

# Carmen Fortney | HHS- EDUCATOR PURDUE EXTENSION HHS WINTER NEWSLETTER

## Upcoming Classes

January 26 and Feb 23rd, Where Does Your Money Go? will be offered at Wheatfield Library at 6pm. Contact the Wheatfield Library to register for this class.

ServSafe will be offered on February 15th at 9:00am. Class will be held at the Extension Office located at 2530 N McKinley Ave in Rensselaer. The link to register will be available soon on Facebook and the website.



February is Heart Health Month. Be Heart Smart is a four-week class that teaches you about how your heart works, risk factors for heart disease, and ways to lower your risk for heart disease and heart attack. Sessions will be offered in-person and virtually at 5:30pm CST every Wednesday in February (7th, 14th, 21st, and 28th) at the extension office and via Zoom. The Zoom link will be sent to registered participants after registration closes. To register for this class, call the Extension Office at 219-866-5741 or email me at cfortney@purdue.edu.

In honor of National Nutrition Month, I will host a number of nutrition-based classes during the month of March. Register and attend these classes for a chance to be entered into a raffle for a prize. Each class will have its own raffle; attend all 5 classes, get entered into 5 raffles. To register for these classes, call the extension office or email me with your name, phone number, email address and which class(es) you are registering for. There will be a special registration link for Dining with Diabetes. More information for all classes will be available on Facebook and the Jasper County Extension website. Please feel free to contact me with any questions and/or concerns.

Dining with Diabetes March 4-25 6pm

Food Budgeting and Meal Planning March 14 6 pm

Cooking under Pressure March 16 9 am

Plant-Based Eating March 20 6pm

Food Allergies 101 March 28 6pm



*May your days be*

# MERRY & BRIGHT

## Empowering Girls Event

The 3rd annual Empowering Girls event will be held on February 10th at the Jasper County Fairgrounds. The theme is “Sparkle & Shine in a Magical Wonderland of Mindfulness”. Join us as we explore mindfulness, mental health, and self-care. This year’s guest speakers are Miss Indiana and Miss Teen Indiana. Activities will include manicure stations, canvas painting, gratitude and wishing walls where they can write what they are grateful for and positive wishes for their selves and others, DIY lip scrub stations, and jewelry making. Our friend from the Social Click 360 photo booth will be back with a new fun machine to make gifs and stickers! Stay tuned for registration information!



***Have you ever heard of National Eating Season?*** It is classified as a period of time between Halloween and New Year’s Day where people are bombarded with events or activities that serve high calorie foods. This period of time can make it difficult to manage weight or stay on track with your meal plan. The good news is, on average, people only gain 1 pound during this time. That doesn’t mean that everyone will gain only one pound (if any weight at all), however. People who are already overweight or obese have a higher risk of gaining more weight than those who are already at a healthy weight. If you are in the “at-risk” category, it does not mean you are doomed to gain weight during this period of time. There are some tips you can follow to keep control of your eating habits while enjoying many of the time-honored traditions of the holiday season.

1. Eat before attending the event. Doing so helps you stay in control of what foods you consume and helps you make healthier choices.
2. Depending on the setting, you can make and bring your own food.
3. Prepare a healthy dish for everyone to share. Just recently, my brother made a vegetarian chili for the church Christmas program dinner. A church full of meat eaters and the chili was a hit! There was hardly any left.
4. Offer to bring a fruit/veggie tray or a salad. This allows you to have healthy options to snack on while encouraging others to make healthier choices too.
5. Track your eating. I know first hand that this is easier said than done, but tracking your food intake will help you be mindful of what you’re eating and how many calories you are consuming at one time.
6. Be physically active. Physical activity is a great way to lose/maintain weight. The below chart shows how many pounds you can lose when you average a certain number of physical activity calories during the 10-week season. This chart is from the Mayo clinic:

1,000 activity calories	= 2.9 pounds
1,500 activity calories	= 4.3 pounds
2,000 activity calories	= 5.7 pounds
2,500 activity calories	= 7.1 pounds
3,000 activity calories	= 8.6 pounds
3,500 activity calories	= 10 pounds
4,000 activity calories	= 11.4 pounds

