



Horizons

A publication of Purdue Extension Hamilton County

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August 2025

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Dear Extension Homemakers,

What a great summer! As we reflect on the last few months, there is much to recognize, evaluate and celebrate. Thanks to all our members who worked hard on Achievement Day and the fair. Achievement Day recognized and educated us on the changes at the fairgrounds, future needs, and the impact that you are having in our county. During the 4-H fair, the Homemaker's Kitchen, the Used Book Sale, the Flower Show, and the Food and Craft Show were all a success due to your hard work and dedication. The hours of planning and the willingness of your membership to be flexible and supportive was met with every challenge (and a smile.) THANK YOU!!!

Your community outreach requires a ton of hard work, planning, and organization. Thank you for what you do for Extension Homemakers. As we look to 2026, there will be more changes and beautiful improvements with our buildings and displays. We look forward to making plans for these exciting times.



As summer ends, we celebrate with you. Children return to school. Many finalize garden harvests. And we head into fall with a season of change.

Susan L. Peterson
Extension Educator, HHS

Dear Homemakers,

Many people come into our office this time of year and ask, "Have you recovered from the fair?" We are not sure how to answer because we jump right back into program planning. September is a very full month this year.

Thank you to all homemakers who worked the fair events this year including the kitchen, flower show, food & craft show, and book/puzzle sale. You ladies worked hard to be present and available.

I have an announcement to make. I will be retiring on October 1 to do many things with my husband and family that have been put on hold for so many working years. I look forward to my new daily activities but will miss the friends I made in this organization.

This issue of *Horizons* contains 2025 fair results and photos from Achievement Day. You will also find information on proteins, elder fraud, ways to rethink a balance diet, active warm ups and cool downs and a little about Artificial Intelligence.

I like this quote by Louise Hay, "*I choose to make the rest of my life the best of my life.*" Enjoy every day and look forward.

Bernie Huber
Program Assistant
Health & Human Sciences





**Retirement
Plans
October 1**



CALENDAR 2025

Aug 1 - 17	Indiana State Fair (closed Mondays)	
September 2	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
September 5-6	Trip to Frankenmuth, MI	
September 10	I-LEAD session #2 (Shelby County)	
September 15-16	District Retreat - Waycross	
September 17	Educational Lessons	10:00 & 11:15 a.m.
October 2	District Meeting - Shelby County	
October 7	Board & Council Meetings	9:30 a.m. & 10:30 a.m.
October 20-24	IEHA Week	
October 22	Educational Lessons	10:00 & 11:15 a.m.
October 25	Make a Difference Day	
November 5	I-LEAD session #3 (Shelby County)	

Message from the county president

A huge thank you to all the homemakers and volunteers who helped with the county fair. In spite of the weather and a limited number of flowers due to weather, the Flower Show was beautiful. The Food & Craft show was well run and very nice. The Book Sale raised over \$1,600. All remaining books were donated to Good Samaritan Network, aka Nancy Chance, who also volunteered in the kitchen. The new menu was a success. We added a few additional breakfast dishes the last day to use up leftovers and they were a hit.

Thank you to homemakers who volunteered and recruited volunteers. We were blessed to have a few men helping, spouses of members and 4-H council members. One volunteer recruited by a 4-H council member said to me, "This was fun. I will volunteer again."

The kitchen profit isn't finalized, but from the traffic through the dining room throughout the fair, I'd say we did well and again provided a great service to our fair families. The scholarship donation box at checkout brought in another \$177.

Thanks to Sandy Parks and her cleaning crew, the dining room always looked great. We have a good group of homemakers who stepped up when needed. Another nice touch was the newly purchased t-shirts and polos worn to promote the organization.

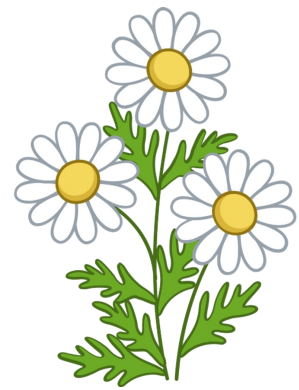
*It is a pleasure serving as your county president.
Gloria Del Greco*



Achievement Day

June 26, 2025

Watch US Grow



Welcome new officers



Silvernotes member, Emily Block receives prestigious state award.

