

# Newsletter

## 4-H Enrollment

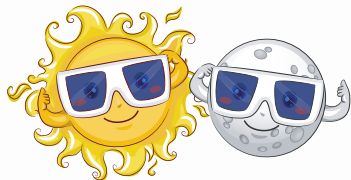
4HOnline (v2.4honline.com) is open to enroll/re-enroll youth and volunteers for the 2023-2024 program year!

Please contact the Extension Office if we can help in any way!

**All 4-Her's MUST BE ENROLLED in all projects before May 15.**

## PIKE COUNTY 4-H SPRING BREAK DAY CAMP

Save the date! 4-H Spring Break Day Camp is set for March 27 and March 28th. Our theme this year is Eclipse/Science Day! Be on the lookout for more information coming!



## 4-H COUNCIL MEETINGS

The Pike County 4-H Council meets on the first Monday each month at 6:30pm. Upcoming meetings: March 4, April 1, May 6, June 3, and July 1.



812-354-6838

<http://extension.purdue.edu/Pike>  
Courthouse, 801 E Main Street, Suite 101  
Petersburg, IN 47567

### Brooke Goble

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4-H Youth Development and  
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### Tiffany Lundy

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For the most up-to-date information and some fun surprises in between, please like our pages on Facebook!

Purdue Extension Pike County  
Pike County Indiana 4-H





## 2024 4-H Scoop

The 2024 4-H Scoop will be finished and ready for you to pick up after March 11th! You can stop by the office Monday-Friday from 8am-4pm.

**Please check out the Scoop carefully!**

There were many county and state fair projects that were updated this year! As you start working on your projects, make sure you check the guidelines.

If you have any questions, call the office at 812-354-6838.

# T-SHIRT DESIGN

DESIGNS NEED TO INCLUDE THE 4-H CLOVER AND 2024 PIKE COUNTY 4-H FAIR. SEND IN YOUR CREATIVE DESIGNS TO TIFFANY. SUBMIT A COMPUTER OR HAND WRITTEN DESIGN. DON'T FORGET TO INCLUDE YOUR FONT AND T-SHIRT COLOR!

Do you have a cool idea for this year's Fair T-shirt?

**DEADLINE: March 27th**  
Send entries to [tiffany@purdue.edu](mailto:tiffany@purdue.edu)

P PURDUE UNIVERSITY Extension - Pike County



## FAIR SEASON

Daviess County 4-H Fair: July 8-19, 2024

Dubois County 4-H Fair: July 15-19, 2024

Gibson County 4-H Fair: July 7-13, 2024

Knox County 4-H Fair: July 12-19, 2024

Martin County 4-H Fair: July 11-16, 2024

Perry County 4-H Fair: July 12-15, 2024

Posey County 4-H Fair: July 15-20, 2024

Spencer County 4-H Fair: June 21-24, 2024

Vanderburgh County 4-H Fair: July 22-27, 2024

Warrick County 4-H Fair: July 15-20, 2024

**Pike County 4-H Fair: July 21-27, 2024**

**Indiana State Fair: August 2-18, 2024**

## NATIONAL VOLUNTEER WEEK

April 21-27, 2024 is National Volunteer Week! It's time to celebrate our volunteers and all that they do. Nationally we rely on a network of over 500,000 volunteers to provide caring and supportive mentoring to our 4-H'ers, helping them learn life skills and grow into true leaders. **THANK YOU** for your service! We could not have 4-H without our volunteers! Keep an eye on our Facebook pages for some special highlights that week!

