12 lessons about how to approach retirement with positive optimism. Session 1: Positive Attitude
Feel to stay for the senior meal that follows. The program is free—a nominal charge for the optional meal following the program will apply. No reservation required.

5 Knowledge at Noon**— **Keys to Embracing Aging: Know Your Health Numbers**, Valley View Estates, 1440 Pearl Drive, Junction City, KS. Session 9: Stress Management. This free program begins at noon and is open to the public. Call the Extension Office by December 29, 2016 to reserve your seat. 785-238-4161.

February 2017

25 Freezer Meals Class, 4-H/Senior Citizen’s Building 1025 S. Spring Valley Road, Junction City from 9:00 a.m.—1:00 p.m. Reservation form and fee due by Monday, February 13 at 5:00 p.m. Space is limited to 16 participants. For more information, contact Deb Andres, Family & Consumer Sciences agent at the Geary County Extension office.

‘Like’ us on Facebook for the latest news from
Geary County K-State Research and Extension, including health, wellness, and financial tips.

www.facebook.com/gearycountyextension

Geary County Office information: <http://www.geary.ksu.edu/>
or stop by the office at 119 E. 9th, Junction City, KS 66441

785-238-4161



K-State, County Extension Councils, Extension Districts, and US Department of Agriculture Cooperating.
K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact us at the number listed above.