Remembering deceased homemakers.....

Beth Whisman – NARC
Pat Paskins – Monte Ray
Dottie Knapp – Roaring 20's
Becky Carrithers – Friendly Eagles
Nancy Rollo – Monte Ray
Joan Nickander – Monte Ray

35 New Members 2025—WOW

Kristy Barnhart – Culinary Club
Stephanie Black – Culinary Club
Amber Contreras – Culinary Club
Mamie Dean – Culinary Club
Elise Deardorff – Culinary Club
Bailey Fields – Culinary Club
Tara Fisher – Culinary Club
Tessa Grogan – Culinary Club
Brooke Hall – Culinary Club
Sara Hunley – Culinary Club
Rebekka Lawson – Culinary Club
Tami Licquia – Culinary Club
Cori Murphy – Culinary Club
Vicki Renick – Culinary Club
Kathy Rumler – Culinary Club
Heidi Seaborn – Culinary Club
Olivia Thieme – Culinary Club
Michelle Thomas – Culinary Club
Jordan Thompson – Culinary Club
Janice Tomes – Culinary Club
Debbie Weldy – Culinary Club
Nancy Wright – Culinary Club
Mary Schwartz – East Wayne
Cindy Kajder – Fall Creek Home Arts
Kari Disney – Friendly Eagles
Catherine Burnside – Harbourites
Judith Gill – Harbourites
Ann Day – NARC
Becky Weiss – NARC
Bobbie Davis – North Adams
Karen Mandel – North Adams
Jackie Ogle – North Adams
Marcia Lawrence – Profit & Pleasure
Deanna Montgomery – Silvernotes
Gracelynn Wilhelm – Silvernotes



We have a Facebook page called **Hamilton County IN Extension Homemakers**. Let us know what you are doing. If you have club photos, stories, or events to post, share them with Valerie Carson then look for it on our page.

“like” it to receive information on your personal Facebook news feed
“follow” it to make it easier to find in a news feed

2025 Extension Homemaker Scholarship Winners

Grace Allee - Kansas State University, Ag Communication & Global Food Systems

Sadie Edwards – Indiana University, Nursing

Madeline Linville – Indiana University, Biology

Sierra McDonald – Purdue University, Nursing

Jessa Steffen – University of Tennessee, Biomedical Engineering

IEHA Week

October 20– 24, 2025

Help promote Hamilton County
Extension Homemakers



State website—check it out.

<https://www.join.ieha-families.org/>

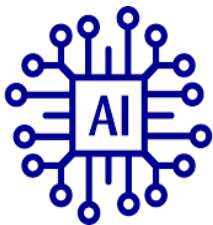
Follow us on facebook

<https://www.facebook.com/IndianaExtensionHomemakersAssociation/>

Silvernates Choral Club is connected with the Indiana State Extension Homemakers Choral Club known as the "Melody Makers of Indiana". The members enjoy singing for nursing homes and other organizations. Silvernotes meets **Monday nights** from the end of August through June at 7:00pm to 8:30pm at the Hamilton County 4-H Fairgrounds, 2003 Pleasant Street Noblesville, IN.

The director is Diana Stanton and the accompanist is Emily Block. New members are welcome at any time. If you would like more information, call the Hamilton County Extension Office 317-776-0854.

If you love to sing, this is the place for you!



How do you explain AI in simple terms?

Artificial intelligence is a field of science concerned with building computers and machines that can reason, learn, and act in such a way that would normally require human intelligence or that involves data whose scale exceeds what humans can analyze.

AI is a broad field that encompasses many different disciplines, including computer science, data analytics and statistics, hardware and software engineering, linguistics, neuroscience, and even philosophy and psychology.

On an operational level for business use, AI is a set of technologies that are based primarily on machine learning and deep learning, used for data analytics, predictions and forecasting, object categorization, natural language processing, recommendations, intelligent data retrieval, and more.

"I broke my big toe after the fair and my X-ray was read by AI" - technology progress.

Cost
\$25



Adults 60 years or older

A Matter of Balance is a fall prevention program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults.

