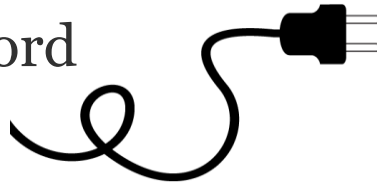


The Extension Cord



Health and Human Sciences

September & October 2024

Hello,

This newsletter includes a couple highlights from the summer, a season I'm not quite ready to let go of. The summer is usually a season where the office works especially hard together as we navigate the local county fair and then shuttle projects to and from the Indiana State Fair.

Locally, our office worked together on a couple specialty projects this season. We completed another year of "Stock the Trailer," details of the program and its results are included below. We also introduced a new summer fun activity for families. Much of the credit goes to our Community Wellness Coordinator, Mindy Duckett, who put together our Fun and Fit in Fulton County Passport and who also manned the 'pigs' and smoothie bike during fair week to make these initiatives possible.

Thanks for all your support for Extension and our local initiatives!

-Jessica Riffle



We are so excited you've decided to explore Fulton County this summer! Use this passport as your guide to visit parks and different activities.

How to Start your adventure

- 1 Visit some parks!
- 2 Record in your passport and post pictures

Collect your reward! Bring your completed passport to our booth at the Fulton County Fair on Monday-Thursdays (July 8-11) from 4-8 pm to receive your prize pack.



Date Visited	Activity
<input type="checkbox"/>	Visit the playground at Fansler Park 1307 Washington St, Rochester
<input type="checkbox"/>	How many boats do you see from Manitou Park? Manitou Park Dr, Rochester
<input type="checkbox"/>	Climb Manitou Mountain at City Park. 701 E 6th St, Rochester
<input type="checkbox"/>	Have a picnic at Germany Bridge Park. 4213 N 375 W, Rochester
<input type="checkbox"/>	How many different birds do you see at Newcastle Twnshp Park? 6863 N. SR 25, Rochester
<input type="checkbox"/>	How many swings do you count at Grass Creek Park? 5297 W. State Rd. 114, Kewanna
<input type="checkbox"/>	Play pickleball at Pike Memorial Park. 311 Northwood Dr, Akron
<input type="checkbox"/>	Walk around the pond at Prairie Edge Nature Park. County Rd 350 N, Rochester



Date Visited	Activity
<input type="checkbox"/>	What color is the bridge over the creek at Woodlawn Trail? 1400 E 9th St, Rochester
<input type="checkbox"/>	How many pavilions are there at Richland Restoration Nature Park & Fulton County Bark Park? 742 E 450 N, Rochester
<input type="checkbox"/>	Play a round of disc golf at Cutshall Park. S of Intersection St Rd 14 & St Rd 19 Akron, IN
<input type="checkbox"/>	Visit the Butterfly Garden at Lakeside Park. north side of Lake Manitou on SR 25 (East 9th Street)
<input type="checkbox"/>	How many picnic tables are under the shelter at Jaycee Park 12th Street and Monroe Streets, Rochester
<input type="checkbox"/>	Who is the main character in the Leiters Ford StoryWalk? 7410 W Olson, C7, Leiters Ford
<input type="checkbox"/>	Walk 2 laps around the trail at Kewanna Union Twnshp Park. 404 N Toner St, Kewanna
<input type="checkbox"/>	How many slides do you count at Liberty Twnshp Park? 303 E Aitken St, Fulton



Price System

5 Parks Visited	Swag Bag Blender Bike Smoothie Coupon (redeemable @ fair)
10+ Parks Visited	Swag Bag Ticket for Raffle Drawing Blender Bike Smoothie Coupon (redeemable @ fair)

Passport Challenge Raffle
Share your adventure with us!
Post pictures, stories and comments and see how others are enjoying the Fun & Fit in Fulton County Challenge using the hashtag #fun&fitfulton24 on Facebook. Post at least 5 pictures and you will be entered into a drawing for a grand prize.



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Fun & Fit in Fulton County

A Fun & Fit in Fulton County passport was created encouraging all to get outside and explore recreational places and activities throughout the county this season. The passport challenges children and families to visit places from Fulton to Leiters Ford, to Kewanna, Newcastle Township, Akron, Rochester, and many places in between. The idea was to visit as many of the sixteen places listed on the passport prior to the Fulton County 4-H Fair. During fair week, families were encouraged to come collect their prizes for participation!

