

# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

December 2017

## Ask the Agent

**Q:** How do I get rid of the junk sent to my email address?

**A:** One way is to send it to your junk mail and make it a permanent rule for each specific sender's email address. The problem with this is, internet marketers are smart enough to send you the same junk from unknown number of different email sources. If you want to get rid of the advertisements that come to your email box, you can register at the Direct Marketing Association's consumer website: [www.DMAchoice.org](http://www.DMAchoice.org) for a processing fee of \$2 that is good for 10 years. The FTC has a wide variety of "opt out" links and contact information to help you end getting "junk" from a wide variety of sources at:

<https://www.consumer.ftc.gov/articles/0262-stopping-unsolicited-mail-phone-calls-and-email>

For more information call the

Geary County K-State Research & Extension office at: **785-238-4161**

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## MPP 101...

In a busy family, with too little time to relax and simply enjoy life, meal planning is likely one of the last things on your mind. Do you overlook meal planning because you simply don't have time to mess with it? Is it because the task seems overwhelming? Or is it because you've never really learned an effective way to plan your meals? Perhaps you don't see the value in planning meals in advance of preparation. The fact is – meal planning is a better choice than making up something as you go for many reasons:

- ◆ It is usually healthier and tastes better, because YOU have control over the ingredients in meals cooked at home.
- ◆ It helps to better control the amounts of food served, or the portion size.
- ◆ It allows for more family time. Teens and children can learn to prepare and serve meals.
- ◆ It is usually cheaper than eating out.

Many families say they are forced to eat out because of their crazy schedule. However, if you spend some time planning in advance of that busy week or month, you can SAVE time, money & stress. Have I perked your interest yet?

When I was a sophomore in college, I took a required class called Food Prep and Meal Management. It was an easy and fun class. It was easy because I had been making meals alongside my dad and at our local café for years. I already had a handle on measuring, understanding recipes, timing the preparation of a variety of dishes, and using instincts to know how to vary a recipe's ingredients to modify the final taste and appearance.

When I started teaching high school Family and Consumer Sciences in 1991, I quickly realized that my skill set as a teenager in the 80's far exceeded the culinary skills set of teenagers of the 90's. That loss in skills has continued to decline.

Taking time to plan your meals in advance – even if it is for your Monday-Friday meals only – helps you manage your other resources more efficiently. Preparing a simple meal at home takes about the same amount of time as driving to a fast food restaurant or ordering pizza.

If you are interested in improving or learning basic meal management skills, I want to invite you to a program I am offering on February 24, 2018 called Meal Planning and Prep 101 (MPP-101). This ½ day program will help you learn and apply basic meal planning strategies that are budget friendly and save time.

We'll begin the morning with an overview of what tools you need to get started. You will estimate a two-week food budget that fits your household and income, list "favorite foods", and create a menu plan for about a two-week cycle.

I will share some tasty budget friendly recipes that are easy to make, as well.

When we've mastered the management piece, we'll move into the meal preparation portion of the program where you will work in a small group to prepare a main-course dish that you can take home to enjoy as part of the menu plan you created. You will prepare enough of the same dish so that everyone attending gets to take it home to put in the freezer for later use, as well. In the end, you will have learned how to plan meals for a 2-week cycle, recapped food safety techniques, prepared a main dish that is tasty, nutritious, and inexpensive and have a lot a fun in the process. I hope you can join me on February 24 for this informational and fun program – MPP-101!





As an adult, did you ever find yourself living back home? Perhaps when you were in your 20's, living with your parents was the last thing you would do. In today's

American life, that has become the norm.

In 2016, the Pew Research Center released results about the significant shift in living arrangements for young people in the United States. For the first time in our modern history, young people between the ages of 18-34 years are more often living with parents than with any other living arrangement.

The report shares that there is a higher percentage of men (35%) making this living choice than women (29%).

