



Family Living IDEAS

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November 2008

Greetings all!

The holiday season is upon us! Holiday Bazaars, guests, parties, extra meals! This is all part of the season. This month I would like to focus specifically on items of food safety and healthy options concerning preparation of the holiday meal. For food safety, remember these items:

- Thaw the turkey (or any other meat) in the refrigerator. This process may take several days. For turkey, allow 1-2 days for 4-12 lbs., 2-3 days for 12-20 lbs., 3-4 days for 20-24 lbs. Check your packaging label for thawing recommendations.
- Never "pre-stuff" a turkey the day before. The turkey should be cooked immediately after stuffing. Plan your dinner time so that this task can easily be accomplished the day of the meal.
- Leftovers should be stored within two hours of being served.
- Serve hot food hot (over 140 degrees); cold food cold (under 40 degrees). If serving buffet style, have proper serving arrangements to keep hot food hot and cold food cold during the serving time.

Food safety is only part of our holiday meal preparation. Keeping our families safe with healthy foods is the other key to holiday meal preparations. This strategy is specifically important to those with special dietary needs or weight control concerns.

Try these considerations:

- Plan foods that will meet the "holiday theme and flavor" but are also adaptable to special dietary needs; such as using sugar free ingredients, lower fat options, etc.
- Use less fat, sugar, and salt in your cooking. If one or two are concerned with these issues, make one recipe that will be good for everyone. For example, if you are making your favorite holiday jello salad, use sugar free jello; or if one person needs gluten free foods, use gluten free bread for the dressing and cornstarch for the gravy. Everyone will benefit from this adjustment.
- Counter extra calories at dinner by adding some exercise in the morning or a walk after dinner with family or friends.

- Turn your attention away from food and focus on the things you are thankful for.
- Resist the temptation to continue grazing on leftovers; when you finish your dessert, you are done!

These few steps of pre-planning can assist all family members to have a great meal and be able to focus on enjoying each others company and not worry about what to eat or not eat.

Enjoy!

M. Christine Price
County Director,
Family and Consumer Sciences Educator

What kind of holidays do you want?

No matter if you remember last year's holiday season as just perfect or simply horrible, making a list of the things you like and don't like about this time of year will help make the upcoming months more pleasant ones. With help from your family, include activities as part of your holiday plan that each member has identified as a favorite. The following tips will help keep you on track:

Be realistic. Don't overestimate the amount of time, energy, or money you have available. Don't be afraid to say "no". Resolve to be happy with your decision in the New Year.

Be independent. Choose how you want to spend your holiday time and let your family know your wishes.

Be flexible. Don't expect too much of others or yourself. When we expect too much, disappointment will be the result.

Be healthy. Get enough rest and regular brisk exercise to reduce stress and anxiety. Eat and drink in moderation. Take time for yourself.

Live in the present. Enjoy this holiday season. Don't compare this holiday to memories of the past, whether good or bad. We will never relive the past, but we can enjoy the present.

Sheila Ryan. *Para su familia*. Dec. 2007

Be a good shopper for the holidays

To be a good shopper you need to plan what to buy, when to buy, and where to buy. This is not easy. There are so many goods and services to choose from. By careful shopping you may get more for your money.

Plan at home. This is where good buying begins. Make decisions before you start your shopping trip. Wise shoppers buy needed things first, then add the extras. Your family's needs will not be the same as those of your friends, neighbors, or relatives. As you plan keep in mind – what you have, what you need, how the item will be used, what size, color, quantity, and quality you want, and the price you want to pay.

Make a shopping list. This takes time, but a good shopper makes a list. Jot down items as you think of them. Organize within the store. This will save backtracking, prevent forgetting something, and help stop you from buying something you don't need.

Decide on quality. When you decide the type and quality you want in an item, consider how you will use the article, how long you will use it, how you will care for it, and how it looks. Remember that you don't always need the best quality. Irregulars or seconds are good for many uses.

