# Newsletter

Dear 4-H Families and Volunteers,

I hope everyone is ready for school to get over and ready for summer festivities!

As some of you may not already know, I will be going on maternity leave at the end of May and coming back in September.  Unfortunately, that means I will be missing all of the fun 4-H summer activities. With that being said, please be patient with the Pike County Extension Office staff.  We will be very short staffed this summer and we have new employees learning to navigate all 4-H/summer things.  There will be other 4-H Educators from surrounding counties who will be stepping in during my absence to assist with fair.

At any time this summer if you have questions or concerns, please call the extension office, or reach out to your club leaders.  They will be well-equipped to answer any questions you may have. You can stay up to date on deadlines, dates, meetings, and everything else 4-H related by following the Pike County Indiana 4-H Facebook page.

I am looking forward to hearing about how this summer goes and seeing pictures of our 4-H'ers projects! I hope everyone has a great fair this summer!

Best wishes,

*Brooke Goble*

812-354-6838
http://extension.purdue.edu/Pike
Courthouse, 801 E Main Street, Suite 101
Petersburg, IN 47567

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**Find us on Facebook**

**For the most up-to-date information and some fun surprises in between, please like our pages on Facebook!**

Purdue Extension Pike County
Pike County Indiana 4-H

Pike County 4-H
*Congratulations*
Class of
2024

Danessa Pride      Jesse Miller      Karley Kavanaugh

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## Congratulations 4-H Seniors!

Congratulations on all the hard work and effort you have put into your education!  You have made Pike County 4-H incredibly proud and we look forward to seeing all that you continue to do!

A special congratulations to our Pike County 4-H Seniors!

Karley Kavanaugh-  10-year Member

Jesse Miller-  10- year Member

Danessa Pride

*Happy Graduation*

## May 15th Deadline

**On May 15, at Midnight EST, ALL 4-H enrollments AND Livestock Identification AND enrollment fees for participation in the 2024 Pike County 4-H Fair are DUE!**

This includes all potential building projects and required animal identification information (tag numbers, premise id, pictures, etc.) that need to be uploaded into 4-H Online.  Poultry must be identified using the paper form.  For livestock exhibitors (except Horse & Pony and Alpacas), Indiana Quality Livestock Care training MUST be completed either in-person or online at www.yqcaprogram.org.

If you are not completely certain which projects you will be bringing to fair, including both static projects and livestock projects, it is best to enter all projects and animals you may potentially bring as those changes **cannot be made after May 15.**

Please visit v2.4honline.com to complete and/or double-check your enrollment and project status at your earliest convenience as we are nearing that **May 15th deadline.**

If you are having issues or have questions, please call the office at 812-354-6838 or email bgoble5@purdue.edu.  Brooke will be hosting extended office hours during this week in case you need help with your enrollments.

*Extended Office Hours on next page

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## PIKE COUNTY 4-H FAIR
*Open Class*

**OPEN CLASS IS FOR EVERYONE!**

CHECK IN: SATURDAY, JULY 20TH
9:30AM-11:30AM

JUDGING: SATURDAY, JULY 20TH
12:00PM

FOR MORE INFO: HTTPS://EXTENSION.PURDUE.EDU/COUNTY/PIKE/2024-PIKE-COUNTY-OPEN-CLASS.HTML

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## FAIR SEASON

Daviess County 4-H Fair: July 8-19, 2024

Dubois County 4-H Fair: July 15-19, 2024

Gibson County 4-H Fair: July 7-13, 2024

Knox County 4-H Fair: July 12-19, 2024

Martin County 4-H Fair: July 11-16, 2024

Perry County 4-H Fair: July 12-15, 2024

Posey County 4-H Fair: July 15-20, 2024

Spencer County 4-H Fair: June 21-24, 2024

Vanderburgh County 4-H Fair: July 22-27, 2024

Warrick County 4-H Fair: July 15-20, 2024

**Pike County 4-H Fair: July 21-27, 2024**

**Indiana State Fair: August 2-18, 2024**

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## Extended Office Hours

**By the May 15th Deadline:**
- Identify Livestock
- Add/Drop Projects
- Pay Enrollment Fees
- Complete Livestock Quality of Care Training
- Turn in Livestock DNA Samples for Indiana State Fair

**Monday 5/13**
In-Person
4PM - 6PM

**Wednesday 5/15**
In-Person
4PM - 7PM

Extended Hours During

**2024 4-H DEADLINE WEEK**

In-Person Assistance at
4-H Exhibit Bldg.

