

HAPPY NEW YEAR!

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



Getting Your ZZZ's in the New Year

Do you get enough sleep? Did you know that approximately 31% of people in Montana report that they do not get the recommended amount of sleep? While sleep may not be a top priority, getting 7-8 hours might be something to consider adding to your New Year Resolution checklist.

The proper length and quality of sleep we get greatly impacts our physical and mental health. Regularly sleeping less than six hours increases your risk of coronary heart disease, diabetes, stroke, and obesity. When getting quality sleep for at least 7 hours, your physical performance and productivity will increase. This is the result of your body being able to rest and recover from daily stress. If your body is allowed more time to recover from stress, it will also improve your behavior, mood, memory, and emotions.

It may be difficult for you to get the proper length and quality of sleep for many reasons. Here are some tips for getting longer and better sleep by building better habits.

- **Only use your bed for sleeping.** Try to restrain from using your bed to do other activities like scrolling on your phone or watching TV.
- **Avoid Alcohol.** While alcohol may help you to fall asleep faster, the overall effect on sleep is negative.
- **Skip the afternoon coffee.** Avoid drinking any caffeine 8 hours before sleeping.
- **Cool off the bedroom.** Studies show that sleeping in cooler rooms can improve our sleep due to our lower body temperature while sleeping.
- **Get active!** Exercising during the day, especially in the morning can improve your sleep. However, strenuous exercise right before sleeping can make it difficult to fall asleep.

Upcoming Events and Classes:

Mondays and Fridays at 9 AM: Strong People Strength Training Class

Everyone is welcome to the Strong People class that is held twice a week at the Council on Aging. Contact Sarah with any questions.

January 27th - 29th: Winter Fair

Please see <https://www.montanawinterfair.com/> for more information.

Extension Office will be closed on the following dates:

January 16th
February 20th

Let's Talk Food Safety - Food Allergens

Food Safety Tips of the Month

It is likely that you have friends or family members that have food allergies. If you are preparing food for others, it is crucial to be aware of the ways you can prevent a person from having an allergic reaction when consuming that food. While there are over 160 foods that people may be allergic to, eight foods are responsible for over 90% of all allergic reactions.

Here are the "Big Eight Food Allergens":

- Milk
- Soy
- Eggs
- Wheat
- Fish, such as bass, flounder, and cod
- Crustacean shellfish, such as crab, lobster, and shrimp
- Peanuts
- Tree nuts, such as walnuts or pecans

Here are some things to keep in mind if you are preparing food that contains one of these products:

- Label the food or let the people you are serving know that a "Big Eight Allergen" is present.
- Ask guests before they arrive if they have any allergies and do not cook with those foods.
- Use separate utensils for dishes that have an allergen.
- Wash your hands between preparation of dishes with food allergens.
- Be aware of the symptoms of an allergic reaction: nausea, wheezing or shortness of breath, hives or itchy rashes, swelling of body parts (hands, eyes, face or feet), vomiting, diarrhea, abdominal pain or an itchy throat.



SERVSAFE FOOD MANAGER CERTIFICATION



**TIME: January
24th 9:00 - 5:00**

**COST: \$125 -
Please make
checks payable
to MSU**

Extension

**LOCATION: First
Christian
Church,
Lewistown**

Register online at
fergus.msuextension.org or call 406-535-
3919

Recipe of the Month: Broccoli Chicken Casserole

Ingredients

- 8 ounces uncooked whole-wheat pasta
- 1 large head of broccoli*, cut into bite-sized florets (about 1 pound of florets)
- 2 tablespoons butter or olive oil
- 1 small white onion, thinly sliced
- 8 ounces baby bella (cremini) mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tablespoons flour
- 1 cup chicken or vegetable stock
- 1 1/2 cups milk
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper
- 2 cups (8 ounces) shredded sharp cheddar cheese, divided
- 2 cups diced (or shredded) cooked chicken

Directions

1. Heat oven to 400°F.
2. Cook pasta in a large stockpot of generously salted boiling water until it is al dente. However, about 1 minute before the pasta is done, add the broccoli to the boiling pasta water and stir until combined. Drain both the pasta and broccoli, and set aside.
3. Meanwhile, heat the butter (or oil) in a large sauté pan over medium-high heat. Add the onion and sauté for 3 minutes, stirring occasionally. Add the mushrooms and garlic and sauté for 5 more minutes, stirring occasionally, or until the mushrooms are cooked through.
4. Sprinkle the flour evenly over the onion mixture and stir until combined. Cook for 1 minute, stirring occasionally. Add in the stock, and stir everything together until most of the clumps are gone. Add in the milk, Dijon, salt, and pepper and stir until combined. Continue cooking the sauce until it reaches a simmer. Then remove from heat and stir in 1 cup of the shredded cheese until it is combined. Taste and season with additional salt and pepper, if needed.
5. In a large 9 x 13-inch baking dish, combine the cooked pasta, broccoli, mushroom sauce, and chicken. Toss until combined. Smooth the casserole out into an even layer.
6. Bake uncovered for 15 minutes. Then remove the pan from the oven, sprinkle the remaining cheddar cheese evenly on top of the casserole, and bake for 10 more minutes or until the cheese is nice and melty.
7. Serve warm, garnished with extra black pepper and/or fresh herbs, if desired.



JANUARY/FEBRUARY 2023

Fergus County Local
Advisory Council presents

Chicken Soup for the Soul

Join us for a series of mental
health discussions in January
at the Council on Aging!
Dinner will be provided

**YOUTH
TOPICS**

**WEDNESDAY
JANUARY 11TH
6:00PM**

**ADULT
TOPICS**

**WEDNESDAY
JANUARY 18TH
6:00PM**

**SENIOR
TOPICS**

**WEDNESDAY
JANUARY 25TH
6:00PM**



Scan the QR Code above to submit your anonymous questions to a panel of
local mental, emotional and behavioral health experts
Questions will be answered in a moderated panel format at the appropriate session

JANUARY

National Staying Healthy Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year!	2	3	4	5	6 Strong People - 9 AM at COA	7
8	9 Strong People - 9 AM at COA	10	11 Mental Health Panel at 6 PM at COA	12	13	14
15	16 Martin Luther King Day - Extension Office Closed	17	18 Mental Health Panel at 6 PM at COA	19	20 Strong People - 9 AM at COA	21
22	23 Strong People - 9 AM at COA	24 Servsafe Food Manager Training	25 Mental Health Panel at 6 PM at COA	26	27 Montana Winter Fair	28 Montana Winter Fair
29 Montana Winter Fair	30 Strong People - 9 AM at COA	31				

FEBRUARY

National Heart Healthy Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3	4 World Cancer Day
5	6 Strong People - 9 AM at COA	7	8	9	10 Strong People - 9 AM at COA	11
12	13 Strong People - 9 AM at COA	14 Happy Valentine's Day!	15	16	17 Strong People - 9 AM at COA	18
19	20 President's Day - Extension Office Closed	21	22	23	24 Strong People - 9 AM at COA	25
26	27	28				