

June–August  
2024



BOONE COUNTY  
EXTENSION  
HOMEMAKERS

# The KALEIDOSCOPE



Your 2024-2025  
BCEH Council

## IN THIS ISSUE

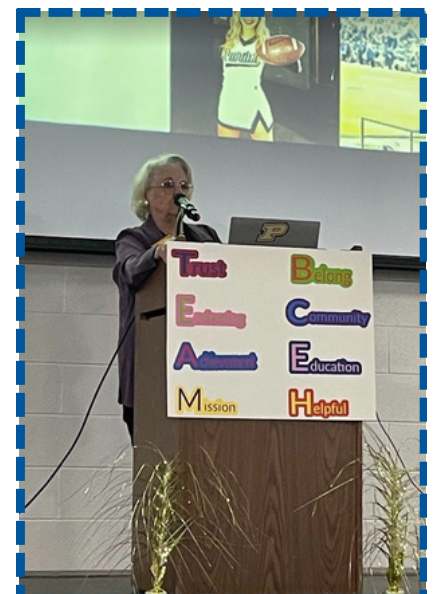
- OFFICER UPDATES
- COMMITTEE REPORTS
- FAIR INFORMATION
- RECAP OF SPRING EVENTS

## MONTHLY QUOTE

“  
The new year  
stands before us,  
like a chapter in a  
book, waiting to be  
written.

—Melody Beattie

”



# Important Dates



## June

- 4 First Tuesday - Freezing Foods 101
- 10-12 Home and Family Conference - Embassy Suites, Noblesville  
Community Building - 6:30 p.m. *Must RSVP*
- 24 E.H. Council Meeting, Dining Room  
Pitch in for old and new Presidents -6:00 p.m.  
Marionettes - Drinks  
Meeting at 6:30 p.m.

## July

- 4 Extension Office Closed
- 16-18 NVON Conference - Asheville, NC
- 20-27 Boone County 4-H Fair
- 24-27 Boone County Extension Homemaker's Open Show

## August

- 6 First Tuesday Program 6:30 p.m. *Must RSVP*
- 2-18 Indiana State Fair
- 26 Extension Homemakers Council Meeting - 6pm

## September

- 2 Extension Office Closed - Labor Day
- 3 First Tuesday - 6:30 p.m.
- 17-19 Indianapolis District Retreat
- 24-26 CWC Conference



*The month of June brings us plenty of rain, beautiful flowers, and a sense of growing. The officers for the next year have been duly installed at our Achievement Night. As the county President I will be representing the Homemakers of Boone County at the Home & Family Conference in early June. This is an opportunity to meet the state officers and the presidents from all 91 other counties. I am looking forward to sharing what Boone County Homemakers are doing in education and community support. I am especially interested in how to 'get the word out' about this wonderful organization, which will hopefully bring an increase to our membership. What ideas would you like to share in the hopes of increasing the numbers?*

*Past Council officers and club Presidents are invited to join the incoming Council officers and club Presidents on June 24th for a pitch-in dinner at 6pm. A main dish will be provided along with beverages and table service; you are asked to bring a salad, vegetable, or dessert to share. All Boone County Extension Homemakers are invited too, to learn more about what is planned for the next year, let Judi know if you are attending. More info will be coming later.*

*The month of July, oh how we LOVE it!!!! The 4-H Fair will begin on Saturday, July 20 and end on Friday, July 26. A few events will be held before and after the Fair week - Queen's Pageant will be on Saturday, July 13th and there will be a Derby on Saturday, July 27th. Currently there are 100+ members in the active BCEH clubs, with about 40 in the Mailbox club. Therefore, everyone will need to help with serving food in the Beehive. If you are not able to volunteer- YOU will need to get someone to work in your place. Anyone over 16 years old can help with the grill or fryer, children under 16 years old can help with trays, tables, trash, stocking. It is possible that we will be paying an adult to handle the grill or fryer every day for each shift- 10am-4pm or 4pm-10pm. The Sign-Up Genius will be sent to each member around June 15th, so now is the time to look at your calendar and see what days you and your friends/family are available to grill burgers, fry onion chips, prepare salads, etc. For any questions or suggestions, contact Judi now...[jaw\\_ltw@yahoo.com](mailto:jaw_ltw@yahoo.com)*



## More News from Judi...

Looking ahead to Fall of 2024....The BCEH Council will meet in August. The 1st Tuesday program will be held in August, September, and October...do you have any suggestions for topics? October brings us a Sewing Day and Educational lessons. IEHA Week is in October and ends with Make A Difference Day on a Saturday. What event or community support activity can we do to bring awareness to BCEH and make the DIFFERENCE? November will be here soon – so plan on attending the Holiday Workshop and the Holiday Bazaar. December is set aside for family-time and celebrating the Season. But be prepared for January 2025, because BCEH will be looking forward to a fresh start to this new year.

Trust    Endearing    Achievements    Mission  
Belong    Community    Education    Helpful

This is my theme for the coming year T E A M B C E H

What can your club do in keeping with this theme? What can YOU do in improving, enlarging, and endearing the greatest institution in the world, THE HOME?

<b>T</b>	Trust	<b>B</b>	Belong
<b>E</b>	Endearing	<b>C</b>	Community
<b>A</b>	Achievements	<b>E</b>	Education
<b>M</b>	Mission	<b>H</b>	Helpful





## TREASURER'S REPORT

Thank you to the clubs and mailbox members who have submitted their dues for the upcoming year (July 1, 2024- June 30, 2025). It's not too early to reserve your spot on the schedule!! We need cashiers for the Bee Hive the week of the fair, July 20-26. There will be training on the registers prior to the fair. Please contact the Assistant Treasurer, Joan Guthridge, to serve as a cashier.

