

**December 2022 - January 2023**

# **PURDUE EXTENSION**

**Nicholas Held, Extension Educator**  
Agriculture & Natural Resources  
Community Development  
County Extension Director  
E-mail—[nheld@purdue.edu](mailto:nheld@purdue.edu)

**Jennifer Mayo, Extension Educator**  
4-H Youth Development Educator  
E-mail—[allen393@purdue.edu](mailto:allen393@purdue.edu)

**Megan Jaspersen, Extension Educator**  
Health and Human Sciences Educator  
E-mail—[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

**Erin Meyer**  
NEP Community Wellness Coordinator  
E-mail—[meyer258@purdue.edu](mailto:meyer258@purdue.edu)

**Nutrition Education Program Assistant**  
Danica Williams Email: [will1179@purdue.edu](mailto:will1179@purdue.edu)

**Pat Cochenour**  
Office Manager  
E-mail—[pcocheno@purdue.edu](mailto:pcocheno@purdue.edu)

**Mailing Address: Purdue Extension**  
1101 E CR 800 N , Chrisney, IN 47611  
Phone: 812-362-8066 FAX 812-362-8071  
Website: [www.extension.purdue.edu/spencer](http://www.extension.purdue.edu/spencer)

**MISSION  
STATEMENT**

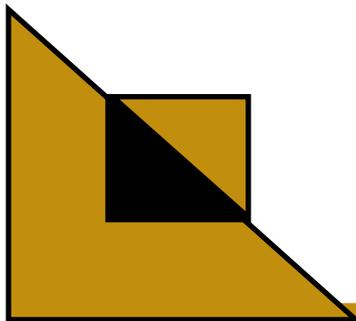
The mission of Purdue Extension is to assist people in the identification of their problems and solutions that improve their homes, families, farms, businesses and communities. The county office with professional Extension Educators serves as a link between research at Purdue and the practical application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

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**Nicholas Held, Extension Educator**  
Agriculture & Natural Resources  
Community Development

**December 2022—January 2023**

## What Is Your Breakeven Price For Corn And Soybeans?

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

Breakeven prices are helpful when making crop decisions and when marketing crops. Breakeven prices vary substantially by soil type and farm. Without breakeven price information, it is very difficult for a producer to gauge or evaluate market opportunities as crop prices change or make crop rotation decisions. From January 2022 through September 2022, the weekly average of the December 2022 corn futures price ranged from \$5.54 in early January to \$7.47 in mid-May, while the weekly average November 2022 soybean futures price ranged from \$13.02 in mid-January to \$15.60 in mid-June. These wide differences illustrate how important it is to **know a farm's breakeven price** when evaluating forward pricing strategies, and when developing scenarios pertaining to potential cash flows for the year. This article uses enterprise budget information in the Purdue Crop Cost and Return Guide to estimate breakeven prices for corn and soybeans for average and high productivity soils.



*Breakeven prices in 2023 are expected to be 5 to 7% higher than those experienced in 2022 (Purdue Agricultural Communications)*

Most enterprise budgets use economic costs rather than cash costs. This means that, in addition to cash costs and depreciation, opportunity costs are included. An opportunity cost represents the income that could have been earned if an input was sold or rented to someone else. Opportunity costs for unpaid family and operator labor, owned machinery, and owned land need to be includ-

ed in an enterprise budget. The bottom line figure in the budget (i.e., earnings and losses) represents an economic profit. Over a long period of time, due to the fact that all inputs (cash items, depreciation, and opportunity costs) are being paid the market rate, economic profit is zero. If economic profit is positive, input prices will be bid up, similar to what happened to cash rents during the 2007 to 2014 period, and economic profit will migrate towards zero. Conversely, if profit is negative, inputs prices will decline, and economic profit will migrate towards zero.

Using the 2022 Purdue crop budgets, the estimated breakeven price to cover all costs was \$5.60 for average productivity soil and \$5.13 for high productivity soil. Breakeven prices in 2022 were approximately 26% above those for 2021. For full-season soybeans, the breakeven price to cover all

costs was \$12.53 for average productivity soil and \$11.60 for high productivity soil, which was approximately 15% above the breakeven prices in 2021.