8 Week Program
Hamilton County 4-H Fairgrounds
Conference Room

Tuesdays and Thursdays

September 4, 9, 11, 16, 18, 23, 25, 30

10:00 a.m. - 12:00 p.m.

To Register: <https://cvent.me/OMXA40>

1:00 p.m. - 3:00 p.m.

To Register: <https://cvent.me/aaXM4v>

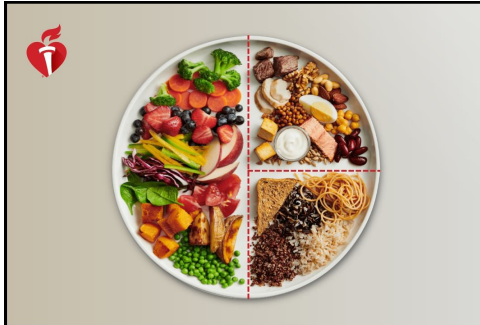
Deadline: August 28th; Space is limited.



American
Heart
Association®



5 Ways to Rethink a 'Balanced Diet'



Picture the plate.

Fill half your plate with fruits and vegetables, a quarter of your plate with power proteins, and the final quarter with whole grains. Using spices instead of salt and liquid plant oils for cooking ensures your meal is both nutritious and delicious.



Don't count on quick fixes.

Treat trendy diets, especially those that focus on one food or nutrient, warily. Some people might benefit from supplements, but only after checking with a health care professional.



It can be affordable.

Canned and frozen fruits and vegetables can be as nutrient-dense as fresh. In-season produce can also be more cost-effective. Look for sales, coupons and buy in bulk when possible.



Healthy choices abound.

You have options. Some people might prefer apples, some might go for guava. Some might like lentils, while others like black beans. Pick your favorite.



Focus on joy.

It's not all about the food. Eating well makes you feel good. And doing it together is even better. Eat and cook as a family and seek support from friends to make it more fun.

The office is looking for **Denim**
We can take whole jeans, jean pockets, or
jean legs to repurpose for an event we are
sponsoring.
All donations welcome.



Volunteer Opportunity for
Community Service
Tuesday, August 19
Conference Room
9:00 am — 12:00 pm
Help make denim items
for the office special event.

i-LEaD

Homemakers have a great opportunity for leadership development sponsored by the IEHA Board. The i-LEaD program has three levels and the levels must be taken in succession.

Level 1 - Personal Leadership
Was held April 29 @ New Palestine

Level 2 - Interpersonal Leadership
Wednesday, Sept. 10
Shelby County

Level 3 - Group Leadership
Wednesday, Nov. 5
Shelby County

**Save The
Date!**

**Save The
Date!**

Registration information in the office

Profits from the 2025 fair

These are “preliminary” figures.

Fair Kitchen - TBD
Food & Craft Show - \$338
166 exhibits
Flower Show - 109 exhibits
Used Book Sale - \$1,600+
Scholarship donations - \$177



You can receive this newsletter *IN COLOR*
-e-mail Bernie (bchuber@purdue.edu)
OR
-contact the office at 317-776-0854.

Horticulture

Grand Champion – North Adams

Reserve Grand Champion – Fall Creek Home Arts

Champions

Gladioli – Fall Creek Home Arts

Rose – North Adams

Dahlia – none

Zinnias – North Adams

Marigolds – Fall Creek Home Arts

Sunflower – none

Three Varieties of Bloom – Silvernotes

Shrub Flowers – North Adams

Oriental or Asiatic Lily – North Adams

Snapdragon – Fall Creek Home Arts

Reserve Champions

Gladioli – North Adams

Rose – Roaring 20's

Dahlia – North Adams

Zinnias – Fall Creek Home Arts

Marigolds – East Wayne

Sunflower – Silvernotes

Three Varieties of Bloom – Roaring 20's

Shrub Flowers – North Adams

Oriental or Asiatic Lily – North Adams

Snapdragon – Roaring 20's

Ribbon Awards

Gladioli

Blue – East Wayne, North Adams; Red – Fall Creek Home Arts, Roaring 20's (2)