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## T-shirt Sizes Needed

**4-H MEMBERS & 4-H VOLUNTEERS**
YOUR T-SHIRT SIZES ARE NEEDED!!

PLEASE SUBMIT T-SHIRT SIZES BY EITHER:
- THIS LINK: HTTPS://FORMS.GLE/OHYC1PGMEMXYTYJU9
- CALLING THE OFFICE: 812-354-6838
- EMAILING TIFFANY: TLUNDY@PURDUE.EDU

T-SHIRT SIZES DUE BY MAY 15TH

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**2X** More likely to make healthier choices
**2X** More likely to participate in STEM activities
**2X** More likely to give back to their communities
**2X** More likely to be civically active

## Pike County 4-H Club Meetings

**Biscuits & Gravy-** Meet in Winslow at 4:30pm on **May 30 and June 27.**

**Feathers & Fur-** Meet at 5:30pm at Livestock Barns on **June 6 and June 20.**

**Homegrown-** Meet at 4:30 at the 4-H Exhibit building on **May 28 and June 25.**

**Jr. Leaders-** Meet from 4pm-7pm at the 4-H Exhibit building on **May 14.**

**Just Kidding-** Meet at 6pm at the 4-H Exhibit Building on **May 23.**

**Lucky Clovers-** Meet at 6pm at the Otwell Community Center on **May 16.**

**Pike's Flying Manes-** Meet at 6pm at Rockin' G Saddle Club on **May 6, May 13, May 27, June 3, June 10, June 17, and June 24.**

**Wideawakers-** Meet at 6pm at the 4-H Exhibit Building on **May 16.**

**4-H Council-** Meets on the **first Monday of each month** at 6:30pm. Upcoming Meetings: **May 6 and June 3.**

## Reminder of Horse and Helmet Rule

All 4-H members are required to wear a properly filled ASTM or SEI standard F1163 (or above) certified equestrian helmet whenever mounted or driving at all 4-H horse and pony events, shows, activities, or practices. Original tags must be present in all approved helmets. The 4-H member is responsible to see that this specified head gear is properly fitted with the approved harness fastened in place whenever mounted. Helmet policies apply to all county, area, and state 4-H horse and pony events, show, and activities. It is recommended that all adults working with 4-H members model the desired youth behavior by also wearing protective helmets whenever mounted or driving. Please let the Extension office know if you have any questions!

# FairEntry

The annual Pike County 4-H Fair provides a great opportunity for 4-H members to show off their hard work through fair exhibits. **Starting June 1st,** you can begin entering exhibits that members wish to exhibit into FairEntry. **All 4-H Building and Livestock exhibits must be entered into FairEntry by July 8th!** Below are instructions to help you get started with FairEntry. If you have any questions or issues, please do not hesitate to contact our office and we will gladly assist.

**FairEntry Instructions:**
1. Go to http://pikecounty.fairentry.com/
2. Select your **"Sign in with your 4-H Online account"** option – the GREEN box.
3. A separate box will pop up where you can enter the login email address and password from 4HOnline.
   *(If you don't remember your password, you will need to select the "I forgot my password" option to get a temporary one emailed to you. If your email address has changed, log in using the old email address and change it in 4HOnline.)*
4. Click the **"Login"** box.
5. Choose to register an individual.
6. Choose the dot next to the name of the 4-H'er you would like to register and then click the green **"continue"** box. **Please do not create any exhibitors from scratch,** *as you will not be able to add exhibits for the projects you are enrolled in.*
7. Answer any required questions and review the exhibitor registration information.
8. Make any necessary corrections (using the edit boxes). Remember that any corrections made here DO NOT transfer back to your 4HOnline Account.
9. If Additional questions are required by your county, complete the questions and then select the green "Continue" box.
10. When you are taken back to the Exhibitor information page, click the green **"Continue to Entries"** button.
11. Click the green **"Add an Entry"** box to the right of the exhibitor's name.
12. Click the green **"Select"** box next to the **Department** you would like to enter ….
13. Click the green **"Select"** box next to the **Project** you would like to enter. Select the GREEN Choose button.
14. Click the green **"Select"** box next to the Class/Division you would like to enter ..
    *(Check the "Pike" 4-H Scoop for exhibition descriptions, requirements and rules)*
15. **Review the selection of the Department, Division and Class.** To correct errors in the Department, Division or Class, click the corresponding 'Change' button. Click the green 'Continue' button to move to the next step.
16. Select the dot next to the **4-H Club** that you belong to and then select the green "Continue" box.