Looking ahead to 2023, breakeven prices for corn and soybeans for average productivity soil are estimated to be \$5.97 and \$13.52, respectively. These breakeven prices are 5 to 7% higher than those experienced in 2022. It is important to note that the Purdue budget uses average production costs. It is not uncommon for production costs for individual farms to be 10 percent below or 10 percent above the production costs reported in the budgets. Thus, at a minimum, it is extremely important to compute production costs for individual farms. Ideally, a producer should compute breakeven costs for each farm unit or tract. These computations do not make marketing decisions or crop rotation decisions easy, but they certainly provide important information that can be used when making these decisions. More information on specific cost items used to compute breakeven prices can be found in the publication entitled "2023 Purdue Crop Cost & Return Guide", located at <https://ag.purdue.edu/commercialag/home/resource/2022/09/2023-crop-cost-and-return-guide/>

*-Michael Langemeier, Purdue Extension Ag Econ Specialist*

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## Purdue, USDA Release Online Freeze-date Tool

A new interactive online tool for visualizing and exploring freeze-date trends and other climate patterns is now available, thanks to a partnership between Purdue University's Midwestern Regional Climate Center and the U.S. Department of Agriculture's Midwest Climate Hub. The tool covers 25 states in the upper Midwest, the Northeast and Appalachia.

"This tool isn't itself tracking what's happening in the current season. But it helps you put into perspective what has been happening in the past," said Melissa Widhalm, associate director of the climate center. Climate change has affected agriculture, noted Dennis Todey, director of the climate hub. Among those changes are first fall freezes coming later and final spring freezes happening earlier.

"We talk about that, but we didn't have any graphics, easily accessible data or visualizations to show people at a local level. And agricultural producers like to see something more local," Todey said. The tool may interest producers of tree fruits, grapes and row crops such as corn and soybeans to help them take advantage of longer growing seasons. "They want to understand how things are changing, and they are changing fairly rapidly in the spring and the fall," Todey said.

Agricultural advisors, weather forecasters, university Extension staffers and state climatologists also have expressed interest in the tool. "We've had a lot of interest from National Weather Service and others who are responsible for issuing watches and warnings in real time, so they put that into context with their forecasting of this season compared to previous seasons," Widhalm said.

But homeowners may also consult the tool to help them decide when to bring in their plants when fall arrives or begin planting in the spring. "When you think about freeze, you immediately think 32 degrees. But when it comes to agricultural applications, you might be interested in values that are colder or warmer," Widhalm said. Corn and soybeans, for example, can survive 28 degrees, while fruit trees are more sensitive to freezing or near-freezing temperatures. And the freeze-date tool allows users to query their desired temperatures.

Although the tool was developed for visualization rather than to explain trends, it does have research potential. "Just because your fall freeze date changes doesn't mean your spring freeze date is changing, or it could mean both of them are changing," Widhalm said. "Trends can be revealed in this tool that may indicate areas needing more research."

The Midwest Climate Hub, which funded the tool, uses it to monitor conditions within its eight-state coverage area. "This tool has helped us not only to display what is happening with changes at a local level but has given us a look regionally at where the trends are a bit different from location to location," Todey said. "It's also provided us a look at the difference in trends at different temperatures because the trends are not the same even at the same location, depending on what criteria you're using."

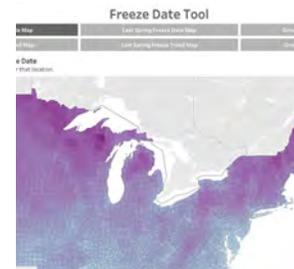
The tool, which will be updated annually, draws upon Applied Climate Information System (ACIS) data from 1950 to 2021. Weather stations across the U.S. feed data to the ACIS, but there are gaps in the network. "You can combine data from the individual stations to start filling in those gaps," Widhalm said. "They create a product called a gridded data set, which lets us look at these values for a county. So if you have a lot of stations in a county, it aggregates them."

The Purdue Midwest Regional Climate Center (MRCC) and the USDA Midwest Climate Hub (MWCH) have worked well together over the years, said MRCC director Beth Hall.

"The MWCH works with the agricultural community to help them be more cognizant of climate impacts and how variability and extremes might affect their production decisions," said Hall, who also is Indiana's state climatologist. She noted the MRCC's access to historical climate data and its capacity to translate data into usable public information.

"Agriculture is one of the most critical climate-impacted sectors of the Midwest region, so this partnership has been a wonderful way to help convey the trends and risks without overwhelming stakeholders with too much science and raw data," she said.