Also, just as a reminder, in order to be reimbursed for expenses, please complete the reimbursement form (available in the office) and attach it to your receipts and leave it in my box in the office. If you have any questions, please feel free to contact me at [dione.finney@gmail.com](mailto:dione.finney@gmail.com).

-Dione Finney, Treasurer

### Message From Past President Patty

Happy Memorial Day and Spring! We have had several activities this spring, Heritage Skills I was not able to attend ,but I am sure everyone had a great time and learned something. International Night, we learned a lot about Sicily and had a great meal. 4-H Bar-B-Q with lots of great desserts. Achievement Night was fun. We also had great food and wonderful entertainment

I ask that you make goals for Open Show. I made my goal last July. Hopefully I get it all done after I come back from vacation.

I would like to thank everyone for the amazing 2 years I had as president. As president you get to meet new people(to you) in various counties. You become close to these people , helping with Retreat, Home and Family Conference, and NVON. I am sure Judi will do a great job. Hope to see all of you at the fair.

Thanks,  
Patty



Dear Extension Homemakers,

Happy New Year! As we venture into a new Extension Homemakers' year I am so excited to see the impact this organization has on the citizens of Boone County. This past year I have been so proud of you for trying new programs, marketing differently and trying to reach new audiences. As Boone County expands and moves in new directions it is wonderful to see that you remember that not everyone knows who Extension Homemakers are and that you are welcoming new people to the organization. As Bradley Walsh simply put, "The times change, and if you don't change with them, you get left behind." Boone County Extension Homemakers did a wonderful job this year with bringing back Heritage Skills Day (a program that probably hadn't been done in 20 years). You saw a need and interest that fit the mission of Extension Homemakers and you made it happen! You brought Food Preservation programs to First Tuesdays because people requested it. Katie K. and I recently chatted about how marketing events has required both of us to remember that our audience doesn't know our verbiage and we have both updated some of our older materials.

Change is not easy. It is easy to keep doing what we have always done because we have it down. Trying something new means that new materials have to be created, new resources must be found, and by the end of the event we might be at Plan Z instead of Plan A. What matters though is that you are trying your best to bring needed information and resources to our community. The 4-H Motto of "Make the Best Better" can be applied to everything that this organization does. I can tell from the chairman binders that you keep, that you are sharing knowledge gained to help that next committee improve with what you learned.

I look forward to what the 2024-2025 Extension Homemakers' year has instore for our community. From this newsletter it is easy to see that many committees are already planning away. Several times recently, I have thought to myself that I just can't believe how busy this organization is. There is community events every month, and some weeks there are multiple events.

Thank you for all you do to help local non-profits, all the information you share with community members and all you do to support me and my Health and Human Science programing efforts. I look forward to cheering you on in the coming year as you make your goals a reality.

Sincerely,

*Pandora*  
Your official Extension Homemakers' Cheerleader



# Spring District Day

The Indianapolis Spring District Day Meeting was held Mar20 in Boone Co. At Dull's Tree Farm. The theme for the day was Christmas. So we all wore our Christmas attire. We also decorated accordingly. There were 71 in attendance and out of that 17 had never been to a District Meeting. Our lunch was catered by 1920 Vault out of Mechanicsburg. We had turkey, stuffing, smashed potatoes, green beans, salad and rolls. Our dessert was Christmas Tree cookies made by our State Vice President Cathy. They were already on the tables. Kerri Dull was our speaker for the day. She talked about the farm and gave some interesting facts. They started planting 200 trees in 1985. Opened the farm in 1993 to save money for their children's education. In 2024 they planted 11,000 trees. Sheared 55,000 trees this year. They had 40,000 visitors for Pumpkin Festival. There are 1,000 trees per acre. They have an Adult Easter Egg Hunt each year. Creative ways to hide eggs. Craft Fair in July with 140 vendors. Wreath making classes 3 times a year. Our state officers spoke on each of their responsibilities like Home and Family Conference and NVON. For door prizes I gave away pansies and gift cards to Dairy Queen to the first person in each county who sent in their reservation. I think everybody had a good time. I would like to thank Pandora for using her mother's table decorations. Donna Padgett, Nancy Viehe, and Joan Gutridge for helping decorate. The three ladies who helped with Registration Beth Stewart, Donna Padgett and Anita Sedwick. Joan Gutridge for prayer. Judi Wilson and friends for putting the food away. The ladies who gave the pledges and inspiration. If I missed anyone I am sorry.

