



College of Agriculture
and Natural Resources
Extension
Niobrara County



THE HOMESTEADER

January—March 2019

TRUE FRIENDSHIP

A-Z

Michael Josephson—2012

Michael Josephson—2012

Accepts you as you are
Believes in you
Celebrates your successes
Defends you
Encourages you
Forgives you no matter what
Gives you what you need
Has patience with you
Inspires you
Judges you rarely, but fairly
Keeps your secrets
Loves you for who you are
Makes you feel better

Never abandons you
Opens doors for you
Prods you
Quells your fears
Restores your confidence
Shares your joys and grief
Tells you the truth
Understands you the best
Values you
Wants the best for you
Xpects the best from you
Yanks you back to reality
Zeros in on what's wrong



Want a healthier dinnertime?

Science says change your eating space

How and where you eat matters. From your plate size to your table, these expert-approved tips will help you navigate dinnertime like a seasoned pro.

[By Mayo Clinic Staff](#)

Have you ever considered how your eating environment impacts your health? Scientists have.

As it turns out, where and how people eat plays a big role in weight, nutrition and overall health. So whether you're dining solo or serving the whole family, these research-backed dinner-time hacks can help revamp your eating environment to keep you and your family healthy.

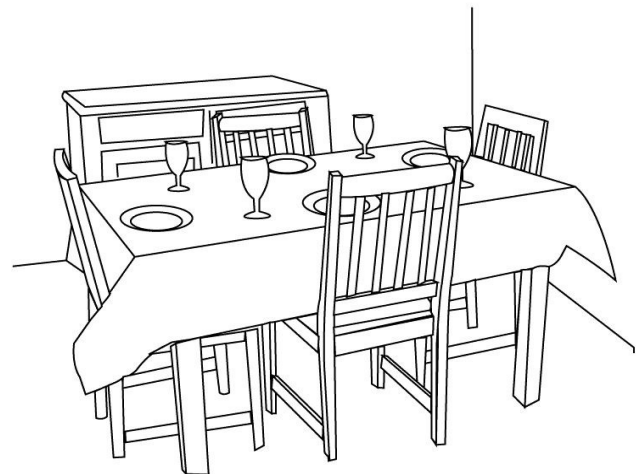
1. **Keep your dining space clutter-free** — Is your dining room or kitchen table doubling as your mailroom or classroom? Clutter is distracting and can make it difficult to concentrate. One study in particular showed that distraction while eating increased how much participants snacked later on. By making time to organize or redecorate your dining space, you'll be more inclined to use (and enjoy) it.
2. **Grab a seat at the table** — According to experts, dinner is for the table, not the couch. Staying seated at the table helps improve eating posture, reduces distraction and enhances focus throughout the meal. One study even found that eating at the dinner table was correlated with a healthier overall weight.
3. **Serve from the kitchen** — When a serving bowl of spaghetti or a plate of bread remains on the table, it can be all too tempting to reach for seconds. Instead, keep food out of sight on the stovetop or kitchen counter. You'll have to think twice (or three times) before standing up and going for seconds, which might be all you need to decide if you're still hungry.
4. **Opt for smaller plates and glasses** — The eye can be deceiving. It's human nature to fill the space on a plate with food. So if you grab a large plate, you're probably dishing up larger portions than you need. Instead,

reach for a smaller plate or glass.

5. **Make mealtime screen-free** — Important advice for children and adults alike: Turn off the TV and power down your smartphone. Going tech-free reduces distractions and gives you an opportunity to focus on what you're doing — eating. You'll be able to better listen to your hunger and fullness cues, which can help you avoid overeating.
6. **Let dinnertime be an opportunity for bonding** — Whether you're eating with friends or family, meaningful connections matter. Research shows that children who have regular family meals perform better at school and have lower rates of anxiety and depression.

Healthy eating is about more than food — it's about environment, too. So before the clock strikes dinnertime, consider your eating space. Revamping your routine and environment might be the key to helping you and your family eat, and enjoy, a healthy dinner around the table together.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/want-a-healthier-dinnertime-science-says-change-your-eating-space/art-20390080>





Get Happy With More Fruits and Veggies

Take those New Year's health resolutions by the horns! Whether you want to lose weight, lower your blood pressure, improve your blood sugars, or just want to eat and live healthier and happier, I have 5 simple tips for you to help you meet your 2019 goals!

People often ask me what the best detox or diet is. If I am being honest, I'm not a fan of either. Usually I answer with something along the lines of eating more nutritious foods and listening to the body. My answer never seems to get the reaction I hope for; don't people want to be told they can eat REAL food instead of endless rice cakes and shakes that never seem to satisfy hunger?

With everything at our fingertips these days, it seems like a quick-fix is always within arm's reach. Sorry to break it to you, but quick fixes when it comes to nutrition, especially weight control, never end up the way we hope. My theory is that we need to make lifestyle changes for eating habits to be sustainable. Small, SIMPLE, changes can have a huge influence on your health and affect the way you feel! Let's talk about 4 of my favorite simple fixes that will leave you feeling healthier and happier!