-Steve Koppes, Purdue Agricultural Communications



*This interactive, publicly available freeze-date tool is a collaboration between Purdue University's Midwestern Regional Climate Center and the USDA's Midwest Climate Hub. The tool contains county-by-county data from 1950 to 2021 and will be updated annually (Purdue Agricultural Communications)*

*"The tool may interest producers of tree fruits, grapes and row crops such as corn and soybeans to help them take advantage of longer growing seasons."*

Find the tool at: <https://mrcc.purdue.edu/freeze/freezedatetool.html>

## Spice Up Your Holidays

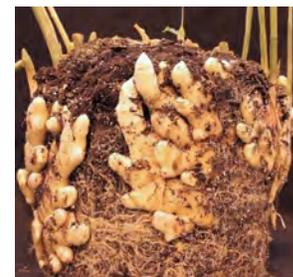
Some of the most popular spices used this time of year are harvested from various parts of exotic tropical plants, lending a special flavor to holiday recipes.

Ginger is harvested from the rhizomes (underground stems) of a tropical/sub-tropical herbaceous plant, *Zingiber officinale*. Ginger is native to tropical Asia and is grown commercially in Hawaii and many other countries, including China, India, Thailand and Brazil. The rhizomes are harvested after the first year of the plant's growth. The rhizomes can be washed and used fresh, dried whole or ground, pickled, crystallized or boiled and stored in syrup. It is possible to grow ginger as a houseplant, though a typical home is not the best environment to keep this plant happy, especially in winter. The plant thrives in warm, humid air and well-drained moist soil. Select healthy fresh rhizomes from the market, and look for the small "eyes" or buds to plant eyes facing upward, about 2-3 inches deep. Once the leaves emerge, set the plant near a bright window where it will get at least a half day of direct sun.

The popular spice of cinnamon is derived from several closely related species. Ceylon cinnamon comes from the bark of the semi-tropical evergreen tree *Cinnamomum zeylanicum*, native to Ceylon and southwest India and hardy in the U.S. Gulf states. For the best quality cinnamon, the bark is cut in strips from two-year-old branches, just as the new foliage leafs out and the bark slips easily from the wood. The bark is then dried and either ground or sold in the curled strips called "quills." The quills of Ceylon cinnamon are light brown, and their interior consists of several thin layers. The cinnamon found in most grocery stores is more likely to be the cassia cinnamon, harvested from the related *Cinnamomum aromaticum*. This type of cinnamon has a darker, thicker bark, and its quills are hollow. This form is less expensive, so it is more commonly found and is stronger in flavor than the true cinnamon.

Cloves are native to the Moluccas (Spice Islands) and are the dried, unopened flowers of the tropical evergreen tree *Syzygium aromaticum*. The name clove is derived from the Latin *clavus*, meaning "nail," as the dried flowers do rather resemble their namesake. Nutmeg and mace are both harvested from the fruits of yet another tropical evergreen tree, *Myristica fragrans*, also native to the Moluccas. These fruits have a fleshy outer husk that splits upon ripening to reveal the seed with a red, leathery covering. Nutmeg is made from the ground seed kernel, while mace is made from the leathery seed cover.

-Rosie Lerner, Purdue Extension Consumer Horticulture Specialist (retired)



Ginger is harvested from underground stems (HJ Kim, Purdue University)

## Virtual Workshop Focuses on Farmland Leasing

Landowners and farmers can learn more about the various tools, trends, and legal protections available with farmland leasing by participating in the Purdue University Extension virtual workshop, "Digging Deeper Into Land Leases." Many times lease terms must be negotiated that match expectations for both landlords and tenants. The current volatility of ag inputs is another factor in discussions between the involved parties. The Purdue Land Lease Team has developed this program that address many questions concerning land leases.

This virtual workshop will be offered at two different times including Tuesday, December 6 from 6:30 to 8:30 p.m. EST and Wednesday, December 7 from 10 a.m. to noon EST. Todd Janzen, an attorney with Janzen Ag Law, will present the legalities of having an effective land lease along with challenges associated with terminating a lease. Purdue Extension Educators will also discuss the following topics:

- Identify the various lease tools available
- Evaluate the pros & cons of common lease types
- Learn about farm land leasing trends

The registration fee for this workshop is \$25. Individuals wanting to participate in this virtual workshop can sign up at <https://tinyurl.com/Digging22>. The deadline for registration is 24 hours before each session. The Purdue Land Lease Team will send an e-mail to the e-mail address you provide with the link to connect from your home computer, tablet or smartphone.