Rose

Blue – Fall Creek Home Arts, North Adams, Roaring 20's;

Red – Fall Creek Home Arts, Friendly Eagles, Harbourites

Dahlia

Blue – Harbourites; Red – Fall Creek Home Arts, North Adams

Zinnias

Blue – Harbourites, North Adams, Roaring 20's; Red – Fall Creek Home Arts, Roaring 20's

Marigolds

Blue – Fall Creek Home Arts, Friendly Eagles, North Adams, Roaring 20's

Red – Harbourites, North Adams

Sunflower

Blue – East Wayne, North Adams, Roaring 20's (2); Red – Fall Creek Home Arts, Silvernotes

Three Varieties of Bloom

Blue – Fall Creek Home Arts, Friendly Eagles, Harbourites, North Adams, Roaring 20's

Red – East Wayne, North Adams;

Shrub Flowers

Blue – East Wayne, Friendly Eagles, Roaring 20's, Silvernotes

Red – Fall Creek Home Arts, Harbourites,

Oriental or Asiatic Lily

Blue – Fall Creek Home Arts, Roaring 20's

Snapdragon

Blue – Roaring 20's; Red – Fall Creek Home Arts

2025 Flower Show Results

"A Bird's Eye View"

109 entries TOTAL

Houseplants

Grand Champion – East Wayne, Friendly Eagles

African Violet

Champion – Fall Creek Home Arts

Reserve Champion – Silvernotes

Succulents

Champion – East Wayne

Reserve Champion – Friendly Eagles

Blue – Fall Creek Home Arts, Harbourites

Any Other Houseplant

Champion – East Wayne

Reserve Champion – Roaring 20's

Blue – North Adams, Silvernotes

A Container with at Least Three Varieties

Red – Fall Creek Home Arts

Terrarium

None – see above

Artistic Design

Grand Champion – North Adams

Reserve Grand Champion – East Wayne

Hummingbird Haven – North Adams (Champion)

East Wayne (Reserve Champion)

Blue – Friendly Eagles, Harbourites, Roaring 20's

The Goldfinch – North Adams (Champion)

East Wayne (Reserve Champion)

Blue – Roaring 20's; Red – Harbourites,

The Regal Eagle – North Adams (Champion)

Blue – East Wayne, Roaring 20's; Red – Friendly Eagles, Harbourites

The Bird Feeder – North Adams (Champion)

East Wayne (Reserve Champion)

Blue – Harbourites

Red – Fall Creek Home Arts, Roaring 20's

The Indiana Cardinal – Roaring 20's (Champion)

Culinary Club (Reserve Champion)

Blue – Harbourites, North Adams

Let's Fly – Culinary Club (Champion)

Roaring 20's (Reserve Champion)

Blue – Harbourites, North Adams

2025 Food & Craft Show Results

Food Division

Grand Champion – Deb Knapp

Reserve Grand Champion – Debbie Mills

Quick Breads

Champion - Deb Knapp

Reserve Champion - Meagan Moran

Blue - Meagan Moran, Jennifer Evans, Deb Knapp, Abby Albin

Red - David Evans, Kristy Malin, John Baker

Yeast Breads

Champion - Debbie Mills

Reserve Champion - Tyler Pieper

Blue - Debbie Mills

Red - Meagan Moran

Cakes

Champion - Iris Beechler

Reserve Champion - Lea Macak

Blue - Iris Beechler, Kristy Malin, Tal Bae, Jeanne Flanders, Lea Macak

Cookies

Champion - Brenda Day

Reserve Champion - Debbie Mills

Blue - Brenda Day, David Evans, Kristy Malin (5), Debbie Mills (2), Judy Workman (3)

Semi-Homemade

Reserve Champion - Judy Workman

Blue - Brenda Day, David Evans, Jennifer Evans, Kristy Malin, Jan Plummer, Judy Workman

Pies

Champion - Kali Kennebrew

Reserve Champion - Deb Knapp

Blue - Kali Kennebrew, Deb Knapp, Debbie Mills

Red - Kristy Malin

Food Preservation

Champion - Kali Kennebrew

Blue - Tal Bae, Lyneen Burrow, Ann Davis, Ashley Estes, Kali Kennebrew, Deb Knapp, Kristy Malin, Meagan Moran, Judy Workman (2)