17. If required, **enter in a description** of your exhibit and click Continue– *please be specific as this description for non-animal exhibits will be used to distinguish between exhibits, example – don't just type in "photo", type in more description, such as "Butterfly on leaf photo"*

NOTES: Photography 10-print posters should enter a description of your #1 photo. Projects with more than one item should enter a description of your main display (i.e. first collection box, first entomology box, item you did for Home Environment, etc.)

18. Answer any Additional Questions required for that entry and then click the green "Continue" box.
19. Decide if you would like to:

     > Add another Entry   > Register another Exhibitor   >Continue to Payment and select that appropriate box

*\*\*\*The payment section is a formality of the system.  No payment is needed, but you must go through the steps to submit your entries.*

20. To register an **animal entry** from 4HOnline, you will select the white "add an animal" box during the entry process.
21. A smaller box with two options will pop up. Choose the green "Choose an Existing Animal Record" box to enter an animal that was identified in 4HOnline. To enter a Cat, Dog, or Poultry/ Pigeons/Waterfowl animal, please select "Enter a New Animal Record", and complete all applicable fields on the screen.
22. A list of those animals that you have previously IDed in 4-H Online that are eligible for that class are listed. Select the circle next to the animal you would like to enter. Then select the green **"Select Animal"** box.
23. All of the information about that animal will be pulled over from 4-H Online, so that you can check to **make sure that is the correct animal.** If you want to switch to a different animal, click on the "remove from entry box". If it is correct, click the green **"Continue"** box. Then you will be taken to the Additional Questions page listed in step #20.
24. **Review your invoice,** either in summary format or detail format. If it looks correct, click the green **"Continue"** box. If not, go back to the entries tab and fix what you need to.
25. Select the green "Continue" box.   \*\*There are no fees for 4-H exhibits.
26. **Confirm your entries one last time.** You can see a summary of exhibitors in your family, or their entries in detail. Make sure all entries for each exhibitor in your family are listed before you submit the entries.

 NOTE: **Once you hit submit, you cannot edit your entries.**

27. Click **Continue** to confirm and submit your entries.
28. Click the **Submit** button to submit your entries.
29. You will receive a **"Thanks!"** message. You can choose the button to **"Visit Dashboard"** to see your entry.

# Indiana Livestock Quality Care Training

- March 18 | 6pm | 4-H Exhibit Building
- April 6 | 9am | 4-H Exhibit Building
- May 2 | 6pm | 4-H Exhibit Building
- May 21 | 6pm | 4-H Exhibit Building
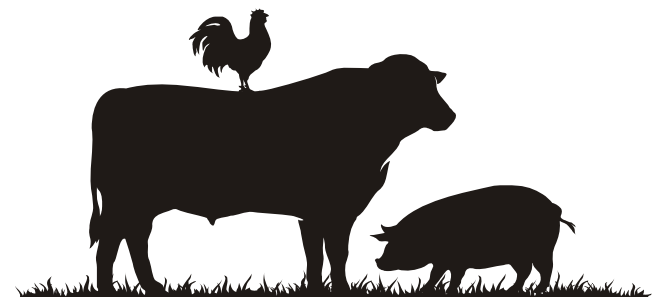
**Registration is Open at**

**v2.4honline.com**

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*Complete and turn in your Poultry ID form here too!*

**ALL LIVESTOCK IDENTIFICATION DUE BY MAY 15!**

# PIKE COUNTY 4-H POULTRY TESTING & RABBIT ID DAY

**Wednesday, May 15**
**6:00pm-7:30pm EST**
**Pike County 4-H Fairgrounds**
**Farm Bureau/Concession Stand**

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# Indiana 4-H Quality Livestock Training

The Indiana 4-H Quality Livestock Care Training is an exhibit requirement for any 4-H Member in the following projects: Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members must attend an in-person training to be able to show their animals at the 2024 Pike County 4-H Fair.

