

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## November- December, 2022

### Reducing Your Energy Bill

The U.S. Energy Information Administration predicts energy prices will continue to increase by about 3.3% in 2023. This is after an increase of just over 7% so far in the year 2022. As we are heading into winter and kicking on our heaters, let us look at some ways to help reduce energy use in our homes.



- **Use thermostat setbacks** – Turning down the thermostat when you are not at home or when you are sleeping can help you save. For every eight hours your thermostat is turned down one degree, you can save 1%. That might not sound like much, but it can add up quickly.
- **Turn off appliances when they are not being used** – Appliances still draw energy when they are not off or in standby mode. Turning them off can prevent them from drawing any unnecessary energy. You can also look into buying energy efficient appliances next time you are ready to replace them. They might be a little more expensive initially, but they can save you money in the long run because they take less energy to operate.
- **Let the sun heat your house for free** – Open drapes or shades that can allow direct sunlight into the house throughout the day, and then close them at night. This will allow the sun to heat your home and trap the heat in after the sun goes down.
- **Wash only a full load of dishes or laundry** – It takes just as much energy to run your dishwasher or washer for a partial load as it does for a full load. When doing dishes, you can also skip the dry cycle and allow your dishes to air dry.
- **Use cold water with cold-water detergent to wash clothes**
- **Use smaller appliances when possible** – Toasters and microwaves use much less energy than an oven.

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Article adapted from: <https://www.ag.ndsu.edu/publications/energy/no-cost-low-cost-home-energy-saving-tips>

And <https://www.eia.gov/outlooks/steo/report/electricity.php>

*Where trade names are used, no discrimination is intended and no endorsement by Colorado State University Extension is implied.*



**GOLDEN PLAINS AREA**  
COLORADO STATE UNIVERSITY  
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

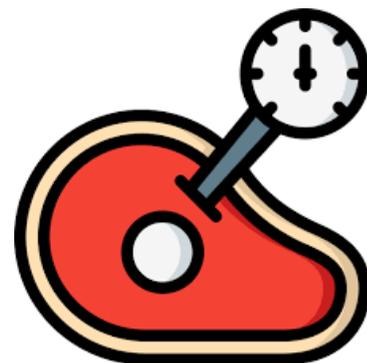
Extension programs are available to all without discrimination.

## Food Safety During the Holidays

Thanksgiving and Christmas meals are often the largest meal many cook and prepare each year. There are some very simple food safety steps to help ensure the wellbeing of guests.

It is important to plan ahead to properly prepare food. One of the biggest time restraints is thawing the main dish. If preparing a turkey, there are a few methods to choose from:

- Refrigerator thaw method: 24 hours for every five pounds.
- Cold-water bath method: 30 minutes per pound
- Microwave method: follow instructions in owner's manual



It is important to note a turkey should not be thawed on the counter or in hot water and must not be left at room temperature for more than two hours.

The turkey is ready when it reaches a safe minimum internal temperature of 165°F as checked with a food thermometer. Check the internal temperature of the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing. Then you can be sure all parts are safe for consumption.

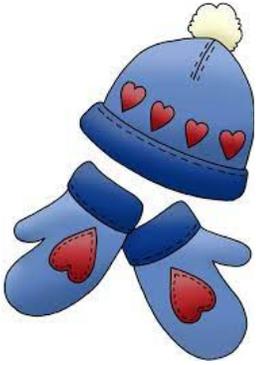
Often forgot about is the safety of stuffing and proper preparation whether stuffing inside the turkey or other. Some really great stuffing and food safety tips can be found at: [Stuffing and Food Safety | Food Safety and Inspection Service \(usda.gov\)](#) It is recommended for optimum food safety to cook the stuffing separately. However, if the turkey is stuffed, make sure the innermost part of the stuffing reaches 165°F as well before you stop cooking the turkey..