Homemade Candy

Champion - Brenda Day

Reserve Champion - John Baker

Blue - John Baker, Brenda Day, Jennifer Evans, Kristy Malin (3), Jan Perrigin, Valerie Sosnowski

Basic Craft Division

Grand Champion - Alyson Bray, Tal Bae

Reserve Grand Champion - Bernice Bruhn, Phyllis Fralick

Crochet Division

Champion - Judith Gill

Reserve Champion - Janet Faucht

Blue - Abby Albin, Judith Gill, Tiffany Hurlock, Janet Faucht, Jeanie Krise

Knitting Division

Champion – Ann Davis

Reserve Champion – Jeanie Krise

Blue – Ann Davis, Jeanie Krise

Needlecraft - Cros stitch Division

Champion – Alyson Bray

Reserve Champion - Jam Plummer

Blue –Alyson Bray, Brenda Day, Janet Faucht, Jan Plummer (2)

Needlecraft - Embroidery Division

Reserve Champion - Brenda Day

Blue - Brenda Day, Abby Albin, Phyllis Fralick, Mary Schwartz (2)

Creative Ideas Division

Jewelry/Wearable Art

Champion - Cindy Kajder

Reserve Champion - Tressie Hoang

Blues - Dreama Drake, Tressie Hoang, Cindy Kajder (3)

Dolls

Reserve Champion - Bernice Bruhn

Blue - Bernice Bruhn, Dreama Drake (2), Marcy Kuhn, Jan Plummer

Wreaths

Blue – Wendy Hansen

Holiday Decorations

Reserve Champion - Phyllis Fralick

Blue – Phyllis Fralick, Ashley Estes

Card Making

Champion - Phyllis Fralick

Recycled/Repurposed

Champion—Ashly Estes

Blue – Ashley Estes, Cindy Kajder, Jeanie Krise

Flower Arranging

Champion and Reserve Champion—Ann Davis

Blue – Ann Davis (2)

Miscellaneous

Champion - Summer Roberts

Reserve Champion - Summer Roberts/Ashley Estes

Blue – Ashley Estes, Summer Roberts (5)

Heritage Skills

Bath & Body

Champion - Tal Bae

Blue - Tal Bae

Ceramics

Blue - Debbie Weldy

Glass Work/ Etching

Blue – Debbie Weldy

Miscellaneous

Reserve Champion - Jeanise Krise

Blue - Jeanie Krise

Sewing Division

Grand Champion – Bernice Bruhn

Reserve Grand Champion – Betty Clark

Quilting

Champion – Betty Clark

Blue – Betty Clark, Jeanne Flanders, Phyllis Fralick, Barb Hayes, Laurie Hayes, (6), Cindy Kajder (2), Jeanie Krise, Nina Turner, Jan Plummer, Kathy Zook (3)

Wall Hanging

Champion – Cindy Kajder

Reserve Champion – Margie Inlow

Blue – Barb Hayes, Laurie Hayes, Phyllis Fralick, Margie Inlow, Cindy Kajder

Clothing

Champion – Bernice Bruhn

Reserve Champion– Phyllis Fralick

Blue - Bernice Bruhn (2), Phyllis Fralick, Marcy Kuhn (3)

The Arts Division

Grand Champion – Wendy Hansen

Painting

Reserve Champion – Alice Rulon

Blue – Alice Rulon (2), Cindy Kajder, Jeanie Krise

Red - Tal Bae

Drawing

Champion – Wendy Hansen

Blue – Jeanie Krise, Wendy Hansen (3)

Photography

Champion and Reserve Champion – Andrew Jacobson

Blue – Andrew Jacobson (13), Ron Hall (5), Wendy Hansen (2), Ashley Estes (3)

Red – Andrew Jacobson (2), Ashley Estes

Elder Fraud



Each year, millions of elderly Americans fall victim to some type of financial fraud or confidence scheme, including romance, lottery, and sweepstakes scams—just to name a few.

Criminals will gain their targets' trust and may communicate with them directly online, over the phone, and/or through the mail; or indirectly through the TV and radio. Once successful, scammers often keep a scheme going because of the prospect of significant financial gain.