There is **no cost** for the "Indiana 4-H Quality Livestock Care Training" this is sponsored by the Pike County 4-H Livestock Committee. All sessions will be held at the Pike County 4-H Exhibit Building in Hornady Park. Please register for the training by visiting: 4-H Online at v2.4honline.com.

**How to Register?**

1. **Login** to your 4-H Online Account
2. On left of screen there will be the **Events Tab**

Register by clicking the Pike County Indiana 4-H Quality Livestock Care Training.

**May 21st** is the last in person training provided by the Pike County Extension Office. Livestock exhibitors will then be required to complete the YQCA Training and **show** proof of completion by **June 1, 2024**. Families are personally responsible for the **$12 YQCA fee per livestock exhibitor**. You may find the YQCA information on the following website: https://yqcaprogram.org. Should none of the in-person trainings work for the livestock exhibitor's schedule, YQCA online training is the only option at the $12 individual fee.

Please Contact the Pike County Extension Office with further questions: (812) 354-6838

# Pike County 4-H Fair

## Livestock Show Schedule 2024

### Sunday, July 21
- **Livestock Check-In-** 7-10am
- **Pleasure Horse Show-** 7:00pm

### Monday, July 22
- **Poultry Show-** 9:00am
- **Contesting Horse Show-** 7:00pm

### Tuesday, July 23
- **Goat & Sheep Shows-** 9:00am
- **Swine Show-** 6:30pm

### Wednesday, July 24
- **Rabbit Show-** 9:00am
- **Alpaca, Beef, and Dairy Shows-** 6:00pm

### Thursday, July 25
- **Supreme Showmanship-** 6:00pm

### Friday, July 26
- **Pike County 4-H Livestock Auction-** 6:00pm

*Animals released starting at 9:00pm*
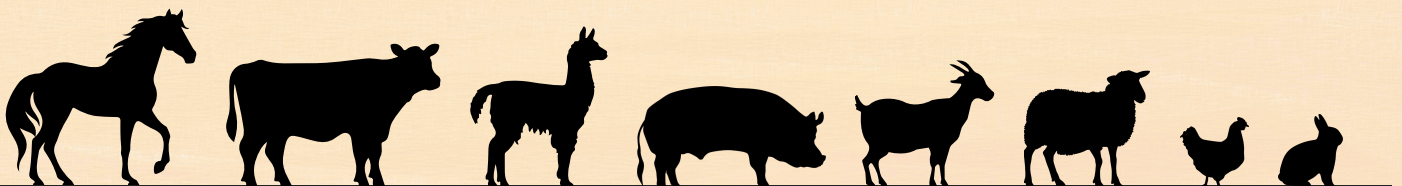
## UPCOMING EVENTS