*We ♥ our Volunteers*







**BISCUITS & GRAVY  
WINSLOW 4-H CLUB**

CLUB MEETING THE 4TH  
TUESDAY OR THURSDAY OF  
EACH MONTH @ 4:30PM

MEETING DATES: JAN 23, FEB 27, MAR  
28, APR 25, MAY 30, JUNE 27

LOCATION WILL VARY

CLUB LEADER: KARA WILLIS



**PIKE COUNTY  
4-H CLUB MEETINGS**

**LUCKY CLOVERS  
4-H CLUB MEETINGS**

EVERY 1ST & 3RD  
THURSDAY

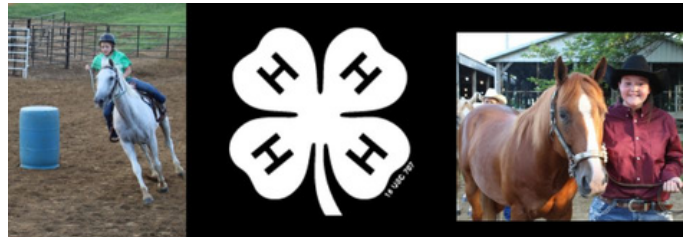
NEXT MTGS: MAR 7, MAR 21,  
APR 4, APR 18, MAY 2, MAY 16

6:00 PM EST

Otwell Community Center

Club Leaders: Becky Steinhart, Kelli Jenkins

Learn new  
skills while  
having a  
ton of fun!

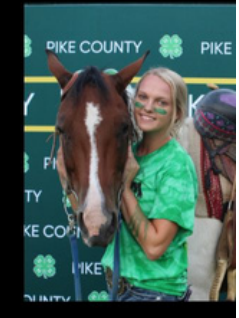


**PIKE'S FLYING MANES  
CLUB MEETINGS**

MEETING EVERY OTHER MONDAY  
NEXT MTGS: APRIL 1ST  
6:00 PM EST



VACCINE CLINIC: MARCH 9  
DALLAS GAMBLE'S HOUSE- ROCKIN' &  
SADDLE CLUB



**Homegrown 4-H Club Meetings**  
*4th Tuesday of every month @ 4:30pm*

**Location:** will vary

**Club Leader:** Kara Willis

**Meeting Dates:**  
Jan 23, Feb 27, Mar 26, Apr 23,  
May 28, & June 25

**P PURDUE UNIVERSITY** Extension - Pike County

**YOU ARE INVITED**

**PIKE COUNTY  
JUNIOR LEADERS**

**Meeting Dates:**  
-Feb. 20- Mar. 19- Apr. 15- May 14-  
5pm-7pm  
@ 4-H Exhibit Building

The Indiana 4-H Junior Leader program is designed to teach youth in grades 7-12 about leadership development, and better equip them to enter the workforce or pursue higher education. Pike County Jr. Leaders participate in fun activities, learn leadership skills, serve as mentors and role models to younger youth, and engage in serve opportunities in the community. We invite ALL Pike County 7th-12th grade students to join us!

**Club Leader: Brooke Goble Questions?: 812-354-6838**

**Wideawakers  
4-H Club Meetings**

**Meeting Dates:**

February 1st & 22nd  
March 7th & 21st  
April 11th & 25th  
May 16th



Location:  
4-H Building  
at 6pm



## 4-H VOLUNTEERS

All new first year 4-H Volunteers, please make sure to return your personal reference form to our office and remind your references to return their reference forms as soon as possible. You should have received a packet with this information. If you did not receive this packet, please let our office know so we can mail you a new one. You will not be considered an approved volunteer until we have received this information.

Any volunteers who have not completed the required training, needs to go back into 4-H Online and complete the trainings as soon as possible. We will have an in-person training for those who are unable to do it online. This training will be held on March 14th at 6pm in the 4-H Exhibit Building. If your are unable to attend this training, you will need to complete the trainings online. If you need any assistance, please call the office and we will assist you in any way we can.

## UPCOMING EVENTS

Date	Event	Time EST	Location
February 27	Homegrown 4-H Club Meeting Biscuits & Gravy 4-H Club Meeting	4:30pm 4:30pm	4-H Exhibit Building 4-H Exhibit Building
March 4	4-H Council Meeting	6:30pm	4-H Exhibit Building
March 7	Wideawakers 4-H Club Meeting Lucky Clovers 4-H Club Meeting	6pm 6pm	4-H Exhibit Building Otwell Community Center
March 14	Volunteer Training *For those needing to complete the required training videos*	6pm-7pm	4-H Exhibit Building
March 18	Indiana 4-H Quality Livestock Care Training	6pm-7pm	4-H Exhibit Building
March 19	Jr. Leaders Meeting	5pm-7pm	4-H Exhibit Building
March 21	Wideawakers 4-H Club Meeting Lucky Clovers 4-H Club Meeting	6pm 6pm	4-H Exhibit Building Otwell Community Center
March 26	Homegrown 4-H Club Meeting	4:30pm	4-H Exhibit Building
March 27-28	Spring Break Camp		4-H Exhibit Building





