



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



CALENDAR OF EVENTS

Extension Office Closed:

January 1st New Year's Day
January 20th MLK Jr Day
February 17th President's Day

Fair Board Meeting

January 13th @ 6 PM
February 10th @ 6 PM

Center Board Meeting

January 13th @ 7 PM
February 10th @ 7 PM

4-H Council

January 21st @ 7 PM
February 18th @ 7 PM

Achievement Banquet
February 22nd

Pork Chop Dinner
March 15th

4-H Camp
May 29th - June 1st

Warrick County 4-H Fair
July 14th - July 19th

Indiana State Fair
August 1st - 17th

HAPPY NEW YEAR!

Hopefully you and yours have enjoyed a wonderful holiday season filled with family fun and thankful reminders. As you look ahead to 2025 and to all the new and exciting adventures the new year brings, I hope that Warrick County 4-H is one adventure that fills you with great anticipation.

Get Enrolled for 2025...

Please try to enroll as early as possible so that you don't miss important updates and reminders. 4-H enrollment is an easy 2-step process. To be included in all future communication, please visit v2.4honline.com and enroll today. If you need enrollment help, visit our website at <https://extension.purdue.edu/warrick> and click on the 4-H page. Here you will also be able to view the Clover Gazette Newsletter at your fingertips and be kept in the loop of all the opportunities and changes for the new programming year. Be sure to follow us on Facebook at Warrick County 4-H too!

Enrolling in 4-H...Easy as 1...2 !!

1. Complete enrollment via the 4-H Online Enrollment system-see website for help
v2.4honline.com
2. Pay annual 4-H Program Fee
\$5.00 for Mini 4-H (Grades K - 2)
\$30.00 for 4-H (Grades 3-12)



Online credit card payments are preferred. If bringing payment to the office, please bring a check or money order. Thank you!



2025 Achievement Banquet February 22, 2025 6 PM in the Alcoa Building

All 4-Hers, families, and volunteers are invited to the 2025 Achievement Banquet regardless of award or trip status. Everyone is invited to attend this special event, held in the Alcoa Building, beginning at 6:00 p.m. on Saturday, February 22, 2025. This is when we recognize 4-Hers who will receive awards and trips, and hear from 4-Hers that attended trips last year.

The banquet will be catered. The menu is fried chicken, mashed potatoes, gravy, corn, green beans, rolls, cookie, tea, and lemonade. The 4-H Council will pay for 4-Hers plus 2 guests. If you have additional guests, the cost is \$10 per person and must be paid in advance. The Council will also pay for all approved 4-H volunteers. Those who plan to attend will need to fill out the RSVP card which will be mailed out to families in January and is due February 10, 2025. Please Join Us!





**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



JOIN 4-H! LEARN to SEW!

Boys & Girls Welcome (grades 3-8)

Suitable for First-Year Sewing Project & Fashion Revue

NO CHARGE for Workshops

Participants must bring own sewing machine to first workshop*

**Please make sure your machine is in good working condition & bring your manual; we have a limited number of loaner machines.*

One Parent/Guardian is strongly encouraged to attend the workshop with each participant.

Returning students from prior years can bring their current project to work on or ask questions if they need help!



#1 - JANUARY 18 - Make a Pillowcase (fabric provided)

#2 - JANUARY 25 - Start Your Project

#3 - FEBRUARY 8 - Finish Your Project or Make Another!

**All workshops are on SATURDAYS and will be held at
the Warrick County Fairgrounds - Homemakers Building
(9am - 12Noon)**

SKILLS You Will LEARN Upon Completion of these workshops:

- How to thread your sewing machine
- How to sew straight and curved lines
- Fabric selection
- How to read, lay out and cut out a pattern/fabric
- Ironing basics
- What are the different sewing notions/tools for?
- What is 4-H Fashion Revue and how to prepare?
- What to expect when exhibiting your sewing project at the fair
- And more!



**Contact the Warrick County Extension Office to Register by January 4
812.897.6100 or email hkellem@purdue.edu - maximum participants: 15**



**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



SAVE THE DATE!!!



