

August—September 2023

PURDUE EXTENSION

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**MISSION
STATEMENT**

The mission of Purdue Extension is to assist people in the identification of their problems and solutions that improve their homes, families, farms, businesses and communities. The county office with professional Extension Educators serves as a link between research at Purdue and the practical application of that research through informal educational opportunities for all people.

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UNIVERSITY®

Extension

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Dubois-Perry-Spencer

Master Gardener Course

Thursdays – September 7 - December 14
6:00-9:00 PM EST/5:00-8:00 PM CST

Perry County Extension Office
65 Park Ave.
Tell City, IN 47586



The Master Gardener Course is a multi-week course covering a wide variety of home horticultural topics. Upon completion, participants contribute 40 hours of educational community service to receive full Master Gardener Certification.

| | | |
|-------------------------------|------------------------|-------------------------|
| <u>Topics Include:</u> | | |
| Soils & Plant Nutrition | Plant Science | Plant Disease Diagnosis |
| Insect Id. and Control | Weed Id. and Control | Animal Pests |
| Herbaceous Ornamentals | Woody Ornamentals | Vegetable Gardening |
| Home Fruit Production | Pesticide Safety & Use | Organic Gardening |
| Native Species | Home Lawn Care | Invasive Species |

Early-bird Registration *(received prior to Aug. 24)*

\$150 per person
\$210 per couple *(share reference material)*

Regular Registration *(received Aug. 24-Sept. 6)*

\$165 per person
\$225 per couple *(share reference material)*

For more information or to request an application, contact:

Purdue Extension-Perry County
(812) 547-7084
sdzimian@purdue.edu

PURDUE EXTENSION
MASTER GARDENER PROGRAM

If you have special needs, please call us prior to attending at (812) 482-1782 or call (888) EXT-INFO and ask for the Perry County office.

Ag Agenda

Agriculture & Horticulture Update for the Home and Farm



Haze and reduced air quality from wildfire smoke can result in both negative and positive impacts on crop growth. (Purdue Ag. Com.)

How Does Wildfire Smoke Impact Corn Growth?

In recent years, Indiana has experienced an increase in air quality concerns during the summer due to elevated incidence and severity of wildfires in Canada and the western U.S. In late-June of 2023, air quality warnings were issued throughout Indiana due to smoke caused by Canadian wildfires, which resulted in a noticeable haze and reduction in direct sunlight. Therefore, not only is this a concern for human health, the question that is also asked by many farmers is “how is the smoke impacting crop development?”. And, as you may have guessed the answer to this question can be tricky and often results in the quintessential extension answer of “it depends”.

Haze and reduced air quality from wildfire smoke can result in both negative and positive impacts on crop growth. The first negative impact is a reduction in light availability, which can reduce crop photosynthesis. For example, during the week of June 26, 2023 (when air quality concerns were the greatest), average weekly solar radiation was decreased by 32% as compared to the week prior (June 12) and the week after (June 31) in West Lafayette, IN (Purdue Univ. Mesonet). Wildfire smoke in the atmosphere can reflect portions of incoming sunlight, thus reducing the total amount available to plants. Reductions in light availability from wildfire smoke are more likely to impact corn than soybean. This is due to corn being a C4 photosynthesis crop and having a higher light saturation point (the point at which further increases in light do not increase photosynthesis). Soybean is more susceptible to changes in CO₂. *(air quality, continued on page 2)*

Nicholas Held, Extension Educator
Agriculture & Natural Resources
Community Development

Newsletter Highlights

Increased Ag Fatalities Highlight Training Needs

Spotted Lanternfly Egg Hatch is Here

Farm Succession Planning Virtual Workshop Series

Indiana Land Use Summit

Upcoming Events

Upcoming Master Gardener Course

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Extension - Spencer County

(air quality, cont.) The second negative impact caused by wildfire smoke is an increase in ground-level ozone. Ground-level ozone can be both harmful to human health and crop growth. Wildfires can emit various air pollutants which can form ozone when reacted with sunlight. Ozone can cause harm to both corn and soybean by entering the plant through the stomata and causing harm to plant tissue during respiration. Since both reductions in sunlight and increases in ozone can cause photosynthesis reductions, corn may also be inclined to remobilize carbohydrates from the stalks later in the season to satisfy grain fill requirements, thus increasing the potential for weak stalks and lodging prior to harvest.