## UPCOMING EVENTS

Date	Event	Time EST	Location
March 28	Biscuits & Gravy 4-H Club Meeting	4:30pm	Winslow
April 1	Pike's Flying Manes 4-H Club Meeting 4-H Council Meeting	6pm 6:30pm	Rockin' G Saddle Club 4-H Exhibit Building
April 4	Lucky Clovers 4-H Club Meeting	6pm	Otwell Community Center
April 6	Indiana 4-H Quality Livestock Care Training	9am-10am	4-H Exhibit Building
April 8	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
April 11	Wideawakers 4-H Club Meeting	6pm	4-H Exhibit Building
April 15	Jr. Leader Meeting Pike's Flying Manes 4-H Club Meeting	5pm-7pm 6pm	4-H Exhibit Building Rockin' G Saddle Club
April 18	Lucky Clovers 4-H Club Meeting	6pm	Otwell Community Center
April 22	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
April 23	Homegrown 4-H Club Meeting	4:30pm	4-H Exhibit Building
April 25	Biscuits & Gravy 4-H Club Meeting Wideawakers 4-H Club Meeting	4:30pm 6pm	Winslow 4-H Exhibit Building
April 29	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
May 2	Lucky Clovers 4-H Club Meeting Indiana 4-H Quality Livestock Care Training	6pm 6pm-7pm	Otwell Community Center 4-H Exhibit Building
May 6	Pike's Flying Manes 4-H Club Meeting 4-H Council Meeting	6pm 6:30pm	Rockin' G Saddle Club 4-H Exhibit Building
May 13	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
May 14	Jr. Leader Meeting	5pm-7pm	4-H Exhibit Building
May 15	<b>Enrollment, Livestock ID, Indiana 4-H Livestock Quality of Care completed DEADLINE to participate in 2024 4-H Fair!!</b>		
May 16	Wideawakers 4-H Club Meeting Lucky Clovers 4-H Club Meeting	6pm 6pm	4-H Exhibit Building Otwell Community Center
May 20	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
May 21	Indiana 4-H Quality Livestock Training	6pm-7pm	4-H Exhibit Building
May 27	Pike's Flying Manes 4-H Club Meeting	6pm	Rockin' G Saddle Club
May 28	Homegrown 4-H Club Meeting	4:30pm	4-H Exhibit Building
May 30	Biscuits & Gravy 4-H Club Meeting	4:30pm	Winslow

# State 4-H Trips

**June 12-14, 2024**

## 4-H Academy @ Purdue

4-H Academy @ Purdue is a program held at Purdue University specifically designed to offer hands-on, exciting opportunities to learn about a diverse selection of subjects & careers. During this conference participants will meet and learn from professors, graduate students and other experts in their respective fields and participate in interactive activities and experiential learning. Participants stay in a Purdue University Residence Hall for two nights while exploring the Purdue University campus and meeting 4-H members from across Indiana. 4-H Academy @ Purdue is open to all youth grades 9-12. Registration open March 15!

## 4-H Round-Up

4-H Round-Up is an exciting opportunity offered to youth who have completed grades 7-9. Attendees have an opportunity to explore a variety of careers by attending classes created just for Round-Up attendees at Purdue University. Participants will get a taste of college life and will live in a Purdue Residence Hall for two nights. Youth have an opportunity to meet others from across the state and further develop their leadership skills. Recreation events are planned in the evenings and blocks of free time allow attendees the opportunity to build friendships on their own. 2024 4-H Round-Up registration deadline is June 1.

**June 24-26, 2024**

**June 22-25, 2024**

## 4-H Band and Chorus

The 2024 4-H Band and Chorus workshop is four days length. Youth will improve their instrumental skills as they prepare for a concert band performance on Monday evening during 4-H Round-Up. Youth will improve their vocal and choreography skills as they prepare for a show choir performance Tuesday evening during 4-H Round-Up. Any youth who has completed grade 9, 10, 11, or 12 may apply. 4-H membership is not required. Selection is made by State 4-H Band Director and Coordinator.