Participants started by getting a passport and visiting some parks! They could record their visits on the passport or by posting pictures of their visits on social media and using the hashtag #fun&fitfulton24. Not only were prizes awarded for visiting so many parks but those that posted at

least five pictures were entered into a drawing for a grand prize! Those that brought their completed passports to the 4-H fair were able to receive their prize pack.

Personally, my favorite part of the prize packs was the blender bike ticket. What's a blender bike, you ask? It's a stationary bike that blends smoothies while you pedal! Participants received a blender bike coupon that was redeemable right there at the fair. You pick your flavor, dump the ingredients into the blender, and pedal until your desired consistency. You can keep the fruit chunky or pedal long enough to make everything smooth. These smoothies made a great cool treat, that also provided a boost of nutrition, to help beat the summer heat.

A Fun & Fit in Fulton County passport was sent home with all elementary school students at Akron, Caston, Columbia, and Riddle. Fun & Fit in Fulton County passports were also available at the Fulton County Purdue Extension Office, the Fulton County Chamber of Commerce, and at the Akron, Fulton, Kewanna, Leiters Ford, and Rochester Public Libraries during their hours of operation. We hope to offer a similar program next year and interact with even more community members!

Stock the Trailer

This year the Food Security Alliance and the Fulton County Extension Office worked to Stock the Trailer for a second year as part of Farm Credit Mid-America and Rural 1st's "Fight the Hunger, Stock the Trailer". The competition was similar to last year in that counties around the state were in competition to fill a trailer with food, cleaning supplies, water, pet food, and more to be distributed at local food pantries. Collections are done in multiple ways in the weeks leading up to the fair and during the actual fair week.

The Kiss A Pig contest was back this year with multiple participants throughout the county. You may have seen the table full of pigs that were collecting votes to see who would win the opportunity to Kiss A Pig at the Farmer Olympics. The contestant pool was made up of 10 community members all willing to Kiss A Pig if they collected the most votes (money in their pig). The participants included Penny Ramsey-Lake City Bank, Brian Johnson-Northern Indiana Community Foundation, Crystal Grossman-4-H Youth Development Educator, Stephen Williams-Rochester School Board & Fulton County Fair Board, Mike Jones-Tippecanoe Valley Ag Teacher, Trent Odell-Mayor of Rochester, Addy Lawson & Harry Webb- Webb Pharmacy, Jana Vance-Rochester Schools Superintendent, Travis Heishman-Fulton County Sheriff, and the winner, Brad Rogers-Woodlawn Hospital. Brad added fresh lipstick before kissing the pig on the snout! Food was purchased for the trailer with the money raised from the Kiss a Pig contest.



The Fairs Care Program was in place again as an added fundraiser and opportunity for our community to attend the state fair. The Indiana State Fair donated 250 State Fair tickets that could be used to leverage support for food insecurity in our community. The Fulton County Food Security Alliance offered the \$13-\$16 value tickets to the community for a \$5 donation to the Food Security Alliance. These donations were also used to purchase food for the trailer and distributed between the county's pantries.

The Fulton County 4-H Sale Committee also supported the Stock the Trailer effort by collaborating with Hoosiers Feeding the Hungry. Chris Gardner coordinated processing of 10 pigs

donated from the auction. Wayne Krom delivered the pigs to Roland’s Processing in Nappanee that was made into pork sausage, pork patties, and pork chops. In all, over 1,800 lbs. of pork was shared between Fulton County food pantries.

In addition to these efforts, fair goers brought donations throughout the week. Thank you to all those who donated in one way or another! At the conclusion of the fair, the trailer was weighed and the Fulton County Food Security Alliance had 3,820 pounds of food items to distribute to local pantries that included United Ministries, Mathews Market, Joseph Storehouse (DeLong), Kewanna and United We Stand Ministries in Akron. The Blessing Box at First Christian Church and the Fulton County Library pantry also received food from the trailer. These pantries help to ensure that the more than 3,100 of our food insecure neighbors have access to healthy food.

Thank you to all those who participated this year and we hope to grow these initiatives in years to come!



Boxes and bags full of protein unloaded from the trailer and ready to be divided among local pantries!

