



**Purdue Extension  
Pike County**

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# Newsletter

May | June 2022



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

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

- Kayla Cannon- 10-year member
- Sophie Carnahan- 10-year member
- Samuel Coleman
- Logan Beau Dillon- 10-year member
- Alaina McClellan- 10-year member
- Jordan Schatz

Look for the clover green yard signs celebrating these 4-H Seniors as you are out and about!

PIKE COUNTY 4-H  
CONGRATS CLASS OF  
2022

*Kayla Cannon*  
*Logan Beau Dillon*  
*Alaina McClellan*

*Sophie Carnahan*  
*Samuel Coleman*  
*Jordan Schatz*

**P PURDUE UNIVERSITY** Extension - Pike County

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**\*\*\*\*\*PLEASE review the 2022 Pike County 4-H Scoop before starting your 4-H project. Many project guidelines have changed this year.\*\*\*\*\***

### May 15 Deadline

**On May 15, at Midnight EST, ALL 4-H enrollments AND Livestock Identification AND YQCA Training for participation in the 2022 Pike County 4-H Fair are DUE!**

This includes all potential building projects and required animal identification information (tag numbers, premise id, pictures, etc.) that need to be uploaded into 4-H Online. Poultry must be identified using the paper form and YQCA must be completed either in-person on May 9 or online at [www.yqcaprogram.org](http://www.yqcaprogram.org) May 15 is a stringent Indiana 4-H State Office deadline and cannot be altered.

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

Please visit [v2.4HOnline.com](http://v2.4HOnline.com) to complete and/or double-check your enrollment and project status at your earliest convenience as we are nearing that **May 15 deadline.**

If you are having issues or have questions please call the office, prior to Friday, May 13, at (812) 354-6838 or email [bgoble5@purdue.edu](mailto:bgoble5@purdue.edu) or [amahrenh@purdue.edu](mailto:amahrenh@purdue.edu). Brooke and Alex will be hosting extended office hours during this week. Thank you!

MONDAY 5/9  
IN PERSON & ZOOM:  
4-6 PM  
YQCA: 6PM

TUESDAY 5/10  
ZOOM: 5:30-6:30 PM

WEDNESDAY 5/11  
ZOOM: 5:30-6:30 PM

THURSDAY 5/12  
IN PERSON & ZOOM:  
4-6:30 PM

FRIDAY 5/13  
ZOOM: 5:30-6:30 PM

SATURDAY 5/14  
ZOOM: 11 AM- NOON

Extended Hours During

2022  
4H  
DEADLINE  
WEEK

**BOTH BROOKE  
AND ALEX WILL BE  
AVAILABLE AT THESE TIMES.**

In person help will be at  
the 4-H Building

Zoom Link:

<https://purdue-edu.zoom.us/j/93835949456>

## FairEntry

The annual Pike County 4-H Fair provides a great opportunity for 4-H members to show off their hard work through fair exhibits. Starting May 16<sup>th</sup>, you can begin entering exhibits that members wish to exhibit into FairEntry. All 4-H Building and Livestock exhibits must be entered into FairEntry by July 15<sup>th</sup>! Unlike in the previous years, photos of projects are not required to be uploaded on FairEntry. Below are instructions to help you get started with FairEntry. If you have any questions or issues, please do not hesitate to contact our office and we will gladly assist.

Go to <http://pikecounty.fairentry.com/>

Select your **“Sign in with your 4-H Online account”** option – the **GREEN** box.

A separate box will pop up where you can enter the login email address and password from 4HOnline.

*(If you don't remember your password, you will need to select the “I forgot my password” option to get a temporary one emailed to you. If your email address has changed, log in using the old email address and change it in 4HOnline.)*

Click the **“Login”** box.

Choose to register an individual.

Choose the dot next to the name of the 4-H'er you would like to register and then click the green **“continue”** box.

*\*\*Please do not create any exhibitors from scratch, as you will not be able to add exhibits for the projects you are enrolled in.*

Answer any required questions and review the exhibitor registration information.

Make any necessary corrections (using the edit boxes). Remember that any corrections made here DO NOT transfer back to your 4HOnline Account.

