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Geary County

K-State Research and Extension News

October/November 2017

Knowledge for Life

Ask the Agent

Q: My mom always hosted Thanksgiving, but she is just getting too fragile to handle that anymore. In a moment of weakness, I offered to host the event at my own home. Do you have some quick tips on organizing for a holiday meal?

A: It's a big adjustment to change from the traditions of one generation to that of the next generation in line. My family has had to do that, as well. Here's how you might want to get started:

- 1) Determine who to invite and count the number of guests you will likely have.
- 2) Decide on the menu and ask family members to bring food that can contribute to the meal. Make a shopping list with the quantities needed for what you are preparing at your house.
- 3) Watch the grocery store ads to see if there is anything on sale that you need. Make purchases 10-14 days in advance.
- 4) Check out the next FCS Connection newsletter for last minute tips and tricks to plan your next holiday meal.

For more information call the Geary County K-State Research & Extension office at: 785-238-4161



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Getting Ready for the Holiday Season

For many Americans, the holiday schedule that begins in November and continues through the first part of January is a test of their ability to manage a wide variety of responsibilities and resources.

In this issue of the FCS Connection newsletter, I offer some tips, tricks, and resources to help you manage this often hectic time of year. What you will find as the cornerstone to an enjoyable and successful holiday season is the need for careful and intentional planning.

In preparation for that task, I have found that setting priorities makes the process easier. Dr. Steven Covey, an acclaimed pro at managing all aspects of work and life, shared in his book "First Things First" shared the following story titled "The Big Rocks of Life":

One day, a time management expert was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.

As this man stood in front of the group of high-powered overachievers, he said, "Okay, time for a quiz." Then, he pulled out a one-gallon, wide-mouthed Mason jar and set it on a table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar, causing pieces of gravel to work themselves down into the spaces between the big rocks.

Then, he asked the group once more, "Is the jar full?" By this time, the class was onto him. "Probably not," one of them answered.

"Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"

"No!" the class shouted. Once again, he said, "Good!" Then, he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then, he looked up at the class and asked, "What is the point of this illustration?"

One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!"

"No," the speaker replied, "that's not the point. The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

What are the 'big rocks' in your life? A project that YOU want to accomplish? Time with your loved ones? Your faith, your education, your finances? A cause? Teaching or mentoring others? Remember to put the BIG ROCKS in first or you'll never get them in at all.

So, tonight, or in the morning, when you are reflecting on this short story, ask yourself this question: What are the 'big rocks' in my life or business? Then put those in your jar first.

As you approach your holiday schedule, keep this story tucked in the back of your mind and find comfort in knowing that you have set priorities that reflect your most important "big rocks."



Avoid Stress During Holidays

The stress of upcoming holidays can overshadow the joy of spending time with family, exchanging gifts, nibbling on holiday goodies and relaxing with friends. No one wants to be too frazzled to enjoy what the holidays are all about. Here are some tips for memorable holidays.

1. Sit down with your family and talk about the meaning of the holiday.

Have each person think about the most essential things about the holiday to him/her. What would really be missed if you didn't do it together as a family? What can you do for others who may find it difficult to have a happy holiday? Not only will this be helpful to others, but it will also be a big boost to your health and happiness. What will each person do to help get ready for the holiday? Make a list of who will do what when.

2. Whittle down the plans until you feel confident you can accomplish them. This will give you a sense of "being in control" (one of the key characteristics of good stress managers) — rather than feeling overwhelmed (which is a major stress generator).

One of the biggest sources of stress is unrealistic expectations — trying to accomplish more than is reasonable — and trying to have everything perfect. Some things may need to be postponed for the next holiday.

Are there family rituals that need to be dropped or modified? Family rituals are very important to children, but they may need to evolve as families change.

Stay within your budget. Feeling in control of your money (no matter how much you have) is a priceless feeling.

3. Eat healthy foods, exercise regularly and get enough sleep!

Taking good care of yourself is one of the cornerstones of stress management, and it's especially important at holiday time — for you and everyone else in the family (especially children).

Your stress can splash over onto other family members — so it's a kindness to everyone when you take good care of yourself.