For more information, or if you need a reasonable accommodation to participate in this program, contact Jenna Nees at 765-653-8411 or [smith535@purdue.edu](mailto:smith535@purdue.edu) prior to the program.

*"...lease terms must be negotiated that match expectations for both landlords and tenants."*

December 2022—January 2023

## Heart of America Grazing Conference to be Held in Ferdinand

The Heart of America Grazing Conference will take place Feb. 20-21 at the Ferdinand Community Center in Ferdinand. Hosted by the Indiana Forage Council, with input from Purdue Extension, the annual event will feature forage and grazing experts from across the nation.

Speakers will lead discussions on cutting-edge research in grazing, soil science and grazing options with cattle and small ruminants, among other key topics.

Keith Johnson, professor of agronomy at Purdue University, says, “Participants will have the opportunity to interact with a team of presenters on what is needed to develop and put in place an effective grazing plan. Ways to improve grazing efficiency, how to develop and maintain healthy soil and important recordkeeping items will be shared. There will be ample opportunity to interact with input providers at the tradeshow and to make connections with other attendees.”

Highlighted speakers include Greg Halich, University of Kentucky; Alan Franzluebbers, USDA-ARS North Carolina; and Johnny Rogers, coordinator, Amazing Grazing Project and North Carolina State University. Registration information and additional details are available on the IFC website at [www.indianaforage.org](http://www.indianaforage.org).



[www.indianahortconference.org/](http://www.indianahortconference.org/)



<https://ag.purdue.edu/department/extension/wia/index.html>



[https://extension.purdue.edu/anr/teams/dffs/small\\_farm\\_conference/index.html](https://extension.purdue.edu/anr/teams/dffs/small_farm_conference/index.html)



Extension - Spencer County

### Upcoming Events

Nicholas Held

1101 E. CR 800 N.

Chrisney, IN 47611

Phone: (812) 362-8066

Fax: (812) 362-8071

Email: [nheld@purdue.edu](mailto:nheld@purdue.edu)

Website: [www.extension.purdue.edu/spencer](http://www.extension.purdue.edu/spencer)

 [Purdue Extension-Spencer County](#)

- Digging Deeper Into Land Leases (Virtual)—December 6, 5:30 PM CST—OR—December 7, 9:00 AM CDT; *see article on page 3 for details*
- Private Applicator Recertification Program—December 12, 8:00-10:00 AM CST, Spencer Co. Youth & Community Center; Topics include UAVs in Agriculture, Pesticide Storage;
- Heart of America Grazing Conference—February 20-21, Ferdinand Community Center; *see article above for details*;

# HEALTH & HUMAN SCIENCES

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

## Captain Cash Sets Sail at Chrisney Elementary for Financial Education

Captain Cash is an interactive education program designed to teach basic financial management skills to 3rd grade students. This dynamic curriculum was shared with students in Mr. Rahman's third grade class at Chrisney Elementary last month. Students were provided information to help them navigate through the sometimes murky waters of:

- Earning
- Saving
- Spending
- Borrowing



Along with learning basic financial concepts, students learned about and had the opportunity to practice important life skills to foster self-sufficiency such as communication, decision-making, problem-solving, managing resources, planning, and organizing. We had an awesome journey!



**Megan Jaspersen**  
Health and Human  
Sciences Educator  
Purdue Extension

### CONTACT:

[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

Perry County Office  
65 Park Ave  
Tell City, IN 47586  
812-547-7084

Spencer County Office  
1101 E. County Rd 800 N  
Chrisney, IN 47611  
812-362-8066

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## "Life Skills to Survive the Holidays" series offered at Kimball International

Let's face it. Although the upcoming holiday season is filled with joy for many, it can also be a very stressful time. Purdue Extension HHS is offering employees at Kimball International in Santa Claus the opportunity to participate in a free series to equip them with the tools needed to have a successful holiday season with their family and friends. Primary topics include holiday budgeting and time management. It's easy to overspend during this season, but having a plan for how much to spend and how to spend it can make a big difference. It can also be hard to prioritize how to spend your time when there are often many people to squeeze in visits to. We will explore resources for accomplishing these things and having an attitude of gratitude during this busy season!