**Registration can be completed via 4-H Online  
Reach out to Brooke (bgoble5@purdue.edu) if you have any  
questions about these trip opportunities or cost.**

**More information:: <https://extension.purdue.edu/4-H/get-involved/state-programs/index.html>**



# Indiana Livestock Quality Care Training



- March 18 | 6pm | 4-H Exhibit Building
- April 6 | 9am | 4-H Exhibit Building
- May 2 | 6pm | 4-H Exhibit Building
- May 21 | 6pm | 4-H Exhibit Building

Registration is Open at

[v2.4honline.com](http://v2.4honline.com)



## Indiana 4-H Quality Livestock Training

The Indiana 4-H Quality Livestock Care Training is an exhibit requirement for any 4-H Member in the following projects: Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members must attend an in-person training to be able to show their animals at the 2024 Pike County 4-H Fair.

There is **no cost** for the “Indiana 4-H Quality Livestock Care Training” this is sponsored by the Pike County 4-H Livestock Committee. All sessions will be held at the Pike County 4-H Exhibit Building in Hornady Park. Please register for the training by visiting: 4-H Online at [v2.4honline.com](http://v2.4honline.com).

### How to Register?

1. **Login** to your 4-H Online Account
2. On left of screen there will be the **Events Tab**

Register by clicking the Pike County Indiana 4-H Quality Livestock Care Training.

**May 21st** is the last in person training provided by the Pike County Extension Office. Livestock exhibitors will then be required to complete the YQCA Training and **show** proof of completion by **June 1, 2024**. Families are personally responsible for the

**\$12 YQCA fee per livestock exhibitor**. You may find the YQCA information on the following website: <https://yqcaprogram.org>. Should none of the in-person trainings work for the livestock exhibitor’s schedule, YQCA online training is the only option at the \$12 individual fee.

Please Contact the Pike County Extension Office with further questions: (812) 354-6838

### 2024 Livestock Tagging Days

Livestock Tagging Days, March 30th, 9am-10:30am and April 27th, 9am-11am at the Livestock Barns at the Fairgrounds.  
Contact the Extension office at 812-354-6838 with any questions.

#### March 30th

#### Beef & Dairy Beef Weigh-in and Tagging

9am-10:30 am @ Livestock Barns at Fairground

All feeder calves, steers, and heifers **MUST** be tagged at tag in at the fairgrounds. We will also weigh steers for Rate of Gain (New in 2024)

