

# Cooking for an empty nest

Now that your children are all grown and out of the house, do you still seem to cook as much as you ever did? Leftovers are fine, but do you also eat more at meals because there's always so much. Are you gaining weight?

It's not easy to shift gears from cooking for a family to cooking for just one or two. The first step is to know the appropriate amount of food to buy for two people.

If interested, use the contact information below, and I will send you an Extension fact sheet, "Grocery Shopping for One or Two." It lists a dozen or so types of vegetables and nearly as many meats with suggested amounts to purchase when planning meals for two people. For example, one-half to three-quarters of a pound of green beans is plenty for two, as is one pound of broccoli or asparagus. For meats, one-half to two-thirds of a pound of ground beef or sausage is enough for two, while a 3- to 4-pound roast will last for two to three meals.

Another Extension fact sheet, "Cooking for One or Two," offers guidance once you're in the kitchen. One idea is to use smaller pans and baking dishes. For casseroles and similar dishes, check for doneness



## Home Time

By Tranda Watts  
Multi-county Extension Agent

five to 10 minutes sooner than normal to account for the smaller amount.

In addition to cooking less, portion control once the food is ready for the plate, can help combat weight gain. An easy way to do that is to use the "Plate Method." The basic idea is to fill one-quarter of your plate with lean protein and one-quarter with a starch, such as rice, beans, peas, potatoes or corn. Use the remaining half for non-starchy (generally low-calorie) vegetables. Using a smaller plate is recommended: An 8- or 9-inch salad plate is about the right size for proper portion sizes; today's larger 12-inch dinner plates are just too big. You'll be surprised: Studies have shown that people feel more satisfied with less food when it is served on smaller plates.

How to fill up that half-plates with vegetables? Don't think you need

to limit yourself to just one type of vegetable. Nutrition experts recommend eating a variety of vegetables in a wide range of colors, because the color of a vegetable is a good indicator of the health benefits it offers. So, varying vegetable selection is a good idea. Try a serving of cooked greens on one corner and a helping of roasted cauliflower on the other, or grill up some yellow summer squash to be served next to fresh tomato slices from the garden. Your plate will look beautiful, and your body will thank you for it.

Tranda Watts is a Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at (785) 443-3663 or e-mail twatts@ksu.edu. For more information, contact the county extension office, 475-8121.

## Midway News

By Mary Lou Olson

Sympathy is extended to the family of Patricia Baumfalk, 66, who died Aug. 3, 2010, in Victoria. She was a former resident of the Achilles community and was the daughter of the late Guy and Le-wanna (Lanning) Pearson. Funeral services were held Saturday, Aug. 7, at the Christian Church in Atwood. Burial was in Fairview Cemetery of Atwood.

Mary Lou Olson and Cecil Hess accompanied Mark Olson to Salina last Monday, where they were overnight guests of Dan and Julie Hess and Carter. On Tuesday, they and Dan went to Lawrence, where they attended funeral services for Mark Williams, husband of their niece and cousin, the former Peggy Jom, at the First United Methodist Church. He died on Aug. 7.

Among other relatives of Mrs. Williams attending were John Riepl, and Steve and Chris Hess, Overland Park; Gary Riepl, St. Joseph, Mo.; and Nancy Jom and David Beals, Evan and Mary Jom, and Peggy Williams, Jeff, Keith, Kiara, Megan and Tiffanie, Lawrence.

Weekend visitors of Eulaine Benda and family were Shirley Maresch, Jenna and Tim, Nekoma; and Bev Messerly, Paul and Anna, Sublette.

Norma Anderson returned home Sunday after spending a week with her daughter, Carol and Robert Fink, at Wamego.

Sally Olson has been hospitalized at Via-Christi-St. Francis Hospital in Wichita, where she was flown after suffering a stroke. She has been moved to the Derby Family Health and Rehab Center. Mail will reach her there at 713 Klein Circle #4, Derby, Kan., 67037.

The Herndon Covenant Church morning worship services will be held at 10 a.m. Sunday at Cedar Living Center in Oberlin.

Those who enjoyed the Erickson family picnic at Lake Atwood on Sunday were Delbert and Joan Erickson, Elma Lee Erickson, Em Threlkel, Wendy Fields, Emily, Alex and Cooper, and Rex Erickson, Atwood;

Joanne Yager, Tucson, Ariz.; Roger Holmdahl and Andy Hanson, Herndon; Alan and Pat Erickson, Colby; Ron and Marlene Erickson, Rexford; and Phil Erickson, Tony and Trish Henningsen, and Gary and Mary Ann Erickson, Oberlin.

Mark and Gail Bergling and Blake took Jill Bergling, and Mark and Barbara Olson took Mary Olson to Manhattan over the weekend, where both girls will be freshmen

at Kansas State University.

Keith and Mary Lou Olson enjoyed the presentation given on the 1935 Republican River flood, as well as a program on the Orphan Train, during Old Settlers' Day in Indianola, Neb., on Saturday.



## Living Trust Seminar

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Protect your children's inheritance.  
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- Many other advantages will be discussed at the seminar.

**Featured Speaker: Dan Diederich** is both an Attorney and a Certified Public Accountant. Mr. Diederich operates a law practice focused on family estate planning, and has prepared living trusts for residents throughout the state of Kansas. Mr. Diederich is a frequent public speaker on the subject of family estate planning and thousands of people have attended his seminars and learned how to protect their estates from probate costs, estate taxes, creditor claims, divorce claims and estate claims by spouses of their children.

**ONE DAY ONLY!**

**Oberlin**  
Thursday, August 26  
Gateway Civic Center  
#1 Morgan Drive

**7:00-8:30 p.m.**  
8:30 Questions & Answers

Refreshments served.

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Attorney at Law **Daniel K. Diederich**  
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Appointments may be made with these specialists by calling their private clinics.

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### The Decatur County Farm Bureau Association

Would like to thank these businesses for their generous donations to our Annual meeting on August 12th

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DC Chamber of Commerce	Home Range Real Estate
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## LAND AUCTION

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RAWLINS COUNTY, KANSAS

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TRACT 3: N1/2 & SW/4 OF SE/4 OF 33-4-32  
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