If Additional questions are required by your county, complete the questions and then select the green **“Continue”** box. If submitting virtually, please upload a picture of your completion card here!

When you are taken back to the Exhibitor information page, click the green **“Continue to Entries”** button

Click the green **“Add an Entry”** box to the right of the exhibitor's name.

Click the green **“Select”** box next to the **Department** you would like to enter

Click the green **“Select”** box next to the **Project** you would like to enter. Select the GREEN Choose button.

Click the green **“Select”** box next to the **Class/Division** you would like to enter

*(Check the “Hendricks” 4-H Handbook for exhibition descriptions, requirements and rules)*

**Review the selection of the Department, Division and Class.** To correct errors in the Department, Division or Class, click the corresponding ‘Change’ button. Click the green ‘Continue’ button to move to the next step.

Select the dot next to the **4-H Club** that you belong to and then select the green **“Continue”** box.

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

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

Answer any Additional Questions required for that entry and then click the green **“Continue”** box.

Decide if you would like to:

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

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

To register an **animal entry** from 4HOnline, you will select the white “add an animal” box during the entry process. A smaller box with two options will pop up. Choose the green **“Choose an Existing Animal Record”** box to enter an animal that was identified in 4HOnline. To enter a Cat, Dog, or Poultry/ Pigeons/Waterfowl animal, please select **“Enter a New Animal Record”**, and complete all applicable fields on the screen.

A list of those animals that you have previously IDed in 4-H Online that are eligible for that class are listed. Select the circle next to the animal you would like to enter. Then select the green **“Select Animal”** box.

All of the information about that animal will be pulled over from 4-H Online, so that you can check to **make sure that is the correct animal**. If you want to switch to a different animal, click on the **“remove from entry box”**. If it is correct, click the green **“Continue”** box. Then you will be taken to the Additional Questions page listed in step #20.

**Review your invoice**, either in summary format or detail format. If it looks correct, click the green **“Continue”** box. If not, go back to the entries tab and fix what you need to.

Select the green **“Continue”** box. *\*\*There are no fees for 4-H exhibits.*

**Confirm your entries one last time.** You can see a summary of exhibitors in your family, or their entries in detail.

Make sure all entries for each exhibitor in your family are listed before you submit the entries.

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

Click **Continue** to confirm and submit your entries.

Click the **Submit** button to submit your entries.

You will receive a **“Thanks!”** message. You can choose the button to **“Visit Dashboard”** to see your entry.



## Club Meetings

**Biscuits & Gravy-** Biscuits & Gravy will meet at the Winslow Library at 5pm on **May 24 and June 28.**

**Feathers & Fur-** Feathers & Fur will be meeting on **May 10 & 24, June 7 & 21, and July 5 & 19** at 5:30pm at the Livestock Barns.

**Homegrown-** Homegrown will be meeting on **May 24 and June 28** at the 4-H Exhibit Building.

**Jr. Leaders-** The next meetings will be on **May 17, June 21, and July 19** at 6pm at the 4-H Exhibit Building.

**Lucky Clovers-** The Lucky Clovers will meet at the Otwell Community Center on **May 4 & 16, June 1 & 20, and July 6.**

**Volunteers-** All approved volunteers should attend an informational volunteer meeting on **July 7** at 6pm at the 4-H Exhibit building.

**Wideawakers-** Wideawakers will be meeting at the 4-H Building at 6pm on **May 12.**

**4-H Council-** The Pike County 4-H Council meets on the **first Monday of each month** at 6:30pm.

Upcoming meetings: **May 2 and June 6.**



## Tractor Supply Company Clover Campaign

Since 2010, Tractor Supply has partnered with 4-H to help create **Opportunity4All** and raise more than \$14 million through the Paper Clover campaign. The success of these campaigns has impacted over 81,500 youth by providing them with the tools and resources they need to move forward and reach their full potential.

100 percent of funds raised through the bi-annual Paper Clover campaign directly benefits 4-H youth. 90 percent of donations directly support 4-H youth in the state where the funds were raised, and the remaining 10 percent supports the overall mission and growth of 4-H nationally.