**The annual Pork Chop
Dinner is scheduled for
March 15th in the Alcoa
Building. Be on the lookout
for more information in the
next newsletter!**

**Mini 4-H will meet the following dates in 2025
in the Alcoa Building from 5-6 PM**

Monday, February 3	Wednesday, March 5
Monday, April 7	Wednesday, May 7
Monday, June 16	Wednesday, July 9

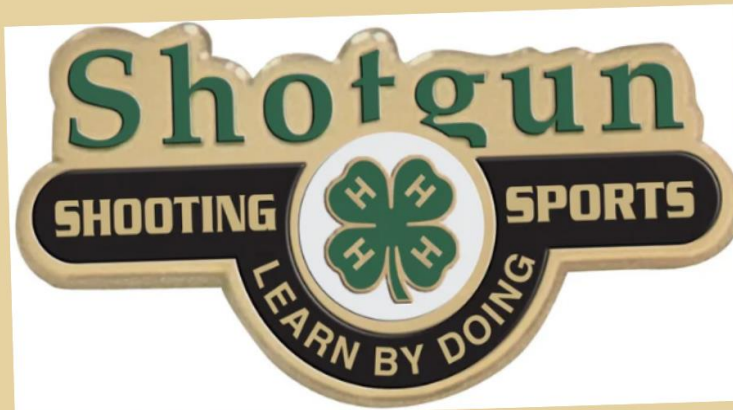
MINI 4-H

Questions?? Contact Candice Carroll 812-455-2108

**VOLUNTEERS: Please complete your registration and trainings
online so we can get you approved for the 2024-2025 year!**



**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



All meetings will be held at the Campbell Township Conservation Clubhouse on Warrick County Line Rd south of Millersburg Rd. from 6-8 PM on the following dates:

- ★ March 19, 2025
- ★ April 10, 2025
- ★ May 19, 2025
- ★ June 17, 2025



Please join the TeamReach app! Install app and enter code: 4hshotgun2021

Please bring hearing and eye protection. You may use your personal shotgun and ammunition after inspection from instructor. If you have any questions, please feel free to contact the instructor:

Jason Fox 812-319-2525.



QUALITY LIVESTOCK CARE 2025 TRAINING

(REQUIRED TO SHOW LIVESTOCK*)

Located at: 4-H Fairgrounds

January 29th @ 6PM Homemakers Building

February 19th @ 6PM Homemakers Building

March 2nd @ 4PM Alcoa Building

April 21st @ 6PM Homemakers Building

*****ONLY NEED TO ATTEND ONE CLASS*****

Register in 4-H online



*Including showing eggs



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



SPARK Club -- Elberfeld

Fifteen youth met at Elberfeld Elementary School for a Science Spark Club in December. These members had a great experience and a lot of fun. They made slime and bouncy balls, cleaned pennies, and expanded their knowledge of robots, and programmed with Bloxels.



Warrick Warriors

Warrick Warriors led crafts and served food at Elberfeld's annual Christmas parade and celebration on December 7. The 4-Hers helped the community's children make reindeer food, wands, and thumb print Christmas trees. The chili, chicken noodle soup, hotdogs, and treats were appreciated and enjoyed by everyone.





SAVE THE DATE

Winter

Dance

January 19th

5-7 PM

All 4-H members are
welcome to come and
bring a +1 as well

More information to come... Keep
an eye out for it in your email

Hosted By: Warrick County 4-H
Ambassadors



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



2024 SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program. Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science. A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

\$166,725 AWARDED IN 2023





S AND S MACHINE SHOP & WARRICK COUNTY 4-H WELDING TOGETHER!

Calling all 4-H Members!

- ✓ Ever want to try welding?
- ✓ Do you know how to weld and like to do more?
- ✓ Do you want to provide a community service?

About the Project

- S&S has donated materials, tools, and their valuable resources to help educate and guide all volunteers through the welding process
- Create 25 goat pens for fairgrounds
- Open to ALL 4-Hers! No Experience Required!
- Welding will take place on Saturdays @ S&S, Dates TBD
- Please text/call Sarah if you are interested & to be added to the notification list

Contact:
Sarah Horn



(812) 306-6812

Stay tuned for completion award!





**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



LIFE SKILLS

Life skills are developed by participating in 4-H projects, trips, or other experiences. Record the life skills you have developed through 4-H on your Record of Achievement and include how you learned it. Example - I learned time management skills by writing down all the tasks associated with my project, prioritizing the tasks, and completing the tasks.



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



My Record of 4-H Achievement

Record of achievement, white card, achievement card, office copy, achievement record, 4-H log... No matter what you call it, don't forget to keep track of all the things you are doing! Write down 4-H activities, community service, school activities, family trips, etc. Record what you did, what you learned, and what you shared. This card is used for 4-H Trip Applications, Achievement Awards, and Scholarships.