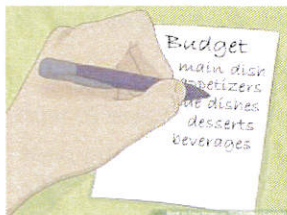
4. Spend fun time together — and roll with the punches.

Planning time together with your family may be the most important thing you can do for each other.

The best laid plans of mice and people regularly go astray! Expect glitches and make the best of what comes your way. When things get too stressful, call a 10-minute time out. Get a cup of tea, run around the block or just relax with your feet up. You will come back to face any challenge with a refreshed mind and body.

Author:

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Family Resource Management

In November 2016, the American Farm Bureau Federation's annual informal price survey indicated that the average Thanksgiving meal for 10 people was

\$49.87. The meal was traditional and included turkey, bread stuffing, sweet potatoes, rolls, peas, cranberries, a vegetable tray, pumpkin pie with whipped cream, coffee and milk.

Many families opt to put their holiday meal purchases on a credit card. The only time this is a smart use of resources is when you pay the balance on the card before any fees or interest is charged to your account. A better approach is to plan your budget, set the money aside for your grocery list in advance of your shopping trip, and use only the money you have in hand to pay for your groceries. Using traditional or digital coupons are a great way to help decrease the total grocery bill, as well.

Stick to your menu. Even though a new sales ad comes out from your favorite grocery store, avoid the temptation to pick up something that simply "looks good." Impulse buying is the #1 contributor to overspending.

Take inventory of what you already have in your food pantry so that you don't accidentally end up with duplicates. Black olives on the relish tray is always a favorite at our family Thanksgiving

meal, but I usually keep a couple of cans on hand year around so I don't need to put them on my list.

When you go shopping for holiday meal ingredients, take a list and don't deviate from it. The sites and smells that penetrate your senses when you walk into the store are there for a reason—they market the product that provides the aroma. If you smell bakery items, you have a tendency to buy something from the bakery, whether you need it or not.

If something doesn't work, don't make the same mistake twice. If you opt to try a new recipe but it doesn't go over very well, put a note in your cookbook. Even though I have been preparing meals since I was 12, I don't always get it right. So, if you look through some of my cookbooks at home, you will find various recipes with a "yum" or "yuck" written in next to the title. Learn from mistakes and capitalize on what you are already good at.

It might seem easier and faster to buy some food already prepared but while that might save time, it doesn't save money. Deciding what to make from scratch and what to buy pre-made is an individual decision. Weighing the cost of pre-made against the cost and time of making it from scratch is worth consideration. Hands-down homemade is almost always lower in cost per serving than store bought.

Living Healthy

Whether you are watching your weight or managing your diabetes or just trying to eat a balanced diet, one of the main ways to monitor your carbohydrate intake is to limit the amount of added sugars in your diet. There are several sugar substitutes available that can help you cut back on sugar intake.

Some sugar substitutes will not affect blood glucose levels and some may have a small effect. The following information is for educational purposes only. Mention of specific products does not constitute endorsement.

Sugar substitutes are grouped into two categories: non-nutritive sweeteners which provide no calories, and nutritive sweeteners which provide some calories. All sugar substitutes on the market in the US are considered Generally Recognized as Safe (GRAS) or approved as food additives by the Food and Drug Administration. They are given an Acceptable Daily Intake (ADI) which is the amount a person can safely consume every day over a lifetime without appreciable risk. The ADI is determined by review of all available safety and toxicological data on individual food additives.

Substituting sugar alternatives in favorite desserts can be frustrating because no artificial sweetener has all the properties of sugar. Sugar not only sweetens a food but also provides volume, texture, color, and moistness in many recipes. Many sugar substitutes on the market cannot be substituted for sugar in equivalent amounts because they are from 200 to 13,000 times sweeter than sugar. Even granulated versions of the sugar substitutes cannot provide the same volume, texture and moistness of regular sugar.