Thank you all

Patty



# Spring District Day





# First Tuesdays

# CANNING



*Boone County Extension Homemakers have awarded college scholarships of \$1,000.00 to three students at Western Boone School District.*

*We are finishing up our reading to Head Start Students. Thanks to all who have volunteered to read this year. I will be looking for more readers next year.*



*Joan Mohr*

# INTERNATIONAL NIGHT 2024

**Approximately 50 attended the program on Sicily on April 4, 2024, at 6:00 p.m. in the Community Building. Many thanks to the Buildings and Grounds crew for setting up and tearing down. Refreshments of Easy Sicilian Bruschetta, Creamy White Sauce (Alfredo) and Red Sauce (Northern Italy) served over pasta, and mini cannoli were served. The coordination clubs were Marionettes, Sugar Creek, and Home Cooking.**

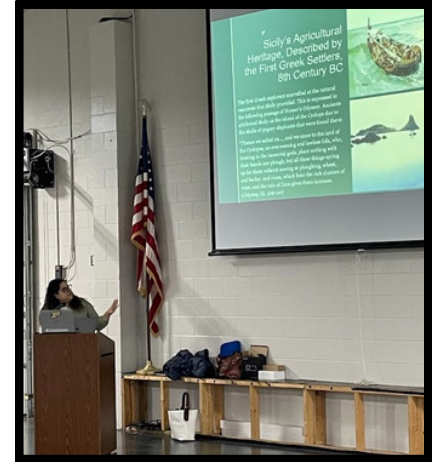


**The speaker had good slides and a nice 30-minute presentation and often made sure we were thinking of "SICILY, NOT ITALY!"**

## **MORE THANKS!!**

**The Building and Grounds crew does a awesome job, but I think a great big THANKS is due Pandora and staff, Judi Wilson, Patty Nichols and others who plan and coordinate our many events. It truly takes a team to get it all done.**

**-Karen Niemeyer**



**BOONE COUNTY EXTENSION  
HOMEMAKERS PRESENT**



# FIRST TUESDAYS

ALL PROGRAMS BEGIN AT 6:30 IN THE BOONE COUNTY FARM BUREAU  
INC. COMMUNITY BUILDING ON THE 4-H FAIRGROUNDS



## **FREEZING FOODS 101**

with Extension Educator Mandy Gray

**JUNE 4**

Master the art of safely preserving foods by freezing as we explore key factors influencing frozen food quality. Dive into essential techniques such as proper packaging, effective pretreatment practices, and the basics of blanching to ensure your foods retain their flavor, texture, and nutritional value.



***FREE PROGRAM OPEN TO THE COMMUNITY!!***



**REGISTER**

Contact Purdue Extension Office @ 765-482-0750  
or email booneces@purdue.edu

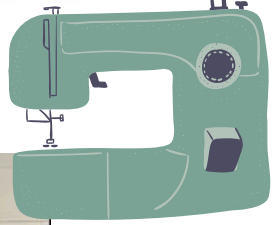
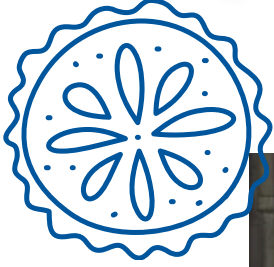
# First Books

*Thank you to  
this year's  
readers!*



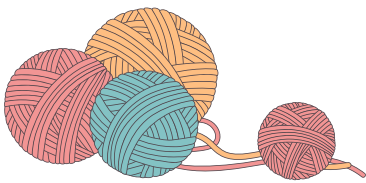
# Heritage Skills

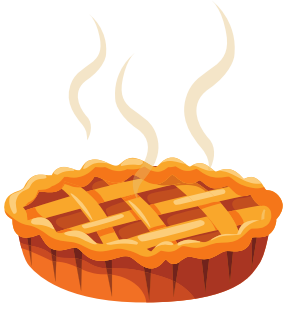
## RECAP



# Heritage Skills

## CONTINUED





# 4-H BBQ BAKE SALE



Thank you to all who brought baked goods for the 4H BBQ Bake sale! And thank you to all who worked a shift! The event went smoothly and we had a nice variety of baked goods. We had some left over which were given to the 4H BBQ workers and staff. They appreciated it! We made around \$500.



The graphic features a purple laptop with a purple megaphone on top. To the left of the laptop are three circular icons: a yellow one with three dots, a purple one with a thumbs-up, and a green one with a thumbs-up. The word "Marketing" is written in a large, blue, cursive font, and "NEWS" is written in a smaller, black, sans-serif font below it.

# Marketing NEWS

*Help Judi and Katie create a slide show for this years Boone Co. 4-H Fair that will play in the Bee Hive during this years fair. We are looking for photos of all kinds to show off what the Boone County Extension Homemakers is all about and the members we have. You can email your photos to Katie at [KT\\_ROB\\_ICE@yahoo.com](mailto:KT_ROB_ICE@yahoo.com). send them to the BCEH Facebook page via Private Messenger, mail photos to Katie at 6103 Green Willow Rd, Whitestown, IN 46075 or call Katie at 317-966-9720 to learn more. All images need to be given by July 1st.*

*Facebook is reaching thousands of people weekly from all over the United State with the target group being from 18 years of age - 65+. With the messages and questions that I get daily. I would love to help our community out by sharing what our clubs due, stated for and their goals. Each month I would love to highlight a club to share with the community, since our community is grouping very quickly and bring people in from all over the world to Boone Co. If you club would like to be highlighted on Facebook to get the word out please send a photo(s) with a message to Katie at [KT\\_ROB\\_ICE@yahoo.com](mailto:KT_ROB_ICE@yahoo.com) or the BCEH Facebook page via Private Messenger. If you have any questions please feel free to reach out.*

*Thank you,  
Katie Klimaszewski*



# **EXTENSION HOMEMAKERS OPEN SHOW**

## **OPEN SHOW NEWS**

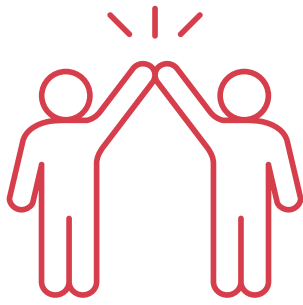
***Get out your scissors, paint brushes, needles & thread, gardening trowel, camera, flour & sugar and let your creative juices flow! Join us for the Extension Homemakers Open Show that takes place during the 2024 4-H Fair running from July 20 to July 27.***