## Spring Break Day Camp

On March 22 & 23, Pike County 4-H held a Spring Break Day Camp for the first time in more than two years due to the global pandemic. “We had to change all of our plans last minute due to the weather,” Brooke Goble, Extension Educator- 4-H Youth Development, said. From riding pool noodles decorated as horses to using balloons and kickballs as pigs, Extension Educators were imaginative in creating a fun, safe environment for children on Spring Break. Campers even had the opportunity to make homemade dog treats that they generously donated to PAWS later in the week. The camp had approximately 35 youth attend each day and hosted a vast variety of activities from 9:00 AM – 4:00 PM. These activities ranged from making stepping stones out of concrete to STEM experiments to hiking and even painting with paint-filled egg shells. Pike County 4-H is looking forward to creating more fun learning opportunities for youth to enjoy in the future.

2022 Pike County 4-H Campers smile with the homemade dog treats they made from scratch and donated to PAWS.



Mini 4-Her, Briar Weisman, sorts his “pigs.”



### Cake Decorating Workshop

On April 16, Pike County 4-H hosted a Cake Decorating Workshop! This workshop was designed for beginners from ages 8-18 both current 4-H members and non 4-H members. Ten attendees came to the 4-H Exhibit Building ready to learn all about some basic tools and techniques to start decorating beautiful cakes and cupcakes. 4-H Educators, Alex Mahrenholz and Brooke Goble worked to teach youth about many cake decorating tools such as piping bags, angled spatulas, and turntables. Youth then had the opportunity to practice piping techniques on wax paper and printed worksheets before trying out what they learned on real cupcakes that they were able to take home with them.

Alex had previous experience in cake decorating and wanted to provide a fun day for kids to learn about this popular 4-H project and expand their interests. "We love providing these opportunities for youth to explore their interests and learn at the same time. Cake decorating encourages creativity and art concepts as well as structural engineering concepts once youth get to stacked cakes or more advanced decorating techniques," said Alex. One of the 4-H mottos encourages the practice of "inspiring kids to do," and Pike County 4-H is continually putting that motto at the center of its programming.

Youth still wishing to enroll in 4-H or in all the projects it offers have until May 15 to do so in order to exhibit at the 2022 Pike County 4-H Fair. If youth or families have any questions, they should reach out to the Extension Office at (812) 354-6838.



Mya Furman, Kyleigh Miller, and Jenna Harris show off their practice cupcakes



- Spencer County- June 25 - June 28
- Perry County- July 9- July 12
- Gibson County Fair: July 10 - 16
- Daviess County Fair: July 12 - 23
- Dubois County Fair: July 12 - 17
- Martin County- July 15 - July 19
- Knox County Fair: July 18 - July 23
- Posey County- July 18 - July 23
- Warrick County- July 19- July 24
- Vanderburgh County Fair: July 26 - July 31
- Pike County Fair: July 24 - 30**



Purdue Extension Pike County  
Pike County Indiana 4-H  
Pike County 4-H Fair

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





**PURDUE**  
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PIKE COUNTY



YQCA Training is **REQUIRED** for 4-H Livestock Exhibitors showing beef cattle, dairy cattle, goats, poultry, rabbits, sheep, and swine. Exhibitors may take the YQCA Training either in person or online.

The online training is offered at [www.YQCAProgram.org](http://www.YQCAProgram.org) at a cost of \$12/exhibitor. The Pike County 4-H Livestock Committee has generously offered to sponsor the in-person training for youth. **The LAST Pike County date for in-person YQCA Training will be held on Monday, May 9 at 6:00 PM at the 4-H Exhibit Building.** Advance registration is required through 4-H Online in the Events tab. Please e-mail Alex at [amahrenh@purdue.edu](mailto:amahrenh@purdue.edu) or call the Extension Office at (812) 354-6838 if you have any questions.



### Reminder of Horse Helmet Rule

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

**4-H Summer Camp!**

**June 14 and 15, 2022**

All of your favorite camp activities including swimming in the pool!

2022 Camp will be Day Camp style, no overnights

**Grades 3-6**

Historic Santa Claus Campground  
10670 N. 625 E. Santa Claus, IN 47579

**4-H Camp- June 14 & 15**

**@ Historic Santa Claus Campground**

This is an opportunity for our 3rd through 6th graders to meet 4-H'ers from other counties, learn new skills, and have lots of fun! The cost for Pike County 4-Hers is \$20/day or \$40 total. This camp for Pike County is held with 4-Hers from Daviess, Dubois, Martin, & Perry counties and it will be held "Day Camp" style. This is an awesome opportunity for recreation time, art, swimming, and lots more!

