

# PURDUE EXTENSION SUMMER 2024 HHS NEWSLETTER

## BACK TO SCHOOL BASH

Join us on August 2nd for the first-ever Back to School Bash! Starting at 3:00 pm, head over to the Jasper County Fairgrounds for an afternoon filled with food, games, and school supplies. Don't miss out on the fun! For more details, be sure to follow our Facebook Page or check out the enclosed flyer.



**Carmen Fortney**  
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**Eat A Rainbow Class:** Want to learn more about incorporating healthy eating habits into your family's routine? Don't miss the Eat A Rainbow class at Remington Library. Offered each month through September, this informative session is a great way to make nutritious choices. Register at the Remington Library.

We're excited to announce that **Pressure Canner Gauge Testing** is now available in Jasper County! Ensuring the accuracy of your pressure canner gauge is crucial for safely preserving your home-canned goods. To help you maintain the integrity of your canning process, the Extension Office in Jasper County is offering gauge testing services.

To schedule a testing appointment, simply call the Extension Office at 219-866-5741. Our team will be happy to assist you and ensure that your pressure canner gauge is in proper working condition.


Don't let uncertainty compromise the safety of your canned goods. Take advantage of this opportunity to have your gauge tested and preserve with confidence.

## SERVSAFE FOOD MANAGER CLASS -

Are you passionate about food safety? Join us on August 27th at the Jasper County Extension Office for the ServSafe Food Manager class. The exam will be offered the following morning August 28th. Both sessions start at 9 am. Keep an eye out for the registration link, which will be available on the county website and Facebook page in the coming weeks.

## Empower to be Clutter Free

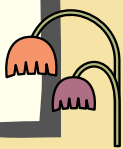
Feeling overwhelmed by clutter? Take control of your space and your life at the **Empower Me to Be Clutter-Free** class. Join us at the Rensselaer Library on August 6th at 5:30 pm to learn practical strategies for decluttering and organizing. Don't miss this opportunity to create a more harmonious living environment!



**COUNTY FAIRS ARE EXCITING EVENTS FILLED WITH FUN ACTIVITIES, BUT IT'S IMPORTANT TO PRIORITIZE SAFETY TO ENSURE EVERYONE HAS A GOOD TIME. HERE ARE SOME TIPS FOR STAYING SAFE AT THE COUNTY FAIR:**

1. **Stay Hydrated:** Drink plenty of water, especially if it's hot outside. Dehydration can sneak up on you, so keep a water bottle with you and take regular hydration breaks.
2. **Wear Appropriate Clothing and Footwear:** Choose comfortable clothing and closed-toe shoes that are suitable for walking and standing for extended periods. Avoid loose clothing that could get caught in rides or machinery.
3. **Practice Food Safety:** Enjoying fair food is part of the experience, but make sure it's from reputable vendors and properly cooked. Wash your hands before eating and avoid food that looks undercooked or has been sitting out for too long.
4. **Be Mindful of Animals:** If there are livestock exhibits, admire animals from a safe distance and follow any posted rules. Avoid sudden movements and loud noises that could startle them.
5. **Protect Against the Sun:** Wear sunscreen and a hat to protect yourself from harmful UV rays. Seek shade periodically, especially during peak sun hours.
6. **Watch Your Step:** Be mindful of uneven surfaces, steps, and cables on the ground. Pay attention to signage warning of potential hazards.
7. **Stay Aware of Your Surroundings:** Keep an eye out for any suspicious behavior or hazards, and report them to event staff or security if necessary.
8. **Plan for Emergencies:** Familiarize yourself with the fairgrounds layout and locate first aid stations and emergency exits. Have a plan in place in case of unexpected emergencies and know how to contact event staff or emergency services.

By following these safety tips, you can enjoy all the fun and excitement of the county fair while prioritizing your well-being and that of those around you.





## Summer Recipes to Try

These recipes are family friendly, healthy, and a great way to get the kids involved!

### 1. Veggie and Hummus Pinwheels:

#### Ingredients:

- Whole grain tortillas (or gluten-free tortillas for gluten-free option)
- Hummus (choose your favorite flavor)
- Assorted veggies, thinly sliced (such as cucumber, bell peppers, carrots, and spinach leaves)

#### Instructions:

1. Spread a thin layer of hummus evenly over the whole grain tortillas.
2. Arrange the thinly sliced veggies in a single layer over the hummus.
3. Carefully roll up each tortilla tightly to form a log.
4. Slice the rolled tortillas into bite-sized pinwheels.
5. Serve chilled and enjoy these colorful and nutritious veggie and hummus pinwheels as a snack or light meal!

### 2. DIY Fruit Kabobs:

#### Ingredients:

- Assorted fruits (such as strawberries, pineapple chunks, grapes, melon balls, and kiwi slices)
- Wooden skewers (if using, make sure they're appropriate for kids)

#### Instructions:

1. Wash and prepare the fruits, cutting them into bite-sized pieces if needed.
2. Thread the assorted fruits onto wooden skewers in any pattern or order you like.
3. Serve the fruit kabobs as is or with a side of yogurt or honey for dipping.
4. Get creative and involve the kids in making their own fruit kabobs – it's a fun and interactive way to encourage them to try different fruits!

Both of these recipes offer a variety of flavors and textures while still being customizable to suit individual preferences. They're perfect for picky eaters and can be enjoyed as snacks, light meals, or even packed for picnics and outdoor gatherings.



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