Avoid impulse buying. Decide what you will buy before you get to a store. Spur-of-the-moment decision can wreck your family spending plan. To avoid impulse buying:

- Shop with a list.
- Shop for food yourself, or train others in the family to shop wisely.
- Ask questions such as "When will I use it?" – "Where will I use it?" – "Where will I store it?"
- Make a rule to "sleep on" a major purchase. The offer should be just as good the next day.
- Beware of your mood when you shop – when you are tired or hungry you are influenced easier.
- Try not to shop when you have to hurry.
- Have a spending plan for longer periods, and try to stick with it.

Include in your spending plan the amount you can spend "just for fun".

Division of Home Economics, Federal Extension Service. *Be a good shopper.* June 1965.

*As a plant springs from the seed,
our actions, character, and even our
circumstances spring from our thoughts.*

Communicating with young children

Tell the child what to do rather than what not to do. Using "do's" rather than "don'ts" can be very difficult, especially if adults already have the "don't" habit. It is very difficult to break bad habits. Using "do's" rather than "don'ts" requires much thought and practice. However, the improvement in your relationship with your child will make it worth the effort.

The Don'ts: Don't drag your coat on the ground. Don't squeeze the kitten. Don't slam the door. Don't draw on the table.

The Do's: Hold your coat so it doesn't drag. Carry the kitten gently. Close the door softly, please. You can color on this page.

Talk to children with the same amount and kind of consideration that you demand of others when they speak with you.

Talk with, not at

Talking "at" children is a one-sided conversation, such as, "Put on your raincoat," "You are going to spill that," or "You need a haircut." Adults who talk "at" children often use the excuse that small children cannot converse at the adult's level. But no one, including youngsters, likes to be talked "at". You may talk "at" the family dog, or even a tiny baby, but try to talk "with" a young child.

Talking "with" children is a two-way conversation – talking to them and then listening to what they have to say. Forming the habit of talking "with" children rather than "at" them will be especially helpful when they become teenagers.

Communicate at eye level

Eye contact improves communication. When talking with very young children, it is desirable to stoop down to their level or to sit at a table with them. Adults fail to realize the effect their size has on small children. How would you feel if a 10-foot-tall giant shook his finger and glared at you?

Kenneth E. Barber. *Communicating with young children.* WSU Extension. EB 1348.

Teach the value of food through cooking

Children are more likely to get excited about healthful eating when they're part of the process. Teach children to help prepare soups, salads, or pasta sauces, and enlist their help when you make them. Find recipes that include nutrient-rich foods your family enjoys. (Continued on next page)

(Value of food continued...)

Prepare them often and they will become family favorites.

Allow children to add a personal touch to their creations. For example, let kids draw a design with ketchup or mustard on a lean beef patty. Dress with their choice of vegetables, like tomato slices, avocado, cucumber, tomatillo, or lettuce.

Have a cooking play date. When several kids come over, cook with them. Cooking is a life skill that children and parents can learn and enjoy together. Take a cooking class with your child!

Tips for Parents: Teaching Children to Live Nutrient-Rich. Nutrient Rich Foods Coalition. nutritionexplorations.org

Making the best of family relationships

For most of us, there is something both wonderful and worrisome about large family gatherings. On the good side, we can experience real pleasure in spending time with relatives with whom we have so many common memories. Being with parents, siblings, and cousins who've known us since childhood helps us see ourselves more clearly without pretensions or illusions of self-importance. And shared family history and ties of blood and marriage can create a tribal sense of identity and belonging that is comforting.

Yet few families are able to avoid the rifts and feuds caused by unpaid loans, unreturned favors, unfulfilled requests, broken promises and, most of all, careless or cruel comments or gossip. Although we think we should love everyone in our family, we often don't. In fact, many of us have to struggle against the wisdom of the old adage: "familiarity breeds contempt."

But in a world so filled with throwaway and transitory relationships, we should more highly prize the stability and strength of family ties. In dealing with family, we have a greater, not a lesser, obligation to avoid unkind, insensitive, and hurtful remarks that can spawn resentments and grudges. We need to monitor our tendency to feel competitive or envious and, instead, take pride and pleasure in the success of any family member.