It is nearly impossible to prepare and cook the entire Thanksgiving meal the day of serving. Some dishes can be prepared ahead of time, saving time and oven space. Traditional casseroles like green bean or broccoli cheddar are easy to prepare ahead and store in the fridge or even freezer to be pulled out that morning and baked in the oven. Cranberry sauce is another great make ahead dish that will not change consistency for a day in the fridge. Any of the pie baking or dinner rolls are another great plan ahead side that can ease the stress of the day..

If you are bringing a dish to a get together with family, friends, or coworkers, make sure you are [transporting](#) your food safely.

- When transporting cold dishes, place items in a cooler with ice packs to keep food at or below 40°F.
- Keep hot foods at or above 140° by wrapping dishes in insulated bags or towels.
- Danger Zone: Perishable foods kept in the danger zone between 40 and 140°F for longer than 2 hours should be thrown out. Exceptions to this danger zone include ready to eat items such as cookies, crackers, bread, or whole fruits.

Article adapted from: [FoodSafety.gov](#) and [www.usda.gov](#)



## 9 Tips for Staying Active over the Winter Holidays

The winter holiday season can be a busy time. It is easy to become out of balance with our food intake and our activity output. Fit in some physical activity and help relieve holiday stress with the following tips:

1. **It is a shoe-in.** As much as you can, wear running or comfortable walking shoes so you can get moving whenever there is an opportunity. Pop a casserole in the oven and head out the door for a walk or jog while it is baking. Park farther away and walk to your destination.
2. **Dress for winter weather.** "*There is no bad weather, only bad clothing*" according to a saying generally attributed to Scandinavian origin. Cold weather may be an easy excuse to cut down on your physical activity during the winter but having clothing well-suited for winter activities can help.
3. **Work out with your mobile device.** Download an app or video for your mobile device or watch an online video that will help you get moving. Some of these may be especially helpful when you are traveling and staying in a hotel or with friends. Use your favorite search engine or check the app store for your mobile device to find apps and videos that inspire you.
4. **Find trails and tracks before you travel.** If you find yourself in a city over the holidays, visit [USA Track & Field](#) for walking or running routes. The hotel or your host may have additional suggestions and safety information.
5. **Try some tempting tunes.** If you like to work out to music, gift yourself some new motivating tunes. For example, search for holiday fitness music or put together your own playlist. Check your favorite music source site for possible motivation.
6. **Clean your house.** Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories. Get workouts the old-fashioned way — by working out!
7. **Look for a holiday fun run.** Fun runs are often held over the holidays. There is usually a small fee and they are open to everyone from runners to people who meander along the trail with friends. Start in the back of the pack if you plan to set a more leisurely pace. Invite friends and plan on coffee or a meal together afterwards. You will feel better physically and mentally..
8. **Build activity into family visits and outings.** Encourage house guests to bring workout clothes suitable for walking or other activities that may be available in your community.
9. **Fly with wheels (or a backpack).** If you are flying during the holidays, use the time between flights to get in some activity. If time allows, walk to a far-away gate vs. taking a people mover. Walk vs. wait at your gate until you board.

Source: <https://food.unl.edu/>, UNL Food, University of Nebraska – Lincoln

## Health Benefits of Pumpkins

This superfood is not just for carving out Jack-o-lanterns or eating pies. As we move into the holiday season, pumpkins are one type of winter squash that tends to be in the spotlight. Pumpkin can be used in a variety of ways to provide delicious flavors as well as wonderful health benefits.



Pumpkins are approximately 90 percent water, low in calories, sodium, and fat, while high in fiber to help keep you full throughout the day. It is also a great source of beta-carotene which your body converts to vitamin A – a powerful antioxidant which helps improve your skin and eye health. Pumpkin also has vitamin C to keep your immune system strong through the upcoming winter. It also is packed with potassium and low in sodium which helps prevent heart disease.

