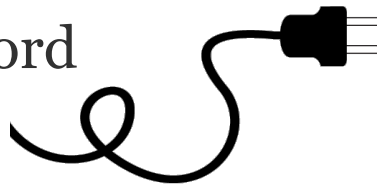


# The Extension Cord



Health and Human Sciences

November &amp; December 2021

Hello,

Can you believe it's already November?! Before looking to the end of the year I wanted to share an interesting Halloween tip for readers to potentially use next year. I recently learned about the Teal Pumpkin Project. This project happens worldwide on Halloween and those involved mark their porches or doorstep with a teal pumpkin. Putting this special colored pumpkin on your doorstep means you have non-food treats available, such as glow sticks, stickers, or small toys. This act is to promote inclusion for trick-or-treaters with food allergies or other conditions.

Halloween can be a tricky time for families managing food allergies and 1 in 13 children in the United States has a food allergy! Many traditional Halloween treats aren't safe for children with life-threatening food allergies. This worldwide movement offers an alternative for kids with food allergies, as well as other children for whom candy is not an option. It keeps Halloween a fun, positive experience for all!

Virtually any food can cause a reaction. Many popular Halloween candies contain nuts, milk, egg, soy or wheat, which are some of the most common allergens in children and adults. Additionally, many miniature or fun-size versions of candy items contain different ingredients than their full-size counterparts and some miniature candy items may not have labels, so it is difficult for parents to determine whether these items are safe for their child with food allergies.

For more information regarding food allergies and the Teal Pumpkin Project, visit: <https://www.foodallergy.org/>. It's definitely something to think about this time of year as we tend to cook and serve others more in this season.

**TEAL PUMPKIN  
PROJECT™**

HELP CREATE A SAFER, HAPPIER HALLOWEEN FOR ALL!



- Jessica Riffle

## Upcoming Public HHS Programming

Date	When	Where	What
Nov. 4	1:00 pm	Fulton County Public Library	Diabetes 101
Nov. 17	1:00 pm	Fulton County Public Library	Diabetes 102
Nov. 18	11:00 am	Kewanna Public Library	Wild Eats
Dec. 15	11:00 pm	Kewanna Public Library	Eating and Cooking with Dried Fruit
Dec. 16	8:30 am	Cass County Government Building Bi-Centennial Room, Logansport IN	ServSafe Manager Training

## "Diabetes 101 & 102"

Join me to learn more about the core four management techniques of Diabetes. Participants can expect a review of nutrition, physical activity, blood sugar monitoring, brief overview of medication differences, and how they all relate to blood sugar control. Session one will focus on management strategies, lifestyle modifications, and the impact of diabetes. Session two will spend more time diving into nutrition recommendations with emphasis on navigating holiday meals and label reading.

If you or someone you know has been diagnosed with prediabetes or diabetes, these learning opportunities are for you. Attend one or both sessions of either series at no cost to you!

For more information, call me at 574-223-3397.

November is National Diabetes Month. This year's focus is on prediabetes and preventing diabetes.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. **According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't know they have it.**

## "Wild Eats"

Wild Eats will feature information about keeping food safe during hunting, harvesting, and cooking stages. Fish, game birds, small game animals, and venison will be discussed with an opportunity to taste test venison.

*Did you know?* Nutritionally, ground deer meat contains less calories and more protein than the same portion or 85% lean ground beef. A 3-ounce portion of venison also provides more magnesium, phosphorous, potassium than an equal portion of ground beef. Incorporating game meat into your protein rotation can help increase the variety of flavor and nutrients into your routine

Join us in November at Kewanna for this unique presentation!

## Breakfast Enhancers

For some, breakfast is the most inconsistent meal of the day. Some mornings we go without, sometimes it's whatever we can grab on the way out the door, and other mornings it may look like a hot meal including the majority of our food groups. Dry cereal is a quick and easy solution for some. Pairing a whole grain cereal with a sprinkle of a 'fun' cereal and milk can provide phosphorus, magnesium, b vitamins, iron, vitamin d, and small amounts of protein. However, cereal is not one of the most satisfying foods and children and adults alike may find themselves searching for a mid-morning snack to carry them through until lunch. Below are a few ideas to add variety and create more satisfying breakfasts.

Use your waffle maker for more than waffles. These 'presses' can be used to prepare breakfast quesadillas, grilled cheese sandwiches, or turning shredded potatoes into hash browns. You could even 'waffle' pizza dough to create the base layer needed in your breakfast pizzas. Don't be afraid to

experiment with beans in the morning. They provide calcium, potassium, fiber, and protein and can be paired with hard boiled eggs or incorporated into breakfast burritos. Hummus is made from chickpeas and can be a sweet or savory addition to pizzas, toast, burritos etc. To make your own sweet spread, puree a can of drained and rinsed chickpeas and add 3-4 Tbsp. of honey or maple syrup, some vanilla extract, and your favorite sweet spices.