***It is an opportunity for anyone in Boone County to share interests and talents with others. There are various departments to enter: Arts, Crafts & Hobbies, Culinary, Fine Arts, Flower & Garden, Needle Arts & Sewing and Photography. Open Show books are available in places around the county and also online, <https://extension.purdue.edu/county/boone/hhs/bceh.html>. Look there for information and rules for entering.***

***Check-in is open on Tuesday and Wednesday with judging following. Items are available for viewing on Wednesday evening, all day Thursday and Friday until late afternoon check-out. Please consider entering something and spreading the news to others in Boone County to enter also.***

***Many volunteers are needed to accomplish this event. If you can help for a couple of hours or for a couple of days, we appreciate that very much. Help varies with duties like sitting or carrying, recording, adding ribbons, computer entries or keeping an eye on things during the viewing hours. It is a chance to be involved in an event that benefits many in our community. You can contact Abby to volunteer at: [emmertabigail@gmail.com](mailto:emmertabigail@gmail.com) or 765-336-4289.***





# 2024 Open Show Needs Your Help

Do you enjoy baking? Do you enjoy seeing others' creative skills and the ideas they have for a project? If so, the Open Show NEEDS you!

## **Opportunities to volunteer include:**

**Culinary Dept. Director:** You can lead a team of volunteers to organize the culinary entries during the Open Show. You can be available for several hours and one full day of the show to assist with set up, project entry, judging, and project check out. May share this role with another person.

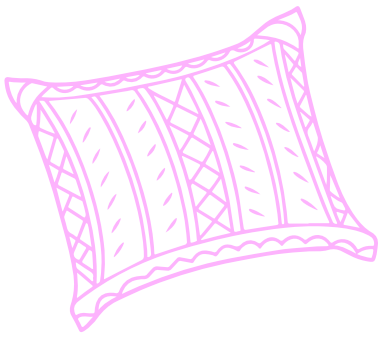
**Committee Member:** You can be a part of one of the department teams. You can be available a few hours during the show to assist with any of the following: set up, project entry, judging or project check out.

**Open Show Director:** You can give guidance and support to all of the department chairs. You can be available several full days or half days at the show and assist with all aspects. The goal is to have multiple directors to share this role.

**Bake Auction Assistant:** You can help one full day during the show working with the bake auction director to prepare baked goods entries for the auction. No baking required, just packaging entries from others who baked!

Remember, even if you only have a few hours of time to give, we could use you! Please contact Abby Emmert Worrell with questions or if you are interested in any of these roles. Email or call at [emmertabigail@gmail.com](mailto:emmertabigail@gmail.com) or 765-336-4289.





# PILLOWCASE CONTEST

BCEH is sponsoring a Pillow Case Contest during the Open Show at the Fair again! You can make a pillowcase or decorate a purchased pillowcase. You must be able to sleep on the pillowcases. Pillowcases will be judged by creativity. There is an Adult division and a Junior Division. In each division there is a first place award of \$15 and a second place award of \$10. You must donate a new standard size pillow to enter the contest. All pillows and pillowcases will be donated to the Boone County Woman's Shelter. No pillow or pillowcases will be returned. Join the fun and start making your pillow cases now as it gets really busy by fair time!! Pillowcases are entered the same time as all open show entries. The Open Show Handbook has all the details of the contest. You can also donate a pillow and or pillowcase without entering the contest. You can bring those pillows and cases anytime during the open show. Show your creativity and make a pillowcase.

*Linda Fahrenbach*

**OPEN SHOW BOOKS**

**NOW ONLINE!!!**

**[HTTPS://BIT.LY/BCEH](https://bit.ly/bceh)**

**(LOOK FOR GOLD BOX ON RIGHT  
HAND SIDE OF SCREEN)**

**PAPER COPIES ARE AVAILABLE AT  
THE PURDUE EXTENSION OFFICE.**



# HOLIDAY BAZAAR UPDATE

It might seem like a long way off, but we just had our first meeting for this year for the annual Holiday Bazaar. Our committee runs smoothly, but we still touch base to explore ways to improve each year. We thank Joan Mohr for her many years of service to our group and welcome Jennifer Jones who is replacing her.

The date is always the Saturday before Thanksgiving—November 23 this year. We are still in all three buildings (Witham and both Halls) and always welcome volunteers on the afternoon/evening of check-in (Friday) and the day of the event which is Saturday from 7 am to 4pm.

We also depend on all of you to come and shop! Please start early to spread the word about the event and plan to attend and bring family and friends! We have many faithful returning vendors (some many years), as well as, new vendors. And a good variety of things to purchase. Start your Christmas list early!!

*Judy Bolinger*



## 2024 NEWSLETTER DEADLINES

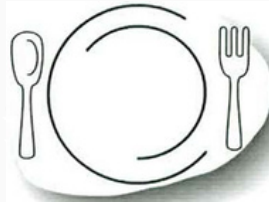
*If you have information you would like put into future Kaleidoscope editions please see the deadlines for submissions below.*

*Information must be submitted to Pandora Taylor  
pandora@purdue.edu and Kerry Luchetta kluchett@purdue.edu.*

*September/Oct Edition Deadline: Aug 15*

*Nov/December Edition Deadline: Oct 15*

# Flannel, Food & Fun



in Franklin, Indiana



**SAVE THE DATE!!!** **OCTOBER 9TH, 2024**

Join Johnson County Extension Homemakers

For the Indianapolis District meeting.