In contrast to negative impacts caused by reduced sunlight and increased ozone, wildfire smoke in the atmosphere can also have positive effects on crop growth. One positive effect is that not only can wildfire smoke reflect sunlight, it can also scatter sunlight. By scattering the light, this can allow light to penetrate deeper into the crop canopy and increase plant photosynthesis. Furthermore, when light is scattered and direct sunlight is reduced, this can also lower leaf surface temperatures which can benefit crops under drought stress. Lower leaf temperatures can reduce the amount of transpiration (water movement and evaporation from the plant) needed to cool the plant and reduce overall water stress.

Overall, corn is more susceptible to the negative effects of wildfire smoke during the grain fill stages and the good news is that the majority of corn in Indiana was in the vegetative stages during the smoke presence in 2023. Therefore, minor or no yield loss is expected throughout the state. However, much is still needed to be learned about the impacts of wildfire smoke on crop growth, and as these events become more frequent, it will be important to pay attention to them in the future.

-Dan Quinn, Purdue Extension Corn Specialist



For more corn production info from Dr. Dan Quinn, see thekernel.info



In 2022, 83 cases – 24 fatal and 59 nonfatal cases – represented a 40.7% increase over the 59 cases in 2021 (Purdue Ag Communications)

Increased Ag Fatalities Highlight Training Needs

Last year saw a roughly 40 percent increase in the number of reported cases involving agricultural confined spaces, according to the 2022 Summary of U.S. Agricultural Confined Space-Related Injuries and Fatalities recently released by the Purdue University Agricultural Safety and Health Program in the Department of Agricultural and Biological Engineering.

The annual, widely used summary documents the previous year's frequency and causes of confined space and grain entrapment incidents in the agricultural industry and provides a historical analysis of agricultural confined space hazards. The authors of the summary are Yuan-Hsin Cheng, agricultural safety and health researcher; Mahmoud Nour, postdoctoral researcher in Agricultural and Biological Engineering; Bill Field and Kingsly Ambrose, professors of agricultural and biological engineering; and Edward Sheldon, research associate, Agricultural Safety and Health Program.

In 2022, the summary reported no fewer than 83 cases – 24 fatal and 59 nonfatal cases – involving agricultural confined spaces. This represents a 40.7% increase over the 59 cases in 2021. The authors explain that there are limitations in data collection as not every case may be reported. As a result, these numbers are approximate. In addition, of the total number of confinement cases, 42 grain-related entrapments represented a 44.8% increase over 2021. This was the highest number of reported grain entrapments in over a decade. According to the authors, grain entrapments are the most common type of agricultural confined space incident. *(fatalities, continued on page 3)*

Spotted Lanternfly Egg Hatch is Here

It's that time of year when we remind everyone to watch for spotted lanternfly (SLF) infestations. Spotted lanternfly is an invasive insect first detected in Pennsylvania in 2014, and has since spread throughout the eastern USA. Its preferred host is the invasive Tree-of-Heaven, but it also feeds on a wide range of important plant species, including grapes, walnuts, maples, and willows.

There are two known populations of SLF in Indiana. The first population was found in 2021 in Switzerland County, and the second population was found in Huntington County in 2022. The Indiana Department of Natural Resources (IDNR), Division of Entomology and Plant Pathology, has launched a delimiting survey throughout the two counties to delimit its range and monitor for activity.

Egg hatch was confirmed in Huntington County and Switzerland County in mid-May at the two known sites. A few adults have been caught about one mile south of the core infestation site in Huntington; however, there are not any new infestations reported as of July 2023. IDNR employees have completed several egg scraping events at the infestation sites, removing over 16,800 egg masses so far this year. That's over 672,000 eggs!