#### April 27th

#### Livestock ID Day Weigh-in and Tagging

9am-11am @ Livestock Barns at Fairground

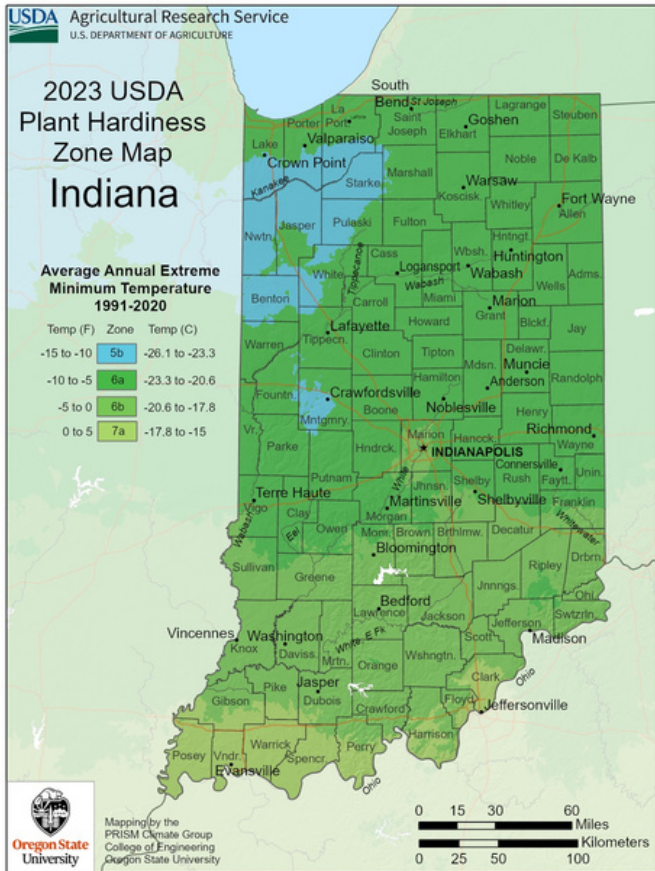
Cattle, Sheep, Swine, & Goats

Animals that have attended a previous ID day in Pike County & meet current identification requirements do not need to attend. All steers, dairy/meat goat wethers, & market lamb will be weighed for Rate of Gain (New in 2024)





# USDA Unveils Updated Plant Hardiness Zone Map



In the updated USDA Hardiness Zone Map, most of Pike County is now located in Zone 6b (USDA/Agricultural Research Service)

The U. S. Department of Agriculture (USDA) released a new version of its Plant Hardiness Zone Map (PHZM), updating this valuable tool for gardeners and researchers for the first time since 2012. USDA’s Plant Hardiness Zone Map is the standard by which gardeners and growers can determine which plants are most likely to thrive at a location. The new map - jointly developed by USDA’s Agricultural Research Service (ARS) and Oregon State University’s (OSU) PRISM Climate Group - is more accurate and contains greater detail than prior versions.

It is available online at <https://planthardiness.ars.usda.gov/>. In addition to the map updates, the Plant Hardiness Zone Map website was expanded in 2023 to include a “Tips for Growers” section, which provides information about USDA ARS research programs of interest to gardeners and others who grow and breed plants.

The 2023 map is based on 30-year averages of the lowest annual winter temperatures at specific locations, is divided into 10-degree Fahrenheit zones and further divided into 5-degree Fahrenheit half-zones. Like the 2012 map, the 2023 web version offers a Geographic Information System (GIS)-based interactive format and is specifically designed to be user-friendly. Notably, the 2023 map delivers to users several new, significant features and advances. The 2023 map incorporates data from 13,412 weather stations compared to the 7,983 that were used for the 2012 map.

Furthermore, the new map’s rendering for Alaska is now at a much more detailed resolution (down from a 6 1/4 -square-mile area of detail to a 1/4 square mile). “These updates reflect our ongoing commitment to ensuring the Plant Hardiness Zone Map remains a premier source of information that gardeners, growers and researchers alike can use, whether they’re located in the continental United States, Alaska, Hawaii or Puerto Rico,” said ARS Administrator Dr. Simon Liu.

Approximately 80 million American gardeners and growers represent the most frequent users of the USDA Plant Hardiness Zone Map. However, they’re not the only ones with a need for this hardiness information. For example, the USDA Risk Management Agency refers to the map’s plant hardiness zone designations to set certain crop insurance standards. Additionally, scientists incorporate the plant hardiness zones as a data layer in many research models, such as those modeling the spread of exotic weeds and insects.

Plant hardiness zone designations represent what’s known as the “average annual extremes minimum temperature” at a given location during a particular time period (30 years, in this instance). Put another way, the designations do not reflect the coldest it has been or ever will be at a specific location, but simply the average lowest winter temperature for the location over a specified time. Low temperature during the winter is a crucial factor in the survival of plants at specific locations. (continued on next page)

## Hardiness Zone, continued

As with the 2012 map, the new version has 13 zones across the United States and its territories. Each zone is broken into half zones, designated as "A" and "B." For example, zone 7 is divided into 7a and 7b half zones. When compared to the 2012 map, the 2023 version reveals that about half of the country shifted to the next warmer half zone, and the other half of the country remained in the same half zone. That shift to the next warmer half zone means those areas warmed somewhere in the range of 0-5 degrees Fahrenheit; however, some locations experienced warming in the range of 0-5 degrees Fahrenheit without moving to another half zone.