**Register for 4-H Camp in the Events tab in 4-H Online BEFORE the May 15 Deadline!**

Please reach out to the Extension Office or Alex with questions.



Date	Event	Time EST	Location	Contact
May 9	YQCA Training	6:00 – 7:15 PM	Pike County 4-H Exhibit Bldg.	Alex Mahrenholz
May 9	4-H Online Help Session	4:00 – 6:00 PM	Pike County 4-H Exhibit Bldg.	Brooke or Alex
May 10 & 11	4-H Online Help Session	5:30 – 6:30 PM	Virtual- Check Flyer for Link!	Brooke or Alex
May 12	4-H Online Help Session	4:00 – 6:30 PM	Pike County 4-H Exhibit Bldg.	Brooke or Alex
May 13	4-H Online Help Session	5:30 – 6:30 PM	Pike County 4-H Exhibit Bldg.	Brooke or Alex
May 15	<b>ALL 4-H Enrollment/Project Selection/Livestock ID/YQCA Training Completion Deadline</b> <b>4-H Summer Camp Registration Deadline</b>			
June 1	Fair Entry Opens			Brooke or Alex
June 8 – 10	4-H Academy	TBA	Purdue University Main Campus	Brooke or Alex
June 14 & 15	4-H Summer Camp	TBA	Historic Santa Claus Campgrounds	Alex Mahrenholz
June 14 – 17	SJLC	TBA	DePauw University	Brooke Goble
June 20 -22	4-H Round Up	TBA	Purdue University Main Campus	Brooke or Alex
June 20, 23, 27, 30	Seams Sew Easy SPARK Club	TBA	Pike County 4-H Exhibit Bldg.	Brooke Goble
July 7	FairEntry & Project Poster Help Session	4:00 – 6:00 PM	Pike County 4-H Exhibit Bldg.	Brooke or Alex
July 7	4-H Volunteer Meeting	6:00 – 7:00 PM	Pike County 4-H Exhibit Bldg.	Brooke Goble
July 12	FairEntry & Project Poster Help Session	4:00 – 6:00 PM	Pike County 4-H Exhibit Bldg.	Brooke or Alex
July 15	FairEntry DEADLINE			Brooke or Alex
July 16	REQUIRED Livestock Exhibitor Meeting	9:00 AM	Pike County 4-H Livestock Barns	Alex Mahrenholz
July 16	Fairgrounds Cleanup Day	7:00 AM – 12:00 PM		Brooke or Alex

### 2022 Indiana State Fair - 7/29 - 8/21

The Indiana State Fair will be held July 29th through August 21st at the Indiana State Fairgrounds in Indianapolis. They are again planning to be closed on Mondays and Tuesdays this year. The livestock show schedule can be found here: <https://www.indianastatefair.com> under the Competitions tab.

**From Alex**

Let’s hope those April showers bring May flowers and all the other crops too. I know most of us are all too ready for Spring weather, and for busy season to get started. While it might be easy to feel rushed as we try to get crops and other plants in the ground, it’s important that we keep safety at the forefront of our priorities. A hectic and hazardous planting season means an increase in the possibility for farming accidents, but if we work to keep safety intentions in mind, we can drastically reduce the probability of agricultural accidents.

Due to many weeks of hard work from farmers, hobby farms, and the Indiana BOAH, the H5N1 highly pathogenic avian influenza (HPAI) outbreak here in southern Indiana has been contained. Commercial farms in the control areas are no longer under quarantine and there have been no new outbreaks noted.

Gibson Co. is searching for a Health and Human Sciences Educator. Visit <https://bit.ly/3MzPAmf> for more information and please feel free to pass along to anyone who may be interested in applying.

Posey Co. is searching for an Agriculture and Natural Resources Educator. Visit <https://bit.ly/38k4ZbH> for more information and please feel free to pass along to anyone who may be interested in applying.

