



DONIPHAN COUNTY FAMILY CONSUMER SCIENCE NEWS

2017 EHU Presidents:

- Mary Linn Johnson - Bendena
Homemakers
- Darla Bletscher - Happy Time
Homemakers
- Theresa Root - Helping Hands
Homemakers
- Nancy Huss - Moray Friends
Homemakers
- Dorothy Diveley- Pollyanna
Homemakers



2017 County Homemaker Council Reps.:

- Darlyne Johnson - Bendena
- Sharon Staudenmaier - Happy Time
- Amy Masters - Helping Hands
- Beverly Kentzler - Moray Friends
- Dorothy Diveley - Pollyanna

***Next DCHC meeting will be Monday,
February 6th at 9:30 a.m. at the office.**



**Please reserve the date, Tuesday,
January 24th 2017 as our
Doniphan County Winter Lesson
Day. (A snow date on the following**

**Tuesday, January 31st should be reserved as
well, just in case*!)**

**Our Winter Lesson Day will begin at 10:00
a.m. at the extension office. The schedule will
be as follows:**

- 10:00 a.m. - Spend Some, Save Some, Share
Some - Agent Cindy Williams
- 11:00 a.m. - Fixing Funky Foods - Agent Kathy
Tharman
- 1:00 p.m. - Pass It On - Agent Nancy Nelsen
- 2:00 p.m. - Adult Immunizations - Agent Diane
Nielson

Stay Strong, Stay Healthy



STAY STRONG STAY HEALTHY

Stay Strong, Stay Healthy is an 8-week exercise program for older adults, that meets twice a week for 1-hour classes.

The program's goal is to improve participants' health and quality of life.

Each hour-long class includes:

- Warm-up exercises
- Easy strengthening exercises, with or without weights
- Cool-down stretches

During the program, you will learn exercises to improve strength, balance, and flexibility. After the program ends, you can continue in the comfort of your own home or with a group.

PROGRAM DETAILS:

- 8 Week Stay Strong Stay Healthy
Program Orientation and Assessment
Meeting: March 21, 2017
- Class Dates: Twice a week,
Wednesday and Fridays, beginning on:
March 22, 2017
- Cost: \$20

Time: 9:00 a.m. - 10:00 a.m.
Location: Wathena area, To Be
Determined

***Pick up a Registration packet(s) at
the Doniphan County Extension office,
105 S. Liberty, Troy, Kansas
in February.**

CAN FOOD BE STORED IN THE SNOW?

Power outages are bound to happen at some point. During the winter, ice and snow can cause power outages for days.

Can food be stored outside in the snow? Keep in mind that a full freezer of food usually will keep about two days, if the door is kept shut. A half-full freezer will stay cold enough about a day. If you find that the power will be out longer, you may need to resort to other methods to preserve your frozen food. If it's short-term, the best thing is to keep the freezer closed.

It's tempting to use our giant outdoor "walk-in freezer" to store food, but storing food outside is not recommended by the USDA due to potential variable temperatures, unsanitary outdoor conditions and/or disturbances by animals. (Ask me about our dog breaking into the chili!). There can be temperature fluctuations from the sun's rays, which could thaw the food. Depending on the outdoor temperature, you may be able to store the food in impermeable covered plastic containers in an unheated garage or other place where the food won't be disturbed. Monitor the temperature and the state of the food.

DRY CREAM SOUP MIX

Canned cream soups can be high in fat, sodium, and calories. If you use cream soup often, try this homemade soup mix instead. When using

the soup mix, add some chopped celery, chopped mushroom, or substitute chicken broth for the water to flavor the cream soup.

Dry Cream Soup Mix:

Equal to 7 cans cream soup

Ingredients:

2 cups instant nonfat dry milk

¾ cup cornstarch

¼ cup sodium free dry chicken bouillon

2 tablespoons dried minced onion flakes

1 teaspoon dried thyme leaves

1 teaspoon dried basil leaves

½ teaspoon ground pepper

Directions:

Combine all ingredients and store in air tight container.

To use as a substitute for one can condensed soup:

Mix 1/3 cup dry mix and 1 ¼ cups water.

Stove top: cook and stir with whisk until thickened.

Microwave: Using a large microwave safe bowl; cook on high for 2 or 3 minutes, stirring with whisk every 30 seconds until thick.

