



NOVEMBER NEWSLETTER

Oldham County Family & Consumer Science

IN THIS ISSUE

National Diabetes Awareness Month

By: TRICARE

It is estimated that nearly 26 million Americans – more than 8 percent of the population – have diabetes and approximately 79 million more adults have pre-diabetes, which increases their risk of developing type 2 diabetes. November is Diabetes Awareness Month and a great time to learn more about the disease, its symptoms, treatment and how to help those who live with it. Having diabetes means a person’s blood glucose or blood sugar is higher than normal. Insulin is a hormone that helps the body use sugar. Type 1 diabetics do not make insulin and need to take insulin shots to control their blood sugars. Type 2 diabetics – about 90 to 95 percent of diabetes diagnosed in adults is type 2 – either do not make enough insulin or their bodies use the insulin they produce ineffectively. Type 2 diabetics may require medications in addition to insulin, but many do not require insulin and are able to control their blood sugars with other medications. In either case, all people with diabetes will benefit from making healthy food choices, reaching and maintaining healthy weight, and being in physical active on

most days of the week. While preparing for the holidays and the potential of over-indulgence that can sometimes occur, the Centers for Disease Control and Prevention (CDC) has several tips for diabetics and their family members so they can enjoy the holiday season and be incident free:

- Before traveling, eat a healthy snack to avoid overeating
- Ask in advance which foods will be prepared and bring a healthy dish if necessary
- For buffet style eating, after fixing a plate move away from the food as quickly as possible
- Avoid drinking extra calories and sugar, choose sparkling water or diet drinks
- Limit alcohol intake and eat while drinking
- Watch the salt
- Remember to pack all medications and emergency kits
- Focus on friends, family and activities - instead of food.



4-H Spotlight

From community service to competition, Oldham County 4-H does it all! Check out the Spotlight to see their recent activity!

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Tips for a Healthy Holiday Meal

Learn how to enjoy the traditional holiday meal we all know and love but in a way that keeps your health just one more thing to be thankful for!

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A note from your FCS Agent

Chelsey Eicke

Hello Oldham County! The Extension office recently met with this year's Leadership Advisory Board, consisting of ten community members in various employments throughout the communities that make up Oldham County. This board helps to address specific issues within the County as well as collaborating on ways to address these issues, ways to strengthen our community by getting Extension into schools and business and of course advising Extension on ways to best use our resources. Currently I am working on

my program plans for the 2016 year and I am so excited to get to work addressing the topics that were mentioned in our LAB meeting! For instance, I believe there is a need to get into the schools and talk to classes face to face in a setting that allows for a high range of thought. This is where I plan to introduce lessons on conflict management, mental wellness or healthy relationships and sports nutrition to name a few. I also plan to continue working with the Better Living for Texans program and implementing our recourses to those families that might need assistance in feeding their families. Our youth always seems to be a key audience here in Oldham County and while this is a great start to my planning I hope to involve educational opportunities for our adults as well.



4-H Spotlight

Oldham County 4-H is in full swing! We kicked off the month by club members showing their 4-H pride as they wore green and white to school and gave out cookies during national 4-H week. Also during that week, members conducted a community service project and ceremony by planting a Burr Oak Tree on the Courthouse lawn in conjunction with Texas A&M Forest Service and our very own master gardener. When they are not fulfilling their community service duties, our 4-Her's are conducting meetings, validating their show animals and attending practices! In our recent Lucky Clover meeting, the club voted to run their annual canned food drive in the month of

November, so if you see a 4-Her feel free to pass your donations along to them! We are excited to be taking fourteen members onto the District 1 Fall Round Up competition the first weekend in November! Oldham County will have the following teams represented at this event; Horse Quiz Bowl, Food Show and Ag Product ID. The individuals participating have worked diligently over the past two months to prepare for these competitions through practices, project experience and even through County competition. We recently held our County Food Show at the Vega United Methodist Church where individuals brought food for their specific category, worked in their

allotted kitchen time to prepare their dish and finally presented nutritional information to a panel of judges. We would like to again thank everyone that made this experience possible for our youth; the United Methodist Church for allowing us to use their facility and our judges for their excellent critique, Linda Moore and Erica Widick!



From Left to Right
Abby Gist, Morgan Haschke, Miley Bell,
Cora Bell, Maci Hartsell, Rosie Wright,
Lynlee Spinhirne and Chelsey Eicke
Oldham County Food Show 2015

HOLIDAY HACKS



Traveling Solution

Can't get by without hitting the Drive-Thru this traveling season? No worries- these cadies can be found at the dollar store and allow you to get the meal situated and then hand it to your child without them looking for a place to put everything!



Hosting this Holiday!?

Hollow out a large pumpkin and insert a clear bowl filled with ice and your beverage of choice to really show off!

For Your Reference

Use a "Cheat Sheet" like this one to give you a visual reference during all the festive meals this fall to keep you on track!



This recipe is as basic as it gets y'all! I always seem to end up with a last minute addition that I'm supposed to bring to Thanksgiving dinner so I learned to always keep a couple of cans of sweet potato on hand! The real thing works great too just prepare them like you would for mashed potatoes first. I always reuse recipes that are versatile like this one- throw herbs in it and fry it for a more savory result or add corn flakes or almonds for a crunch with nutmeg and cinnamon for a sweet touch!
-Chels

From the Recipe Box

by Gillian at the restaurantrecipe.com

SWEET POTATO TRUFFLES MAKES 12-16

Ingredients:

- 2 40 oz. cans sweet potatoes
- 1 stick of butter
- 2 cups bread crumbs
- 1 1/2 cusp pancake syrup
- 1 tsp. salt
- 1/2 tsp. pepper

Directions:

In a bowl mash the potatoes. Add in butter, pancake syrup, salt and pepper.
Make into golf ball size balls. Roll in bread crumbs.
Preheat oven to 350 and bake for 30 minutes.