Sugar substitutes work best in foods that rely on other ingredients for volume, moistness or texture. Alternative sweeteners substitute well in recipes for beverages, puddings,

Managing Holiday Meal Carbs...

salad dressings, sauces, pies, and frozen desserts. Using sugar substitutes in cakes and cookies is usually less successful. Also some sugar substitutes tend to taste better in recipes with acidic ingredients like fruit or yogurt. All sugar substitutes are sweeter when they are combined with other sweeteners. For example, one packet of saccharin and one packet of aspartame in a recipe will be sweeter than two packets of aspartame.

Non-nutritive sweeteners are also known as intense sweeteners and are calorie-free. They are so intensely sweet that only a very small amount is needed to sweeten food. Examples include, Saccharin, Aspartame, Acesulfame-K, Sucralose and Neotame.

Manufacturers of sugar substitutes recommend using recipes that have been specially formulated for their product. All of the major sugar substitute manufacturers have websites with recipes online. Most will send recipe booklets upon request.

If you like to experiment with recipes, substituting in dessert recipes can be fun. However, if you are not into experimentation, using recipes from a diabetic or "lite" cookbook may be more reliable. Even recipes from a published cookbook may not meet your standards for taste and eye appeal.

While sugar-free desserts are usually lower in sugar and calories, they are not usually something you can afford to eat every day. They may still be high in total carbohydrates.

Apple Raisin Bread Pudding is a great fall dish that provides only 112 calories and 22 grams carbohydrates per one half cup serving. In addition, it offers 4 grams protein, 1 gram fat, 35 mg cholesterol, 120 mg sodium and 1 gram fiber.

Apple Bread Pudding

4 cups light white bread cubes (about 6 slices)
1/2 cup apple juice
1 medium apple, chopped
1/2 cup Splenda
12 ounces fat-free evaporated skim milk
1 cup raisins
2 large eggs
1 and 1/2 teaspoons cinnamon
Non-stick cooking spray

Preheat oven to 350 F. Spray an 11 x 7 inch pan baking dish with non-stick cooking spray. Combine bread cubes, apple and raisins in large bowl. Beat eggs in a medium bowl, adding in remaining ingredients. Mix well. Pour egg mixture over bread mixture, pressing bread into egg mixture. Let stand for 10 minutes. Pour into baking dish, Bake for 40 to 45 minutes or until set and apples are tender. Serves 12.



Author: Carla Haley Hadley M.S., FCS County Extension Agent
The Cooperative Extension Service, University of Arkansas
October 2014

Photo: American Heart Association www/recipes.heart.org

**Geary County
4-H Foundation**



Bingo!

Soup Supper

Join us for an evening of fun & fellowship!

11.05.2017

**5:30pm Supper. 6:15pm Bingo
4-H/Senior Citizens Center
(1025 S. Spring Valley Road)**

Meal by Donation

Chili, chicken noodle soup, crackers, carrots, cinnamon rolls

Bingo

\$1 per card

(around 8 games will be played with fun prizes for the winners!)

The Geary County 4-H Foundation is a not for profit organization for the purpose of supporting and promoting the 4-H program in Geary County.



Geary County
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Junction City, KS 66441

Upcoming Geary County Extension Programs

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

November

- 5 Bingo Soup Supper—Geary County 4-H Foundation. Join us for an evening of fun & fellowship while supporting the 4-H youth of Geary County. Meal is for donation and begins at 5:30pm followed by bingo at 6:16pm. Bingo cards are \$1.
- 14 Knowledge at Noon— Keys to Embracing Aging: Session 11 - Sleep, Expanding to a second location at the 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City, this program is part of a series of 12 lessons about how to approach retirement with positive optimism. For a nominal cost, feel free to stay for the senior meal. Meal reservations can be made by calling the Senior Citizen's office at 785-238-5545.
- thru December 7 — Medicare Open Enrollment Season for Part D Prescription Plans. Please call Bailey in the office to make your appointment to review your Part D plan.

December

- 12 Knowledge at Noon— Keys to Embracing Aging: Session 12 - Taking Time For You, Expanding to a second location at the 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City, this program is part of a series of 12 lessons about how to approach retirement with positive optimism. For a nominal cost, feel free to stay for the senior meal. Meal reservations can be made by calling the Senior Citizen's office at 785-238-5545.



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