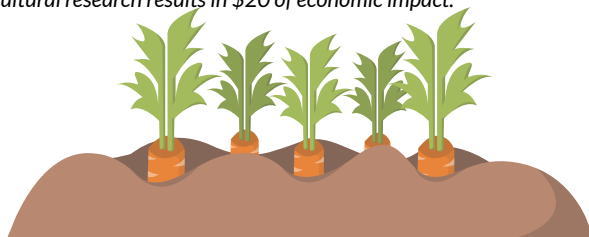
These national differences in zonal boundaries are mostly a result of incorporating temperature data from a more recent time period. The 2023 map includes data measured at weather stations from 1991 to 2020. Notably, the 2023 map for Alaska is "warmer" than the 2012 version. That's mainly because the new map uses more data representing the state's mountain regions where, during winter, warm air overlies cold air that settles into low-elevation valleys, creating warmer temperatures.

The annual extreme minimum temperature represents the coldest night of the year, which can be highly variable from year to year, depending on local weather patterns. Some changes in zonal boundaries are also the result of using increasingly sophisticated mapping methods and the inclusion of data from more weather stations.

Temperature updates to plant hardiness zones are not necessarily reflective of global climate change because of the highly variable nature of the extreme minimum temperature of the year, as well as the use of increasingly sophisticated mapping methods and the inclusion of data from more weather stations. Consequently, map developers involved in the project cautioned against attributing temperature updates made to some zones as reliable and accurate indicators of global climate change (which is usually based on trends in overall average temperatures recorded over long time periods).

Although a paper version of the 2023 map will not be available for purchase from the government, anyone may download the new map free of charge and print copies as needed.

*The Agricultural Research Service is the U.S. Department of Agriculture's chief scientific, in-house research agency. Daily, ARS focuses on solutions to agricultural problems affecting America. Each dollar invested in U.S. agricultural research results in \$20 of economic impact.*



## Plant Hardiness Zone Map

[planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov)

## 2024 DNR Tree Seedling Order Forms Now Available

Indiana Department of a Natural Resources - Division of Forestry has released order forms for bulk seedlings for the 2024 spring season. Seedlings may be utilized for conservation plantings or distributed as part of educational programming. They may not be resold or redistributed for profit. Order forms are available on-line at [www.in.gov/dnr/forestry/tree-seedling-nurseries/instructions/](http://www.in.gov/dnr/forestry/tree-seedling-nurseries/instructions/).

### EMERGENCY PREPAREDNESS FOR RURAL FAMILIES

March 5 | March 7 | March 12 | March 14



**March 5, 7, 12 & 14**  
5:30-8:30 PM EDT/4:30-7:30 CDT

Participate virtually or in-person at Gibson Co. Purdue Extension Office, Princeton, IN.

The series will focus on farm and ranch emergency management, first aid, fire protection, and hazardous materials.

Find out more at: <https://purdue.link/emprepared24>

*This project was supported by a grant from NCRCRD through funding from USDA NIFA Award #2022-51150-38141*

## FRUIT-FUL Launches Series for Current, New Growers

Purdue Extension invites current and aspiring backyard fruit growers to join our 5-session live, virtual program and learn about ways to improve their fruit production. Educators and Specialists will discuss modern fruit production practices, pest and disease management, and more!

**Dates:** March 7, 14, 21, 28 and April 1, 2024

**Time:** 11:00am- 12:30pm (CST)

**To register, visit:**  
<https://tinyurl.com/56tda6n2>



# Mastering Home Food Preservation

Petersburg Community Church  
420 E Illinois St.  
Petersburg, IN 47567



Training

Oct 31-Nov 3, 2023  
9 AM –5 PM ET

Online  
Registration

[cvent.me/K5Qx1l](https://cvent.me/K5Qx1l)

Valuable Resources, In-depth Lectures, Interactive Discussions,  
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.  
Instructors will provide instructional course work and preservation labs.

## TOPICS COVERED

Food Safety and Freezing Food  
Boiling Water Canning  
Pressure Canning  
Pickling, Drying Foods  
Jams and Jellies

## REGISTER EARLY!

**Cost: \$275.00**  
**Mastering Home Food Preservation**  
**Notebook Included.**  
Contact: Abbi Smith,  
[asmith22@purdue.edu](mailto:asmith22@purdue.edu), (765) 653-8411 for  
additional details.



Extension - Health and  
Human Sciences

**FOOD PRESERVATION**



## April is Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve your mental and physical well-being as well as minimize increasing of health-related issues.

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough.