# Spread Holiday Cheer in the Kitchen with Easy Any Berry Sauce

Looking for an easy boost to your holiday breakfast? Try making this Any Berry Sauce for a beautiful topper to pancakes, waffles, toast, or oatmeal! This recipe comes from Purdue Extension's Nutrition Education Program website <https://www.eatgathergo.org>. There are many other healthy recipes available to choose from, so be sure to check it out as you plan out your holiday meals!



easy as:

## Any Berry Sauce

leer en español

### INGREDIENTS:

- 1/4 cup cold water
- 1 tablespoon cornstarch
- 1/3 cup sugar
- 4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries, or a mixture)

### DIRECTIONS:

1. In a medium saucepan, mix together sugar, cornstarch, water, and 2 cups of berries. Mash berries if desired.
2. Heat over medium heat, stirring frequently, until sauce starts to thicken.
3. Remove from heat and stir in remaining berries. Mash if desired.
4. Serve over pancakes, waffles, oatmeal, or yogurt.
5. Refrigerate leftovers within 2 hours, for up to a week.



#### Prep time:

5 minutes



#### Cook time:

15 minutes



#### Servings:

2 cups

### Quick Tips

Serve with Favorite Pancakes or Applesauce French Toast.

To freeze the sauce, replace the cornstarch in the recipe with Clearjel or Clear Jel, a special type of cornstarch.

# Recharging Your Patience

When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

- Establish new routines – routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
- Stay connected with family and friends – the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
- Exercise – find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
- Go outside – studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such blowing bubbles, sidewalk chalk, or kicking a soccer ball.
- Adjust your expectations – set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/ activities at this time to create expectations that work with you instead of against you.
- Mindfulness – being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
- Alone time – find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
- Give yourself a break – indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.
- ‘Pet your stress away’ – ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
- Laughter – is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.



# Christmas Tree

## SAFETY CHECKLIST



Get a fresh tree whose needles don't easily fall off -or- a UL-Listed artificial tree that is "flame resistant/retardant."



Place the tree away from heat sources!



UL-Listed Christmas Lights  
(Pay attention to Indoor/Outdoor use)



Check your decor for damage and replace as needed.



Don't overload your sockets -- no more than 3 light strands in a row.



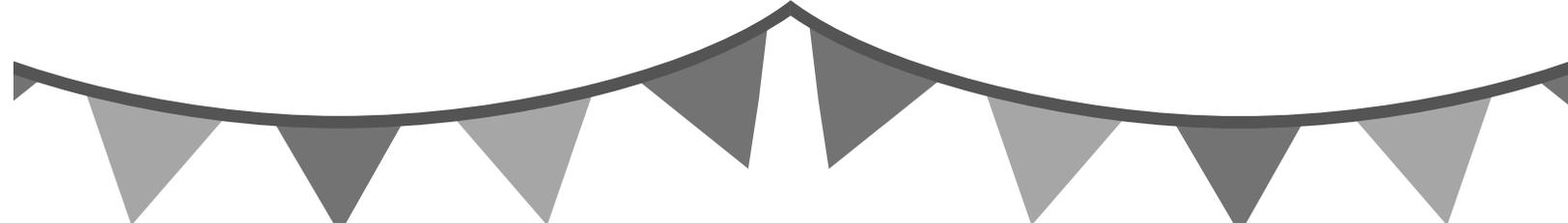
Turn off your lights before bed or while you're away from home.



Dispose of your live tree soon (less than 4 weeks after putting it up) and recycle, don't light it on fire!



Take down decorations outside sooner to help them last longer. Go ahead and replace decorations that didn't make it by hitting up the after-Christmas sales.



# "Making the healthy choice, the easy choice."

Erin Meyer, RDN, CDE  
Community Wellness  
Coordinator

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## 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/>



# Healthy Food Bank Donations

## 1. 100% Fruit or Vegetable Juice

Food banks like to have juices on hand, especially for kids, but juices with high fructose corn syrup can be harmful for kids who are struggling to get proper nutrition.

## 2. Canned Tuna, Canned Chicken, and Canned Salmon

Canned tuna, chicken, and salmon are non-perishable and can be added to many meals for a much needed protein boost.

## 3. Unsalted Nuts

Mixed nuts are a great and highly needed source of protein and vitamins. They tend to be more expensive and hard to keep stocked at food banks, which makes them a welcome donation.

