



In Touch, In Tune

www.extension.purdue.edu/dearborn



July 2025

Dear Friends,

July has arrived!! We are halfway through 2025. What has been motivating you to live well in 2025?

Could you use a program to eat better, move more, and connect you to new neighbors? *Food is Medicine* could be the program for you. *Food is Medicine* will be 12 weeks on Tuesdays, 6-8:00pm, August 5-October 21 at the Extension Office, 229 Main Street, Aurora, IN 47001. Contact the Extension Office for more details and to register.

July celebrates outdoors with National Picnic, Blueberry, Grilling, and Park and Recreation month. I encourage you to enjoy the outdoors safely with recipes and tips for picnicking with family and friends. Visit the POP Club booth at the Lawrenceburg Farmers Market or Indiana State Fair. We have a lot of outdoors to explore in Indiana.

We know as August arrives students will be headed back to school. Try the conversation starters in In Touch, In Tune.

Hydrate and enjoy the Dog Days of summer!

Best Regards,

Marcia Parcell

Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- July 16 "Get to Know Your Neighbor Night", Aurora from 6:00-8:00pm. Dearborn County 4-H and the Clearinghouse are partnering in a challenge to fill the Clearinghouse Mobile Pantry Van. The van will be parked near the Extension Office on Main Street. 4-H will provide 1 FREE Indiana State Fair ticket for every 10 canned or non-perishable food items donated.
- July 18 Tech & Treats, Lawrenceburg Public Library from 1:00-3:00. For more information and registration go to the Libraries webpage.
- July 19-Mid October, Power of Produce (POP) club at the Lawrenceburg Farmers Market, every Saturday from 9:00am-1:00pm, Mural Lot by the Civic Park.
- August 6 In The Kitchen cooking with Marcia *Everything Veggies*, North Dearborn Public Library, 6:00-7:00pm, call the library to register.
- August 7 HHS Advisory meeting, 10:00am, Extension Office meeting room, 229 Main Street, Aurora, IN 47001.



Get Walkin'

Want to improve your health...but short on time...and lack motivation?

This **FREE**, email-based walking program has you covered!

Walk to reduce risk of obesity, heart disease, diabetes, feel energized, add daily physical activity, and get social.

When:

August 4-October 26

You will receive a total of 16 emails – 2 per week for the first month, and 1 per week for the next 8 weeks.

To sign up email Marcia Parcell at mparcell@purdue.edu. Register by August 1, 2025.

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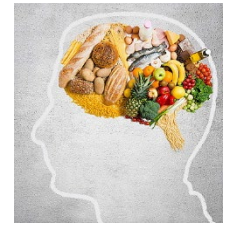
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HOW DOES DIET AFFECT MENTAL HEALTH?

We all know that eating healthfully and getting regular physical activity can positively influence our physical health. When we do not eat regularly, we may feel tired and unable to think clearly. Our mood may be affected. Have you ever experience being “hangry” (hunger-angry)?

Researchers are connecting nutrition and more serious issues of mental health, including depression or anxiety. About one in five adults experiences mental health issues in any given year. Younger people also experience mental health issues.

For example, in a study of nearly 14,000 adolescents in Canada, researchers reported that consuming more sugar-sweetened beverages was associated with more severe depression and anxiety, particularly among males. Eating more fruits and vegetables was associated with a greater psychological well-being.



Fuel your body and brain

Our body is like a machine. Nourish it from head to toe with “premium fuel.”

- Eat a variety of foods. Be sure to get your brain-healthy B vitamins, such as B12 and folate. Animal-based foods such as milk, eggs and meat are good sources of vitamin B12. Folate is found in leafy greens, broccoli and dry edible beans (chickpeas), and folic acid is found in fortified breakfast cereals, flour and other grain foods.
- Limit the added sugars in your diet. Instead of sugar-sweetened beverages, opt for plain water with a spritz of fresh fruit juice. Read and compare the “added sugar” information found on Nutrition Facts labels.
- Consume fewer ultra-processed foods such as chips and candy. Look for food products with shorter ingredient statements. Enjoy fruits, vegetables, nuts, seeds and other “whole foods” as snacks.
- Feed your “microbiome” (the healthy bacteria in your gut). Eat plenty of fermented foods with “live and active cultures” such as yogurt or kefir (a fermented beverage).