Finding this invasive insect early is crucial to preventing its spread as long as possible. Currently, SLF nymphs are in their 1st-3rd instar, so watch for small, black, white-spotted bugs on Tree-of-Heaven. Later instars are black and red with white spots. The adults are about 1 inch long, with very brightly colored wings. The forewings are light brown with black spots, and the underwings are a striking red and black, with white band in between the red and black. When at rest, the adult SLFs appear light pinkish-grey.

Report any suspect findings at <https://ag.purdue.edu/reportinvasive/>
-Alicia Kelley, CAPS Coordinator, Purdue Entomology



Early instar (Gardner, Bugwood.org)



Late instar (Gardner, Bugwood.org)

(fatalities, continued) “In the summary, an issue we try to point out is the role of out-of-condition grain in grain entrapments,” Sheldon says. “Many entrapments result from someone entering a bin or structure to break loose clumped, spoiled grain. Keep the grain in good condition to eliminate the need to enter the bin.”

Of 41 non-grain-related cases, incidents involved livestock waste handling facilities, entanglements inside confined spaces, falls from confined space structures and grain dust explosions or fires.

Iowa reported the most agricultural confinement cases, at 24, and grain entrapment cases at nine. One female case was documented, which occurred inside a cotton module builder. Sheldon says, “As shown in the annual summary, incidents involving confined spaces in agriculture continue to result in a significant number of injuries and fatalities in agricultural workplaces throughout the country.”

He adds, “We strongly encourage farmers and agribusiness employers to recognize the hazards presented by confined spaces such as grain bins, silos and manure storage facilities, and use best management practices and effective training programs to keep their families and employees safe.”

Sheldon urges farmers and agribusiness employers to utilize the educational resources outlined in the summary, pointing them to other programs like *Gearing Up for Safety* (<https://www.asec.purdue.edu/tractor/index.html>) also from Purdue's Department of Agricultural and Biological Engineering. This program offers a youth-oriented curriculum, also related to the hazards associated with agricultural confined spaces.

-Ashvini Malshe, Purdue Ag Communications



Adult Spotted Lanternfly (Gardner, Bugwood.org)

VIRTUAL FARMING TOGETHER SERIES

Cultivating Relationships and Having the Cash to Bring in the Next Generation

When: August 15, 16, and 17 • 11:30am – 1:00pm (Eastern Time)

Where: Virtually from Anywhere!

Cost: \$40 per registration



To learn more and register, visit: <https://cvent.me/r9yl02>
Please register by August 13.

Grab your farm family and join the Purdue Succession Planning Team as we offer a three-day lunchtime virtual succession series!

Topics include "First Steps To Succession Planning", "Financial Feasibility of Farm Succession" and an attorney-led discussion on "Structuring a Succession Plan." During this series, you'll learn about how and when to start those crucial conversations related to succession. All sessions will be virtual and require registration.

These sessions are made possible through grant funding from North Central Extension Risk Management Education.

INDIANA LAND USE SUMMIT

AUGUST 30, 2023
Hendricks County Fairgrounds
#INLandUse

Sponsored by the Indiana State Department of Agriculture, Indiana Land Resources Council and Purdue Extension. For more information, please visit ind.gov/ida/2952.htm



Your community. Your plan. Your future.




This year's Indiana Land Use Summit will feature a policy update panel as well as breakout sessions covering housing and planning, tools and process to improve planning and zoning, and planning for rural development trends. American Farmland Trust will present during an afternoon session. For more info, see extension.purdue.edu/news/2023/06/indiana-land-use-summit.html

Register online at cvent.me/ndgM92 by August 16.

UPCOMING EVENTS

- **Indiana State Fair** - July 28-August 20; see indianastatefair.com for more info
- **OISC Clean Sweep Pesticide Disposal Day** - August 22, Posey Co. Co-op, Haubstadt; Pre-registration required; see https://oisc.purdue.edu/pesticide/clean_sweep.html for registration form
- **Stockmanship with Curt Pate** - September 29 (beef program) & September 30 (sheep & goat program), Southern Indiana Purdue Ag Center, Dubois; details will be available at www.indianaforage.org

Contact Us!