| Date | Event | Time EST | Location |
|---|---|---|---|
| May 2 | Lucky Clovers 4-H Club Meeting<br>Indiana 4-H Quality Livestock Care Training | 6pm<br>6pm-7pm | Otwell Community Center<br>4-H Exhibit Building |
| May 6 | Pike's Flying Manes 4-H Club Meeting<br>4-H Council Meeting | 6pm<br>6:30pm | Rockin' G Saddle Club<br>4-H Exhibit Building |
| May 13 | Pike's Flying Manes 4-H Club<br>4HOnline Extended Hours | 6pm<br>4pm-6pm | Rockin' G Saddle Club<br>4-H Exhibit Building |
| May 14 | Jr. Leader Meeting | 5pm-7pm | 4-H Exhibit Building |
| May 15 | 4HOnline Extended Hours<br>Poultry Testing & Rabbit ID Day | 4pm-7pm<br>6pm-7:30pm | 4-H Exhibit Building<br>Farm Bureau/Concession Stand |
| **May 15** | **Enrollment, Livestock ID, Indiana 4-H Livestock Quality of Care completed DEADLINE to participate in 2024 4-H Fair!!** | | |
| May 16 | Wideawakers 4-H Club Meeting<br>Lucky Clovers 4-H Club Meeting | 6pm<br>6pm | 4-H Exhibit Building<br>Otwell Community Center |
| May 20 | Pike's Flying Manes 4-H Club Meeting | 6pm | Rockin' G Saddle Club |
| May 21 | Indiana 4-H Quality Livestock Training | 6pm-7pm | 4-H Exhibit Building |
| May 23 | Just Kidding 4-H Club Meeting | 6pm | 4-H Exhibit Building |
| May 27 | Pike's Flying Manes 4-H Club Meeting | 6pm | Rockin' G Saddle Club |
| May 28 | Homegrown 4-H Club Meeting | 4:30pm | 4-H Exhibit Building |
| **June 1** | **FairEntry Opens** | | |
| June 3 | 4-H Council Meeting<br>Pike's Flying Manes 4-H Club Meeting | 6:30pm<br>6pm | 4-H Exhibit Building<br>Rockin' G Saddle Club |
| **June 3-5** | **4-H Camp** | | |
| June 6 | Feathers and Fur 4-H Club Meeting | 5:30pm | 4-H Livestock Barns |
| June 10 | Pike's Flying Manes 4-H Club Meeting | 6pm | Rockin' G Saddle Club |
| June 17 | Pike's Flying Manes 4-H Club Meeting | 6pm | Rockin' G Saddle Club |
| June 20 | Feathers and Fur 4-H Club Meeting | 5:30pm | 4-H Livestock Barns |
| June 24 | Pike's Flying Manes 4-H Club Meeting | 6pm | Rockin' G Saddle Club |
| **June 24-26** | **4-H Round-Up** | | |
| June 25 | Homegrown 4-H Club Meeting | 4:30pm | 4-H Exhibit Building |
| June 27 | Biscuits & Gravy 4-H Club Meeting | 4:30pm | Winslow |
| **July 8** | **FairEntry Deadline** | | |
| July 13 | Fairgrounds Cleanup Day<br>**REQUIRED** Livestock Exhibitor Meeting | 8am-12pm<br>9am | Fairgrounds<br>4-H Exhibit Building |
| July 21-27 | **PIKE COUNTY 4-H FAIR** | | |

## No Mow May?

Written by Karen Mitchell, Purdue University

This catchy phrase is rooted in good intentions of protecting pollinators and reducing carbon emissions. However, these benefits will only apply if there are wild flowers in the lawn. A solid turfgrass lawn, void of low growing flowers, will not provide benefits to pollinators regardless of how tall it gets. If turfgrass is left to grow through May, more mowing may be needed in June to compensate, contributing to an increase in carbon emissions. As some are beginning to understand the impracticality of a "no mow May", the saying "low mow May" has emerged. Let's counter that with a "low mow lawn." Instead of focusing on one month, consider making a low mow lawn year-round.

If the goal is to provide direct benefits for pollinators, there is a clear way to achieve a low-mow lawn. Encourage or establish low growing wildflowers, instead of turfgrass. A "weedy lawn" filled with clover, violets and dandelions provides a food source for pollinators and reduces mowing frequency. If a manicured turfgrass is required, but there's still desire to protect pollinators, take steps to reduce mowing frequency and chemical inputs. Lawns that are 3 inches or taller are more resistant to weeds decreasing the need for herbicide applications. Utilizing a mulching lawnmower returns nutrients from grass clippings and decreases the amount of chemical fertilizer needed. While one method provides direct benefits and the other minimizes harm, both provide pollinator protection.

Ultimately, pollinator protection should not be considered an all-or-nothing endeavor. Save the stems that don't get in the way, leave the leaves where appropriate, and mow only when needed. To read the full article visit https://www.purduelandscapereport.org/ or contact the Extension Office.

## New Pesticide Recordkeeping Resource Available

A new resource is available to help private applicators comply with the new pesticide recordkeeping requirements for restricted use pesticides. Pesticide Applicator Record Book, PPP-152 is available as a printed booklet, a fillable PDF file or a Microsoft Excel file and includes space for both required and optional items for pesticide applications. An applicator completing the information on the sheet for each pesticide application they make will fulfill the Office of Indiana State Chemist (OISC) recordkeeping requirements. PDF and Excel versions of the publication are available online at https://ag.purdue.edu/department/extension/ppp/index.html (click on "Resources"). Printed versions can be ordered from from the Purdue Extension Education Store website at https://mdc.itap.purdue.edu/ for $5.50 plus shipping.