Source: NDSU Extension

MONEY MANAGEMENT TIPS: 55 WAYS TO SAVE MONEY



1. Instead of paying for a fitness club membership fee, buy some weights or go to the ARC.
2. Don't smoke. Cigarettes are expensive and the money adds up quickly. Also, you'll be fined if you smoke near school facilities.
3. Wait until after half-time at sport events and get in for free!
4. When eating out, look for coupons or special deals- many restaurants offer them! Also, order water. Drinks are highly overpriced.
5. At the beginning of the semester, many local businesses give out coupon books. Grab one!
6. There are hundreds of free activities on campus. Join clubs, attend student concerts, or go to church-sponsored events for cheap fun. There is usually food involved, too!
7. Community events, check out your local radio and newspapers for free happenings in your community.
8. Experience some more cultures at local events.
9. If you're throwing a party, have your guests pay a little money or bring things to offset your cost.
10. Don't purchase a book unless you think you really want to keep it. You can check out books for free at libraries.
11. Rent movies with a group of friends or go to second-run theaters for \$1 or \$2 a ticket.
12. Bring your student ID when you go out for a movie. Most theaters will give discount for students.

Food and Basic Needs:

13. Be a savvy consumer. Before making a major purchase, do some researches on the product quality through Consumer Reports magazine.
14. Sometimes the cheaper product works just as well as the expensive one.
15. Ask for generic medications at the pharmacy.
16. Ladies, ditch the salon and get your hair done at a cosmetology school.
17. Buying in bulk is usually a good option, but try to shop for items by the per unit price. Often times, the biggest options is not the best way to get the most of your money.
18. Scout out garage/yard sales for housewares, furniture, and stuff to decorate your college dorm or apartment. At the beginning of each semester, the YMCA has a dump and run where they sell items collected from various dorms and apartment on campus.
19. Make things for gifts-it's cheaper and the time you invest shows you care.
20. Take advantage of sales by buying holiday and birthday gifts throughout the year.
21. Get a job at a place where you already spend a lot of money, so you can get employee discounts.
22. Use mail-in rebates or coupons for groceries or health and beauty items.
23. Don't buy bottled water. Buy a water filtration pitcher.

24. Don't buy something just because it is one sale. Consider it's a need for you before buying.
25. If you shop at a favorite store, apply for their discount card if they have one.
26. Make home cooked meals. A home cooked dinner is often cheaper than a fast-food binge. Eating at home will save you a lot of money!
27. Pack a lunch instead of eating out.

Clothing:

28. Buy clothes at the end of the season when they're on sales.
29. If you don't wear certain clothes anymore, take them to a consignment shop or sell them online. You can get part of the profit and free up room in your closet.
30. Share dresses and tuxes with friends for special occasions.
31. If you buy more than one of something, like 2 or 3 shirts, always ask for a discount.
32. Invest in durable clothes, shoes, etc. rather than buying many cheap pairs.

Budgeting/ Spending Plan:

33. Set goals for your spending and saving.
34. Keep track of your spending to avoid overspending. There are apps for that!
35. Don't use a credit card if it will lead you to make more purchases! On average, people have credit cards spend 34% more.
36. Before going out to spend, set a limit for yourself and stick to it!
37. Wait at least two hours before making a big purchase to be sure it's something you really need.

Transportation:

38. Obey traffic laws. Speeding tickets will cost more than just the ticket. It will raise your insurance premiums.
39. Keep your tires inflated properly- you'll get better gas mileage.
40. Get good grades. Insurance companies offer low rates to student with 3.0+ GPA.
41. Carpool with friend!
42. Search for dependable cars that offer good gas mileage.
43. Drive an older car- the insurance payments and taxes will be less.
44. Walk, bike, or ride - it's good for you to saves on gas.
45. Look around for cheapest gas price before filling up. There are apps for that!

Savings:

46. Only use ATM's of your bank. Other bank's ATM fees add up!
47. Always put part of our paycheck into a savings account.
48. Spare change adds up! Get a piggy bank or change jar and don't underestimate the value of your spare changes.
49. Volunteer! If you're busy, you can't spend month and it's a resume booster, too! It always makes you feel good to help and give back to the community.
50. Use plastic grocery bags for trash can liners.

Conserving Resources:

51. Turn off the water while brushing your teeth.
52. Unplug electronics when you aren't using them. Even while turned off, they still use up costly energy.
53. Use items like shampoo, toothpaste, and paper towels sparingly- enough to do the job without waste.
54. Pay your bills online. Save paper and money
55. Ask your landlord to seal gaps between door and windows to prevent heat leaks over the winter.

Source: Illinois Extension University of Illinois Urbana-Champaign



JULY IS PICNIC MONTH AND BLUEBERRY MONTH



Blueberry Paradise Smoothie

1 large banana, slices
1 ½ cups pineapple, cut into chunks
1 cup of blueberries

1 cup almond milk
Ice

Combine pineapple, banana, almond milk and blueberries in blender. Cover; blend until thick and smooth. Serve immediately.

