



May & June 2006

Choctaw County

Fruit Makes an Excellent Summertime Snack

As the weather begins to warm up it can mean one thing...school is nearly out for thousands of children across the state.

Many of these children will be in self-care during a parent's regular work day. While children are at home alone, it is a good idea to provide them with healthy food choices throughout the day, said Barbara Brown, Oklahoma Cooperative Extension Service food specialist.

"Fruit is a great option as part of a healthy meal or as a snack," Brown said. "When a parent isn't there in person to supervise food choices, it's important to provide good-tasting, healthy choices for children."

To help ease the grocery bill, purchase fruit that is in season because not only is it at its peak flavor, it is also less expensive.

"Keep in mind that fruit choices don't always have to be the fresh variety," she said. "Canned fruit in water or juice rather than syrup, or dried fruit will add some variety to a child's snacking options. Also, whole or cut-up fruits are a better choice than 100 percent fruit juice for the dietary fiber benefits."

To increase potassium intake, select fruits such as bananas, prunes, dried peaches and apricots, cantaloupe and honeydew melon.

Brown said it is a good idea to make fruit consumption as easy as possible. Keep a bowl of whole fruit on the table, counter or in the refrigerator. When time allows, cut up various fruits and store in the refrigerator in individual serving sizes. If time is a factor, consider convenience when shopping and buy pre-cut packages of fruit. Keep in mind that pre-cut

packages of fruits are more expensive, but may be worth the trade-off in time savings.

"Many fruits taste great with a dip or dressing. Low-fat yogurt or pudding as a dip for fruits such as strawberries and melon can be very appealing," she said. "Older children can make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Parents need to make sure their children know how to operate the blender and are comfortable with them using the appliance without parental supervision. Also, peanut butter spread on apple slices can be a tasty treat."

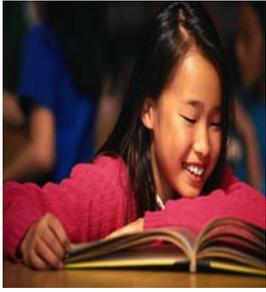
Breakfast is a great time to incorporate fruit into a healthy diet. Top a bowl of cereal with sliced bananas, strawberries or peaches, or small, whole berries, to add a new flavor twist. Blueberries can be added to pancake batter to add a serving of fruit.

For lunch or supper, skewer cubes of melon, pineapple chunks, grapes, berries and other fruits to make fruit kabobs for a fun side dish. Many restaurants now offer fruit and 100 percent fruit juice with kids' meals instead of fries and a soda.

Brown said it is important for parents to set a good example for children by eating fruit every day with meals or as a snack.

"To help children become more receptive to trying various fruits, let them pick out a new fruit variety or two during your next trip to the grocery store," she said. "Many children don't eat enough fruit and incorporating more fruit servings into a child's diet is just one way to help them lead a healthier lifestyle."

Summer Fun Begins with a Good Book



Once that final school bell rings for the summer, one of the last things on a child's mind is reading. But according to studies, making the summer months a time for reading adventures may help children perform better when school starts in the fall.

It is often difficult to fit reading in a summer schedule since there are many outdoor activities and other interruptions that children may find more exciting than reading. Yet, encouraging children to read throughout the year may allow them to develop a life-long habit of reading, along with maintaining a knack for reading for enjoyment.

To make summer reading fun and so children do not feel like they are still in school. Here are some ideas to help parents develop their children into year-around readers:

- ❖ Read with your child at least 20 minutes everyday and give them your full attention when reading together.
- ❖ Read for enjoyment! Allow your child to choose the books they are interested in and let them touch the books, turn the pages and discover the pictures. Even allow them to read aloud to you.
- ❖ Stop reading when your child loses interest. Most short sessions are effective.
- ❖ Re-read your child's favorite book. Young children sometimes like the same book read over and over again.
- ❖ Allow your child to read a variety of materials. Almost any age appropriate material is good, children's magazines, comic books, instruction booklets for games and traditional books. Reading anything that assists in building a child's vocabulary and comprehension will be beneficial to their reading comfort level.

- ❖ Use enthusiasm and give different voices to the different characters.
- ❖ Let your child get to know the book. Allow them to comment on what they see and hear, ask about numbers and shapes. Try to relate the story to your child's experience.
- ❖ Visit the local library. Go often and borrow books to allow your child to discover their interests.
- ❖ Be a role model, children learn from example. If they see their parents reading, they too will want to join in on the fun!

Once children discover the types of books they enjoy, reading will become more of a treat and they will look forward to participating in this activity. Taking the time to read is important to you and your child, and summer is a great time to enjoy a good book.



Summer Youth Programs

PAWS, CLAWS, SCALES AND TALES
Summer Library Program
June, Tuesdays and Wednesdays, 2:00 pm
Choctaw County Public Library, Hugo
For more information, call 326-5591.

CAMP PRIDE
10 – 12 year olds
May 30 – June 2
“*ONLY children of families who are currently enrolled in WIC*”
Registration Deadline: May 12
Contact: Gina Barnett at 236-3359, Choctaw Co. Health Department



4-H Summer Day Camps
Youth ages 9 and up
June, Wednesdays, 9:00 – 12:00
OSU Extension Office
Registration Deadline: June 5th.
For more information,
call 326-3359.