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 [Purdue Extension-Spencer County](https://www.youtube.com/PurdueExtensionSpencerCounty)

 extension.purdue.edu/spencer

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"MAKING THE HEALTHY CHOICE, THE EASY CHOICE."

ERIN MEYER, RDN, CDE - 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/>

AUGUST IS NATIONAL BREASTFEEDING MONTH

Online Workplace Guide - <https://www.usbreastfeeding.org/workplace-law-guide.html>

This guide compiles the above resources in an easy to understand format to ensure lactating workers have the information they need to make working and breastfeeding a success. It was designed to help employees understand their rights in the workplace and serve as a break time resource for families and employers with questions about the law.

Food Insecurity and Health

Food insecurity is when there is a lack of consistent access to enough food for an active, healthy life. Malnutrition can be an unintended consequence of food insecurity and it can attribute to many health conditions and chronic diseases.

According to the USDA, 10.2% of American households were food insecure in 2021. And nearly 6.2% of households with children were food insecure. That's around 13.5 million Americans living in food insecure households. Children who lack access to healthful food may have difficulty learning, as well as mood and behavioral problems. Adults who lack access to healthful food may experience mental health issues and chronic diseases such as diabetes.

In addition, a recent report from the U.S. Secretary of Defense found that approximately 15.4 percent of all active duty personnel would be classified by the USDA as having low food security in 2018. Another 10.4 percent would be classified as having very low food security.

Social determinants of health play a role in food insecurity. The conditions in which a person live impacts how easy it is to get healthful foods. For instance, poverty and unemployment can lead to food insecurity. Additionally, racial disparities exist. According to the USDA, in 2021 Black households and Hispanic households experienced rates of food insecurity higher than the national average. In 2021, all households with children, and households lead by a single parent, also experienced food insecurity at a significantly higher rate than the national average.

As a result of these driving forces, individuals may choose less expensive, calorie-dense foods that don't deliver all the nutrients they need. This may lead to unintended weight gain or chronic health conditions from the lack of nutrients their bodies need.

If you or someone you know is food insecure in the United States, there are a number of resources that can help:

- Food Bank: Local food banks and food pantries are often community run and organized resources that provide groceries and meals to individuals who need them. Feeding America is a national network that provides a variety of additional resources, like SNAP application assistance, as well.
- School Breakfast Program: Schools offer low-cost or free breakfasts for eligible children.
- National School Lunch Program: Schools also offer low-cost or free lunches for eligible children.
- Meals on Wheels: Focused primarily on individuals with decreased mobility and who are 60 years of age and older. Participants are eligible for free or low-cost meals which may be served at senior centers or delivered to their homes.
- Special Supplemental Nutrition Program for Women, Infants and Children (WIC): WIC is designed to serve pregnant, postpartum and breastfeeding women at nutrition risk, in addition to infants and children up until the age of five who are at nutritional risk. Program participants are eligible to receive supplemental foods and nutrition education.
- Summer Food Service Program: Provides free lunches for school-age children and teens in low-income areas during summer months when school is not in session.
- Supplemental Nutrition Assistance Program (SNAP): Nutrition assistance for low-income individuals and families.

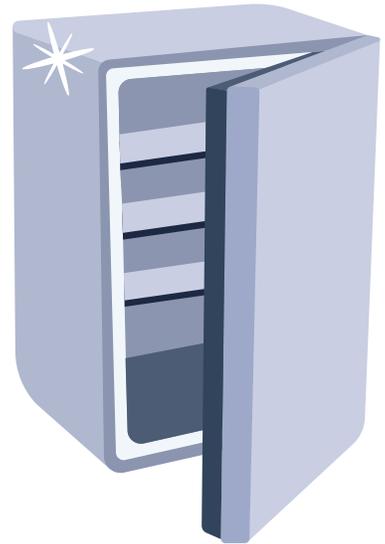
Maximize Food Safety in a Mini-Fridge

College is a busy time full of new experiences. Many students may live in a dorm and use a dorm-size "mini-fridge," which hardly compares to the large, fully stocked fridge at home. Even though a mini fridge may be small, the same food safety principles apply.