Source: Dole

Sweet Potato Waffles (or Pancakes)

Servings: about 4 large round waffles or 16 pancakes

1 cup old fashioned oats
1 to 1 ½ cups whole wheat or all-purpose flour (or a mixture of both types)
1 ½ tsp. baking powder
1 tsp. cinnamon
¼ tsp. salt
2 eggs, whisked
1 cup mashed sweet potato, not hot
1 tbsp. honey

¾ cup 1% fat milk
½ cup low fat plain yogurt
2 tbsp. oil
1 banana, sliced
1 cup berries (blueberries, raspberries, and/or blackberries)
½ cup chopped nuts (pecans, walnuts, etc.)
Maple syrup or syrup of choice

In a large bowl, mix the first 5 ingredients together. Mix the next 6 ingredients into the large bowl until the ingredients are thoroughly combined. Let the batter stand for 10 minutes. If needed, you can add a little more milk to thin out batter. Pre-heat your waffle maker or pancake griddle/skillet to medium heat. Spray waffle maker or griddle/skillet with cooking spray. For waffles, pour batter into maker and bake according to waffle maker directions. For pancakes, pour ¼ cup of batter onto preheated griddle/skillet and cook until the top begins to bubble and edges begin to brown. Then flip to cook the other side until golden brown. Serve waffles or pancakes with sliced bananas, fresh berries, chopped nuts, and syrup of choice. You can also add any of your favorite toppings. Serve hot and if you have any leftovers, once cooled stored in the refrigerator or freezer.

LET'S HAVE A CREATIVE PICNIC!

Does a picnic always have to consist of hot dogs and chips? Add more fruits and vegetables to the menu. For example, serve salads containing a variety of fruits and vegetables for added nutrition. Mix your own proportion of these ingredients or find recipes online.

Make a homemade dressing for a healthier dish. Store-bought salad dressings have a number of ingredients and are often high in calories, fat, sugar and sodium. How about some balsamic vinaigrette? Whisk together ¼ cup balsamic vinegar, 2 teaspoons dark brown sugar (optional), 1 tablespoon chopped garlic, ½ teaspoon salt, ½ teaspoon black pepper and ¾ cup olive oil. This recipe yields 1 cup of dressing. Try drizzling it over watermelon, grilled salmon or caprese salad on a stick.

Incorporate chickpeas, lentils and beans into dishes to increase fiber, vegetable and protein content. How about Greek Chickpea Salad Pitas or Black Bean Brownies?

You do not have to travel great distances to have a picnic. If you have children or grandchildren, they might enjoy a picnic on a blanket in the backyard with a few fun food ideas:

- Cut triangle-shaped wedges of watermelon and add a stick in the rind end for a fruit Popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat and olives.
- Enjoy some "fruit caterpillars." Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four V-shaped cuts on the outside of cucumbers. Cut cucumbers into slices to form flower petals.
- Try some "banana sushi." Spread a whole-grain tortilla with peanut butter, SunButter or other spread. Next, place a banana inside and roll. Cut into slices.
- For a kid-favorite dessert, try making a "dirt dessert" with low-fat, calcium-rich chocolate pudding sprinkled with chocolate cookie crumbs and a couple of gummy worms.

Source: NDSU Extension

Cantaloupe and Grilled Chicken Skewers

Makes 16 skewers

1 cantaloupe melon, rinsed then peeled and cubed into 1-inch pieces	32 fresh basil leaves
4 (8oz) chicken breasts	Balsamic glaze (your choice)
32 mozzarella pearls (small balls of fresh mozzarella cheese)	16 (6-inch) skewers

Chicken:

2 Tbsp. oil, such as canola, sunflower or olive	½ tsp. paprika
½ tsp. salt	½ tsp. onion powder
¼ tsp. pepper	

Drizzle oil onto chicken breast and coat. Mix seasonings and sprinkle over chicken breast, covering front and back of breast. Heat grill to medium heat. Grill chicken breast for 6-7 minutes per side. Cook chicken breast to an internal temperature of 165 degrees F, as measured by a food thermometer. Let chicken breasts cool and cut into 1-inch cubes.

Skewers: Arrange all ingredients in a line for assembly on skewers. Thread ingredients in the following order: cantaloupe, basil (folded), chicken, mozzarella pearl, cantaloupe, basil, chicken, mozzarella pearl. Drizzle skewers with balsamic glaze.

Source: NDSU

MELON

Avoid wasting food: After cantaloupe is picked, it is done ripening. Rinse cantaloupe and use a vegetable brush if necessary. Sliced cantaloupe can be stored in the refrigerator in a covered container for up to a week.

Health tip: Cantaloupe seeds are healthful snacks. They can be eaten raw or roasted with your choice of seasonings. Cantaloupe seeds provide vitamins A, E, K and C as well as magnesium, potassium, fiber and protein.