**DETAILS TO FOLLOW**

# CELEBRATING OUR SENIOR YEAR

2024 IEHA Indianapolis District Fall Retreat

Tuesday, Sept.17 and Wednesday, Sept. 18

Waycross Camp and Conference Center

## Tuesday:

10:00 - noon, Check in items to silent auction

Community Service—cards for military

12:00 - Lunch

1:15 - 2:15 **Craft Session 1**

High School Homecoming corsage - Sally Thieme

**Break**

2:30 - 3:30 **Craft Session 2**

- 1.Sourdough - Betty Clark
- 2.Wind chimes - Patty Nichols
- 3.Senior Coloring

**Break**

3:45 - 4:45 **Craft Session 3**

- 1.Oshibona Art Cards - Dee Kirkham
- 2.Do Your Own Thing - read, nap, walk the labyrinth outside
- 3.Easy Fudge Making - Cathy Cook

**Break Time**—check out Silent Auction, write cards to military, meet new friends

6:00 - **Dinner**

7:30 - Games - bring games and snacks to share  
\*\*\*High School Jeopardy by the year

## Wednesday:

8:00 - **Breakfast**

Announcements- next year's host

9:00 - 9:30 *Last chance to bid on silent auction*

Check out and turn in key and name tag sleeve

**Whole Group Session**

10:00 Finish cards for veterans

10:30 Chair Yoga

11:00 Make Your own Snack

11:30 - 12:00 Pick up silent auction items, pack cars

12:00 - **Lunch** - Safe travels, good-byes



# IEHA Indianapolis District Retreat 2024

Tuesday, Sept. 17 and Wednesday, Sept. 18

Waycross Camp and Conference Center  
7363 Bear Creek Rd. Morgantown, IN 46160  
812-597-4241 or 800-786-2267

(Please Print Carefully) Registrations accepted June 1 through August 15 (late fee after 8/15/24)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

County: \_\_\_\_\_ Decade you graduated from high school \_\_\_\_\_

Emergency contact person: \_\_\_\_\_ Telephone: \_\_\_\_\_

Confirmation by mail (include a self-addressed stamped envelope) \_\_\_\_\_ or email \_\_\_\_\_

Do you need a handicapped (use a walker or wheelchair) room: Yes \_\_\_\_\_ No \_\_\_\_\_  
on ground floor: Yes \_\_\_\_\_ No \_\_\_\_\_

Roommate: \_\_\_\_\_

Would you be willing to share a double bed and have a single bed in your room which would allow for occupancy of 3 per room? Yes \_\_\_\_\_ No \_\_\_\_\_

Special Diet Yes \_\_\_\_\_ No \_\_\_\_\_ Restrictions \_\_\_\_\_

Cra Session One	Homecoming Corsage all participate		
Cra Session Two	First Choice 1 2 3	Second Choice 1 2	3
Cra Session Three	First Choice 1 2 3	Second Choice 1	2 3
Wednesday	all participate		

Please see attached sheet for choices—we will try to accommodate your first choices.

Registration fee includes room, meals, and crafts:

Full Registration \$110 \_\_\_\_\_

Additional Charge for Single Occupancy \$ 25 \_\_\_\_\_

One Day - Tuesday \_\_\_\_\_ Wednesday \_\_\_\_\_ \$ 75 \_\_\_\_\_

Late Fee after August 15 \$ 25 \_\_\_\_\_

**What to bring** 1. high school memorabilia (leer jacket, senior cords, yearbooks, etc.)

2. all season cards—blank, birthday, holiday, thank you, etc.

3. silent auction items—handmade items and homemade items are popular

*Cancellation policy: Absolutely no refunds after September 1st due to agreement with Waycross.*

Please mail your registration form and a check payable to IEHA Indianapolis District to:

Hamilton County Extension Homemakers  
2003 Pleasant Street  
Noblesville, IN 46060

Questions: Gloria Del Greco, chair  
317-753-5747

**Session #1**



Homecoming corsage



Cards for veterans

**Session #2**



1. Sourdough



2. Wind chimes

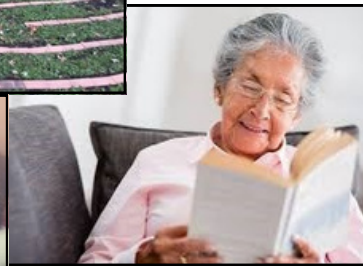
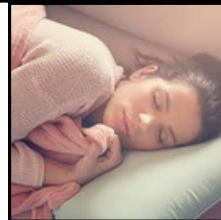


3. Senior Coloring

**Session #3**



1. Oshibona Art Card



2. Do Your Own Thing



3. Fudge Making

**Whole group**



Chair Yoga



Make Your Own Snack



# PRESSURE CANNER GAUGE TESTING SITE

*Did you know dial gauge pressure canners need to be checked for accuracy every year? The Purdue Extension Office in Boone County now offers dial gauge pressure canner testing. Please note, not all models can be tested. We can only test Presto brand dial gauges.*

## SCHEDULE A TIME...

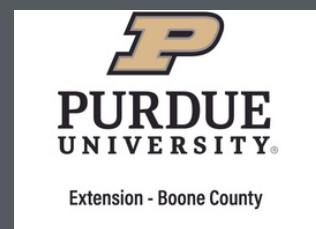
Reach out to Health and Human Sciences Extension Educator, **Pandora Taylor** to schedule a time to come into the Purdue Extension Office for testing.