Seniors are often targeted because they tend to be trusting and polite. They also usually have financial savings, own a home, and have good credit—all of which make them attractive to scammers. Additionally, seniors may be less inclined to report fraud because they don't know how, or they may be too ashamed at having been scammed. They might also be concerned that their relatives will lose confidence in their abilities to manage their own financial affairs. And when an elderly victim does report a crime, they may be unable to supply detailed information to investigators.

With the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud has remained a growing problem.

Common Elder Fraud Schemes

Scammers targeting elder citizens may employ one or more of the following types of schemes:

Romance scam: Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.

Tech support scam: Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

Grandparent scam: A type of confidence scam where criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.

Government impersonation scam: Criminals pose as government employees and threaten to arrest or prosecute victims unless they agree to provide funds or other payments.

Sweepstakes/charity/lottery scam: Criminals claim to work for legitimate charitable organizations to gain victims' trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."

Home repair scam: Criminals appear in person and charge homeowners in advance for home improvement services that they never provide.

TV/radio scam: Criminals target potential victims using illegitimate advertisements about legitimate services, such as reverse mortgages or credit repair.

Family/caregiver scam: Relatives or acquaintances of the elderly victims take advantage of them or otherwise get their money.

Protect Yourself

Recognize scam attempts and end all communication with the perpetrator.

Create a shared verbal family password or phrase that only you and your loved ones know.

Search online for the contact information (name, email, phone number, addresses) and the proposed offer. Other people have likely posted information online about individuals and businesses trying to run scams.

Resist the pressure to act quickly. Scammers create a sense of urgency to produce fear and lure victims into immediate action.

Call the police immediately if you feel there is a danger to yourself or a loved one.

Be cautious of unsolicited phone calls, mailings, and door-to-door services offers.

Never give or send any personally identifiable information, money, gold or other precious metals, jewelry, gift cards, checks, or wire information to unverified people or businesses.

Make sure all computer anti-virus and security software and malware protections are up to date. Use reputable anti-virus software and firewalls.

Disconnect from the internet and shut down your device if you see a pop-up message or locked screen. Pop-ups are regularly used by perpetrators to spread malicious software. Enable pop-up blockers to avoid accidentally clicking on a pop-up.

Be careful what you download. Never open an email attachment from someone you don't know, and be wary of email attachments forwarded to you.

Take precautions to protect your identity if a criminal gains access to your device or account. Immediately contact your financial institutions to place protections on your accounts, and monitor your accounts and personal information for suspicious activity.

How to Report

If you believe you or someone you know may have been a victim of elder fraud, file a complaint at the FBI's [Internet Crime Complaint Center at ic3.gov](https://www.fbi.gov/interact/ic3).

When reporting a scam—regardless of dollar amount—include as many of the following details as possible:

Names of the scammer and/or company

Dates of contact

Methods of communication

Phone numbers, email addresses, mailing addresses, and websites used by the perpetrator

Methods of payment

Where you sent funds, including wire transfers and prepaid cards (provide financial institution names, account names, and account numbers)

Descriptions of your interactions with the scammer and the instructions you were given.

Whenever possible, you should keep original documentation, emails, faxes, and logs of communications.

FBI.gov Contact Center



Protein

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the protein food group. MyPlate and the Dietary Guidelines for Americans recommend 2 to 5 ounces of protein foods per day for children; teens and adults need 5 to 6½ ounces.

Each of these provides a 1 ounce MyPlate protein equivalent:

1 ounce cooked meat, poultry, or fish	1 pound lean hamburger yields 12 ounces @ \$5.49/pound	= \$.45 per ounce
½ ounce nuts or seeds	1 pound walnuts @ \$8.99 ÷ 32	= \$.28 per ½ ounce
1 medium egg	1 dozen @ \$1.59 ÷ 12	= \$.13 per egg
¼ cup cooked beans, peas, or lentils (<i>canned</i>)	1 (15-ounce) can @ \$.89 (7¼-cup servings)	= \$.13 per ¼ cup
¼ cup cooked beans, peas, or lentils (<i>dried</i>)	1 pound (<i>dried</i>) @ \$1.29 (20 to 28¼-cup servings)	= \$.05 per ¼ cup
1 tablespoon peanut butter	16 ounces @ \$2.49 (28 tablespoons)	= \$.09 per tablespoon

EAT SMART: PRACTICE PORTION CONTROL

Cooking more than a 2- to 3-ounce portion of meat per person encourages us to eat more than we need for good health. Because meat is often the most expensive part of the meal, filling up on meat can challenge your food budget.