Source: NDSU

2-ingredient Lemon Bars

1 (16-ounce) box of angel food cake mix	1 (15.75-ounce) can of lemon pie filling
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Combine angel food cake and lemon pie filling. Pour into a 9x13-inch pan. Bake for 30 minutes at 350 degrees F. Makes 24 servings

Source: NDSU Extension

MICROPLASTICS: TEST YOUR KNOWLEDGE

1. What age group is likely to consume the most microplastic particles?
 - a) Infants
 - b) Teenagers
 - c) Middle-aged
 - d) Adults
 - e) Older adults
2. Consumption of microplastics can have an effect on _____ in the body.
 - a) Immune responses
 - b) Hormone production
 - c) Respiratory function
 - d) All of the above
 - e) None of the above
3. Heating food in plastic containers in the microwave does not have an effect on health.
 - a) True
 - b) False

We have been using plastic in our food packaging, clothing, liquid toiletry products and more for many years, so why the recent headlines about microplastics?

Microplastics are defined as micro- and nano-sized plastic particles that are found in water, soil, food and the air. The surfaces of these particles provide ideal conditions for pathogens such as bacteria to grow and may transport chemical pollutants such as heavy metals, pesticides and organic pollutants, affecting immune function and potentially, promoting infection.

Teabags, table salt, using plastic in the microwave, food in takeout containers, bottled beverages, baby bottles, seafood, honey and plastic cutting boards can all be sources of microplastics.

The average American consumes around 39,000 and 52,000 pieces of microplastics each year through food and beverage consumption. Infants ingest even more, totaling 14,600 to 4,550,000 pieces of microplastic particles per year through the use of plastic bottles. Discovering the average weight of microplastics consumed is difficult because key factors such as size and type of plastic play a role in weight.

Research has shown links connecting microplastics to negatively affecting respiratory function, hormonal production, immune responses, gut microbiota, the placenta and the blood-brain barrier. Research has also found microplastics in the blood and found that microplastics tend to accumulate in the liver or spleen if they become trapped in the body.

What plastics can be used safely for cooking and storing food?

Some plastics are safer to use than others when cooking and storing food, especially with hot foods. When cooking with plastic, avoid cookware and utensils that contain chemicals such as BPA, PTFE (Teflon), and PFOA (used to make non-stick coatings for pans). Instead, look for products that are made with FDA-approved materials. Silicone, wood, or stainless steel are alternatives to using plastic utensils and can help avoid confusion around what materials are FDA-approved.

The plastics that are safest for food storage include #1 polyethylene terephthalate, #2 high-density polyethylene, #4 low-density polyethylene and #5 polypropylene.

What should I do at home and in my community?

- Avoid storing or heating foods in plastic containers (e.g., use reusable ceramic, porcelain, glass, stoneware, or stainless-steel dishes or containers).
- Reduce your amount of plastic packaged foods (e.g., choose unwrapped fresh fruits and vegetables).
- Switch your plastic cutting boards for bamboo or glass cutting boards.
- Bring food to a July picnic in a glass dish instead of plastic!

The answers: 1. a; 2. d; 3. b.

Source: Nicole Neumiller, program assistant, NDSU Extension

THE BEST BACK-TO-SCHOOL QUESTIONS

It's officially back-to-school time, and families are running down the checklists: School supplies? Check! New shoes? Check! First day photos? Check! Great dinner conversation....?



While parents definitely want details, it can be hard to get past the usual "How did it go?" types of questions. So, we've compiled this Top 10 List of great conversation starters you can use to get everybody talking about back-to-school:

Top 10 Back-to-School Conversation Starters

- What's one thing you learned today that you think I might not know?
- Who are you most excited to see at school? Least excited? Why?
- If you could change one thing about school, what would it be?
- Think of a project or assignment you really enjoyed. Why did you enjoy it?
- If you could make the rules at school, what would your top 3 rules be?
- Tell me about what lunch (or recess) was like today.
- What motivates you to work hard at school? What doesn't motivate you, and how can we change it?
- If you could take a class in anything, what would it be?
- Who is the best teacher you have this year (or have ever had)? What makes them a great teacher?
- What makes you feel good about yourself when you're at school?

Posted on: September 2nd, 2016 by Bri DeRosa

JOKES TO BRIGHTEN YOUR SUMMER DAYS

- Where do surfers get their degree? At boarding school.
- I wondered why the baseball was getting closer and closer ... then it hit me.
- Why did the chicken cross the playground? To get to the other slide.
- Who do you call to clean the ocean? Mermaids.
- What did the ocean say to the beach? Nothing. It just waved.
- Why aren't lobsters generous? Because they're shellfish.
- Where do birds stay when they go on vacation? Someplace cheep.
- Did you hear about the ice cream truck accident? It crashed on a rocky road.

