



Spring 2009

**Upcoming class dates
for
Dining with Diabetes**

- April 14, 16, & 21
- October 20, 22 & 27

For more information call
our office at

740-670-5315

or

visit our website for a
detailed brochure with
registration form for the
April classes



**The Licking County
Home Economics
Association Scholarship
Application is
now available on our
website.**

For detailed information
and application go
to our website page at:
[http://licking.osu.edu/
Family%20and%
20Consumer%
20Sciences/licking-
county-home-
economics-
association-
scholarship](http://licking.osu.edu/Family%20and%20Consumer%20Sciences/licking-county-home-economics-association-scholarship)

Family Forum

March 2009

Dear Readers,

Now that spring is here,
it's a great time to get
outside and get healthy!

One of the easiest ways
to get the heart pumping
is to walk. Walking or
hiking is a low-impact,
aerobic exercise that
temporarily increases the
heart rate to exercise and
strengthen the cardiovas-
cular system. I know it's
hard to find the time to
exercise, but I hope you
find time to get outside!

Earth Day is April 22nd,
so now is the perfect

time to use healthy, envi-
ronmentally-safe clean-
ers for your spring clean-
ing needs. See the new
"Ask Shari" column for
natural cleaning recipes.

Spring also brings
thoughts of Easter and
making those perfect
Easter eggs to enjoy with
family and friends. Infor-
mation on eggs as well
as a Dee-lish recipe are
enclosed.

And, finally our local
Homemakers will cele-
brate another Spring Day
on April 28th. We hope
you can join us! For
more information see

details inside newsletter.
Enjoy the spring !!

Sincerely,

*Shari L. Gallup, M.S.
Certified Family Life
Educator*

*Extension Educator ~
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Empowerment Through Education



How can I be sure my children and I color and decorate hard-cooked eggs safely for Easter?



Eggs are frequently handled at Easter time and each handling occasion is one more chance that the eggs might come into contact with bacteria.

- To avoid bacterial contamination, wash your hands thoroughly before you handle eggs at every step including cooking, cooling and dyeing.
- Refrigerate hard-cooked eggs in their cartons if you won't be coloring them right after cooking and cooling. Refrigerate them

again right after you dye them and after you display them.

- Color only uncracked eggs. If you want to eat your dyed eggs later, use food coloring or specially made food-grade egg dyes dissolved in water that is warmer than the eggs.
- If any eggs crack during dyeing or while on display, discard them along with any eggs that have been out of refrigeration for more than 2 hours.
- If you keep hard-cooked eggs out of re-

frigeration for many hours or several days for a decoration or for hiding, cook extra eggs for eating. Either discard the eggs that have been left out or use them only for display.

- If you hide eggs, consider hiding places carefully. Avoid areas where the eggs might come into contact with dirt, pets, wild animals, birds, reptiles, insects or lawn chemicals. Refrigerate the hidden eggs again after they've been found.

For Kids & Family: <http://incredibleegg.org/kids.html>

All over the world, eggs are important as a food. You can even feed them to your pets. Because eggs are so easy to prepare, they're often the first food young people learn how to

cook. Here you can find easy recipes, exciting ethnic recipes and decorating ideas. You can also play egg games and observe egg celebrations. Parents can get egg information



Do you know why the egg is so incredible when it comes to nutrition?

One egg has 13 essential nutrients in varying amounts – including high-quality protein, choline, folate, iron and zinc – for only 75 calories. Eggs also play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more.

How to boil hard-cooked eggs:

Lots of people like to color hard-cooked eggs for Easter. They're also good to eat any time of the year. You can eat them right after they're cooked with just a little salt or an herb or spice. Or, you can make them into an egg salad sandwich or deviled eggs. This recipe will help you make hard-cooked eggs that are tender (instead of rubbery) without a green ring around the yolk. Make hard-cooked eggs with an adult.

Getting Started:

1. Put the eggs in one layer on the bottom of the pan. Put the pan in the sink. Run water into the pan until the water is 1 inch over the eggs. Put the pan on a burner. Turn it to medium-high heat.
2. Let the water come to a boil. Put the lid on the pan when the water is boiling. Move the pan onto a cold burner. Set the timer

- for 15 minutes for Large-sized eggs (or for 12 minutes for Medium-sized eggs or for 18 minutes for Extra Large-sized eggs).
3. Put the pan in the sink when the time is over. Run cold water into the pan until the eggs are cool. Put the eggs into the refrigerator if you're going to use them later or peel them if you're going to use them right away. Be sure to use all the cooked eggs up before a week is over.
4. Gently tap a cooled

Use your fingers to start peeling off the shell at the large end of the egg. If you need to, you can hold the egg under running cold water or dip it in a bowl of water to make peeling easier. Throw out the pieces of eggshell when the egg is all peeled. You can eat the egg or use it in a recipe when it's peeled.