Hand Guide to Portion Control

Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

The recommended serving size of meat is 3 oz., roughly the size of your palm.

A clenched fist is roughly one cup, or a double-serving of ice cream.

Sources:
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>
<http://www.healthyliving.arkansas.gov/programs/ChronicDisease/Nutrition/Pages/ServingSizes.aspx>

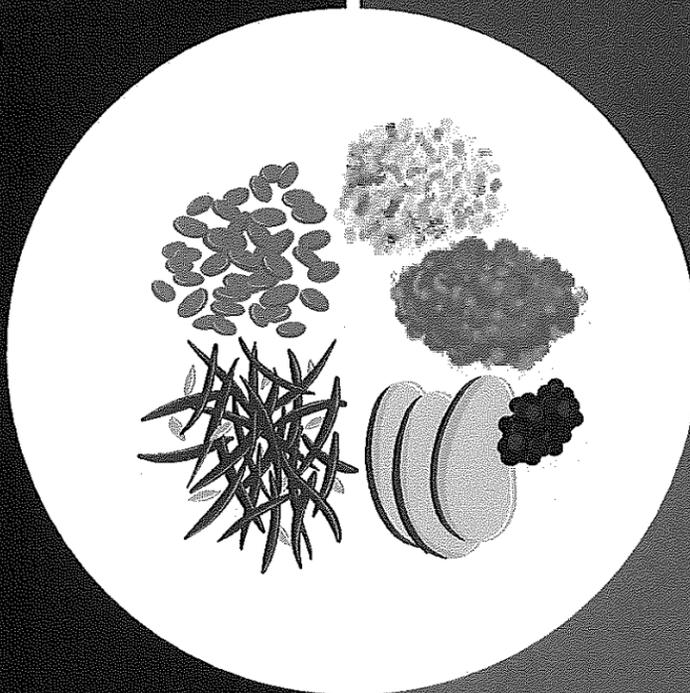


A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE

Thanksgiving is all about eating...and being with your loved ones, of course! With so many foods and snacks available, how can you make healthy choices that will keep your blood sugar stable? Use this "Thanksgiving Plate" as a visual guide for what foods to choose and how to balance your plate. You'll also find some healthy eating tips, a few diabetes-friendly recipes, and a Holiday Eating Contract on the following pages. Work with your diabetes educator to discuss healthy Thanksgiving meal planning and tips for managing your blood sugar during the holidays.

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.



GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Avoid dark meat (including drumsticks!).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick. See recipe on page 3.

**This visual guide for the Healthy Thanksgiving Plate is based on the Idaho Plate Method. See www.platemethod.com for more information.*

Got Any Plans? Save the Date!

Oldham County Events to watch out for!



The Oldham County Barn is serving as the election facility on November 2nd.



The Lucky Clover 4-H club is collecting cans for their annual canned food drive. Any donations are more than welcome! If you are interested in supporting this cause you can give donations to a 4-H member or drop them off the Extension Office!

AROUND TOWN



Rise and Shine Campaign

The Chamber is the current drop of location for any food pantry items for donation from now until the end of November.



High Plains Mobile Distribution October 9th

The High Plains Food Bank continues to team up with our local Extension's Better Living for Texans Program! If you qualify for assistance through the County Courthouse and are already on the distribution list don't forget to stop by the County Barn once a month for your Box! Please see our County Courthouse if you are interested in learning about how to qualify for this service.

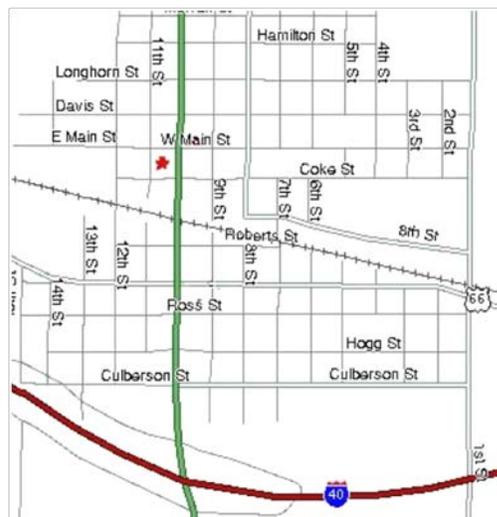


TEEA to meet November 4th

The Oldham County Wildorado TEEA Club will be meeting at the Baptist Church for their annual meeting. I will be presenting the program Christmas in November!

How Can Extension Serve You?

I am thrilled to be in a position to serve you as your Family and Consumer Science Agent! I sincerely believe that what people tend to get out of an experience reflects what they were willing to put into it. With that said, I am dedicated to making the Extension team of Oldham County not only the middle man between the educational information you need and implementing it in your daily lives; but doing that in an effective way that is tailored to best suit you, the consumer! In doing so, I would love to hear input from the community; what do you feel are areas that need to be strengthened in our youth, what are engaging topics for our adult programs, what are areas in the community you would like to see us take an active role in, when and how often would you like to meet in structured committee meetings and anything of this nature. Collaboration is the key to successful programs and I wouldn't want to provide you with anything short of that. Let us know how we can use our resources to reach the full potential of this community! In the future if I can ever answer any questions or be of any help please do not hesitate to call me or any of the ladies at your local extension office, we are here to serve you! I look forward to continuing to meet the faces that make up Oldham County! Thank you,



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