

**Extension - Fulton County** 



<sup>9</sup> 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.

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#### Preserve it Now... Enjoy it Later

Boiling Water Bath Canning Workshop: Jams and Jellies

Join Purdue Extension Master Home Food Preservation instructors to learn the basics of boiling water bath canning through education and a hands-on workshop!

Time: 12:30 pm- 4:30 pm

Date: December 8, 2023

Location: Unity Garden- South Bend, 3701 Prast Blvd. South Bend, IN 46628



Register at: <u>https://cvent.me/QDXbYW</u> Cost: \$30.00 Class Size limited to 16 participants <u>Registration & Payment due by:</u> November 30, 2023 For additional information and a listing of other food preservation workshops through Purdue Extension go to: https://bit.ly/393hmty

# Cooking for One or Two

Family dynamics are diverse and there are more single or two-person households than ever. Cooking for one or two can present challenges, especially for those who are used to preparing meals for families of four or more. I frequently hear the concerns of those trying to cook for themselves and one other person. Often, they are short on ideas, can't find recipes written with small enough portions, or don't want to purchase expensive ingredients that they may only need a small amount of.

Grocery stores seem more aware of the increase in individual needs. Almost every department within the grocery offers single servings, or at least smaller packages, of popular items. Purchasing

food in these smaller amounts isn't always as cost effective as buying on a larger scale. As long as you don't have to throw excess away, these larger packages or servings of food can be more economical. Planning is an important step to not have waste.

Meal planning can help you best utilize foods and ingredients and makes trips to the grocery store more efficient. Planning what to eat for meals helps you build a list and shopping from a list prevents you from buying unnecessary extras. MyPlate and weekly shopping ads can be helpful tools when planning meals. MyPlate helps us remember to include protein, fruit, vegetables, grains, and dairy in meals. The shopping ad shows what foods are on sale. Start by looking at protein foods. What's on sale? What vegetables and grains pair well with that protein? What fruit is in season, are they also on sale? Fruit and vegetables can be purchased individually from the produce department. Produce purchased from the frozen

<b>@</b>	REATE A		GAME PLAN OCERY LIST
FRUITS		GR/ (BREADS, PASTA	AINS S, RICE, CEREALS)
DAIRY (MILK, YOGURT, CHE	ESE)	VEGET	TABLES
PROTEIN FOO (MEAT, SEAFOOD, BEANS & PEA	DS s, NUTS, EGGS)	от	HER
NOTES:			

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
Ingredients: 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	<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.

#### What to do with the Make Ahead Beef Mix:

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

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

Italian Spaghetti	Yield: 2 servings
Ingredients:	Directions:
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
1 c. water	simmer, stirring occasionally, until mix is thawed, 5-8 minutes.
2 T. ketchup	Simmer uncovered until desired thickness, about 10 minutes. Serve over cooked spaghetti.
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!