The amount to buy for your family depends on the amount of bone or fat the meat contains.

- **One pound serves 4 if it has no bones or fat:** ground beef, stew meat, cubed steak, boneless ham, fish fillets, luncheon meat
- **One pound serves 3 if it has some bones and fat:** pork chops, chuck roast, picnic ham, turkey parts, bone-in fish
- **One pound serves 2 when it has many bones or more fat:** whole chickens and turkeys, spare ribs, ham hocks.



MAKING HAMBURGERS FOR YOUR FAMILY OF 3?

Plan ¼ pound per person or ¾ pound for a family of 3. If you buy a pound package, either freeze ¼ pound for another meal or cook it all and save one portion for another meal.

SERVING A ROAST TO 4 AND WANT PLANNED LEFTOVERS?

Purchase enough for 8 servings, such as a chuck roast that is about 2½ pounds. Set aside the extra portions and serve only the amount to be eaten at the meal.

SPEND SMART. EAT SMART.®

spendsmart.extension.iastate.edu

CHECK YOUR \$-SAVING SKILLS:

1. The most economical source of protein is:

- Eggs
- Ground beef
- Dried beans
- Canned beans
- Peanut butter
- Walnuts

2. How many pounds of pork chops do you need to serve 3 people?

- 1 pound
- 2 pounds
- 3 pounds

3. Buying the lowest cost ground beef is always the best choice.

- True
- False

4. Which of the following has the lowest price per pound?

- 10-ounce package of sliced turkey meat for \$3.49 per package
- Sliced turkey at the deli counter for \$4.99 per pound
- 2½ pounds of fully cooked lean ham for \$8.73

(Answers on next page)

All prices in this publication were collected in central Iowa, Fall 2017. Although prices vary depending on date and location, the comparative differences generally follow a similar pattern.

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SPEND SMART: STRETCH YOUR MEAT AND POULTRY

Practice your meat-stretching artistry

- Mix meats with beans, lentils, rice, pasta, and vegetables.
- Use beans or a mixture of beans and ground beef in tacos.
- Make stir fry and use only $\frac{1}{2}$ to $\frac{3}{4}$ as much as in a typical meat serving.
- Add rice to meatballs; bread crumbs or oatmeal to meatloaf.

Choose either dried or canned beans

- Both canned and dried beans make good meat substitutes and provide the same amount of fiber, protein, and other nutrients.
- Dried beans are less expensive but take more planning to use.
- Buy no salt added canned beans to reduce sodium intake.

Watch for sale prices

- Check store ads to see what meats are on sale and base meals on them.
- Stock up—if you have the freezer space to do so. Meat and poultry, including unopened vacuum packages, can be frozen in their original supermarket packaging. If storing more than a month or two, place the store package inside a freezer-weight plastic bag or overwrap it with airtight heavy-duty foil, plastic wrap, or freezer paper; label with contents and date.

SPEND SMART: RINSE HIGHER-FAT GROUND BEEF TO REDUCE FAT

Buying ground beef with a high percentage of fat is usually less expensive per pound but it yields less meat. However, you can save with the cheaper ground beef if you rinse and drain it after browning.

Follow these easy steps to remove excess fat when cooking ground beef for spaghetti sauce or other uses.

- 1 Put cooked meat in a colander that is set over a large glass bowl.
- 2 Fill a large cup with hot water and pour over the meat. Let drain.
- 3 Use rinsed beef as desired (*or freeze for later use*).
- 4 Chill the bowl of waste water. Remove resulting fat layer, wrap in newspaper and discard in trash. Remaining water can be poured down the drain.