## 4. No Sugar Added Canned Fruits and Fruit Cups

Canned fruits and fruit cups are good snacks for kids, high in Vitamin C and nutrients, and keep well on food bank shelves. Donate fruits packed in water or fruit juice rather than heavy syrup.

## 5. Shelf-Stable Milk

Milk is a great source of calcium and protein but it's hard for food banks to buy and manage fresh milk that will go bad in a week or two. Food banks are always in need of shelf-stable cow's milk, soy milk, almond milk, rice milk and powdered milk.

## 6. Whole Grain Pasta

Pasta is a filling non-perishable food that goes a long way, but white pasta doesn't have a high nutritional value. Try to donate whole grain varieties if you can. Whole grain pasta is a great way to promote fiber intake. It's also easy to turn into a meal without too many extra ingredients.

## 7. Brown Rice

Like whole grain pasta, brown rice is a filling and versatile base for many meals, high in fiber and vitamin B. Boxed rice is easy to store, easy to distribute, and helps make meals go further. Other easy-to-store grains like quinoa and barley are also healthy choices.

## 8. Oatmeal

Oatmeal is a healthy and filling breakfast. Because you don't need other ingredients to make oatmeal, it's a great thing for food banks to keep stocked. It is also a good source of carbohydrates and fiber.

## 9. Canola and Olive Oil

Canola and olive oils are highly sought after by most food banks. Oil is important for cooking and these oils provide relatively healthy calories from monounsaturated fats. Because oil tends to be on the expensive side, food banks often depend on them being donated.

## 10. Peanut Butter

Peanut butter is yet another protein-rich food that's always in high demand. Other nut butters to consider for donation include almond butter, cashew butter and sunflower butter.

## 11. Low-Sodium Soups or Stews

Soups and stews are a great way to get all of the food groups together in one hearty bowl. Again, most food banks prefer lower-sodium versions (less than 500 mg of sodium per serving) to make sure people seeking assistance are getting healthy meals as often as possible. It's also very helpful if the can doesn't require a can opener.

## 12. Beans

This is a good high-protein staple that food banks can keep on their shelves easily. Beans also have the benefits of being filling and maintaining most of their nutrients even when canned. They are "nutrition powerhouses" full of fiber, protein, and Vitamin B.

## 13. Whole Grain Breakfast Cereals

Cereals are a quick and nutritious option for breakfast and are kid friendly. Choose cereals with less than 10 grams of sugar per serving and at least 3 grams of fiber per serving. Look for whole grain oats, wheat bran, whole grain corn, whole wheat or oat bran as ingredients.

## 14. No Added Salt Canned Vegetables

No added salt canned vegetables are a food bank staple and are a healthy, low sodium choice for families. Again, it is also helpful if the can does not require a can opener.

Donors should try to limit or avoid donating foods high in sodium, fat, oils or sugar; chips, candy and cookies; sugary beverages; items in glass bottles and items that are expired or in damaged packaging. Some food pantries are able to accept frozen foods such as turkey, chicken and vegetables and other perishables like fruit and milk, but donors should call prior to donating these items.



# Why You Should Make Physical Activity a Part of Your Day

Researchers have been investigating ways to reduce our risk of chronic disease for decades. One big question: How much exercise is needed to prevent disease? The answer is at least 150 minutes per week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Exercising up to 300 minutes per week has even greater health benefits.

This guideline was developed with the assumption that we are doing light physical activity throughout the day including walking and standing. However, many adults are mostly sedentary during the day. Many of us sit all day at our jobs and technology has replaced our need to do physical work.

Research shows that individuals who sit all day, even if they go to the gym for an hour, are at greater disease risk than those who are more active during the day. "Informal" physical activity such as walking while running errands or other activities can add up to a lot of minutes throughout the day and is beneficial to overall health.

## What is physical inactivity?

Physical inactivity is anytime you are not standing or moving. Sitting at your desk or watching TV all fall into this category. Our health is impaired by how many hours we spend each day sitting, as well as the duration of those stints of inactivity.

Even those who exercise for 150 minutes each week aren't safe from the dangers of sitting for too long.

## What are the risks?

Many parameters to assess disease risk include blood sugar, insulin, HDL (the good cholesterol), waist circumference, triglycerides and blood pressure. Researchers have also studied the relationship between sitting and indicators of inflammation, which is common in people with heart disease. Studies have even investigated inactivity and risk of premature death. All of these outcomes can be negatively impacted by physical inactivity: The more you sit, the greater your risk for disease.