Some of your most enduring and endearing friendships can come from your family.

This is Michael Josephson reminding you that character counts.

Making the best of family relationships. Michael Josephson. Josephson Institute of Ethics. November 2008.

Diabetes briefing

Digestive problems are relatively common among people with diabetes. The most common is constipation, affecting nearly 60% of people with diabetes. Diarrhea and other gastrointestinal symptoms may also occur. For instance, diabetes is the most common cause of gastroparesis (delayed emptying of the stomach).

Gastroparesis is a disorder in which the stomach takes too long to empty its contents. Normally, the stomach contracts to move food down into the small intestine for digestion. The vagus nerve controls the movement of food from the stomach through the digestive tract. Gastroparesis occurs when the vagus nerve is damaged and the muscles of the stomach and intestines do not work normally. Food then moves slowly or stops moving through the digestive tract. Gastroparesis may occur in people with type 1 diabetes or type 2 diabetes.

Signs and symptoms of gastroparesis include heartburn, pain in the upper abdomen, nausea, vomiting of undigested food, early feeling of fullness after only a few bites of food, weight loss due to poor absorption of nutrients or low calorie intake, abdominal bloating, high and low blood glucose levels, lack of appetite, or spasms in the stomach area. Eating solid foods, high-fiber foods such as raw fruits and vegetables, fatty foods, or drinks high in fat or carbonation may contribute to these symptoms.

Gastroparesis can make diabetes worse by making blood glucose control more difficult. When food that has been delayed in the stomach finally enters the small intestine and is absorbed, blood glucose levels rise. Since gastroparesis makes stomach emptying unpredictable, a person's blood glucose levels can be erratic and difficult to control.

To control blood glucose, you may need to take insulin more often or change the type of insulin you take, take your insulin after you eat instead of before, check your blood glucose levels frequently after you eat and administer insulin whenever necessary. Your doctor will give you specific instructions for taking insulin based on your particular needs.

Symptoms may be mild or severe, depending on the individual, but gastroparesis tends to be a chronic condition. The main treatment for gastroparesis in people with diabetes is to regain control of blood glucose levels. Treatment may include insulin, oral medications, changing your meal plan and, in severe cases, a feeding tube and parenteral nutrition.

Digestive problems. Canadian Diabetes Association. November 2008.

Spinach and artichoke dip

A tantalizing blend of artichokes, spinach, sour cream, and aromatic flavorings makes this dip a memorable holiday appetizer. Serve with vegetables for dipping. A good choice for diabetics.

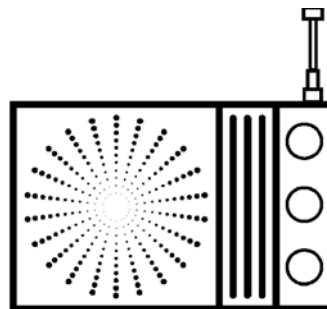
Ingredients: 14 oz artichoke hearts, canned, drained, and chopped; 10 oz. frozen, chopped spinach, thawed and drained; ½ cup low fat sour cream; ½ cups chopped red bell pepper; ½ cups parmesan or asiago cheese; 2 green onions, thinly sliced; 1 tbs dried onion flakes or onion powder; ½ tsp garlic powder; 2-3 drops hot pepper sauce

Instructions: In a medium bowl, stir together all the ingredients. Refrigerate for at least 30 minutes, or until the onion flakes have softened. Store covered in refrigerator. Makes 26 servings.

Spinach and artichoke dip. Found in Diabetes and Heart Healthy Cook. American Diabetes Assoc.

Saturday radio program

For those who have asked about the radio program which I do on KDRM: My next program will be Saturday, December 20 from 9-11 a.m. Dennis Clay and I will be discussing a lot of topics, but specifically issues related to food prep, food preservation, and making family holiday plans. Listen to KDRM 99.3 FM in Moses Lake and call in with your comments or questions. Thank you for your continued interest in and support of our programs. M.C. Price



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World Class. Face to Face.

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