PER GAUGE

**\$5.00**

CASH OR CHECK ONLY

Contact Pandora at  
765-482-0750 or [pandora@purdue.edu](mailto:pandora@purdue.edu)  
PURDUE EXTENSION - BOONE COUNTY  
Located on the Boone County 4-H Fairgrounds  
1300 East 100 South, Lebanon





# THIRSTY? Sip on This!

## Fluid Facts

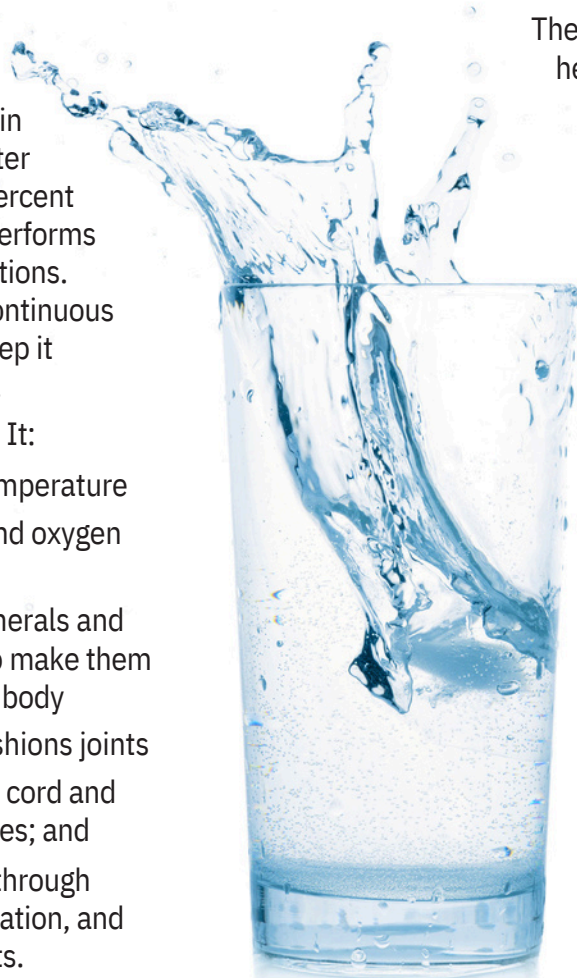
Water is the most abundant substance in the human body. Water makes up 50 to 70 percent of body weight and performs many important functions. Your body needs a continuous supply of water to keep it functioning normally.

What does water do? It:

- regulates body temperature
- carries nutrients and oxygen to cells
- helps dissolve minerals and other nutrients to make them accessible to the body
- lubricates and cushions joints
- protects the spinal cord and other sensitive tissues; and
- gets rid of wastes through urination, perspiration, and bowel movements.

## Make Smart Fluid Choices

Healthy people meet their fluid needs in part from the foods they eat, especially from fruits and vegetables, which can contain lots of water. But most fluid needs are met through beverages, so it is important to choose wisely. Beverages can also contribute significantly to calorie intake, so read the Nutrition Facts label when considering what to drink.



There are plenty of options for making healthy beverage choices.

- Think nutrition. Choose beverages that provide hard-to-get nutrients. Read nutrition labels and ingredient lists to see what your favorite drinks actually contain.
  - TIP:** Instead of soft drinks, sip on orange juice fortified with calcium and vitamin D.
- Watch the sugar! Drinking a lot of high-sugar beverages can fill you up and take the place of more nutritious foods. These drinks can also be high in calories, which could lead to weight gain.
  - TIP:** Replace regular soft drinks with water, skim or lowfat milk, tea, or coffee.
- Monitoring your intake? Choose lower-calorie versions of your favorite beverages and pay attention to how much you drink.
  - TIP:** Choose skim or lowfat milk, add ice to your drink, or dilute your favorite juice with calorie-free carbonated water.
- Stay hydrated throughout the day, especially during hot weather.
  - TIP:** Have a beverage with every meal and choose beverages you like to drink. Keep a bottle of water close by or save money by using a water fountain.

*This publication was originally written by Brooks Pritchett; revised with permission by Laura Palmer, MS, RD, Purdue Extension—HHS Specialist; and reviewed by Richard D. Mattes, MPH, PhD, RD, Distinguished Professor, Department of Nutrition Science, Purdue University.*

## Sugars in Disguise

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredient list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose



## Drinks Worth Sipping On

So what are your best bets when it comes to choosing beverages?

- Choose water, diet, or low-calorie beverages instead of energy-yielding beverages, which are those that provide energy in the form of calories.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.

- Don't "stock the fridge" with energy-yielding beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink carbonated water.
- Add a splash of 100% juice to plain carbonated water for a refreshing, low-calorie drink.
- When you do opt for an energy-yielding beverage, go for the small size. Some companies are now selling eight-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-energy beverages.

Fluids play a large role in helping our bodies function at their best, so make smart beverage choices for better health.