Tips for College Students: The Refrigerator

Whether you're using a mini-fridge or a full-sized one, follow these tips and remember to refrigerate foods quickly to slow the growth of bacteria and reduce your risk of food poisoning.

- The refrigerator temperature should be at 40°F or below and the freezer should be kept at 0°F or lower.
- While refrigerator size may vary, it's important to not over pack the refrigerator as cool air needs to circulate to keep food safe.
- Keep the refrigerator closed as much as possible and don't store perishable foods like milk and eggs in the door, place them towards the center of the refrigerator instead.
- Refrigerate all perishables including leftovers within two hours (one hour if it is over 90°F outside).
- Store foods in containers or wrap them well to prevent moisture loss or absorption of odors.
- Maintain a clean refrigerator and discard foods that are molding or have been kept too long. As a general rule, leftovers should be consumed within three to four days.



Reference:

<https://www.eatright.org/food/home-food-safety/safe-food-storage/maximize-food-safety-in-a-mini-fridge>

Banishing Brown Bag Boredom

While it's important to send your children to school with a healthy lunch packed with the nutrition they need to learn, grow and play, it's also important to make sure they eat it. To ensure your child's nutritious meal doesn't go to waste, you can encourage interest and appetites with a few of these simple strategies:

- Sit down once a week and plan lunches together. Then encourage them to pack their own lunch. If kids have a vested interest in their lunch, they will be more likely to eat it. Let them watch you pack your lunch to set a good example.
- Celebrate special days. Plan lunch menus around special events. For example, pack an all-red lunch in honor of Valentine's Day or include dumplings and spring rolls to celebrate Chinese New Year.
- Try new foods. Bring your children to the grocery store to pick out some new fruits and vegetables. This will encourage an interest in trying new foods and may be helpful for picky eaters.
- Add some veggies for a nutrition-packed lunch. Try mixing fruits and veggies together in one container, so a little sweet from the fruit rubs off on the veggies, such as sliced baby carrots mixed with a few raisins or dried cranberries or celery sticks with apple slices.
- Switch up the same old sandwich routine. Try making sandwiches with mini whole-grain pitas, English muffins or tortillas for a fun change. Whole-grain cereals and whole-grain crackers also make for nutritious lunch options.
- Invest in fun lunch containers. A quality insulated lunch bag in a fun print and insulated food container will enable your children to take a wider variety of foods for lunch, such as chilled pasta salad or warm soup. Also, remember to use an ice pack with their lunch to keep cold foods cold, reducing the risk of food poisoning.

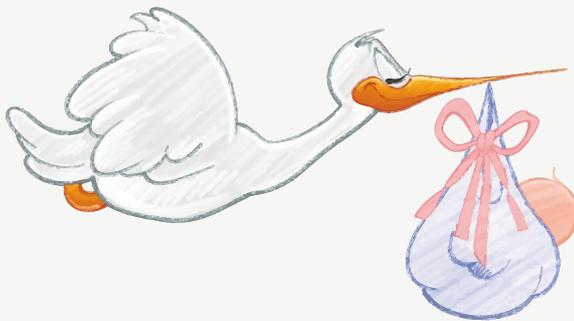
Reference: <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,
spend smart, eat right, and live well.*

Baby on the Way!

If you have stopped by the Extension office recently or attended an HHS program, you may have noticed that we are adding one more to our crew. The Jaspersen family is very excited to be adding a third child to the family sometime in August! I will be out on maternity leave for 12 weeks following baby's arrival, but don't worry! You can still expect the same level of service from our HHS department, as other educators will be pitching in to fill in the gaps in my absence. If you have any HHS related needs, please contact our office and we can get you pointed in the right direction.



