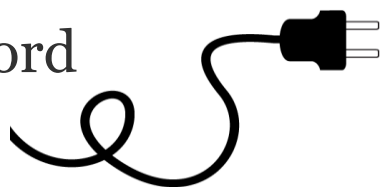


The Extension Cord



Health and Human Sciences

November & December 2023

Hello,

It's a busy, busy time of year for many people. Much of my November will be spent teaching Captain Cash. Riddle Elementary School has partnered with Purdue Extension Educators to bring "Captain Cash" into its third-grade classrooms! It is never too early for children to learn how to become eager earners, savvy savers, wise spenders, and careful borrowers. This financial literacy program engages children in money-smart activities and takes them down the road to financial fitness.

Halloween brought a "spooky" start to this year's Captain Cash lessons but was the perfect opportunity to test out my revamped Captain Cash ensemble. This year Captain Cash is leading third graders to the tropical islands of earning, saving, spending and borrowing in Hawaiian themed shirts and prominent captain's cap. Bright colors and catch phrases like; "ahoy mates, all hands-on deck, the more you learn- the more you earn, there is an end to what you can spend, etc." help keep students focused and engaged throughout the lesson.

Each week we complete interactive activities and read a book or scenario out loud. For example, on the island of "Save," students draw randomly from a pile of career cards. Each career has a sample monthly wage that we then begin subtracting car, house, food, and other necessities from. All these amounts are drawn at random- including the dollar amounts for fun and emergency categories. Emergency cards are drawn last to help reiterate the importance of saving money before spending all of our extra on fun things or "wants." Captain Cash highlights the importance of recognizing needs vs. wants and begins introducing budgeting concepts to students.

I enjoy this program and look forward to bringing it to Akron and Caston Elementary Schools later in the school year.

-Jessica Riffle

Upcoming Public HHS Programming & Important Dates

Date	When	Where	What
Nov. 15	11:00 am	Kewanna Public Library	Air Fryer 101
Dec. 4	8:00 am	Cass County Extension Office	ServSafe Manager Training
Dec. 8	12:30 pm	Unity Gardens- South Bend	Jams and Jellies
Dec. 20	12:00 pm	Kewanna Public Library	Cooking Under Pressure

Note: Registration Required for ServSafe Manager Training and Jams and Jellies workshop. Please call the Fulton County Extension office with questions or registration information.

aisles and canned food section also provide nutritious alternatives. Watch for high sodium products in these aisles and avoid those fruits canned in heavy syrups.

Cooking on a smaller scale can allow more creative freedom in the kitchen. Experiment with herbs, spices, and flavors that maybe outside of your routine. If you have recipes that are staples or favorites in your homes but make large amounts, plan for that! Plan to either invite others to share or freeze leftovers in single portions to pull out on busy weekdays in future weeks. Challenge yourself when planning meals to use similar ingredients multiple ways. For example, if purchasing chicken, plan to purchase the large package at a more economical cost. You can then cook, shred, and freeze what's not needed for a later date or bake a couple of chicken pieces in your favorite sauce or seasonings, cook remaining to add to soup, incorporate into stir-fry, or make chicken salad. All use the same protein but offer very different flavors to enjoy throughout the week!

Check it out!

The University of Kentucky Cooperative Extension Service has a wonderful publication about Cooking for One or Two. It can be found at [https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/cookingfor1or2-documents/Recipes_Tips4Cooking4OneOrTwo.pdf]. I understand that's a long URL to type into your internet bar. I've pulled out a few sample recipes I especially liked. They all use the same beef mixture that can be made in advance!

Make Ahead Beef Mix		Makes 10 cups
<p><i>Ingredients:</i> 4 lb. ground beef 4 medium onions, chopped 1 c. chopped celery 3/4 cup chopped green pepper 2, 15-ounce cans tomato sauce 1 t. garlic powder 2 T. Worcestershire sauce 1 t. pepper 1 t. salt, optional</p>	<p><i>Directions:</i> Brown ground beef with onions, green pepper and celery. Drain excess fat. Add remaining ingredients, simmer 15 minutes. Pack into 1 cup freezer containers, label and freeze for up to 3 months. Thaw in refrigerator overnight to use.</p>	

What to do with the Make Ahead Beef Mix:

Beefy Rice Dinner Yield:	Yield: 2 servings
<p><i>Ingredients:</i> 1 c. Make Ahead Beef mix, thawed 1 c. cooked rice 1 small can whole kernel corn 1/4 c. grated cheese</p>	<p><i>Directions:</i> Heat beef mix, rice and corn. Stir in cheese, simmer 5 minutes.</p>

BBQ Beef Sandwiches		Yield: 2 or 3 sandwiches
<i>Ingredients:</i>		<i>Directions:</i>
1 c. Make Ahead Beef mix, thawed		Heat beef with barbecue sauce. Serve on buns or bread slices.
2 T. barbecue sauce		

Beef and Bean Enchiladas		Yield: 2 servings
<i>Ingredients:</i>		<i>Directions:</i>
1 c. Make Ahead Beef mix, thawed		Directions: Stir salsa, cumin, and garlic powder into the Make Ahead Beef Mix until heated thoroughly. Meanwhile, spread 2-3 tablespoons refried beans over each tortilla. Sprinkle each with cheddar cheese and Monterey jack and put in baking dish. Top with any remaining beef mixture and cheese. Bake, uncovered, at 350° F. for 20 minutes or until heated through.
6 ounces salsa		
1/2 t. cumin powder		
1/8 t. garlic powder		
6 ounces refried beans		
2 ounces cheddar cheese, low-fat, shredded		
4 tortillas, 7-inch		

Italian Spaghetti		Yield: 2 servings
<i>Ingredients:</i>		<i>Directions:</i>
1 c. Make Ahead Beef Mix		Heat frozen mix, water, ketchup, parsley, oregano, basil, and garlic powder to boiling in a 1-quart saucepan. Reduce heat; cover and simmer, stirring occasionally, until mix is thawed, 5-8 minutes. Simmer uncovered until desired thickness, about 10 minutes. Serve over cooked spaghetti.
1 c. water		
2 T. ketchup		
1 t. parsley, dried		
1/4 t. oregano		
Dash sweet basil		
Dash garlic powder		
4 oz. spaghetti, cooked		

Cooking Under Pressure

“Cooking under Pressure” is a 1-hour program about Electric Programmable Pressure Cookers (EPPC). Techniques on using the EPPC, food safety and increasing family meal time are a few of the highlights. Are you considering purchasing an electric programmable pressure cooker? Or do you have an EPPC, but you aren’t sure how to use it? Then join us for Cooking Under Pressure!