As always, I look forward to speaking with you and helping find solutions for any issues or concerns you have for any agriculture or natural resources questions!

**Upcoming ANR Events**

Date	Event	Time EST	Location	Contact
May 5	Soil Amendments Workshop	9:00 AM – 12:15 PM	Pike County 4-H Exhibit Bldg.	Alex Mahrenholz
May 7	SWIMGA Plant Sale	9:00 AM – 4:00 PM	Vanderburgh 4-H Activities Center	Meagan Diss at <a href="mailto:mcdiss@purdue.edu">mcdiss@purdue.edu</a>
May 9	YQCA Training	6:00 AM – 7:00 PM	Pike County 4-H Exhibit Bldg.	Alex Mahrenholz
May 12	Strawberry Field Day	1:30 PM – 4:00 PM	SWPAC	Register at <a href="https://bit.ly/3Lwqvsg">https://bit.ly/3Lwqvsg</a> or (812) 886-0198
May 14	Gibson Co. Master Gardener Plant Sale	9:00 AM – 1:00 PM	Gibson Co. Senior Center	Maegan Hollis at <a href="mailto:mwhollis@purdue.edu">mwhollis@purdue.edu</a>
May 26	Small Ruminant Lunch-N-Learn	12:00PM – 1:00 PM EST	Virtual @ <a href="https://bit.ly/2022PurdueSheepGoat">https://bit.ly/2022PurdueSheepGoat</a>	Sara Dzimianski at <a href="mailto:sdzimian@purdue.edu">sdzimian@purdue.edu</a>
June 9	Cover Crop/PARP Breakfast	TBA	Pike County 4-H Exhibit Bldg.	Alex Mahrenholz
July 24 – 30	<b>101<sup>st</sup> Pike County 4-H Fair</b>			
Aug. 16	SWCD Soil Expo	TBD	Toyota Center- Princeton, IN	Kyla Estey at <a href="mailto:kala.Estey@in.nacdn.net">kala.Estey@in.nacdn.net</a>

**Need to check your PARP records?**

Visit <https://www.oisc.purdue.edu/>

- Click on “My Records” in orange
- Click on “Applicator Login”
- Enter the information required
- Click on the different tabs to see where you attended meetings, how many credits you have, how many you need, and when your license expires.

If you have any questions about your PARP credits/sessions, please e-mail or call Alex at the Extension Office.

## **USDA Launches First Phase of Soil Carbon Monitoring Efforts through CRP**

USDA is investing \$10 million in a new initiative to sample, measure, and monitor soil carbon on Conservation Reserve Program (CRP) acres to better quantify the climate outcomes of the program. CRP is an important tool in the Nation's fight to reduce the worst impacts of climate change facing our farmers, ranchers, and foresters. This initiative began implementation in fall 2021 with three partners. Today's announcement is part of a broader, long-term soil carbon monitoring effort across agricultural lands that supports USDA's commitment to deliver climate solutions to agricultural producers and rural America through voluntary, incentive-based solutions.

These models include the Daily Century Model, or DayCent, which simulates the movement of carbon and nitrogen through agricultural systems and informs the National Greenhouse Gas Inventory. Data will also be used to strengthen the COMET-Farm and COMET-Planner tools, which enable producers to evaluate potential carbon sequestration and greenhouse gas emission reductions based on specific management scenarios. USDA partners will conduct soil carbon sampling on three categories of CRP practice types: perennial grass, trees, and wetlands.

**Perennial grasses:** In consultation with USDA, Michigan State University will sample and measure soil carbon and bulk density of CRP grasslands (including native grass plantings, rangelands, and pollinator habitat plantings) at an estimated 600 sites across the U.S. with a focus in the central states during this five-year project. This information will be used to model and compare the climate benefits of CRP. Partners include the University of Wisconsin-Madison, the University of Arkansas at Pine Bluff, Deveron, an agriculture technology company, and Woods End Laboratories.

**Trees:** Mississippi State University will partner with Alabama A&M University to collect above and below ground data at 162 sites across seven states documenting CRP-related benefits to soil and atmospheric carbon levels. Information will help further calibrate the DayCent model. This five-year project will focus within the Mississippi Delta and Southeast states.