Sun Safety for Kids



Repeated exposure to the sun can increase the risk of developing skin cancer in the future. Most children rack up between 50% and 80% of their lifetime sun exposure before age 18. It's important that parents teach children how to enjoy fun in the sun safely.

Sun exposure is our primary source of vitamin D which helps us absorb calcium for stronger, healthier bones. It doesn't take much time in the sun for most people to get the Vitamin D they need. Unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and even cancer.

Sunlight Contains three types of ultraviolet (UV) rays: UVA, UVB, and UVC

- UVA rays cause skin aging and wrinkling and contribute to skin cancer. Tanning beds also use UVA rays. A UVA tan does not protect the skin from sun damage.
- UVB rays cause sunburns, cataracts (clouding of the eye lens), and immune system damage and contribute to skin cancer. Melanoma, the most dangerous form of skin cancer is thought to be associated with severe UVB sunburns that occur before the age of 20.
- UVC rays are the most dangerous, but these rays are blocked by the ozone layer.

Ways to Protect Your Child from the Sun

- Avoid the strongest rays of the sun – solar radiation is the strongest between 10:00 A.M. and 3:00 P.M.
- Cover up - wear a hat and use sunscreen - learn how to use it correctly - select a sunscreen rated SPF 15 or greater.
- Purchase protective eyewear for kids – not all sunglasses provide the same protection.
- Ask about your child's medication -some medications increase the skin's sensitivity to UV rays.
- Be a role model - wear sunscreen and sunglasses yourself.

What to Do if Your Child Gets a Sunburn . . .

Usually pain and the sensation of heat usually gets worse several hours after a sunburn. Children might also develop chills. The skin might become itchy and tight. The skin underneath the sunburn is vulnerable to infection, so try to keep the child from scratching or peeling off loose skin. If your child gets a sunburn:

- If the sunburn is severe and blisters develop, call your doctor. Until you can see the doctor, do not scratch, pop, or squeeze the blisters because they can become easily infected and can result in scarring.
- Keep your child in the shade until the sunburn has healed.
- Have your child take a cool (not cold) bath, or gently apply, cool wet compresses to the skin.
- Apply pure aloe vera gel.
- Give your child a pain reliever like acetaminophen or ibuprofen and spray on over-the-counter "after-sun" pain relievers. (Do not give aspirin to children or teens.)
- Apply topical moisturizing cream to rehydrate the skin and help reduce swelling. For the most severely burned areas, apply a thin layer of 1% hydrocortisone cream. (Do not use petroleum based products, because they prevent excess heat and sweat from escaping. Avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.)



Information adapted from www.kidshealth.org Sun Safety Fact sheet. For more information visit www.kidshealth.org or www.cdc.gov.

Nutrition & Food Preparation Classes

Held every Monday
10:00 a.m.

Choctaw Co. Library, Hugo



Presented by the OSU Cooperative Extension Service and the Community Nutrition Education Program (CNEP).

MAY 18, 2006

CHANGE THE WAY YOUR
COMMUNITY LIVES!

FORUM ON OBESITY IN CHOCTAW COUNTY

- In 2004, 61% of Oklahoma's adults were overweight or obese
- In 2004, 27.7% of Oklahoma adults participated in NO physical activities within the previous month
- In 2003, ONLY 15.4% of Oklahoma Adults are more than 5 fruits and vegetables a day
- Obesity leads to additional chronic health problems and creates financial burdens on individuals, families, employers, the health care industry, and state health care programs

The *Oklahoma State Department of Health, OSU Cooperative Extension Service, and Oklahoma Fit Kids Coalition* are seeking input from you, the community member, through a community forum. This forum will use your input to develop a statewide action plan to address obesity and its associated health consequences.



WHO: Choctaw County Residents

WHAT: Fit Kids Expo & Community Meeting

WHEN: May 18th, Thursday

4:30-5:30 pm Resource Fair, *Door Prizes, and Cooking Demos*

5:30-8:00 Community Forum and *Dinner*

WHERE: Kiamichi Technology Center, Hugo

WHY: Because We Care About Our
Communities!

For more information: contact Tommie M. James, OSU Extension Office at 326-3359 or Gina Barnett, County Health Department at 326-8821.

CHOCTAW COUNTY OHCE...

**OHCE Tea &
Heritage Demonstrations**

Thursday, May 18th
10:00 am – 2:00 pm
OSU Extension Office



Quilting, Tatting, Canning, Beadwork, and much more... "A come & go event."

Fair Judging School

Tuesday, June 6th
Coal Co. Fair Building, Coalgate

Executive Board Meeting

Thursday, June 15th
10:00 am

**Lunch-n-Learn
Food Preservation 101**
12:00 noon
OSU Extension Office



71st State OHCE Meeting

July 9-11, OKC
Registration Deadline: June 26th

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County Web Page:

<http://www.county.okstate.edu/choctaw/>

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