

HHS HAPPENINGS

HEALTH & HUMAN SCIENCES NEWSLETTER

PROGRAMMING & LESSONS

Presented Plant Based Diet at the Brownsburg Library! Had 20 participants join in on the lesson. Next class is Food Budgeting and Meal Planning from 6-7pm at Brownsburg Public Library.



TEST YOUR PRESSURE CANNER AND GAUGE

Has it been more than a year since you've had your pressure canner or gauges tested? HHS Educator, Amanda Marciano-Feutz is now testing Presto canners and gauges!

Cost: \$5 per canner call office to schedule a date and time.
317-745-9260

NOW HOSTING SERVSAFE MANAGER & FOOD HANDLER CLASSES

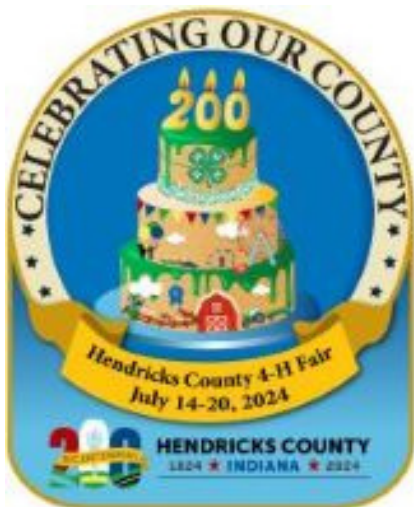
WHO NEEDS FOOD MANAGER CERTIFICATION?

Retail food establishments in Indiana must obtain an ANSI-accredited Food Manager certification, such as ServSafe Food Protection Manager.

Retail food establishments may include restaurants, food trucks, school cafeterias, hospitals, etc.

WHO NEEDS FOOD HANDLER CERTIFICATION?

People who are serving and/or handling food and/or beverages outside of their home to people who are not their family or friends should take the ServSafe Food Handler course. Additionally, as of July 1, 2022, IC 16-42-5.3 requires that all home-based vendors obtain a food handler certificate from a certificate issuer that is accredited by ANSI. ServSafe Food Handler training fulfills this requirement.



Hendricks County is turning 200 years old! Come celebrate by visiting the Hendricks County Fair! Enjoy the 4-H livestock shows, indoor exhibits, carnival rides, food vendors, and special events!

Bring two cereal boxes to the Fairs Cares tent and get a free Indiana State Fair ticket!

CHOOSING HEALTHY AT THE HENDRICKS COUNTY FAIR

County fairs are a beloved tradition, offering a variety of attractions, entertainment, and, notably, food. However, navigating the array of culinary delights while maintaining a balanced diet can be challenging. Here are some practical tips to help you make nutritious choices during the county fair.

1. Plan Ahead

Before heading to the fair, consider eating a healthy meal or snack at home. A balanced meal containing lean protein, whole grains, fruits, and vegetables can help curb hunger and reduce the temptation to indulge in less nutritious options at the fair.

2. Stay Hydrated

Hydration is crucial, especially during hot summer days. Carry a reusable water bottle to stay hydrated. Opt for water or unsweetened beverages instead of sugary drinks like sodas or lemonades, which can add unnecessary calories.

3. Prioritize Protein and Vegetables

When choosing meals at the fair, look for options that include lean proteins (such as grilled chicken or turkey) and vegetables. Many vendors now offer healthier alternatives like grilled items and salads. These options can provide essential nutrients without the excessive calories and fats found in fried foods.

4. Choose Wisely Among Fair Favorites

While fair food is often synonymous with indulgent treats, there are ways to enjoy these favorites in moderation. Opt for smaller portions or share with friends and family. For example, choose a small serving of roasted corn on the cob instead of a large order of fried cheese curds. Look for booths that offer fruit cups or yogurt parfaits as alternatives to sugary desserts.

5. Be Mindful of Portions

Portion control is key when indulging in fair treats. The excitement of the fair can lead to overeating, so be conscious of portion sizes. Sharing dishes can help you enjoy a variety of foods without overindulging.

6. Balance Indulgence with Activity

County fairs often involve a lot of walking, which can help offset some of the extra calories consumed. Take advantage of this by exploring the fairgrounds, participating in games, or engaging in other physical activities available at the fair.

Enjoying the county fair doesn't mean you have to sacrifice your nutrition. By planning ahead, staying hydrated, prioritizing lean proteins and vegetables, choosing smaller portions, balancing indulgences with activity, and practicing mindful eating, you can navigate the fair with a focus on both enjoyment and health. Making informed choices allows you to relish the fair experience while maintaining a balanced diet.