What is contributing to this trend? While some might speculate that it is due to the great recession, the trend actually began before our economy fell so dramatically. However, in general here are some of the contributing factors:

- ◆ Fewer young adults completing college. Pew notes that this is due to the financial prospects in our American economy.
- ◆ Male unemployment has continued to be on the rise.
- ◆ Inflation-adjusted wages have continued to fall.
- ◆ Fewer young people are getting married than in decades past.

Our country has seen an increase in multigenerational living on the other end of the lifecycle as well. According to the 2012 ACS Census, 9% of seniors live in a household headed by their children, children-in-law, or other relatives (other than their spouse.) Again, one might think this due to the state of the U.S. economy, but it's not really that simple. Just as with the trend in young adults, the trend of seniors living with adult children started before the great recession. In a recent survey, nearly 85% of baby boomers and Generation Xers states that they would prefer for their parents to age at home rather than in a professional senior care facility. The survey was conducted by Senior Helpers – an organization whose goal is to provide dependable, trustworthy, and quality care that enables seniors to age in their own home.

Seniors who live with adult children are more likely to recover without additional trips to the hospital when they receive their post-op care at home. Survey respondents also shared that they felt care for seniors is “more positive” in the home rather than a living community.

Although these trends lend themselves to being cost-saving alternatives, the fact remains that these choices are dependent on a wide variety of reasons and are a reflection of a change in our cultural view of what family means and what family do to take care of their members.

Sources:

Senior Helpers: <https://bloomerboomer.com/adult-children-tell-want-parents-age-comfort-home/>

Pew Research Center: <http://www.pewsocialtrends.org/2016/05/24/>

## And the Coconut Craze Continues....

Coconut has been getting a lot of attention about health benefits, but is there any truth to the claims being made? Treatment for Alzheimer's. Good for your heart. Treats diabetes or cancer. Reduces body fat. These are some of the recent health claims that coconut has been linked to. Coconut is rivaled as one of the highest sources of saturated fat (also known as the “bad fat”); however there are many claims that this food has magic powers. It has been put into waters, cereals, snack foods and used in more and more cooking, making coconut an in-demand product. But how factual are these claims and will consuming more actually help you or harm you?

The fact is, coconut is one of the highest sources of saturated fat you can consume. See graph on facing page for a comparison of saturated fat in foods. Many studies have demonstrated the negative effects that saturated fat can have on your heart health, as they are responsible for depositing fats that eventually clog our arteries. While there are ongoing studies to determine if the saturated fat from coconut oil works



## Living Healthy

differently in our body than other saturated fats, the are composed of the same types of fatty acids as other sources. Until the evidence proves otherwise, saturated fat should be limited. The Dietary Guidelines 2015-2020 makes the following key recommendation that individuals should:

⇒ **Consume less than 10 of calories per day from saturated fats.**

There is currently no cure for Alzheimer's Disease, and the treatment options are limited. Consuming coconut oil to treat this disease may actually be increasing your risk of another disease—heart disease. There is also not documented evident supporting the use of coconut oil for antimicrobial treatment, cancers, thyroid disease or anti-inflammatory effects.

The fact is, coconut and its derivatives, tastes good, so it's easy for society to want this to work, to be the solution to our obesity and weight problems.

What is the take home message? Moderation! All foods should be consumed in moderation, including coconut oil.

Source: <https://www.ksre.k-state.edu/humannutrition/nutrition-topics/fatsandoils-documents/coconutOilByMichiganState.pdf>

Moving through the month of December is an expensive journey for many of us. Holiday travel and gifts along with property taxes and rent or lease payments eat up our financial resources in a hurry. If you find yourself wondering where it all goes, now is the perfect time to establish your 2018 family household budget!

Money impacts our life on a daily basis. We have to make decisions about what we want to wear, what we want to do, what we want to eat, and where we want to go – and it all takes money in some form or fashion.

The way you spend or save money today will help determine what you have and whether you can pay your bills in six months, a year, or many years from now. If you spend money as fast as you earn it, then you may find yourself in debt when an unexpected expense comes along.

When you plan a budget, you are better able to manage those unexpected expenses and avoid going into debt to take care of them. Having a budget helps manage all aspects of your financial decisions: how you manage money, how your control your spending, how to save money, how to pay off debt, and how to stay out of debt.