Back to School: Tips for an Easier Transition

- **Get organized:** The last thing you or your child needs is to be stressed out about school supplies and what to wear. Be sure to take care of gathering this in plenty of time. Lay out first day clothes the night before to ease the chaos of the morning.
- **Review the day:** Make sure your child knows what to expect once school starts, including an overview of his or her general schedule, transportation details, lunch plans, etc. This is especially helpful for younger children or those starting at a new school. Be proactive and reach out to the school for information if you have any questions.
- **Resume Routine:** If summer has thrown you off of typical bedtime routines, work on getting back to them prior to school starting so everyone can be well rested on the first day.
- **Fuel up:** Make sure you leave time for a good breakfast! It's difficult to focus on an empty stomach.
- **Be positive:** Remind your child that they are loved and will do great during this new school year!



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Purdue Extension- Spencer County Receives CDC Funding for Immunization Education

We are thrilled to announce that Purdue Extension has been selected for the EXCITE Implementation Phase, a project funded by the CDC, aimed at improving immunization education and accessibility for rural populations! 33 projects from 36 institutions have been selected for this phase, representing a diverse range of Land-grant universities. Crawford, Daviess, Perry, and Spencer counties are the initial focus of this grant in southern Indiana. This is the third of three EXCITE grants Purdue Extension has been awarded since 2021. Stay tuned for updates on the progress and impacts these teams will make in this new phase of EXCITE: bit.ly/3pUrJrP



New HHS Curriculum Addresses Mental Health in the Workplace



As concerns about mental health and substance use rise in the United States, many organizations want new or expanded education and resources for employee mental health and well-being. To help meet this need, Purdue Extension has an introductory educational curriculum on mental well-being specific to workplaces – Compassion & Resilience Education at Work or CREW.

The CREW Curriculum is adaptable for varied industries and organizations of all sizes. It can be delivered in person or virtually. CREW offers education and skill-building content related to three topics, available as standalone one-hour sessions or as a series:

- Work-Life Balance
- Stress Management
- Stigma Reduction

The target audience for CREW is frontline employees. A secondary target audience includes employers, managers, supervisors, and human resources personnel. CREW is professional development for current employees to address challenges they may experience in their work environment (rather than as training for those entering the workforce).

If you are interested in bringing this to your workplace, reach out to Megan to discuss details!



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Health & Human Sciences



HHS-832-W

Family Mealtime: Much more than just a meal!

What is a family meal?

A “family meal” is when the people you live with come together to eat and talk. It can include everyone or just you and your child. Family meals don’t have to be fancy, and they can be eaten at home or away. Meals are best when you talk and listen to each other with no distracting electronic devices.

Do family meals make a difference?

Family meals are a simple way to build healthy relationships and promote health. Coming together as a family to share meals is associated with many benefits. Here are four:

Connection: Children and adults thrive on human connection. Eating meals together provides a great opportunity to connect with family and friends. Children — even teenagers! — thrive on having a mealtime routine they can count on. To make the most of the opportunity, turn off televisions, cellphones and other distractions. Gather at a table or somewhere you can focus on one another.

Emotional well-being: Families who eat together have children who are less likely to be depressed and less likely to engage in risk-taking behaviors, such as smoking, drugs, and drinking alcohol. Family meals are also associated with a reduced risk for eating disorders.

Academic success: At meals, children practice important social skills, such as taking turns and engaging others in conversation. Children increase their vocabulary and learn how to express ideas at family meals. These benefits help explain why children who eat family meals more frequently are found to do better in school.

Healthier eating habits and weight: Meals planned and prepared for family meals are generally more nutritious than meals eaten alone or on the run. Family meals also provide an opportunity for parents to model good eating habits and attitudes about food. Family meals are associated with healthier weights in children and adults.

How can families succeed at having meals together?

Make family meals a priority – Parents and children make time for what is important to them. Prioritize family meals over other activities as often as possible. Schedule them on the family calendar, even if only once a week. Recognize that eating is an essential activity. Do it together rather than apart.

Plan for family meals – Look at your schedule and determine the days and times that eating together is possible. Decide what you will prepare; make sure you have what you need on hand. A weekly menu plan prevents last-minute worries about what to cook. Shopping for the week saves time and money — and reduces stress. Use time-saving strategies, such as doubling a recipe and freezing half for a future meal.