Scan the QR Code to watch the [video](#) in how to fill out the White Achievement card properly.

January 2025

January 2025							February 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	4						1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	

4-H Clubs and Information Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 29	30	31	Jan 1, 25	2	3	4
5	6 Warrick Wranglers (Alcoa Building)	7	8	9 Robotics 6-7:30 PM (Zion UCC Church Newburgh)	10	11
12 Warrick Warriors 1 PM (Zion UCC, Elberfeld)	13 Warrick STEM 6-7:15PM (Newburgh Public Library on Bell Road (Diamond meeting room))	14 Jr. Leader Meeting 6-7 PM (Alcoa Building) Thorny Grove 6:30-7:30 PM (Chandler Cumberland)	15	16	17	18 Sewing Workshop 9AM - 12PM **Must be registered** (Homemaker's Building)
19 Ambassadors 3-8 PM--Meeting..Dance Degonia 1PM (Alcoa) Rabbit Club @2:30 PM 5:00pm WINTER DANCE	20 Southside 6-7PM (Alcoa Building)	21	22 Dayville at the Crossing 6:30 PM (Alcoa Building)	23	24	25 Sewing Workshop 9AM - 12PM **Must be registered** (Homemaker's Building)
26	27 Paradise 6-7:30 PM (Newburgh Chandler Public Library)	28 Community Builders 6:30 (Chandler Community Center)	29 6:00pm QUALITY LIVESTOCK CARE 6PM (Homemaker's Building)	30	31	Feb 1



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



February 2025

4-H Clubs and Information Calendar

February 2025							March 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1							1
2	3	4	5	6	7	8	2	3	4	5	6	7	8
9	10	11	12	13	14	15	9	10	11	12	13	14	15
16	17	18	19	20	21	22	16	17	18	19	20	21	22
23	24	25	26	27	28		23	24	25	26	27	28	29
							30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 26	27	28	29	30	31	Feb 1
2	3 Mini 4-H 5-6PM (Alcoa Building) Warrick Wranglers 6:30 PM (Alcoa Building)	4	5	6	7	8 Sewing Workshop 9AM - 12PM **Must be registered** (Homemaker's Building)
9 Warrick Warriors 1 PM (Zion UCC, Elberfeld)	10 Paradise 6-7:30PM (Newburgh Chandler Public Library) Warrick STEM 6-7:15PM (Newburgh Public)	11 Thorny Grove 6:30-7:30 PM (Chandler Cumberland Presbyterian Church)	12	13	14	15
16	17	18	19 6:00pm QUALITY LIVESTOCK CARE 6PM (Homemaker's Building)	20	21	22 Achievement Banquet (Alcoa Building) Ambassadors 3-8 PM (meeting & Achievement)
23 Degonia 1PM (Alcoa Building)	24 Southside 6-7PM (Alcoa Building)	25 Community Builders 6:30 (Chandler Community Center)	26	27 Dayville at the Crossing 6:30PM (Alcoa Building)	28	Mar 1



Will be meeting **January 14th** from 6-7 PM at the Warrick County 4-H Center Alcoa Building.

Project Manuals are ready to be picked up! Please call the office so we can pull them and have them ready for you before your arrival. Also, please double check that the projects you selected are correct in 4H Online before you call! Add any that you would like and delete any that you do not! Please inform us if you made any changes when calling so that we can ensure accuracy before pick up! **THANK YOU!**



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



March 2025

4-H Clubs and Information Calendar

March 2025							April 2025						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	1	6	7	1	2	3	4	5
9	10	11	12	13	14	8	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Feb 23	24	25	26	27	28	Mar 1
2 4:00pm QUALITY LIVESTOCK CARE 4 PM (Alcoa Building)	3 Warrick Wranglers 6:30 (Alcoa Building)	4	5 Mini 4-H 5-6PM (Alcoa Building)	6 Robotics 6-7:30 PM (Zion UCC Church, Newburgh)	7	8 Camp Counselor Overnight 7
9 Camp Counselor Overnight Warrick Warriors 1PM (Zion UCC, Elberfeld)	10 Warrick STEM 6-7:15PM (Newburgh Public Library on Bell Road (Diamond meeting	11 Thorny Grove 6:30-7:30 PM (Chandler Cumberland Presbyterian Church)	12	13 Dayville at the Crossing 6:30 PM (Alcoa Building)	14	15 Degonia- Bake Cookies at BHS 1PM for Pork Chop Dinner (Alcoa Building)
16 Rabbit Club @ 2:30 PM (Alcoa Building)	17 Paradise 6-7:30PM (Newburgh Chandler Southside 6-7PM (Alcoa Building)	18	19 Shotgun Workshop from 6-8 PM (Campbell Township Conservation	20	21	22
23	24	25 Community Builders 6:30 (Chandler Community Center)	26	27	28	29
30	31	Apr 1	2	3	4	5