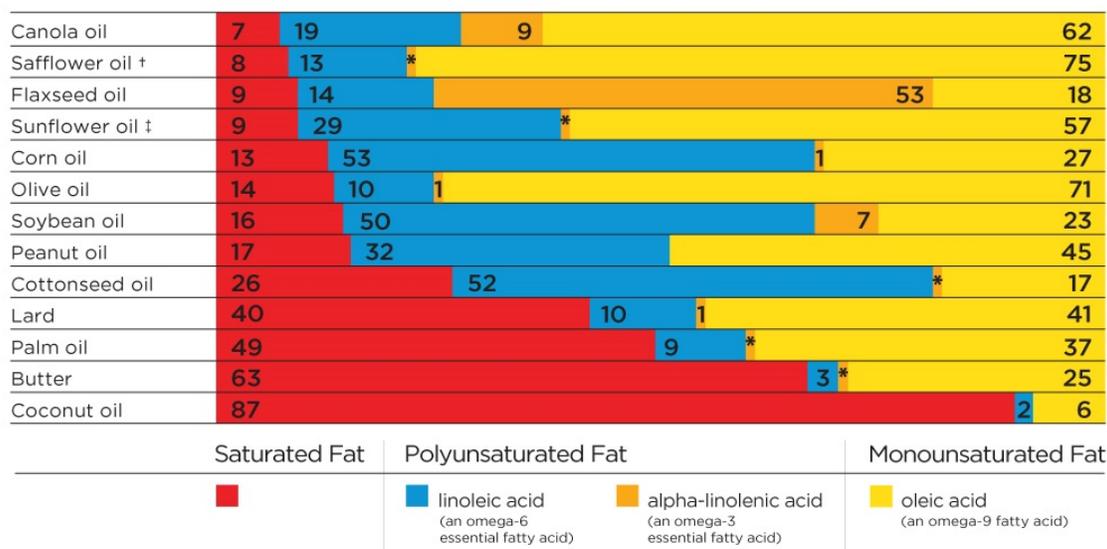
There are steps you can take to make a budget become the foundation of your financial decisions. The basic steps in budgeting include:

1. Track how your money is spent for one month.
2. List all income for the month.
3. Compare expenses to income.
4. Determine what changes you can make to achieve your goals.
5. Make a spending and savings plan.
6. Use your spending and savings plan.
7. Review your plan as well as your income and expenses periodically, adjusting as necessary.

Geary County K-State Research and Extension offers many resources for family financial management. Feel free to contact the office at 785-238-4161 for more information of how to turn the page in your book of life and become more financially savvy.

## Comparison of Dietary Fats

Dietary Fat



† High Oleic ‡ Mid Oleic \* Trace

Fatty acid content expressed as g/100g fat

**Geary County**

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

**Upcoming Geary County Extension Programs**

**\*\*Requires pre-registration. Call 238-4161 to pre-register\*\***

**December**

25 & 26 Geary County K-State Research and Extension Office Closed

**January**

1 Geary County K-State Research and Extension Office Closed

4 Knowledge at Noon— Valley View Estates, 1440 Pearl Drive, Junction City, KS. This free program begins at noon and is open to the public. Call the Extension Office by May 1, 2017 to reserve your seat. 785-238-4161.

15 Geary County K-State Research and Extension Office Closed

29 Strengthening Families 7-17— Morris County Courthouse. This program is open to families from Geary, Dickinson, Morris, and Marion Counties. Strengthening Families 7-17 is an evidence-based, internationally recognized parenting and youth life-skills training program designed to address two of the largest predictors of juvenile delinquency—parenting style and family conflict. The program also trains your in family skills, prosocial behaviors and refusal skills. Parent and children ages 6-17 attend together. This program is 8 sessions in length. A registration fee of \$40 is required. Contact the Flint Hills District office at 620-767-5136 for more information.

**February**

24 MPP-101— 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 12 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.



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