Deee-lish! Easy Egg Scramble

Here is an easy egg recipe that you can whip up for breakfast, lunch, dinner!

To start you will need:

- 2 EGGS
- 2 Tbsp. milk
- 2 Tbsp. Shredded Cheddar cheese
- Salt and pepper

And here's how to make:

1. COAT 12 oz. micro-

wave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended.

2. MICROWAVE on HIGH 45 seconds; stir. MICROWAVE until eggs are almost set 30 to 45 seconds longer.
3. TOP with cheese; season with salt and pepper.





Smart Choice Food Labels Are Coming!

No matter where you shop or what brands you buy – the Smart Choices Program, a new front-of-pack nutrition labeling program, aims to help shoppers make nourishing food and beverage choices, at-a-glance, throughout the supermarket.

The Smart Choices Program was motivated by the need for a single, trusted and reliable front-of-pack nutrition labeling program

that U.S. food manufacturers and retailers could voluntarily adopt to help consumers make nourishing food and beverage choices that fit within their daily calorie needs.

The hope is that the Smart Choices Program will be the most widely used front-of-pack labeling program in the United States, and ultimately assist people in making positive dietary changes to help enhance public health.

The Smart Choices Program includes a symbol that identifies nourishing choices within specific product categories on the

front of the package. Products that qualify for the Smart Choices Program symbol also will display calorie information on the front of the package, which clearly states calories per serving and number of servings per container. The goal is to help people stay within their daily calorie needs and make it easier for calorie comparisons within product categories.

For more information go to: <http://www.smartchoicesprogram.com/>

Article resource: <http://smartchoicesprogram.com>



Healthy Grocery Store Tour

Confused about labels? Need recipes and tips for healthy snacks and meals? Join us for a one hour **“Healthy Grocery Store Tour”** sponsored by Ohio State University Extension, and Kroger Food Store in Pataskala on **Monday, April 20th** from 12 noon til 1 p.m.

To register or for more information, call OSU Extension~Licking County at 740-670-5315.



Spring Clean Your Exercise Routine

You spruce up your house when the seasons change, so why not do the same with your workout? From gear to attitude, here's what to toss- and the best way to replace it.

Ditch: Old walking or running shoes

Instead: Invest in a new pair of kicks, because worn-out soles are a quick path to injury. Write the purchase date on the tongue or side of your shoes and let your weekly mileage be your guide. If you walk or run 10 miles per week, replace your shoes every 12 months; 15 miles, every 8 months; 20 miles, every 6 months; 30 miles, every 4 months.



Want to (literally!) improve your outlook? Then give your window screens a good spring cleaning! It'll improve the way the world looks from the comfort of your home - and it's a quick home spruce-up that costs you virtually nothing.

Screen Cleaning

The first - and maybe the most tedious - step is to remove the screens. As you do, assign a number to each screen and its corre-

Ditch: Sipping only when thirsty

Instead: Drink 4 to 6 ounces of water for every 15 minutes of exercise. Sweating away even a tiny portion of your body weight can doom your workout by making your heart beat faster and causing you to feel weak and tired.

Ditch: The idea that more is better

Instead: Focus on the quality, not length, of your workout, Davis says. Instead of walking or biking at one speed for an hour, halve your workout (and burn the same amount of calories) by doing sprint intervals-30 seconds to 2 minutes at a very fast pace,

followed by 2 minutes at normal pace.

Ditch: That old cotton T-shirt

Instead: Go high-tech and invest in workout clothing made from wicking fabrics. Why? Synthetics do a better job of keeping you drier and cooler while you exercise (but you knew that already.

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Source: <http://living.health.com>

Cleaning Window Screens: Simple steps for a better outlook

sponding window or door frame so that each one is returned to its proper location. Put any screws or bolts in a plastic bag and number that, too. That way, each screen can be returned to its proper locations and you can avoid any confusion later. Even a slight size variation will prevent the screen from fitting in another window.

Once you've removed the screen(s), follow this simple procedure, provided by

Nancy Bock, Vice President of Education at The Soap and Detergent Association, for getting them clean:

1. Use the brush attachment on the vacuum cleaner to gently remove dust and loose grit from the mesh and frames.
2. Wet the screens thoroughly. Choose the method that's most convenient for you: a hose, a shower nozzle or a heavy-duty sponge.
3. Using an outdoor cleaner

and a sponge, lightly wipe the solution all over the screen and frame until it's coated with suds.