ANNIE'S PROJECT FOR CUT FLOWER GROWERS

MONDAY EVENINGS
6-9PM EST (5-8 CT)
JAN 20 - FEB 24

Program sites are available across Indiana. Select the location that works best for you:
Morgan/Johnson, Lake/Porter, Clark, Hancock, Warrick, Montgomery, Boone, Allen, Steuben, Virtual

Cost: \$65
Register online before January 13th at:
<https://event.me/xbkgdZ>

This material is based upon work supported by USDA/NIFA under Award Number 2023-70027-40444.

ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



**GET YOUR FARM OFF
TO A GREAT START!**



P
PURDUE
UNIVERSITY

Extension - Diversified
Farming and Food Systems

BEGINNING FARMER

FARM RESOURCE PLANNING

*FOR THE SMALL-SCALE AND MARKET FARMER
VIRTUAL VIA ZOOM*

The goal of this 8-session program is to help new and beginning farmers find success through the creation of a practical action plan. The program helps farmers set goals, identify assets and challenges, and become aware of outside assistance and resources that can lead them towards a successful farming operation. Each participant will be encouraged to explore outside resources and supplemental materials presented in the class as well as other resources shared by classmates.

Participants will be provided with a digital copy of the Beginning Farmer workbook.

**THURSDAY EVENINGS: 7:00 - 8:30 PM EST
JANUARY 9 - FEBRUARY 27, 2025**

**REGISTRATION IS \$85
LEARN MORE AND REGISTER AT:
[HTTPS://CVENT.ME/2BYD1E](https://cvent.me/2BYD1E)**

SCAN TO REGISTER:



**IF YOU NEED A REASONABLE ACCOMMODATION TO
PARTICIPATE, PLEASE CONTACT AMY THOMPSON
AT AFTHOMPSON@PURDUE.EDU.**

**PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL
ACCESS/AFFIRMATIVE ACTION INSTITUTION.**



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



Become a Certified UAV Pilot

Purdue Extension UAV Technology Program

FAA Part 107 Remote Pilot Test Preparation Course Topics

- ⇒ FAA Test Preparation
- ⇒ Flight Instructions
- ⇒ Camera Settings
- ⇒ Flight Plans and Record Keeping
- ⇒ Data Management
- ⇒ Image Quality & Troubleshooting
- ⇒ Sensors & Artificial Intelligence
- ⇒ Emergency Preparation



Hands-on Experience



Endless Applications

Location

Warrick County 4-H Fairgrounds
133 W Degonia Rd. Boonville, IN
47601

Dates & Time (Central)

Feb. 13-14, 2025
8:00 am - 4:00 pm

Cost: \$200 per person

Registration due by Feb. 4

Register at: <https://cvent.me/wmrBgo>



If you have questions or need
accommodations to attend this program
contact (by Feb. 4):

Valerie Clingerman
812-882-3509 or clingerman@purdue.edu



**PURDUE
UNIVERSITY**

Extension

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution. Reasonable accommodations available on request.



**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



WINTER WORKSHOP *All-Stars*



Extension - Gibson County

ALL MEETINGS BEGIN AT
6PM CT

FT BRANCH SENIOR CENTER
112 N RAILROAD ST, FT BRANCH, IN

QUESTIONS? CONTACT ABBY
812-385-3491

STARTING LINEUP:



JAN 6 - FEUTZ, JOHN - GIBSON COUNTY FARM BUREAU

Farm Bureau Policy Night – Discuss local topics and guide Gibson County Farm Bureau Inc's policy recommendations.
Pizza & Drinks will be provided.



JAN 13 - MINTON, NICK - PURDUE BEEF SPECIALIST

Livestock/Beef Nutrition – What do your cattle need to get them through the winter and into the next breeding season? Nick will provide recommendations and discussion to get you on track.