Nutrients per can-equivalent: 149

calories, 7 g protein, 0 g fat, 0 g saturated fat, 111 mg sodium, 4 mg cholesterol, 28 g carbohydrate, 0.5g fiber

BAKING CAN CURE THE BLUES

I've always said baking bread is therapy for me. Now there's some science to back that up.

The study from New Zealand followed 658 young people in a 13 day study.

Some outcomes of the study showed that, baking helps them focus on small tasks that are similar to meditation. This led to more enthusiasm and higher flourishing days.

This just reinforces the idea that creativity is a positive experience for better well being. So enjoy that good feeling of taking freshly baked bread out of the oven!





ANOTHER NEW YEAR RESOLUTION!

Almost half of the United States population participates in the New Year tradition of setting a

resolution. Unfortunately, studies have shown that only about 8% of these individuals actually follow through and achieve their goal. How can you increase your chances of becoming your "New You" in 2017? Here are a few tips to help your resolution become successful:

Make it Relevant and Reasonable

If your resolution is something that you want to keep, make sure you are actually ready to face it. The more you connect with your goal, the more likely you are to work toward it. Be sure to stay reasonable while setting goals for yourself. It may be more effective to start with smaller achievements and increase them as you become more confident. Take the time to sit and think about how this accomplishment can better yourself. Making a personal resolution that excites you is a key factor for staying focused on this goal.

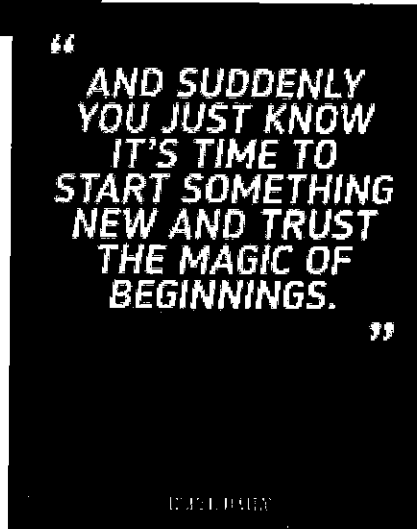
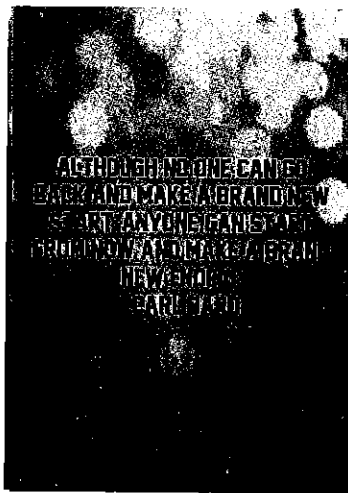
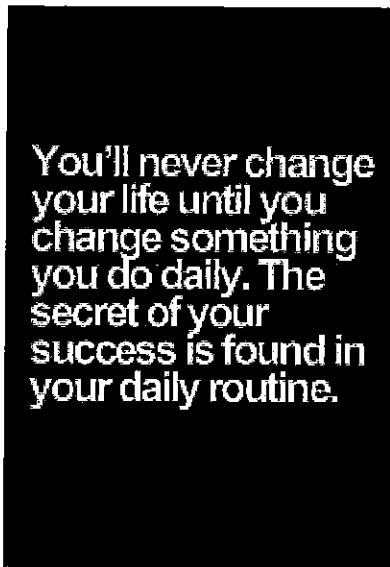
Be Positive and Aware

Your resolutions should make you feel positive about yourself. To start on the right foot, begin your resolution with "I will..." instead of "I want to..." This simple change can create a more positive and achievable thought process during your planning. Don't be afraid to change your resolution until you are completely satisfied. Once you are happy with what you have come up with, write it down and make sure you connect with it. It is not a bad idea to write your resolution in multiple places. Some good areas include your calendar, mirror, journal, or as a reminder in your phone. Sharing your resolution with others can make it more concrete and hold you accountable for your actions. Letting your friends and family know about your goals may also expand your social support throughout the process. Increasing yours and

other's awareness of your resolution can help you during the year.

Do Not Leave Room for Doubt

Those who develop clearly stated and detailed resolutions are 10 times more likely to reach their goals than those who do not. No matter what topic you decide to focus on, make sure that it is something you can narrow down to a specific and meaningful goal. Sometimes it helps to break down your established resolution into smaller, detailed steps. If you want to achieve your resolution by the end of the year, try to make smaller goals every 2 or 3 months. That way you can celebrate the smaller achievements, while keeping you positive and reminding you of your ultimate objective.