Share preparation tasks – Involve everyone in age-appropriate tasks, including meal planning, finding recipes, grocery shopping, cooking, setting the table, and cleanup. Young children can do a variety of kitchen tasks. Older children can plan and prepare meals. Parents get valuable help and children learn lifelong skills.

Make meals enjoyable – Create an atmosphere where everyone feels relaxed and valued. Engage everyone in conversation. Use conversation starters to get people talking. Avoid battles over food – parents provide and children decide how much to eat of what is offered. See “Helpful Links” for more information.

No matter how you serve them ...

Make time for family meals.

Tips for families of ...

Preschoolers

- Establish mealtime routines that prevent “hangry” young children. Include well-spaced meals and snacks. Provide sensible “appetizers,” such as raw veggies, while waiting for a meal. Give “warnings” to prepare for meals, such as turning off devices and washing hands.
- Involve young children in one or more meal-related tasks: picking out produce at the grocery store, pouring and stirring ingredients, dishing their own food, clearing their plate.
- Help young children learn the art of conversation. Allow them to tell stories about their day. See the link below to conversation starters for more ideas.

School-age kids

- Create a meal planning calendar. Ask your children to search for recipes online, make a shopping list and carry out prep from start to finish for one or more meals each week.
- Meal preparation helps school-age children practice math skills, food science, and creativity.
- Establish boundaries during mealtime that prohibit or limit the use of electronic devices. Engage children in conversation. Show them you value their opinions and ideas.



Teenagers

- Scheduling is tricky. Be creative. Commit to as many meals together as possible — and make them happen by planning ahead.
- Meal planning and preparation are valuable lifelong skills. As often as possible, let your teenager be in charge.
- Teens need family connection as much or more than ever, so maintain a “no electronic devices” rule at your family table. Set an example by following the rule yourself.

No matter how you serve them...

*Family meals can make memories
that last a lifetime.*

*Make a date with your family ...
to eat and talk together!*

Helpful Links

For planning healthy meals:

<https://www.choosemyplate.gov/families>

For ideas to cook as a family:

<https://www.eatgathergo.org>

To avoid mealtime battles:

<http://ellynsatterinstitute.org/dor/divisionofresponsibilityinfeeding.php>

For conversation starters:

<https://thefamilydinnerproject.org/conversation/conversation-starters/>

Barbara J. Mayfield, MS, RDN

Nutrition Communicator, Retired Continuing Lecturer, Department of Nutrition Science

Director of Promoting Family Meals Project, College of Health and Human Sciences, Purdue University

This publication is adapted from “Let’s Talk About Mealtime.”

April 2017

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August-September 4-H Newsletter

Indiana State Fair

If you are planning to attend the Indiana State Fair please make sure and double check opening dates before you attend. The Exhibit Hall will be open after opening weekend and as in past years the fair will be closed on Mondays and Tuesdays.

A New 4-H Year

As we wrap up the current 4-H year and some clubs will be having back to school celebrations, please remember this may be a great opportunity to invite new friends! Beginning in October we will start going to schools to promote Spencer County 4-H and all of our great clubs. We would love to have new friends join us before then!

Volunteers

It takes a lot of hard work from dedicated volunteers to make 4-H events through the year and our fair happen every year. If you are interested in helping as a volunteer in a large or small capacity, please reach out to Jennifer so we are able to get you registered as a volunteer. We are always looking for more volunteers to help our Spencer County 4-H program.

Important Dates

- ♂→ **October TBD:** 4-H Open House
- ♂→ **December 20-January 2 :** Extension Office Closed
- ♂→ **February 24 :** 4-H Pork Chop Dinner Fundraiser
- ♂→ **June 3-5 :** 4-H Camp
- ♂→ **June 21-24 :** 4-H Fair

To check out Spencer County 4-H Fair Result

Follow this link and check out the 4-H Fair Tab:

<https://extension.purdue.edu/county/spencer/index.html>

We want to thank the Corporate Sponsors along with our 4-H Families for their support of the Spencer County 4-H Program.

THANK  YOU!!

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