Pumpkins can easily be incorporated into both desserts and savory dishes to add flavor and health benefits. When using canned pumpkin, buy pure pumpkin. The only ingredient listed should be pumpkin. Another option is to use raw pumpkin and prepare homemade pumpkin puree. When cooking with fresh pumpkin, it is important to pay attention to what type of pumpkin you are using. For cooking at home, purchase fresh pie-pumpkins (also called sugar or sweet pumpkins), which are small and round. Field types of pumpkins are larger, have watery, stringy flesh, and are best used for decorating Jack-O-Lanterns. To make a puree, simply cut the pumpkin in half and remove the seeds (put aside for later) then rub the outside of the pumpkin with olive oil. Put water in a baking pan and place pumpkin slices - cut side down, in the pan and bake at 425°F for 45-50 minutes. Once tender, remove flesh from skin, mash it with a fork or put in food processor. You are now ready to use your homemade puree in all your fall favorites!

Pumpkin seeds also have amazing health benefits. They are highly nutritious and packed with powerful antioxidants, protein, fiber, and many other minerals, such as iron, copper, magnesium, manganese, phosphorous, zinc, potassium, folate, niacin, and selenium. In fact, pumpkin seeds have been shown to improve heart health, blood sugar levels, fertility, and sleep quality. They may even protect against certain types of cancer. In addition, their rich nutrient content may provide other health benefits, such as improved energy, mood, and immune function.

### **Ways to include Pumpkin in your diet:**

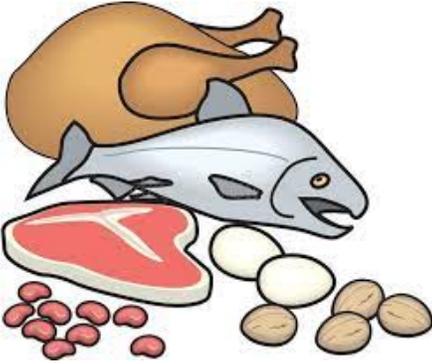
- Roast pumpkin seeds in the oven for a snack.
- Add pumpkin seeds to salads, trail mix, or eat as is.
- Add pureed or canned pumpkin puree into soups or sauces to thicken them up.
- Substitute pumpkin for fat or oil in breads and pancakes.
- Add pumpkin to plain or vanilla yogurt along with some pumpkin spice.
- Mix pumpkin into a smoothie.
- Add a spoonful or two of pumpkin puree into a steaming bowl of oatmeal.

As you can see, there are many benefits to eating pumpkin and pumpkin seeds. Although fresh pumpkins are not in season until autumn rolls around, canned pumpkin makes it easy — not to mention delicious and healthy to enjoy throughout the entire year.

Article adapted from: <https://uwyoextension.org/uwnutrition/newsletters/everything-pumpkin/>  
<https://union.ces.ncsu.edu/2021/10/pumpkin-puree/>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/pumpkin-loaded-with-scary-good-nutrients>

## Are you getting too much protein?



Judging by all the protein bars, shakes and powders out there, you could be led to believe you need a protein supplement. These products claim to curb appetite, help with weight loss, and build muscle. But what is the real story?

Contrary to all the hype that everyone needs more protein, most people in the U.S. meet or exceed their needs. This is especially true for males ages 19–59. The [Dietary Guidelines for Americans, 2020–2025](#) indicate men in that age range surpass their protein recommendations, especially from meat, poultry, and eggs. Even athletes often get more protein than they need without supplements because their calorie requirements and food intake are higher.

### True or false? Big steak equals bigger muscles.

False. Although adequate protein throughout the day is necessary, extra strength training is what leads to muscle growth — not extra protein intake. You cannot build muscle without the exercise to go with it.

The body cannot store protein, so once needs are met any extra is used for energy or stored as fat. Excess calories from any source will be stored as fat in the body.

Extra protein intake can lead to elevated blood lipids and heart disease because many high-protein foods are high in total and saturated fat. Extra protein intake, which can tax the kidneys, poses an additional risk to people predisposed to kidney disease.

### How much protein do you need?

Anywhere from 10% to 35% of your calories should come from protein. So, if your needs are 2,000 calories, that is 200–700 calories from protein, or 50–175 grams. The recommended dietary allowance to prevent deficiency for an average sedentary adult is 0.8 grams per kilogram of body weight. (A sedentary lifestyle can be considered as little to no exercise or less than 30 minutes of moderate intensity exercise.) For example, a sedentary person who weighs 165 pounds, or 75 kilograms, should consume 60 grams of protein per day.