Use the freezer to your advantage and save time and money in the mornings. Make homemade patties of lean meat and/or vegetables to cook then freeze. Prepare scrambled eggs in round egg rings to freeze. Place the patty with one side of an English muffin, the scrambled egg with the other half and freeze separately. When ready to eat, heat the halves side by side for 2-3 minutes at about 60% power. Ice pop molds can be used to make frozen yogurt breakfast treats for those rushing out the door mornings. Fill the mold with your yogurt of choice, fruit, and granola without lots of added sugar. Allow pops to freeze for at least six hours or overnight.

Overnight oats can be another more satisfying answer to breakfast. It's also something that can be tailored to your flavor and texture preferences. Oats, quick barley, cooked rice, quinoa, or farro can all be used as an overnight grain base and mixed with yogurt or milk to let sit in the refrigerator overnight. From here you can add fruit, nuts, dried fruit, or something savory like cooked vegetables with salsa.

**USE THIS MUFFIN RECIPE TO MAKE AT THE START OF A WEEK FOR A QUICK BREAKFAST OR SNACK OPTION!**

## Apple, Carrot, & Cinnamon Muffin

Ingredients:

- 1¾ cups wheat flour
- 1½ tsp baking powder
- 1 tsp cinnamon
- ½ tsp baking soda
- ½ tsp salt
- 1½ cups shredded apple
- ½ cup shredded carrots
- ¾ cup milk
- 2 large eggs
- ½ cup honey
- ½ cup avocado oil
- 1 tsp vanilla

Preheat oven to 350°F. Line or grease muffin tin. Whisk together dry ingredients and then add shredded apple and carrots. Stir until produce is even throughout. Mix liquid ingredients in separate bowl and pour into dry mixture. Stir until dry and liquid are just incorporated.

Spoon evenly between 12 muffins and bake for about 15 minutes or until toothpick comes out clean from muffin center.

### Try This!

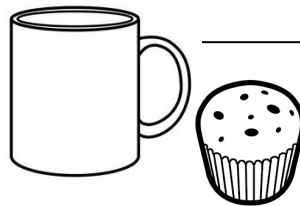
#### **Breakfast Casserole in a Mug**

- ¾ c. O'Brien potatoes, frozen
- 1 egg, large
- 1 Smoked Breakfast Sausage, diced
- 2 T. shredded cheese of your choice
- 1 T. sour cream

#### **Directions**

1. In the mug, microwave potatoes on Hi for 1½ - 2 minutes or until warmed through.
2. Using a fork, beat in egg. Stir in sausage, cheese and sour cream until blended. Microwave for 1 - 3 minutes until just set. NOTE: Check every 15 sec. after 1 minute.
3. Let stand 5 minutes.

**Variations:** Use hash brown potatoes vs. O'Brien potatoes. Substitute diced ham or other cooked meat vs. Smoked Sausages. Use Turkey Breakfast Sausage and/or Egg Substitute.



# Curb the Urge to Splurge

This year make a plan for your time, energy, and money for the coming holiday season. We've got to decide what's important and what to prioritize to spend more time celebrating and less time stressing. The holidays have been glamorized as everything to everyone and you can quickly feel that you have not achieved the glorious end result if you don't set your priorities before the holidays get here. Once you set your priorities let others know what you want and are planning. They may agree and feel relieved that they can slack up a bit.

Making a plan will look different for everyone based on their usual habits and traditions. A few things to consider to get started are; block out time on the calendar for priority activities, plan and write down times to get ready for activities, and make a budget for holiday expenses. If charging credit is your holiday vice, freeze those cards in ice and don't thaw until the holidays are behind you. Some benefit from placing cash in envelopes for gifts, food, fun, etc. so that spending in each of these categories ends when the cash is gone.



November and December are months that tend to increase overindulging causing stress to our finances. Of course, you may attend special holiday performances or meet up with a group of friends to eat out or treat yourself to some other sort of special outing. These are all ok but should be factored into your holiday budget plans. Curb the urge to splurge by:

- Spending under your limit- Is the purchase really necessary? Am I over buying (food)?
- Planning for special holiday outings or eating out while shopping- can you pack snacks to prevent extra food costs?
- Look for sale items & use coupons- Is there a less expensive option?
- Draw names instead of purchasing gifts for everyone
- Create a holiday account or envelope system to help control spending- if I charge this, how long will it take to pay off?
- Shopping online can help decrease the risk of distraction or extra purchases- don't forget to budget for shipping costs!
- Be aware of retailer and advertising tactics- Are they playing to emotions? How long will the joy of this gift last? Would I come back tomorrow and buy it?

Use what you have and involve others! Ask family members to come craft or bake while spending quality time, ask those you're hosting to bring their favorite holiday decoration to display during the gathering and allow them to share why it's meaningful.

Personally, my most favorite "things" I spend money on during this season are those that result in making memories. Money used to purchase the foods needed to prepare for get togethers, ingredients needed to have a baking day with family, hunting for the 'perfect tree', and decluttering items to donate. Find whatever brings you joy, and put your resources there.

Wishing you all a wonderful season and happy new year!