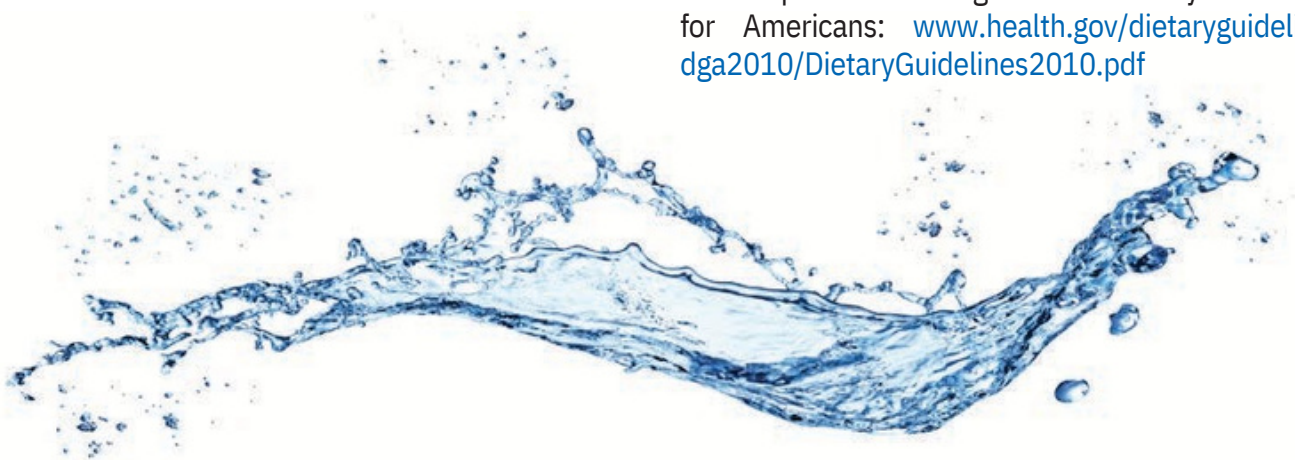
Sip up!

## References and Resources

Centers for Disease Control and Prevention: [www.cdc.gov/healthyweight/healthy\\_eating/drinks.html](http://www.cdc.gov/healthyweight/healthy_eating/drinks.html)

National Dairy Council: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

U.S. Department of Agriculture Dietary Guidelines for Americans: [www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf](http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf)



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# Walking Off the Midway Munchies

Fairs involve a lot of walking, so we'll probably burn off those extra fair food calories — right? Well . . . maybe . . . if we walk up to one mile for a bag of cotton candy and three miles for a funnel cake!

Big portions with lots of sugar and fat calories characterize many of the foods we traditionally associate with fairs. For many of us, attending the fair wouldn't be nearly as much fun without these tasty treats.

Some may be once-a-year foods for us, and we look forward to *[insert your favorite here]* at the fair.

So . . . how much exercise does it take to walk off our favorite fair foods?

We know on average, we have to walk about one mile to burn 100 calories.

To visualize how far that is, think



approximately 12 city blocks to the mile.

While the number of calories in our favorite fair food can vary depending on portion size, recipe, and more, burning off the calories of that cotton candy mentioned above could be a 12-block walk.

Following are the approximate distances we likely need to walk to burn off the calories of some popular midway foods:

- Caramel apple: 1.5 miles
- Corn dog, large: 2 miles
- Cotton candy: 1 mile
- Fried candy bar on a stick: 4.5 miles
- Funnel cake, 6-inch diameter: 3 miles
- Soft drink, 32 oz.: 2.5 miles
- Sno-cone: 2.5 miles
- Soft pretzel: 3 miles

Does this mean we need to load a picnic basket with carrot and celery sticks before heading to the fair? No. With a little planning, it's possible to fit in many favorite fair foods. Here's how:

- Quench your thirst with a small soft drink instead of the larger sizes. Better yet, buy or bring along bottled water. Save your fair-day calories for something else.
- Split foods among several people. For example, share a large funnel cake with friends. Everyone gets a taste, and no one gets overloaded!
- Plan times when you'll sit down and eat, rather than graze your way from one end of the fair to the other. It's hard to keep a handle on how much we're eating when we're walking, talking, and eating at the same time.



- Limit yourself to one treat. Choose reasonable serving sizes of lower sugar and lower fat items for the rest your foods.
- Dress in comfortable shoes so you're more likely to walk off some calories. Wear a pedometer and see how many steps you can take at the fair. One mile equals about 2,000 steps, or around two-thirds of the calories in a typical caramel apple.
- Check out all the food booths before making your selections. Imagine you have a "calorie salary." Enjoy the foods you like the most for your "salary."
- Finally, if you do indulge a little too much, remember to return to a more balanced way of eating the next day. A day or two of overeating won't affect our weight that much — weeks of it will! Eating 100 extra calories daily can result in a 10-pound weight gain over the course of a year.

### Related Links

- INShape Indiana at [www.in.gov/inshape](http://www.in.gov/inshape) — Be one of the thousands of Hoosiers already making the commitment to increased physical activity, eating more fruits and vegetables, and ceasing the use of tobacco products.
- Purdue Extension – Health and Human Sciences, [www.purdue.edu/hhs/extension](http://www.purdue.edu/hhs/extension) — Your Indiana source for information about foods and nutrition.

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## Take A Hike!

**Dr. Kristopher R. Grimes**, Associate Professor and State Extension Specialist  
for Nutrition and Nutrition Education



moderate-intensity aerobic activity every week (around 30 minutes a day for 5 days). In addition, the CDC also recommends that your aerobic activity (like brisk walking or jogging) should be combined with at least 2 days per week of muscle strengthening activities (like weightlifting, resistance training, or body weight exercises). Some of this aerobic activity can be done indoors on a treadmill, walking around the block, or even going to a gym. Those activities work well, however, if you are like me, sometimes it's good to change things up a bit. That's when I go take a hike!