### Ways to Help Manage Stress

- **Exercise-** Even 20-30 minutes a day of walking is a great stress reliever and a good way to get your mind off your daily worries. Exercise has many healthy benefits.
- **Relaxation-** Learn to incorporate some relaxation techniques into your daily life. Meditation, journaling, yoga, and breathing exercises are just a few ways to help relax.
- **Have Fun-** Spending quality time with family and friends, or simply watching your favorite sit-com can often be just the distraction you need.
- **Visit Your Doctor-** Your family doctor is in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.
- **Eat Well-** The gut and brain are constantly sending signals to each other, so by keeping your microbiota (the bacteria in your gut) healthy, your brain feels less stressed.
- **Sleep & Rest-** To relieve stress before bed, try some relaxation techniques and disconnect from technology as much as possible an hour before bedtime.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.



“MAKING THE HEALTHY CHOICE, THE EASY CHOICE.”

ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

## Do I Qualify for SNAP?



To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits. The asset/resource limits are \$5,000 for most households.

Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods, and personal belongings and life insurance policies are not counted as assets in the SNAP program. All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits. The gross income is per household size and based on the gross monthly income received by all household members. For more information, please visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>

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**March is**

**National Nutrition Month**



## National Nutrition Month® Weekly Messages

### Week 1: Stay nourished on any budget.

- Learn cooking, food preparation and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC, and local food banks.
- Practice home food safety.

### Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Receive personalized nutrition information that meets your health goals.
- Learn about the many ways RDNs can help people live healthier lives.

### Week 3: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Experiment with recipes using different ingredients.
- Try new foods or global cuisines.



2024 NATIONAL NUTRITION MONTH

For more information, visit: <https://www.eatright.org/national-nutrition-month/resources>





# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

## Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

### Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

#### Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

#### Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood



### Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

## Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious. You can create healthy and tasty meals without a recipe.

For example:

- Baked fish with sautéed veggies and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast

If you don't have an ingredient, try substituting with something similar.

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.



## Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.
- Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

Find more healthy eating tips at:

[eatright.org](http://eatright.org)  
[kidseatright.org](http://kidseatright.org)  
[MyPlate.gov](http://MyPlate.gov)

**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](http://eatright.org).**

**eat right.** Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Erin Meyer, RDN

# WHAT IS BROADBAND?

**Broadband is defined by the Federal Communications Commission (FCC), a government entity that regulates telecommunications, as an internet connection that is always on and faster than dial-up.**

## DO I HAVE BROADBAND?

While the definition is a bit vague, it really means that if internet service available at your address (home business, organization, etc.) is slower than 25 megabits per second or Mbps download and 3 Mbps upload (Mbps refers to the amount of data that can be handled by your internet connection), 25/3 for short, then you are considered unserved. If you do have 25/3 Mbps service but not 100/20 Mbps available, then you are considered underserved. If either of these is the case, your address could be eligible for funds to provide service of at least 100/20 Mbps. In case you were wondering, “gig” service refers to speeds of 1,000 Mbps.

The FCC unveiled a new map and needs your help to make sure your address and internet service offered are accurate. Read more on how to review your address by reading this blog post: [3 Steps to Bring Better Broadband to Indiana – Purdue Center for Regional Development](#)



## WHAT TYPES OF BROADBAND TECHNOLOGIES ARE THERE?

Broadband technologies vary resulting in different internet speeds and reliability measured in Mbps per technology, but the most common ones include:

### DIGITAL SUBSCRIBER LINE (DSL)

This one uses your copper phone line to provide an internet connection.



### FIXED WIRELESS

This technology requires an antenna and line of sight between your address and the tower providing the service.



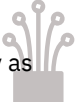
### CABLE

This one is usually offered by cable companies and rely on a combination of fiber-optic and coaxial cable.



### FIBER-OPTIC

This technology relies on very thin glass fibers, usually as thick as a human hair, to provide internet service.



### SATELLITE

This technology also requires an antenna at your address and line of sight with the satellite providing the internet connection. However, please note that this technology is not considered broadband by the upcoming federal funds. In other words, if your address has access to satellite service, you can still be considered unserved or underserved.



