WTNS Radio OSU Extension Update for January 13, 2025
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about cooking once and eating twice, and as always look at some upcoming programs from OSU Extension.

Chances are you are hoping to eat a little healthier in this new year. Or maybe become more organized? Or what about save more money? One way to accomplish all of this is with some time-saving cooking tips to "cook once, eat twice" from Utah State Extension and University of Illinois Extension.

This mindset can be lifechanging. Not everyone loves leftovers, but this is different than traditional leftovers. It is purposely fixing more of certain types of foods that can be used in the next few days as ingredients in several ways.

There really are countless possibilities for ways to used "planned overs." Today's baked potatoes can become tomorrow's breakfast hash browns. Roast beef can become a roast beef sandwich. Even taco filling can be used to top a salad. In general, leftovers should be kept in the refrigerator for no more than 3-4 days, or they should be frozen for later use.

You can also consider doubling any soup, stew, or casserole recipe you make. Eat one now and freeze one for later. To safely defrost your food, remove from the freezer and place in your refrigerator the day before you plan to eat it. Then reheat as you normally would.

Another consideration for stretching your food dollar is to add something to the side or extend the food in a meal. For example, add black beans to your taco meat. You'll use less meat and fill up on beans, which are generally less expensive and a great lean protein source.

Develop a list of "go-to-meals" and try to keep those ingredients on hand. That way, even on crazy days, you can make something quick and easy and not rely on expensive fast food. Easy go-to meals might include chicken fajitas, spaghetti, and breakfast for dinner.

And lastly, prioritize working to keep a clean and organized kitchen. There are certainly days and seasons when this is hard to do. But what a time saver when your kitchen and equipment are organized. You can immediately start cooking rather than spending time searching for what you need.

And now let's see what else is new from OSU Extension.

The ServSafe® Manager Food Safety Training course will be offered on Tuesdays March 4-18, with the proctored exam Tuesday, March 25. The ServSafe® Manager training meets Ohio Department of Health requirements by providing in-depth food safety and safe food handling education for owners, managers, and operators within the food service industry. Registration information is now available at coshocton.osu.edu.

Also, registration information will be coming soon for the next series of Dining with Diabetes classes. OSU Extension and Coshocton Regional Medical Center collaborate to teach Dining with Diabetes, which is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. In a series of four classes, cooking demonstrations will help you learn healthy techniques to use in your own kitchen. The program includes sampling healthy foods and discussion with a dietitian about skills to manage diabetes. Dining with Diabetes will be held on Thursday evenings April 10 through May 1. Registration will be available in early February.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265, check us out on Facebook, or visit our website at coshocton.osu.edu. Make it a healthy day and Go Bucks!