Once you reach ages 40–50, sarcopenia, or the loss of muscle mass as you age, may begin to set in. To prevent this and maintain independence and quality of life, your protein needs increase to about 1–1.2 grams per kilogram or 75–90 grams per day for a 75-kilogram person.

People who exercise regularly also have higher needs, about 1.1–1.5 grams per kilogram. People who regularly lift weights or are training for a running or cycling event need 1.2–1.7 grams per kilogram. Excessive protein intake would be more than 2 grams per kilogram of body weight each day.

If you are overweight, your weight is adjusted before calculating your protein needs to avoid overestimating. You can see a dietitian to help develop a personalized plan.

## Where does protein come from?

The healthiest protein options are plant sources, such as soy, nuts, seeds, beans, and lentils; lean meats, such as skinless, white-meat chicken or turkey; a variety of fish or seafood; egg whites; or low-fat dairy. Meet your dietary protein needs with these whole foods versus supplements, which are no more effective than food as long as energy intake is adequate for building lean mass. Supplements do not contain everything you need from food.

## When is the best time to consume protein?

Spread out protein consumption evenly throughout the day. On average, people tend to get most of their protein during evening meals and the least at breakfast. Some newer studies show moving some protein from supper to breakfast can help with weight management by decreasing hunger and cravings throughout the day. Of course, more research is needed before these claims can be verified.

General recommendations are to consume 15–30 grams of protein at each meal. Studies show higher intakes — those of more than 40 grams — in one sitting are no more beneficial than the recommended 15–30 grams at one time. Do not waste your money on excessive amounts.

## What if you do want to use a protein supplement?

If you want to use a protein supplement, here is what to look for:

- About 200 or fewer calories
- 2 grams or less of saturated fat
- No trans-fat or partially hydrogenated oils
- 5 grams of sugar or fewer



## What does 15–30 grams of protein in whole foods look like?

Eating a banana, Greek yogurt and a hard-boiled egg will get you 19 grams of protein on average. A 3-ounce chicken breast with a half-cup rice and a half-cup of vegetables amounts to 25 grams protein. An egg and bean burrito with a glass of milk is about 28 grams of protein.

As you can see, it is easy to get the recommended 15–30 grams per meal. Most people — even athletes — can reach their protein needs by including a serving of dairy or legumes (beans, lentils, chickpeas) at each meal and a piece of meat the size of a deck of cards at lunch and supper.

Protein should accompany fruits, vegetables, and whole grains. Protein should not be the entire meal. If you feel like you might have increased protein needs, consider adding more beans, lentils, soy, or seafood rather than processed supplements.

Article Written by [Kristi Wempen](#) is a dietitian in [Nutrition Counseling and Education](#) in [Mankato](#), Minnesota. Article found from Mayo Clinic Health System.

## National Diabetes Month



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can be caused by an auto-immune disorder where your body attacks its own cells in the pancreas. The pancreas is where insulin, a hormone that regulates the movement of glucose into your cells, is produced. This is the case of Type 1 diabetes. Diabetes can also be caused when either your pancreas does not produce enough insulin or the cells respond poorly to the insulin, both leading to cells taking in less glucose. This is the situation in Type 2 diabetes.

Diabetes is a serious disease and affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals who can offer you the personal care you need may help improve your health. And while it takes a team to manage diabetes, remember you are the most important participant in your diabetes care.

Here are some tips to help you [manage diabetes](#) and build your health care team:

**You are the center of your care:** Learn as much as you can about your disease and talk with your primary care provider about how you can get the support you need to meet your goals.

**Manage diabetes as early as possible:** Take steps to improve your health. Talk with your primary care provider about how you can manage your diabetes, follow the [ABCs](#), and create a diabetes care plan. Research has shown taking action soon after being diagnosed can help [prevent diabetes-related health problems](#) such as kidney disease, vision loss, heart disease, and stroke. If your child has diabetes, be supportive and positive. Work with your child's care providers to set specific goals to improve overall health and well-being.