## Looking for custom farm rates?



Find the most recent Purdue Custom Farming Rate report online on the *Purdue Center for Commercial Agriculture* website at: https://ag.purdue.edu/commercialag/home/ (click on "Publications").

# Spring Planting Calendar

## RANGES OF DATES FOR SPRING PLANTING

| | |
|---|---|
| ASPARAGUS | APRIL 11 - APRIL 25 |
| BEETS | MARCH 28 - APRIL 4 |
| BELL PEPPERS + | MAY 9 - MAY 16 |
| BROCCOLI | MARCH 28 - APRIL 4 |
| BRUSSELS SPROUTS | MARCH 28 - APRIL 4 |
| CABBAGE | MARCH 28 - APRIL 4 |
| CANTALOUPES | MAY 2 - MAY 9 |
| CARROTS | MARCH 28 - APRIL 11 |
| CAULIFLOWER + | APRIL 18 - MAY 2 |
| CELERY | APRIL 25 |
| CHIVES | APRIL 4 - APRIL 11 |
| COLLARDS | APRIL 4 - APRIL 11 |
| CUCUMBERS | MAY 9 - MAY 16 |
| EGGPLANTS + | MAY 9 - MAY 16 |
| FENNEL | APRIL 25 - MAY 9 |
| GREEN BEANS | MAY 2 - MAY 23 |
| JALAPENO PEPPER+ | MAY 9 - MAY 16 |
| KALE | MARCH 28 - APRIL 4 |
| LETTUCE | MARCH 28 - APRIL 4 |
| OKRA | MAY 9 - MAY 23 |
| ONIONS + | MARCH 28 - APRIL 11 |
| PARSLEY | MARCH 28 - MAY 2 |
| PARSNIPS | MARCH 28 - APRIL 4 |
| PEAS | MARCH 28 - APRIL 4 |
| POTATOES | MARCH 28 - APRIL 11 |
| PUMPKINS | MAY 9 - MAY 16 |
| RADISHES | MARCH 28 - APRIL 4 |
| SPINACH | MARCH 28 - APRIL 4 |
| SWEET CORN | MAY 9 - MAY 23 |
| SWEET POTATOES | MAY 9 - MAY 23 |
| TOMATOES + | MAY 9 - MAY 16 |
| TURNIPS | MARCH 28 - APRIL 4 |
| WATERMELON | MAY 2 - MAY 9 |
| ZUCCHINI | MAY 9 - MAY 16 |

*Plants (transplant instead of direct seeding on indicated dates)

**Selected Vegetable and Fruit planting dates for Pike County, Indiana.**

https://www.almanac.com/gardening/planting-calendar/zipcode/47567

# Benefits of Gardening with Kids

Gardening is great not only because it allows you to grow your own food, but it is a great way to get kids outside and give them a better sense of where their food comes from.  Home gardening is increasing in demand, not just because it saves money at the grocery store, but it is an activity the whole family can be involved with.   Here are a few reasons on why gardening is so beneficial for kids of all ages.

1. **Gardening engages all five senses**
   How does that dirt feel against your hands? Add water. Now what does it feel like? How does that tomato plant smell? How does that strawberry taste right off the vine? Can you hear that crunch from that carrot? Incorporating sensory exploration is easy in a garden!
2. **Gardening encourages healthy eating**
   Even the pickiest eaters won't be able to resist trying veggies they've grown themselves! Try it straight out of the garden or cook it together in the kitchen- you might find a new favorite food!
3. **Gardening enhances fine motor development**
   Gardening encourages the development of fine motor skills every step of the way, from picking up tiny seeds to gently caring for seedlings and plants.
4. **Gardening is science**
   What makes leaves green? Why do plants need sunlight to thrive? Why do plants grow better in loamy soil than clay? Explore science together while gardening- learning can be  fun!
5. **Gardening is a great family activity**
   Although gardening can definitely be a lot of work, doing it together as a family makes it fun. It's a great time to have conversations without electronics getting in the way.
6. **Gardening teaches responsibility**
   Plants require a lot of attention. Learning how to care for the plants properly, from watering to weeding, is a great lesson in responsibility for kids.
7. **Gardening helps kids learn to plan and organize**
   Some plants grow better at certain times of the year. Others do well next to another specific plant. Some grow nicely in rows, while others, like wildflower seeds, can be sprinkled around.  Gardening is an opportunity to chat with your kids about research and planning.
8. **Gardening creates environmental stewards**
   Kids who understand how much time, effort, and care goes into growing food will understand how important farmers are, and why it's important to take care of our Earth.
9. **Gardening develops math skills**
   How far apart should seeds be planted? How many does that mean you can plant in each row? How much water does each potted planter need? How many hours of sunlight will plants get each day? Math is a big part of gardening!
10. **Gardening teaches patience**
    The time it takes to grow a seed to harvesting your veggies takes weeks, if not months. Gardening is all about patience and it's always worth the wait!

