



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

November 2018

Ask the Agent

Q: How long can I keep leftover turkey or ham after a holiday meal?

A: Three to five days is the limit for all leftovers stored in the refrigerator. If you have already frozen your leftover turkey from Thanksgiving, it will taste the best if used within 4 months. When reheating frozen cooked foods, thaw in the refrigerator before heating. Be sure to use a food thermometer to measure the internal temperature. It needs to be 165°F.

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

K-STATE
Research and Extension

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

ksre.k-state.edu

Going Green for the Holidays—Part 1

November 2018

The Centers for Disease Control and Prevention recently released a news feature focusing on sustainable holiday choices related to shopping, purchases, decorating and food choices. Here is the first of a two-part article from that news feature:

Make sustainable holiday choices when you are shopping, traveling, sending cards, decorating, and choosing gifts. When you save energy and resources, you protect the environment and safeguard health both now and for the future.

Are you one of those organized people who are already prepared for the coming winter holidays? Or do you still have plans to make and gifts to buy? Either way, why not take a second look at some of your usual holiday activities to see if you can make them more “sustainable?”

Sustainability is the responsible use of environmental resources in the present so that future generations will have enough to meet their needs. This is a lofty goal; how can any one person make a difference in reaching it? You may not realize that you are already working toward sustainability if you reuse and recycle; compost; walk, bike, take transit, or drive low-emission vehicles; conserve water and electricity; join community clean-up efforts; or otherwise save resources.

The more people who participate in these energy- and resource-saving activities, the greater effect they will have on our planet. And a sustainable planet will result in better health and longer lives for the people and animals that live on it.

For many of us, our priority during the holidays is time spent with family and friends. But the holidays can also be a time when we spend too much and create too much waste.

Consider buying a living tree you can plant outside or keep as a houseplant after the holidays.



Give gifts that are durable, energy-efficient, recyclable, or made of natural products.

Make your own gifts: knit, sew, bake, build, or create art; make calendars using your own photographs or a recipe book with favorite recipes.



Consider these statistics:

- Americans throw away about 25% more trash between Thanksgiving and New Year's Eve.
- If every American family wrapped just 3 presents in reused materials, it would save enough paper to cover 45,000 football fields.
- About 35% of Americans have an unused Christmas present collecting dust in their closets.

Source: <https://www.cdc.gov/features/greenholidays/index.html>

Extracted 11/23/2018

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

No doubt the holiday season puts a squeeze on many resources including time and money. In the midst of all of the social gatherings, family feasts, and shopping, what are you doing to take care of YOU?

Dr. Barbara O'Neill, CFP, Extension Specialist in Financial Resource Management with Rutgers Cooperative Extension reminds us that it is important to take the time for ourselves during this high paced time of year. It is important to make room in your busy life for daily exercise, nutritious meals, and health screening exams. It is also important to not lose your focus on your financial health, either!

Dr. O'Neill points out 3 different ways that time affects health and wealth:

1. The time required to improve health and finances. For example, losing 10 pounds in a year requires burning off 100 *additional* calories through daily exercise, which takes time. A comparable financial example is increasing credit card payments to reduce debt repayment time and interest charges.
2. Time deadlines for personal goals (e.g., someone's time frame to lose 20 pounds or save \$3,000).
3. Time available to perform recommended practices such as exercise and financial record-keeping.

Finding time every day to improve health and finances takes determination but the results are well worth the effort. Daily progress builds upon itself, just like compound interest. If you do something consistently, at least 5 times a week, you will make steady progress. Each small step adds to the ones before it and serves as a cornerstone for steps that come later.

Family Resource Management

A common reason given for inattention to health and personal finances is "lack of time." People hear that they need to exercise 30 to 60 minutes a day and automatically say "I'm too busy." Fitness experts say, however, that you can accumulate those minutes throughout the day in 10 to 15 minute "chunks" of time. Gradual progress is also fine for financial maintenance tasks such as calculating net worth, requesting free credit reports, and preparing written financial goals and budgets.

How do you find chunks of time to improve your health and wealth? You look for them and dedicate them to making daily progress. There are 1,440 minutes in a day or 144 ten-minute chunks of time. Subtract about 8 hours for sleep and that leaves 96 ten-minute chunks of time. Another way to "find time" is "smart multi-tasking." Read a mutual fund prospectus or exercise while watching television, for example. Carve out time wherever you can.

Once you've identified blocks of time to perform health and financial activities, do two more things to improve both aspects of your life: automate and self-monitor. Automation eliminates the need to decide to do something. You just do it on a regular schedule or it gets done automatically. Examples are exercising regularly every morning and having part of your pay deducted for 401(k) plan contributions. Self-monitoring (e.g., wearing a pedometer and calculating net worth annually) involves tracking progress over time. When people measure or monitor their behavior, they are often inspired to do better.