**Build your diabetes health care team:** A team of health care professionals can tailor your care for your specific needs. Besides a primary care provider, your health care team may include a registered dietician, a certified diabetes educator or other specialists such as endocrinologists.

**Prepare for visits with your providers:** Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

**Take notes at your appointment, ask for a summary of your visit, or check your online patient portal:** Have a blood pressure check, foot check, and weight check. Talk with your team about meal plans, medications, and new treatment options, as well as vaccines recommended to reduce your risk of getting sick.

**Start with slight changes to create healthy habits:** It can be overwhelming to try to juggle several changes all at once. Focus on small tasks and changes at a time to achieve and build from there.

**Make physical activity and healthy eating part of your daily routine:** Set a goal and try to [be active most days of the week and follow a diabetes meal plan](#). Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. Consider joining a support group that teaches [techniques for managing stress](#) and ask for help if you feel down, sad, or overwhelmed. Sleeping for 7 to 8 hours each night can help improve your mood and energy level.

Source: <https://www.niddk.nih.gov/>, National Institute of Diabetes and Digestive and Kidney Diseases.

## Program Highlights

A Healthier Weigh 2023 – 12-week Health & Fitness Challenge – will be taking registrations for individual and team participation through the end of the year! Registration fee \$40/person with cash prizes! Be watching for more information soon on our County Extension websites and Facebook pages. Get your teams ready before the holidays!



## Upcoming Events!

- **InBody Body Composition Testing –**
  - The InBody machine will be at Haxtun Health’s Specialty Clinic from 8:00-5:00 Schedule your appointment by calling Stephanie Starkebaum at the Phillips county Extension Office (970) 854-3616. Cost is \$20.00
- **Morgan County Dining with Diabetes –**
  - Morgan County Extension is hosting a Dining with Diabetes During the Holidays class on November 15<sup>th</sup>, from 5:30-7:00. During this program, you will learn how to make diabetes friendly meal choices during the holidays and learn more information about the full Dining with Diabetes series that will be offered in January. Contact Katie at [Katie.seelhoff@colostate.edu](mailto:Katie.seelhoff@colostate.edu) for more information or register for the event at: <https://forms.gle/pZNjpGcWMdaHzxhQ6>
- **Smoothie Workshop for Seniors –**
  - November 16<sup>th</sup> at 11:30-1:00 @ Logan County Extension Office. Contact Jaci Wagner to RSVP at (970) 522-3200 ext 5.
- **InBody Body Composition Testing –**
  - The InBody machine will be at the Phillips County Extension Office located at 25505 US HWY 385 Holyoke, CO 80734 on November 16, 17 and 18<sup>th</sup> by appointment only. Call Phillips County Extension at (970) 854-3616. Cost is \$20.00.
- **Meal Planning with Confidence –**
  - November 30<sup>th</sup> 12-1 @ Logan County Extension Office. Contact Jaci Wagner at (970) 522-3200 ext 5.
- **Parenting Bootcamp –**
  - This series will be provided by Morgan County Extension and SafeCare beginning in January of 2023. Please contact Katie at the Morgan County Extension office for more information.
- **Logan County Dining with Diabetes --**
  - February 1, 8, 15, and 22 in conjunction with Banner Health from 12-1 p.m. each of those days @ Logan County Extension Office. Contact Jaci Wagner to RSVP at (970) 522-3200 ext 5.
- **Strengthening Families Program 10-14**
  - This will take place January 11-February 22<sup>nd</sup> at the Wray School. Contact Yuma County Extension office at (970) 332-4151
    - 3:00-5:00 p.m. Afterschool homework help and meal prep
    - 5:00-7:00 p.m. Strengthening Families 10-14 class (Youth, Parent and Family)
- **Be sure to check our Facebook page listed below to stay up to date on all our upcoming events.**



CSU Extension – NE Colorado FCS: <https://www.facebook.com/CSUExtensionNortheastFCS>

CSU Extension – Phillips County: <https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: [https://www.facebook.com/csuextensionlogancounty/?\\_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxC](https://www.facebook.com/csuextensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxC)

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>