JAN 27 - TELENKO, DARCY - PURDUE PLANT PATHOLOGIST

Plant Pathology/Disease – The leading research expert in plant pathology, Darcy will provide insights into the disease outlook for the year, the impacts of tar spot and more.



FEB 10 - SCHNITKEY, GARY - ILLINOIS AG ECONOMIST

Ag Outlook – Discover the trends in profitability and income for your farming operation with Dr. Schnitkey, of farmdoc.

Market Outlook Panel – Hear the outlook opinions of multiple local grain buyers in one room. Meal will be provided.



FEB 24 - QUINN, DAN - PURDUE CORN SPECIALIST

CASTEEL, SHAUN - PURDUE SOYBEAN SPECIALIST

Two Dudes and a PARP – Dan & Shaun will provide insight into the corn & soy research they've been doing. PARP & CCH credits will be available. Meal will be provided.

EA/EO



**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



NO COST TO ATTEND!
OPEN TO GENERAL PUBLIC!



PURDUE
UNIVERSITY®

Extension

**LET'S GET COOKING -
How to Use an Instapot**



**Thursday January 9th
11:00am-12:00pm
Boonville Senior Citizens Center
150 W IN-62 Boonville**

*Looking for some new cooking ideas?
Want to get out of the house for some fun?*

Join us for an educational session
with Jo Gilreath, your local Purdue Extension Educator

**Please RSVP to reserve your spot
Call the Purdue Extension office: 812-897-6100
Any questions, email: jgilreath@purdue.edu**

Purdue University is an equal opportunity/equal access/affirmative action institution.
If you are in need of reasonable accommodations to attend this program, please contact
Jo Gilreath 8 days prior to program date.



PURDUE
UNIVERSITY®

Extension - Warrick County



THE EMPOWERED CAREGIVER SERIES RESPONDING TO DEMENTIA-RELATED BEHAVIORS

An education program presented by the Alzheimer's Association®



People living with dementia may use behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors.

Topics in the program include:

- » How dementia affects behavior.
- » Identifying and understanding possible triggers.
- » Non-medical and medical approaches to addressing behaviors.
- » Four steps for managing behaviors.

**Mon. February 3rd, 2025
11:00amCT – 12:00pmCT**

**Boonville Senior Center
150 W IN-62
Boonville IN, 47601**

**To register for this FREE
program, please
call our 24/7 Helpline at
1-800-272-3900 or go to
alz.org/crf.**

Visit alz.org/crf to explore additional caregiver education programs in your area.

ALZHEIMER'S ASSOCIATION®





**THE WARRICK COUNTY CLOVER
GAZETTE
JAN/FEB 2025**



**NO COST TO ATTEND
OPEN TO PUBLIC**



Educational and
fun programs
related to cooking
and healthy eating.

GET COOKING IN 2025!

WHEN: Tuesdays in February 10:00-11:00am

WHERE: Newburgh Chandler Library

4111 Lakeshore Drive Newburgh

**Feb. 4th
Cooking
For One or
Two**

**Feb. 11th
Cooking
with an
Instapot**

**Feb. 18th
Healthy
Eating on
a Budget**

Please Register with Purdue Extension:

Call: 812-897-6100

or Email: jgilreat@purdue.edu

Children under age 18 must be accompanied by an adult at all times.

EO/EA If you are in need of reasonable accommodations to attend this program
contact Jo Gilreath 8 days prior to program date.



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



Extension

Health and Human Sciences
purdue.edu/hhs/extension

HHS-832-W



Author:

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."*

FAMILY MEALTIME:

Much more than just a meal!

Introduction

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.

No matter how you serve them...

Make time for family meals.



THE WARRICK COUNTY CLOVER GAZETTE JAN/FEB 2025



HHS-832-W Family Mealtime: Much more than just a meal!

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.

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. Prompt children with a signal, such as a 2-minute countdown, to put away toys, turn off devices, wash hands, and come eat.
- 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 *Helpful Links* for more ideas about conversation starters.

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!

Tips for families of 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.

Tips for families of 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.

Helpful Links

For planning healthy meals and mealtime tips:

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

For ideas to cook as a family:

<https://www.eatgathergo.org>

To avoid mealtime battles:

<https://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding/>

For conversation starters:

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



Extension

purdue.edu/extension

Find out more at
THE EDUCATION STORE
edustore.purdue.edu

EXPERT
REVIEWED

An Equal Access/Equal Opportunity University