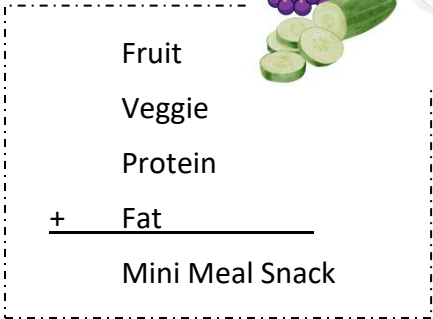
“Snack Traps”

It’s easy to fall into a snack trap. A trap created by those foods marketed to us as ‘snack foods,’ often attractive but lacking much nutritional value. Snack foods and convenience foods are marketed for their ease factor, their grab-and-go abilities, and their consistent flavors. Whether you’re talking about choosy adults or children, consistent flavors can be an important component as to why those foods are foods of choice for these eaters.

Many foods marketed for snacking are high in carbohydrates and contain less protein, vitamins, minerals, and unsaturated fat. The salty and sweet snack combinations are typically high in refined carbohydrates and added sugar. Two things that when consumed in moderation can be ok but they should make up a portion of a snack rather than the whole snack, day after day.

Snacks can be a routine part of your day. They are especially important for young kids and athletes to help maintain hunger between meals or provide fuel for the next physical activity. Adults can also benefit from snacks! Do you notice you hit a wall mid-morning or late afternoon? Your body and brain may be signaling that they need more energy. We can best meet these needs by planning a mini-meal snack. How we build our snacks makes an impact on the rest of the day and evening.

A mini meal snack could include fruit, veggie, protein source, and fat source. The fruit and veggies provide vitamins, minerals, and lots of fiber. Maybe you’re hungrier for fruit or veggies on a given day, it’s ok to keep some flexibility in the routine, just strive for variety. Protein and fat help us feel full for a couple of hours. Avocados, nuts, seeds, nut and seed butter, olive oil, avocado oil, etc. are all sources of unsaturated fats- the kinds that benefit our heart health. Dairy products will provide some fat but are also a good source of protein. Hummus, beans,



meat, poultry, fish, and eggs are great sources of protein. Snacks don't always have to include grains but they should contain some carbohydrates, especially for children and athletes. Carbohydrates are what provide our body with the most efficient source of energy!



Try not to overcomplicate snacks and work to chop produce at the start of the week to make them the convenient choice at busier times. Combinations could be as simple as a portion of last night's dinner with a handful of fresh veggies on the side, a scoop of vanilla yogurt topped with blueberries and almonds, fresh veggies with hummus dip, or cottage cheese with sliced tomatoes and ground pepper with a side of peaches. Possibilities are somewhat endless. Build snacks based on the basic formula above to create nutrient dense and satisfying snacks!



Upcoming Public HHS Programming

Date	When	Where	What
Sept. 10	1:00 pm	Miami County	Dining with Diabetes begins
Sept. 11	1:00 pm	Woodlawn Hospital	Dining with Diabetes begins
Sept. 12	1:00 pm	Grant County	Dining with Diabetes begins
Sept. 12	5:00 pm	Grant County	Dining with Diabetes begins
Oct. 7	TBD	Marshall County	Matter of Balance begins
Oct. 24	9:00 am	Rochester Elementary School	Captain Cash begins
Oct. 29	8:00 am	Wabash County	ServSafe Manager's Course

Note: Please call the office at 574-223-3397 with any questions or if need assistance in registering for any of the listed programs.

We will be hosting Food Preservation workshops in Rochester and Argos in November. Be on the lookout for Pressure Canning and Jams and Jellies registration information. Please call the office if you'd like to be put on a list of contacts when registration is open.

Did you Know?

The most general recommendation given in the guidelines is that adults should move more and sit less throughout the day. Some physical activity is better than none and any amounts of moderate to vigorous physical activity can offer health benefits in adults who sit less. For more substantial health benefits, its recommended adults do at least 150 minutes to 300 minutes of moderate intensity activity each week, or 75 minutes to 150 minutes of vigorous intensity physical activity. These intensities and times could be mixed so that some aerobic activity is done at moderate intensity and others done more vigorously. Ideally, this activity is spread throughout the week.

Additionally, the U.S. Department of Health and Human Services recommends adults participate in strength building physical activities two days a week. Adolescents are recommended to participate in these types of activities at least 3 days a week. The key is to target major muscle groups in the body. Large muscle groups include legs, hips, back, abdomen, chest, shoulders, and arms.