## How can we reduce physical inactivity at home and at work?

While there is no published recommendation for "safe" sitting time yet, a good rule of thumb is to move for at least 1 to 2 minutes each hour of sitting in addition to 150 minutes of moderate physical activity each week. If your job is sedentary, you can break up that time with bits of activity to improve your health. Here are a few tips to get moving throughout the day:

- Park far away from buildings.
- Use a standing or walking desk.
- Take a brisk walk after lunch.
- Stand during phone calls.
- Drink enough water that you use the restroom often.
- Play pool, go for a walk or play lawn games instead of watching TV.

Reference: <https://www.eatright.org/fitness/exercise/benefits-of-physical-activity/why-you-should-make-physical-activity-a-part-of-your-day>



# NOVEMBER- DECEMBER 2022 4-H NEWSLETTER

I have several updates to share! Please see the articles and links below for important information and upcoming events. If you have questions about any of the content, please email me at [allen393@purdue.edu](mailto:allen393@purdue.edu).

Priority registration closes on January 15th, so please take time to register if you have not done so yet. Lots of opportunities that are coming up are only available if you are **registered** and **approved** in 4-H 4honline.

**Scholarship Applications:** Scholarship applications are available online by visiting the [Indiana 4-H](#) website. These are for Sophomores- Seniors in high school. Applications may be submitted via 4honline before the deadline and must be approved by the Extension Educator. I will have a scholarship workshop available for youth that are interested in bettering their skills before submitting their application. This should be out by mid December.

**4-H Camp:** We plan to have an overnight 4-H Camp June 5-7 at the Santa Claus Historic Campgrounds with camp counselors coming on June 4th. Camp Counselor applications will be collected through 4HOnline and all Freshman-Seniors will need to be registered and approved in 4HOnline to apply. Applications will be due February 15th. We will also be selecting Junior Directors this year to help serve in a leadership role. If you are interested in taking on more responsibilities at camp, please indicate this on your camp counselor application.

Trainings will be at Vincennes University Ft. Branch in March and April with the final training on June 4th, the day before camp. Attendance at camp counselor trainings are required. Contact Jennifer with questions at [allen393@purdue.edu](mailto:allen393@purdue.edu).

**Livestock Meeting:** Sunday, December 11th we will have an update for members showing livestock in the new building at 3:00 PM. This includes anyone exhibiting sheep, goats, swine, and beef or dairy. The barn committee will have an update on the barn as well as changes that will be important for you to know prior to setting up at fair. Please plan to attend this meeting so you and your animal are prepared for this year's fair. Please email Patty at pcocheno@purdue.edu with the number attending so we can prepare any materials needed.

**Cooking Around the World:** Pack your bags! Cook your way around the world with this virtual 4-H experience each Saturday from January 21 - February 25 from 10-11AM Central Time. Learn about new cultures as instructors lead participants through hands-on recipes that can be made from the comfort of your own home. Check your email for a registration link. Registration will take place through 4HOnline with payment being collected in the office.

**4-H Trips:** 4-H trips applications will come out in December. These will be emailed with a link to fill them out. I hope to have a great response as we did last year. These trips are a great experience for our youth to attend trips on campus and even Washington D.C. I hope you will take advantage of all that 4-H has to offer and consider attending.

**4-H Alumni:** Are you a 4-H Alumni that is looking to get involved? Involvement looks a little different for everyone based on the time available to commit, but a great place to start is by sending your contact info to Jennifer at allen393@purdue.edu to get your name added to the alumni group. We hope in the future for this group to become active in helping guide programming ideas and being a great group of volunteers to pull from. Please contact Jennifer to have your name added to the list.

**Handbook:** The handbook is being revised with a few updates from the state office this year. Once revisions have been reviewed by the 4-H Association it will be posted on our website. If you would like books to work on projects over break, please let us know soon!

The Extension Office will be closed December 22nd- January 3rd. for Winter Break. I will be checking my email intermittently so if you need something during this time please email me and I will get back with you as soon as possible.

# 2023 LEADERSHIP SPENCER COUNTY

SIGN UP!

February-November 2023

Brochure and Application Available:  
[myspencercounty.com/leadership](https://myspencercounty.com/leadership)

*“This program was more  
than I ever imagined!”*

~ Jodi Fetter

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