# Why Shared Meals are Good for Adults

THE FAMILY DINNER PROJECT.ORG

*We often think of family dinners as being good for kids. That's true, but they're also good for people of all ages. Here's what the research shows!*

**Sharing Meals Improves Physical Health.**
- Adults who eat with their kids are less likely to engage in disordered eating behavior like binge eating or skipping meals
- Eating with others increases fruit and vegetable intake and overall nutrition
- Adults who eat with others maintain healthier body weights

**Sharing Meals Improves Mental Health.**
- Eating with others improves adults' moods
- Parents who eat with their kids experience better mental health and fewer depressive symptoms
- Adults who stick with a family dinner routine report higher levels of family functioning than homes without family dinner routines

**Sharing Meals Improves Social Well-Being.**
- Couples who attach more importance to family meals are happier with their relationships
- Older adults who eat with others experience a decrease in overall loneliness
- Teams who eat together, such as firefighters, show increased performance after sharing meals

*Not sure how to make it work? Get tips and tools at thefamilydinnerproject.org.*

## "MAKING THE HEALTHY CHOICE, THE EASY CHOICE."

ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

## Do I Qualify for SNAP?

To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements.  Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits. The asset/resource limits are $5,000 for most households.

Assets include bank accounts, cash, real estate, personal property, vehicles, etc.  The household's home and surrounding lot, household goods, and personal belongings and life insurance policies are not counted as assets in the SNAP program.  All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits.  The gross income is per household size and based on the gross monthly income received by all household members.  For more information, please visit:  https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/

# May is Mental Health Awareness Month

We encourage you to join us in fostering open dialogues, cultivating empathy and understanding.  We also urge you to share our resources to support individuals and families on their journey towards mental wellness.
For more information visit:
https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month

# What is a Sustainable Food System?

The effects of climate change impact the health of both people and the environment. To minimize the impact and feed a growing population, which is estimated to reach 9.7 billion by 2050, food systems are incorporating more sustainable practices including reducing food waste and conserving resources.

**Sustainable food systems**
A "food system" is a broad term that describes anything involved in the production, distribution and consumption of food. This includes growing, raising, harvesting, processing, distributing, ensuring food safety, eating and even discarding of food. It also includes the connection of these processes and the people and resources that contribute to and are impacted by the food system.

The sustainability of a food system impacts everyone. Food systems shape what foods are available for people to eat, how easy they are to get and how much they cost.

A "sustainable food system" provides nutrition and food security for everyone without compromising the well-being of people or the planet now and in the future.

While the topic of sustainability grows and the definition evolves, most experts agree that sustainable food systems address three key factors: economic, environmental and social.

The key factors of a sustainable food system is to benefit everyone involved in the system. This includes providing livable wages for food system employees, tax profits for governments, profits for businesses involved in the food system and safe, nutritious, affordable and available food for all.

The social aspect of a sustainable food system involves fairness and equity for all participants, including vulnerable and underrepresented groups. This means promoting good health among workers, respecting cultural traditions, providing a safe work environment and animal well-being.

## What is a Sustainable Food System? Continued...

The environmental goal of sustainable food systems is to achieve a neutral or positive effect on the natural environment.  This includes retaining biodiversity (which refers to the variety of species in our food supply and environment), limiting water use, prioritizing the health of animals and plants, minimizing food loss and waste and cutting down the amount of carbon in the atmosphere that contributes to climate change.