Photo courtesy of the Iowa Beef Council

Answers:

CHECK YOUR \$-SAVING SKILLS

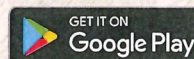
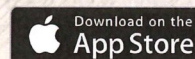
1. **C—Lowest to highest:**
dried beans, peanut butter,
canned beans, eggs, walnuts,
ground beef
2. **A—1 pound**
3. **B—False: lowest cost often
has highest fat content; use
it for crumbles that can
be drained.**
4. **C—The lean ham costs
only \$3.49 per pound; ask
the meat department to
slice it thin. The 10-ounce
prepackaged turkey costs
\$5.58 per pound. (\$3.49 per
10 ounces = \$.35/ounce x 16
ounces/pound = \$5.60).**

EAT HEALTHY AND STICK TO YOUR BUDGET!

The Spend Smart.
Eat Smart. app can
help you at home
and at the grocery
store to

- Choose and prepare fresh fruit and vegetables
- Find recipes and meal ideas
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Download for free from your app store.



EXPLORE THESE RESOURCES FOR MORE IDEAS

Iowa State University Extension and Outreach

- **Spend Smart. Eat Smart.**—spendsmart.extension.iastate.edu
- **AnswerLine**—www.extension.iastate.edu/answerline
(or, call 1-800-262-3804)
- **Nutrition and Wellness**—www.extension.iastate.edu/humansciences/nutrition
- **Extension Store**—store.extension.iastate.edu

Choose MyPlate—www.choosemyplate.gov



Updated by Christine Hradek, MPH, state extension specialist. Originally prepared by Peggy Martin, MS, RD, extension specialist and reviewed by Ruth Litchfield, PhD, RD, LD, extension nutritionist.

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being active

Lesson I: Warm Up/Cool Down

We benefit from all movement we do, but we get great health benefits from doing planned physical activities. Everyone can choose different activities, but the important thing is to get **30 minutes a day**, most days of the week. **Children need 60 minutes per day.**

Activities of Daily Living (ADL):

Activities/movements that you perform in your everyday life.

EXAMPLES:

Walking to your car, light housework, walking in the grocery store, carrying children, etc.

Planned Physical Activities (PPA)

Additional activities that are pre-planned in your day and result in health benefits.

EXAMPLES:

Going for a walk (in addition to what you would normally do), stretching, biking, swimming, etc.



Let's Warm Up

Warm-ups are important to help the body prepare for activity, and to prevent injuries. Warm-ups are usually around 5 minutes in length. They include stretching, deep breathing, and a gradual increase in movement. This gets the blood flowing and gently stretches the muscles.

For a simple warm-up:

- Start with several stretches. Reach your hands above your head toward the ceiling for a full-body stretch. Take a deep breath in as you stretch up, and a deep breath out as you release back down.
- Start marching in place, keeping your arms moving (either punching or moving at your sides) for 10-20 seconds. Then, lift your knees higher and move your arms faster for 10-20 seconds.
- Next, switch to front kicks with punches for 10-20 seconds.
- Finally, change to a light jog or fast march for 10-20 seconds.

Cool Down

After doing planned physical activities, a cool-down is needed. A proper cool-down brings the heart rate down to a safe level before stopping movement. It is also a time to stretch the muscles to help prevent muscle soreness and to increase flexibility.

To cool down:

- Start by lightly jogging or marching in place with your arms still moving for 10-20 seconds.
- Then, march slowly in place and let your arms fall to your sides for 10-20 seconds.
- Slow down your march for 10-20 seconds to bring the heart rate down to a safe level.
- Finally, reach for the ceiling again for a full-body stretch. Repeat 3-4 times, taking a deep breath in when you reach up, and a deep breath out when you release down.

 **Warming up and cooling down** can help you to work harder during your physical activities and helps your body feel better after working out. Stretching during the warm-up and cool-down can improve flexibility, and gives you more freedom of movement to do the things you need to do, and the things you like to do. It helps to prevent injuries through all stages of life and can help you perform daily activities.



Extension - Nutrition
Education Program

Find more great tips, recipes and videos at eatgathergo.org

Ask about
free lessons!





Start simple with MyPlate



Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



Offer nonfood rewards

Foods aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.