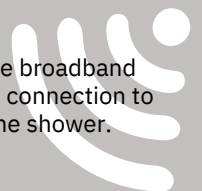
### FIXED VS. MOBILE BROADBAND

Upcoming broadband funds can only be used for what is called fixed broadband. This refers to the fact that the end-user (a home, business, etc.) is fixed or does not move. Mobile broadband refers to cellular data plans. All technologies described here are considered fixed broadband.



Cellular data provides internet service in a different way. These technologies include 3G, 4G, and/or 5G (do not confuse with 1 G(ig) service, see above). However, these are not considered fixed broadband and if available at your address, you are still eligible for broadband funds.

One last thing, your Wi-Fi relies on these broadband technologies. Consider your broadband connection to be your main water line while Wi-Fi is the shower.



# WHAT IS \_\_\_\_\_ BROADBAND?

## WHY IS BROADBAND ACCESS DATA IMPORTANT?

The federal government, in partnership with states, is deploying broadband funds through the Broadband Equity, Adoption, and Deployment program also known as BEAD. Indiana is receiving close to \$870 million. A map compiled by the FCC will dictate where these funds go. So, we need to make sure Indiana's map is as accurate as possible. Continue reading below for more information.

## CONFLICTING BROADBAND INFORMATION

Part of the reason this map is being updated is because broadband data is very muddy. In the past, the FCC compiled data from providers that report where they offer service, with what technology, and their maximum advertised download and upload speeds. However, because this data is provider self-reported and not validated by consumers it can overestimate broadband availability. This time around, they are asking for your help to make sure the data reported by providers is accurate at the address level.

## SPEED TESTS

Another wrinkle to consider is that beyond internet service being available, is the issue of reliability and quality of service. One way to measure this is through speed tests. A speed test calculates your download and upload speeds (again, measured in Mbps). If your internet connection consistently delivers speed tests below what the provider says it is providing, there may be some quality issues. This in turn may make your address eligible for funds to build more high-quality internet service. You can see what service you subscribed to by checking out your internet bill.

To conduct a speed test on your existing service or to report an address with no service, please visit: [pcrd.purdue.edu/speedtest](http://pcrd.purdue.edu/speedtest)

And remember, speed tests are free so please complete as many as possible, as frequently as possible! The more data there is on your internet service, the better!



## ADOPTION AND AFFORDABILITY

In addition to having access to adequate internet, another issue is adoption. Many times, internet is available, but folks do not subscribe because they may not be able to afford it. Fortunately, there is a program in place called the Affordable Connectivity Program (ACP) that provides \$30 per month to eligible homes (\$75 in qualifying tribal lands and high-cost areas). Please visit [www.fcc.gov/acp](http://www.fcc.gov/acp) for more information and for instructions on how to enroll.



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## Oatmeal-Chocolate Snack Cakes

*Get the whole family involved in the kitchen with these delicious, healthy and easy to make snack cakes!*

### **Ingredients:**

- Cooking Spray
- 1 Cup Whole-wheat pastry flour
- 3/4 Cup Rolled oats
- 1/2 teaspoon Baking soda
- 1/4 teaspoon kosher salt
- 6 Tablespoons unsalted butter, melted, and slightly cooled
- 1 large egg
- 3/4 Cup Packed light brown sugar
- 1/2 cup unsweetened applesauce
- 3/4 Cup semisweet mini chocolate chips



### **Directions:**

1. Preheat the oven to 350 degrees F. Line the bottom of a 9-inch square baking pan with a foil strip long enough to overhang on 2 opposite sides. Spray the foil lightly with cooking spray; set aside.
2. Whisk together the flour, oats, baking soda and salt in a medium bowl; set aside. Whisk the butter, egg, brown sugar and applesauce in a large bowl until combined. Add the dry ingredients to the wet and mix until barely mixed. Stir in the chocolate chips.
3. Spread the batter in the prepared baking pan. Bake until the cake is light brown around the edges and a toothpick inserted in the center comes out clean, 25-30 minutes. Remove from the oven and let cool on a rack for 15 minutes. Use the foil overhang to lift the cake out of the pan and let cool completely on the rack. Invert onto a plate and peel the foil off. Move the cake onto a cutting board, cut into 12 pieces and serve.

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