**Balancing all factors**

When developing sustainable food systems, economic, social and environmental impacts must be considered - as well as potential unintended outcomes.  For example, improvements in technology may increase profits for investors (an economic benefit0 and efficiencies in production but may result in job loss for farm workers.  Alternatively, implementing new animal well-being practices at a farm would have social and environmental benefits but may require additional costs or labor, which impacts the economic aspect of the food system.

**How you can help**

Developing sustainable food systems requires action from all people involved.  While individual efforts like recycling and reducing food waste are important, fundamental changes to the way food is produced, distributed and eaten, as well as changes to policies and infrastructure, also are needed to make lasting change.

Here are two ways you can help:

- Education.  Learn about recycling programs and other opportunities to conserve resources in your community.  If applicable, advocate for sustainability at your workplace by sharing your knowledge with others and proposing impactful changes such as placing recycling and composting bins in cafeterias and break areas.
- Action.  Taking steps to reduce food waste, such as meal planning before grocery shopping, embracing leftovers and composting are great ways to do your part in your own kitchen.  Consider supporting and purchasing from food brands that incorporate sustainable practices into their production and distribution.  Most companies have this information available on their website.

Together, individual actions in addition to large-scale changes at the local, state, federal and global levels can create a sustainable food system.

https://www.eatright.org/food/planning/food-security-and-sustainability/what-is-a-sustainable-food-system

# 10 Food Safety Tips for the Slow Cooker

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served.  But that's not all you can do with a slow cooker.  It is perfect for making overnight oatmeal, a dip or even a stew. This is a dream come true for any multitasker, but if you neglect food safety rules, that dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

- Start with a clean space.  Make sure the cooker, utensils and work area are clean.  And don't forget to wash your hands before preparing any food.
- Keep perishable foods refrigerated as long as possible.  Bacteria multiply rapidly when at room temperature.  To avoid this, keep your food refrigerated until its time to add it to the pot.
- Prepare meat and vegetables separately.  If yo prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
- Always defrost meat 9or poultry before putting it in the slow cooker.  Defrosting will ensure your food cooks all the way through to its safe internal temperature. Defrost frozen foods in the refrigerator, in the microwave or submerged in cold water - never at  room temperature.
- Pay attention to temperature.  It is important to make sure your slow cooker reaches a bacteria-killing temperature.  If you're able, try starting your slow cooker on the highest setting for the first hour and then switch to low for longer cooking.  However, it is still safe to cook foods on low the entire time- for example, if you are leaving for work.  Just make sure your food reaches the proper internal temperature (see tip 9 below).
- Make sure food fit.  The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
- Cut up meats.  Large chunks of meat may take too long to cook all the way through.  Cut meat into smaller pieces before adding it to a slow cooker.
- Keep the lid on.  It is important to retain heat when making a slow-cooker meal, so avoid taking off the lid.  Only remove the lid to stir or check for doneness.
- Use a food thermometer.  The only way to now for sure that your food is safe to eat is with a food thermometer.  Use a food thermometer to ensure the food has reached the poper internal temperature.
- Store leftovers in shallow containers and refrigerate within two hours.  One of the best parts of your slow-cooked meal is the leftovers.  But make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning.  Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

https://www.eatright.org/food/home-food-safety/safe-cooking-and-prep/10-food-safety-tips-for-the-slow-cooker

# One Pan Pesto Chicken with Veggies

*Serves 4*

## Ingredients:

- 1 lb. chicken breast - boneless and skinless
- 2 med. sweet potatoes - peeled and chopped
- 12 oz. brussel sprouts - ends chopped off, sliced
- 1/4 c. basil pesto
- 2 tsp. garlic powder
- 2 tbsp. olive oil
- salt and pepper to taste

## Directions:

1. Preheat oven to 350 degrees F.
2. Place peeled and chopped sweet potatoes and sliced brussels sprouts on opposite sides of large baking sheet.
1. Pour 1 Tbsp olive oil and 1 tsp garlic powder over each set of veggies.  Season with salt and pepper if using. Toss to coat evenly.
1. Place chicken in the center of your baking sheet, and coat both sides with basil pesto.
2. Place sheet in the oven and cook for 30-40 minutes, or until the juice of the thickest chicken breast runs clear.