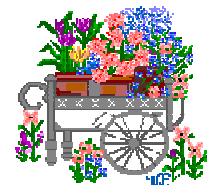
4. Rinse the screen, using the hose, shower nozzle or sponge. Check for missed spots and, if necessary, lightly scrub again.
5. Give the screen a final rinse.
6. Lift the screen and shake off excess water. Let it air-dry before replacing it in the window.

Source: Cleaning Matters - The Soap and Detergent Association

Ohio State University Extension~
Licking County

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Licking County Homemakers Spring Day



“The Best Things in Life are Free”

Tuesday, April 28, 2009
Utica Church of Christ
115 N. Central Avenue, Utica

9:30 a.m. - 3:00 p.m.
Tickets: \$10.00 per person
Call 740-670-5315 for more information
Everyone Welcome!

We're on the web!
<http://licking.osu.edu>



Ask Shari?

Q: When Spring comes, I want to clean! With all the news on “going green”, what are some naturally clean ways to get the job done and avoid using toxic sprays?

A: Keeping our environment safe is always healthy!

Here are a few recipes:

Microwave cleaning: This is a very simple one - to get rid of smells and stuck on food, just put 1 cup of water and 2 tablespoons of lemon juice in a microwavable bowl (preferably glass). Put this in the microwave, set on high, and turn it on for 3-4 minutes. When it is finished, take a clean sponge or towel and wipe the inside down - everything will come off easily and without using any toxic chemicals!

Source: <http://www.naturalcleanhouse.com>

The three ingredients I always have on hand for cleaning are baking soda, vinegar, and Dawn dishwashing detergent. **You can clean almost anything with these three items.**

To clean windows, mix 2 cups of water, 1/4 cup of white distilled vinegar, and up to 1/2 teaspoon of Dawn in a spray bottle. It cleans windows beautifully!

For floors, add 1 cup vinegar to 1 gallon hot water and mop away!

My favorite bathroom cleaner is a spray bottle filled with 1/2 cup Dawn and as much vinegar as the bottle holds. It works better

than any commercial tub cleaner I've ever tried!

For cleaning toilets, mix 1/4 cup baking soda, 1/4 cup Dawn, and 1/4 cup water. Let sit on the toilet bowl for a couple of hours, swish with a toilet brush, and flush.

Plain baking soda works just like scouring powder. It's also great for deodorizing carpet. Just sprinkle on the carpet, let sit for a while, and vacuum up!

Read more: "Save Money by Using Homemade Cleaning Products | beingfrugal.net" - <http://beingfrugal.net/2008/01/29/save-money-by-making-homemade-cleaning-products/#ixzz0AboXPOQY>

Taste the difference!

If you or a loved one has diabetes, or if you're just looking for tips to cook healthfully without sacrificing flavor, you'll want to attend . . .



Cooking for a Healthy Lifestyle with the Diabetic Chef

with Chris Smith, author of
Cooking with the Diabetic Chef and
The Diabetic Chef's Year-Round Cookbook

This live event features a cooking demonstration with professional but easy-to-implement cooking methods and techniques.

Monday, March 30

6:30–8:30 p.m.

Jessing Conference Center
Pontifical College Josephinum
7625 N. High St. (just north of I-270)
Columbus, Ohio

Admission is \$12. Reserve your seat today!

Order tickets online by March 23 at
<http://estore.osu-extension.org/> (search for "cooking")
or call 614-292-9833 for more information.

Sponsored by
the Dining
with Diabetes
Program, Ohio
State University
Extension

Free Diabetes Health Fair

Jessing Conference Center
Monday, March 30
4:30–6:30 p.m.
(No tickets or seat reservations required.)



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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension
TDD No. 800-589-8282 (Ohio only) or 614-292-1868

Dining with Diabetes

- Dates:** Tuesday, April 14,
Thursday, April 16 &
Tuesday, April 21
- Time:** 5:30 p.m. to 7:30 p.m.
- Location:** Licking Memorial Hospital
Conference Rooms A & B
- Speakers:** Shari Gallup, M.S., C.F.L.E., and
Annmarie Thacker, R.D., C.D.E.

Take charge of your diabetes by participating in this three-part cooking school. Designed specifically for diabetics, the program will include tips on food preparation, demonstrations and a healthy food tasting. Each session includes a three-course meal.

Annmarie Thacker, an LMH registered dietician and certified diabetes instructor, and Shari Gallup, an educator with the OSU Newark Extension Office, will teach the program. Advance registration is required and payment is due at time of registration. Cost is \$10 for seniors (60 and over) and \$20 for all other registrants. Cost and registration includes all three days. Deadline to register is Monday, April 6. Seating is limited, so be sure to register early. To register for the program, or for more information, please call (740) 670-5315.



Licking Memorial Hospital

(740) 348 - 4000 • www.LMHealth.org

Remove 4/22/09