

MARCH 2022

SPRING IS COMING!

*Family Consumer Science (FCS) Newsletter by Sarah Bock
at Fergus County Extension Office*



How can MSU Extension serve Fergus County?

Please join us at the MSU Fergus County Extension Office, for a community listening session on **Tuesday, March 22nd** at 6 PM in the grand ballroom at the Eagles in Lewistown or on **Tuesday, April 5th** at 6 PM at the Winnett Courthouse. This is part of Montana State University (MSU) Extension's effort to gather feedback from community members to learn about community needs and inform and improve our programs. The facilitated discussion is open to everyone in Fergus and Petroleum counties. We will be serving a taco dinner at the March 22nd listening session and will provide refreshments and snacks on April 5th.

In addition to the listening session, MSU Extension is conducting a statewide survey. Please take this survey and tell us what you think! At the end of the survey, enter for a chance to win a \$50 Visa gift card. [Click here to take the survey!](#)

We want to hear from everyone and encourage you to forward this information to any and all Montanans. Please contact the Fergus County Extension Office if you have any questions about the listening session. We hope to gather as many community members as possible to learn how we can better serve our community.

FCS Events of the Month:

March 7th: Youth Mental Health First Aid (YMHFA) Training.

Contact Sarah if you are interested in setting up a YMHFA training.

March 11th: Caregiver Respite Retreat.

To register go to https://montana.qualtrics.com/jfe/form/SV_erhAvyicq80enfo or contact Sarah.

March 26th: County Needs Assessment Listening Session.

Please contact Sarah Bock at sarah.bock@montana.edu for more information.

Let's Talk Food Safety

Food Safety Tips of the Month

When preparing food for yourself and others, it is important to prevent as much contamination as possible. Contaminated food can cause a foodborne illness. These illnesses may have minor symptoms such as stomach aches and diarrhea or can have very serious symptoms and even lead to death. There are three types of contaminants that can cause food to become unsafe: biological, chemical and physical.

Biological contaminants are pathogens that get into food that cause a person to get sick. These include viruses, parasites, fungi and bacteria. These can be transferred to food through humans or potentially plants and some seafood that carry toxins.

Tip for preventing biological contamination: Always wash your hands before preparing food, do not touch your face or other body parts while preparing food and do not prepare food for others while sick.

Chemical contamination is when residue from cleaners, sanitizers or polishes come into contact with food. This can occur if food-contact surfaces are not cleaned correctly or if food is stored with chemicals.

Tip for preventing chemical contamination: Always store food away from chemicals and cleaners. If they must be stored in the same area, store food ABOVE chemicals, not below.

Physical contamination is when objects such as hair, fingernails, bag ties, or any other object that is not food gets into food. This can also include naturally occurring objects such as fish bones or pits that were meant to be removed.

Tip for preventing physical contamination: Wear hair in a ponytail and keep fingernails short and clean.

Keep an eye out for more food safety tips in the next newsletter!



Recipe of the Month: Baked Oatmeal

Ingredients

- 2 cups dry oatmeal (old fashioned or quick oats)
- 1/4 cup brown sugar
- 1 cup frozen blueberries
- 1/2 cup chopped walnuts (optional)
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1 1/2 cups nonfat milk
- 1/2 cup unsweetened applesauce
- 1 egg
- 1 tablespoon vegetable or canola oil

Directions:

1. Preheat oven to 375 degrees Fahrenheit
2. In a large bowl, stir together the oatmeal, brown sugar, blueberries, baking powder, and cinnamon (and walnuts if you choose to add them).
3. In a medium bowl, combine the milk, applesauce, egg, and oil. Mix well with a fork or whisk.
4. Add the milk mixture to the dry ingredients and stir well.
5. Pour into a greased 8-inch square baking dish.
6. Bake at 375 degrees for 20-25 minutes. Serve warm.

Makes 8 servings | Servings size: 1/2 cup

Note: Adding 1/2 cup chopped walnuts adds 34 calories and 4.8 grams of fat to each 1/2 cup serving



This recipe was found on the University of Maine Extension Website.

Nutrition Facts

8 servings per container	
Serving size	0.5 cup(s)(117g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 35mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 7g Added Sugars	14%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 145mg	10%
Iron 1mg	6%
Potassium 255mg	6%

*The % Daily Value 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.

Caregiving - Taking Care of YOU

Did you know that one in six Montana adults are providing care for a loved one? Caregiving can be a very rewarding role to take on as a friend or family member but it can also be very challenging. It is likely that as a caregiver, an individual will need to learn new skills and develop new ways of interacting with the person they care for. This can be a very demanding responsibility for one person and caregivers often neglect their own health and well-being as they take on their new role.

It is crucial that caregivers find ways to reduce personal stress and practice self-care. There are also skills that can be learned to prevent additional stress such as learning to communicate more efficiently with the person you care for, doctors, and family members. These steps can help prevent caregivers from becoming overwhelmed and depressed.

If you are a caregiver in Fergus county or the surrounding counties, please consider attending the Caregiver Respite Retreat being hosted by the Extension Office on March 11th from 9AM - 4 PM at the Calvert hotel. Lunch will be provided and each participant will receive a \$100 gift card to help with financial barriers, such as finding care for your friend or family member during the event. The day will be filled with activities on nutrition, well-being, relaxation and social support. If you'd like to sign up, please contact Sarah Bock at 406-535-3919 or sarah.bock@montana.edu.



Caregiver Respite Retreat THIS Month!

When: Friday,
March 11th from
9 A.M. - 4 P.M.

Where: Calvert
Hotel, Lewistown

Who: Individuals
who provide care
for friends or family
members

Cost: FREE (lunch
provided)

Please contact Sarah
Bock at
sarah.bock@montana.edu to register, or
use this link:

https://montana.quattrics.com/jfe/form/SV_erhAvyicq80enfo

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