Outdoor activities provide several benefits that improve both physical and mental health. You can achieve both moderate and vigorous activity levels while enjoying the fresh air and nature at the same time! An added benefit is that there are usually numerous places to hike that are not too far from where you live. However, if you choose to make hiking a regular activity, there are some things that you should remember that will keep you safe, healthy, and make the recreation more enjoyable. Below are some tips to keep in mind as you prepare for your hike. Please keep in mind that these tips refer to hiking for between 30 minutes and 3 hours. For day hikes or multi-day backpacking, you will need some additional resources (but that will be discussed in a different fact sheet).

We all know that consuming fruits and vegetables is good for us. In the same way, we understand that physical activity is important, even if we are not very active! Sometimes we shun walking, running, and other sorts of exercise like the lima beans you gave to dog when you were a child. The Center for Disease Control and Prevention (CDC) recommends that adults should achieve at least 150 minutes of

- 1. Know your weather:** There's nothing worse than going out for a leisure hike only to get caught a mile from your car in a thunderstorm. Poor weather can make a hike miserable and even dangerous, so make sure you check the weather before you go.

2. **Tell a friend:** Before you head out, especially if you are hiking alone, make sure to tell a friend or family member where you are going, when you are leaving, and around the time you plan on returning. Indiana Jones would have gotten into far less trouble if he had simply told a friend of his plans!

3. **Check out a map:** Maps, hard copies or digital, are important especially if you have never hiked a particular area before. Maps will not only tell you direction, but can also inform you of elevation changes and topography which allows you to know if a particular trail is too difficult or not.

4. **Use a compass or GPS:** A GPS or compass can be helpful too. If you are simply going on a short hike where there are lots of foot traffic and signs, it might not be as necessary. But if you are hiking through a remote area, these tools can help you stay on the right path.

5. **Eat before you go:** Many of us are trying to

lose weight, which means cutting calories. However, hiking often causes us to exert more energy than we realize. If you fail to eat, or eat enough before you go out for your hike, you may lack the energy to have an enjoyable time, or you could get sick along the way. Choose a healthy, but high energy, food that will help sustain you along the way.

6. **Keep healthy snacks:** Make sure to bring a snack with you as you are hiking, especially if you are going to be gone for a few hours. Nuts, low-sugar granola bars, and dried fruit can provide a great healthy boost when you are in the middle of your journey.

7. **Drink water:** Staying hydrated is crucial no matter what activity you are doing, but with hiking it's especially important. Overexertion, the heat, and other factors increase your need for water. Make sure to bring a reusable water bottle or fit your backpack with a hydration bladder that you can access throughout your hike. It should also be mentioned that rivers, streams, ponds, and lakes are not good sources of drinking water unless you have an

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appropriate filtration device. So, make sure to bring enough H<sub>2</sub>O!

8. **Avoid eating the berries:** Sometimes we are tempted to pretend that we are western settlers that are going to live off the land while on a 45-minute hike outside of the city! The problem is that some of those colorful berries, mushrooms, and other blooms can make you sick. So, unless you know what you are doing, stick with the snacks that you bring with you. At the same time, avoid harmful plants like poison ivy which can lead to serious problems.

9. **Apply sunscreen:** Especially if you are hiking in the summer months, the sun can bring more than heat. Make sure to protect your skin from harmful UV radiation by wearing enough sunscreen on your arms, neck, ears, and other exposed areas. Likewise, wearing a

wide-brimmed hat and long sleeves can help prevent sun burn. In addition, having a first-aid kit with you can help you treat minor cuts and bruises along the way.

- 10. Store extra clothes:** If you are hiking a significant distance from your home or hotel, make sure to stash some extra clothes in your car or backpack. There's nothing more miserable than having to drive a long distance in smelly wet clothes. Also, extra socks will keep your feet fresh and healthy.



- 11. Wear layers of clothes:** If you are attempting to hike for a significant distance, you may start out early in the morning or possibly your hike could extend into the evening. Make sure to wear, or bring, different layers of clothes as the temperature changes throughout the day.

- 12. Travel in appropriate footwear:** Boots or hiking shoes can either make or break your hike. Make sure to choose footwear that is comfortable and stable. If you are going to be hiking near water, your boots should be water resistant or waterproof. If you are hiking in winter where snow is possible, make sure that your boots are insulated.

- 13. Stay on the trail:** Again, we're not trying to discover the west! If you are hiking at a state or national park, likely there are trails that provide you direction. Make sure to stay on those trails unless otherwise noted. Straying from marked trails can damage plants and the environment that parks are trying to preserve. In addition, leaving the trail can be dangerous, especially in thick wooded areas or near cliffs.

- 14. Leave no waste:** Since we are talking about protecting the environment, we should also mention that littering is always a no-no, especially on a hike. Make sure to keep a small trash bag or pocket for snack trash and such.

- 15. Know your limits:** Especially if this is your first time on a hike, the excitement can cause us to overestimate our abilities. Start slow and work your way up to longer or more strenuous hikes. Difficult trails, too heavy packs, inadequate snacks or water, and getting lost can make for an unpleasant, or dangerous experience. If possible, include a friend on the adventure! It will make the hike safer and more fun as you share the experience.

## References

Center for Disease Control and Prevention. (2020, May 14). *How much physical activity do adults need?* <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

Corliss, J. (2016, September 28). *Health benefits of hiking: Raise your heart rate and your mood.* <https://www.health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414>