Source: Take the Time for Health and Wealth, Sept, 2010, Dr. Barbara O'Neill; <https://njaes.rutgers.edu/sshw/message>; extracted 11/23/2018

Dine In on FCS Day December 3

December 3, 2018 is national Family and Consumer Sciences (FCS) day in the United States.

Since its introduction in 2014, FCS Day has received more than 400,000 pledges from people who have committed to "Dining In" on this nationally celebrated day. The date was set for December 3 each year in honor the founder of the Family and Consumer Sciences profession, Ellen Swallow Richards.



What can YOU do to help celebrate families and family meal time on December 3 this year?

- ◆ Commit to "Dining In" on December 3. You can sign up at: <https://www.aafcs.org/fcsday/commit-to-dining-in/fcs-day-sign-up>
- ◆ Prepare and eat a healthy meal with your family on December 3.
- ◆ Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.
- ◆ Change your Facebook profile photo to the I'm "Dining In" logo.
- ◆ Ask your family and friends to "Dine In."
- ◆ Pin your favorite family meal recipes to a "Dining In" Pinterest board.
- ◆ Share the social media posts found on the American Association of Family and Consumer Sciences website or make your own posts about family mealtime.
- ◆ Make your own "Dining In" posts for your social media connections.
- ◆ Visit www.aafcs.org/FCSday for more ways to get involved and access resources!

Source: <https://www.aafcs.org/fcsday/home>; extracted 11/23/2018

Holiday Heathy Habits

The 2015-2020 Dietary Guidelines for Americans provide us with a roadmap for healthy eating throughout the year. During the winter months, an increase in family feasts and celebrations with friends often draws our eyes away from making smart choices when it comes to eating healthy.

These Key Recommendations offered by the Dietary Guidelines can help you keep your focus on holiday healthy habits.

Consume a healthy eating pattern that accounts for all food and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products.
- Oils

A healthy eating pattern limits:

- Saturated and *trans* fats, added sugars, and sodium.

Following these simple guidelines doesn't mean you have to give up all your favorite foods. There are many great recipes that have been altered to maintain flavor, while ramping up the nutritional value. Check out this whole grains option for flavorful pancakes:

Cinnamon Oatmeal Pancakes

Makes 10 servings



Ingredients:

- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1 1/2 cups cooked oats
- 1 1/2 cups evaporated milk
- 1/4 c. water
- Nonstick cooking spray

Directions:

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2-3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

Nutrition Information for 1 serving (about 2 pancakes):

Calories 120; Total Fat 2g; Cholesterol 25mg; Total Carbohydrates 20g (dietary fiber 1g); Protein 4g.

Source: USDA—What's Cooking? USDA Mixing Bowl

WAYS TO ADD MORE WHOLE GRAINS TO MEALS AND SNACKS

- ◆ Choose a quick and easy ready-to-eat or ready-to-cook whole-grain cereal for breakfast. (More than 30 whole-grain breakfast cereals are distributed nationally.)
- ◆ Pour some dry, bite-size cereals into a bag, or grab a whole-grain cereal bar to take along with you for a snack.
- ◆ Choose whole-grain breads, tortillas, bagels, pita pockets, and rolls.
- ◆ Try whole-grain muffins or cornbread made with whole-grain corn meal.
- ◆ Pop popcorn.
- ◆ Enjoy low-fat whole-grain crackers, baked tortilla chips, or a brown rice cake as a snack.
- ◆ Add whole grains to mixed dishes. Try adding some pearl barley, or wild or brown rice to your favorite soup, stew, or casserole.
- ◆ Add oats to cookies or other desserts.
- ◆ Try substituting whole-grain flour for one-fourth to one-half of the white flour called for in recipes.
- ◆ Choose whole-grain pasta (macaroni, spaghetti, noodles), pancakes, or waffles for a change of pace.
- ◆ Try a hot or cold whole-grain side dish (such as pilaf or stuffing) using brown or wild rice, kasha, quinoa, or pearl barley.

Source: K-State Research and Extension, *Healthful Whole Grains, Fact Sheet*; Publication #: MF2560

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

- 7 **Medicare Part D Open Enrollment Ends!** If you still haven't been able to review your Medicare Part D prescription plan for 2019, **call the Geary County Extension office at 785-238-4161 to make a last minute appointment.**

January

- 8* **Eat Smart Live Strong**, SNAP-Ed sponsored class offered at the Bicentennial Manor, 1010 W. 8th St., Junction City. This 4-session series led by Nutrition Educator Anna Comer is designed to improve fruit and vegetable consumption and physical activity among able-bodied, 60-74 year olds participating in or eligible for Food and Nutrition Service (FNS) nutrition assistance programs. Session dates for the 4-part class are January 8, January 22, February 12, and February 28. The class is free and open to the public. Participants are asked to commit to all four 1-hour sessions.
For more information or to register by the December 21 deadline call Anna Comer at 785-579-4726 !



'Like' us on Facebook for the latest news from **Geary County K-State Research and Extension**, including health, wellness, and financial tips. <https://www.facebook.com/gearycountyextension/>