1. Forget calorie counting

Focusing on only calories can lead to unhealthy habits, such as taking attention away from overall nutrition. If you are watching your weight, look for other ways to make sure your body is getting the nourishment it needs.



*Try adding a fruit and/or vegetable to every meal and snack! Not only does this help you meet your recommended 5 servings of fruits and vegetables per day, it also is a fantastic way to nourish your body and increase satiety.

*Intuitive eating. Before, during, and after eating, check in with your body's natural hunger signals.

- You can use a basic scale from 1 to 10, 1 being you haven't eaten all day and 10 being you feel like you just ate a Thanksgiving dinner.

- The goal is to stay between 3 and a 6 at all times

- Are you eating because you are truly hungry, or are you bored, stressed, sad, or happy? It does take practice, but the better you get at eating based on what your body is telling you, the less you will overeat.

2. Don't skip meals

*Skipping meals can promote overeating later in the day, which can potentially result in weight gain.

*When you eat at least 3 meals per day, you are more likely to be able to focus on your hunger cues, keeping your blood sugar balanced.

*Try your best to eat breakfast or a small snack in the morning, including a fruit and/or vegetable. This will provide you with the energy you need to start your day off right!

3. Don't eat boring food

- *People often associate healthy with boring salads, dressing on the side. I am here to proudly say that's not the case!
- *Do eat your fruits and veggies, but prepare them in a way that you enjoy! Throw them in the oven or on the grill with a drizzle of olive oil. Now that's a game changer!
- *Find ways to make more nutritious choices that work for you. I promise that eating healthy can taste good!



4. Kick the added sugar

- *Hands down, added sugar is one of the most problematic foods when it comes to weight gain, high blood sugar, and high triglyceride levels. Added sugars add calories to the diet without adding any substantial nutrition.
- *The American Heart Association recommends that men consume no more than 36 grams and women no more than 24 grams added sugar per day..about the amount in 1 can of soda.
- *Let's discuss the difference between natural and added sugar:

- Naturally occurring sugars like lactose (milk sugar) and fructose (fruit sugar) are completely natural and shouldn't be a concern for most people.

- Sucrose (honey, cane sugar, etc.) is used to add sweetness (added sugar) to foods like cakes, cookies, salad dressings, pasta sauces, and many other commonly consumed products.

- *Incorporate more foods in your diet that naturally contain sugar like dairy, fruits, and vegetables!

- *Look for products with little or no added sugars.

Emily Parent, RD, LD

Supermarket Registered Dietitian, Coborn's Inc

<https://www.fruitsandveggiesmorematters.org/get-happy-fruits-veggies/>



Niobrara County Homemakers
13th Annual Soup & Salad Luncheon
Thursday, March 14, 2019
Serving 11:00 AM - 1:00 PM at the
Fairgrounds

\$10.00 per person
Children 5 and under eat
free
Children 6 - 12 - \$5.00

Your Choice of Three
Different Soups
Plus Salad, Dessert and
Beverage

Advance tickets may be purchased from
any Niobrara County Homemaker member
or at the Extension Office
Tickets will also be available at the
door

All proceeds go to the
Niobrara County Homemakers Scholarship Fund



Winter fitness: Safety tips for exercising outdoors

Dressing in layers, protecting your hands and feet, and paying attention to the forecast can help you stay safe and warm while exercising outdoors in cold weather.

[By Mayo Clinic Staff](#)

Frigid temperatures can discourage even the most motivated exercisers. Without motivation, it's easy to pack away your workout gear for the winter. But you don't have to let cold weather spell the end of your fitness routine. Try these tips for exercising during cold weather to stay fit, motivated and warm.

Stay safe during cold-weather exercise

Exercise is safe for almost everyone, even in cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor first to review any special precautions you need based on your condition or your medications.

The following tips can help you stay safe — and warm — while exercising in the cold.

Check weather conditions and wind chill

Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you'll be outside, are key factors in planning a safe cold-weather workout.

Wind and cold together make up the wind chill, a common element in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even with warm clothing.

The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Any exposed skin is vulnerable to frostbite.

The risk of frostbite is less than 5 percent when the air temperature is above 5 F (minus 15 C), but the risk rises as the wind chill falls. At wind chill levels below minus 18 F (minus 28 C), frostbite can occur on exposed skin in 30 minutes or less.

If the temperature dips below 0 F (minus 18 C)

or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Consider putting off your workout if it's raining or snowing unless you have waterproof gear.

Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Know the signs of frostbite and hypothermia

Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet. Early warning signs include numbness, loss of feeling or a stinging sensation.

Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — but don't rub it since that can damage your skin. Seek emergency care if numbness doesn't go away.

Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are also at greater risk.

Hypothermia signs and symptoms include intense shivering, slurred speech, loss of coordination and fatigue. Seek emergency help right away for possible hypothermia.

Dress in layers

Dressing too warmly is a big mistake when exercising in cold weather. Exercise generates a considerable amount of heat — enough to make you feel like it's much warmer than it really is. The evaporation of sweat, however, pulls heat from your body and you feel chilled. The solution?

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin.

Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you're lean, you may need more insulation than someone who is heavier.

Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Protect your head, hands, feet and ears

When it's cold, blood flow is concentrated in your body's core, leaving your head, hands and feet vulnerable to frostbite.

Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty.

Consider buying exercise shoes a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.

Don't forget safety gear — and sunscreen

If it's dark when you exercise outside, wear reflective clothing. And if you ride a bike, both headlights and taillights are a good idea. To stay steady on your feet, choose footwear with enough traction to prevent falls, especially if it's icy or snowy.

Wear a helmet while skiing, snowboarding and snowmobiling. Consider using chemical heat packs to warm up your hands or feet, especially

if you have a tendency to have cold fingers and toes or if you have a condition such as Raynaud's disease.

It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark glasses or goggles.

Drink plenty of fluids

Don't forget about hydration, as it's just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you're not really thirsty.

You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind, and increased urine production, but it may be harder to notice during cold weather.

Putting it all together for cold-weather safety

These tips can help you safely — and enjoyably — exercise when temperatures drop. Closely monitor how your body feels during cold-weather exercise to help prevent injuries such as frostbite.

Consider shortening your outdoor workout or skipping it altogether during weather extremes, and know when to head home and warm up. Also, be sure to let someone know your exercise route and your expected return time, in case something does go wrong.

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626>





TRIED AND TRUE

RECIPES

Homemade Taco Seasoning Mix

Taco seasoning mix is a staple in many people's cupboards. It adds great flavor to taco meat, beans, soups, and dips. You can buy pre-packaged taco seasoning mix at the store or you can use our homemade version. To make homemade taco seasoning mix, you simply need to combine minced onion, chili powder, cornstarch, crushed dried red pepper, garlic powder, dried oregano, and ground cumin in a container with a tight fitting lid. This seasoning mix lasts a year in your cupboard.

This seasoning mix makes the equivalent of six packages of store bought taco seasoning mix. The homemade seasoning mix costs about the same as store bought. Homemade is \$2.46 for six packages and the store brand at my local grocery store is \$0.44 for one package, which comes out to \$2.64 for six packages.

The big difference between the two mixes is the sodium content. One package of store bought taco seasoning mix contains 2,580 mg of sodium, which is 430 mg per serving. Two tablespoons of our homemade taco seasoning mix (the equivalent of one store bought package) contains 80 mg of sodium, which is about 13 mg per serving.

<https://blogs.extension.iastate.edu/spendsmart/2018/11/12/homemade-taco-seasoning-mix/>

INGREDIENTS

- **1/4 cup** dried minced onion
- **2 tablespoons** chili powder
- **1 tablespoon** cornstarch
- **1 tablespoon** crushed dried red pepper
- **1 tablespoon** garlic powder
- **1 tablespoon** dried oregano
- **1 tablespoon** ground cumin

INSTRUCTIONS

1. Combine all ingredients. Mix well.
2. Place in a storage container with a tight fitting lid. Seal tightly.
3. Store in a cool, dry place for up to one year.
4. Stir or shake well before each use.
5. Use this mixture instead of purchased taco seasoning mixes. Measure 2 tablespoons per pound of ground meat.

| Nutrition Facts | |
|---|-----|
| 6 servings per recipe | |
| Serving Size: 2 Tablespoons | |
| Amount Per Serving | |
| Calories | 35 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 80mg | 3% |
| Total Carbohydrates 8g | 3% |
| Dietary Fiber 2g | 8% |
| Total Sugars 2g | |
| Added Sugars | NA* |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 35mg | 2% |
| Iron 1mg | 6% |
| Potassium 150mg | 4% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |
| NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly. | |

Oatmeal Cranberry White Chocolate Chip Cookies

<http://blog.alisonspantry.com/oatmeal-cranberry-white-chocolate-chip-cookies/>

Ingredients:

| | |
|---|------------------------------|
| 2/3 cup butter, softened | 1/2 tsp salt |
| 2/3 cup packed brown sugar | 1 tsp baking soda |
| 2 eggs | 1 1/4 cups dried cranberries |
| 1 1/2 cups rolled oats | 2/3 cup white vanilla chips |
| 1 1/2 cups all-purpose flour (or white whole wheat flour) | |

Instructions:

1. Preheat oven to 375°F.
2. In a medium bowl, cream together the butter and brown sugar until light and fluffy. Beat in the eggs one at a time.
3. Combine oats, flour, salt, and baking soda; stir into butter mixture one cup at a time, mixing well after each addition.
4. Stir in dried cranberries and white chocolate.
5. Drop by rounded teaspoons onto ungreased cookie sheets.

A NEW YEAR IS FLYING BY

**FIND ALL THE
CURRENT INFO
ONLINE AT:**

<https://www.facebook.com/groups/NiobraraCounty4HExtension>

<https://www.facebook.com/UWEnutrition/>

<https://wyoextension.org/niobraracounty/>

<https://www.niobraracounty.org/>



Wow! 2019 is flying by! One of my resolutions this year is to become more tech savvy! With that said I'm planning to have things on the Facebook pages and websites regularly. Please follow us on Facebook and check the websites often!

Stay Warm!

Denise E. Smith

University of Wyoming Extension Educator, CNN Area and Niobrara County

Nutrition and Food Safety