Recipes submitted by the Pollyanna Homemakers Club

Cabbage Sautéed with Chicken

Submitted by Nancy Tilton

- 3 tbsp. olive oil
- 1/2 lb. boneless chicken thighs, cut into small pieces
- 1 small cabbage
- 2 medium carrots (shredded)
- 1 tbsp. paprika
- 2 tomatoes
- 3 bay leaves
- 1 cup chicken stock
- Salt, pepper
- Chopped fresh parsley to garnish

Warm up a large sauté pan on medium high heat. Add olive oil and chicken. Fry for 5-7 minutes or until browned. Meanwhile, slice the cabbage into thin strips, just like you would for coleslaw. Add cabbage and paprika to the chicken. Stir and sauté for another five to ten minutes. Puree the tomato in a small food chopper or food processor. Add tomato, chicken stock, carrots and bay leaves. Season with some salt and pepper. Stir everything together. Reduce heat to low and cover with a tight lid. Cook stirring occasionally for about 45 minutes, until there is no liquid remaining. Garnish with fresh parsley.

Yield: 4 servings. Nutrition Facts: 280 calories. Total Fat 16g, Cholesterol 30mg, sodium 760mg, dietary fiber 8g, sugars 13g, protein 14g.

Cinnamon Honey Butter

Submitted by Dorothy Diveley

- 1 cup (2 sticks) salted butter, room temperature
- 1 cup powdered sugar
- 1 cup honey
- 2 tsp. cinnamon

Use the whisk attachment on your mixer to beat the butter for 1 minute. (You can do this with regular beater of course, or a wooden spoon.) Add the powdered sugar, honey and cinnamon. Beat on low until the powdered sugar is incorporated, then beat on medium for a bit. Scrape the sides and bottom then beat again until it is smooth. This recipe will fit into six 4 ounce mason jars, or 3 half pint mason jars. Store this however you normally store butter. Put it in the fridge if you plan on keeping it for a while, or on the counter if it will be eaten within a couple of days. Either way it should be served room temperature.

Yield: 1 Tablespoon size—24 servings. Nutrition Facts: 100 calories. Total Fat 4g, Cholesterol 10mg, sodium 65mg, dietary fiber 0g, sugars 16g, protein 0g.

Chicken Enchiladas

Submitted by Janet Twombly

- 1/3 cup butter
- 1/3 cup flour
- 2 cans chicken broth
- 12 oz sour cream
- 2 jalapenos, chopped
- 24 tortillas
- 1 cup chopped onion
- 1 pound cheddar cheese
- 1 pound Monterey jack cheese
- 2 + cups cooked chopped chicken

In a heavy pan melt butter. Stir in flour and add chicken broth. Stir until thick. Add sour cream and jalapenos. Fry tortillas; stuff with onion, cheddar cheese and chicken. Place in two 9 x 13 pans, cover with sauce and Monterey jack cheese. Bake at 350 degrees for 20-30 minutes.

Yield: 24 servings. Nutrition Facts: Calories 320. Total Fat 19g, Cholesterol 60mg, sodium 740mg, dietary fiber 1g, sugars 2g, protein 16g.

Sauerkraut Soup

Submitted by Dorothy Batchelder

- 4 medium potatoes washed and diced in 1/2 inch cubes
- 1/2 cup chopped onion
- 2 cans chicken broth (14 oz) plus water to make 4 1/2 cups
- 1 (16 ounce) package sauerkraut (NOT canned)
- 1 1/2 tsp dill weed
- 1 pound Kielbasa, sliced and halved or quartered
- Salt and pepper to taste
- 1 cup sour cream
- 1 Tbsp. flour

Combine in Dutch oven over high heat, potatoes, onion, broth and water. Boil until tender. Rinse sauerkraut (not too much if you like the sour taste); add to potatoes in pan along with dill weed, Kielbasa, salt and pepper. Mix well. Simmer for 5 to 10 minutes. Combine the sour cream and flour with 1/2 cup liquid from the soup and then add to the soup. Simmer until thickened but do not boil.

Yield: 6 servings. Nutrition Facts: 340 calories. Total Fat 21g, cholesterol 80mg, sodium 2310mg, dietary fiber 4g, sugars, protein 14g

Recipes are due Feb 15, 2017 from the
Bendena Homemakers Club

Happy New Year