**Wetlands:** Ducks Unlimited and its partners will collect data on carbon stocks in wetland soils as well as vegetation carbon levels at 250 wetland sites across a 15-state area in the central U.S.

These three Climate Change Mitigation Assessment Initiative projects are funded through FSA's program to work with partners to identify Monitoring, Assessment and Evaluation (MAE) projects to quantify CRP environmental benefits to water quality and quantity, wildlife, and rural economies. Applications for projects were welcome from all organizations, including public, private, nonprofit institutions, and educational institutions including historically Black colleges and universities, Tribal colleges and universities and Hispanic-serving institutions or organizations.

### **About the Conservation Reserve Program**

CRP is one of the world's largest voluntary conservation programs, with an established track record of preserving topsoil, sequestering carbon, reducing nitrogen runoff and providing healthy habitat for wildlife.

In exchange for a yearly rental payment, agricultural producers enrolled in the program agree to remove environmentally sensitive land from production and plant species that will improve environmental health and quality. In general, land is enrolled in CRP for 10 to 15 years, with the option of re-enrollment. FSA offers multiple CRP signups, including the general signup and continuous signup, as well as Grassland CRP and pilot programs focused on soil health and clean water. In 2021, producers and landowners enrolled more than 5.3 million acres in CRP signups, surpassing USDA's 4-million-acre goal.

Earlier this year, USDA announced updates to CRP including higher payment rates, new incentives for environmental practices, and a more targeted focus on the program's role in climate change mitigation. This included a new Climate-Smart Practice Incentive for CRP general and continuous signups that aims to increase carbon sequestration and reduce greenhouse gas emissions. Climate-Smart CRP practices include establishment of trees and permanent grasses, development of wildlife habitat, and wetland restoration.



*Annual*  
**PLANT SALE**

MAY 14  
8:00AM - 12:00PM  
CENTRAL

Hosted by the  
*Gibson County*  
**MASTER GARDENERS**

Vegetable Plants, Succulents, House Plants,  
Garden Tools • Accessories

Our Master Gardeners will be available to answer  
your gardening questions!

Located at the Gibson County Council on Aging Senior Center  
(Behind Rural King) in Princeton, IN

212 S. RICHLAND CREEK DRIVE PRINCETON, IN  
FOLLOW US ON FACEBOOK  
@GIBSON COUNTY MASTER GARDENERS



**SAVE THE DATE!**

SEVEN-COUNTY SPECTACULAR

**SOIL EXPO**

Toyota Center, 709 N Embree St, Princeton IN  
(Inside Gibson County Fairgrounds)

AUGUST 16 2022

- No cost to attend (fee for PARP credits).
- Hosted by Daviess, Gibson, Knox, Pike, Posey, Vanderburgh & Warrick SWCD's along with Conservation Cropping Systems Initiative and Purdue Extension.
- Opportunity for booth rental or sponsorship or both!.  
Booth rental \$200 / sponsorship \$100
- Contact one of the above SWCD's to ensure you're on the list for updates - or - watch those facebook pages!

Made with PosterMyWall.com

## Sun Safety

Warm, sunny days are wonderful. It's good for children to spend time playing and exercising outdoors, and it's important they enjoy it safely. Here are some tips on how to help keep your family safe from too much exposure to the sun's harmful rays.

### Simple rules to protect your family from sunburns

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or the stroller canopy.
- When possible, dress yourself and your children in cool, comfortable clothing that covers the body, such as lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave; they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better. Or you can look for protective clothing labeled with an Ultraviolet Protection Factor (UPF).
- Wear a hat with an all-around 3-inch brim to shield the face, ears, and back of the neck
- Limit your sun exposure between 10:00am and 4:00pm when UV rays are the strongest.
- Wear sunglasses with at least 99% UV protection. Look for youth-sized sunglasses with UV protection for your child.
- Use sunscreen
- Make sure everyone in your family knows how to protect his or her skin and eyes. Remember to set a good example by practicing sun safety yourself.

### Sunscreen

Sunscreen can help protect the skin from sunburn and some skin cancers but only if used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.

### How to choose a sunscreen

- Use a sunscreen that says "broad-spectrum" on the label; that means it will screen out both UVB and UVA rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 (up to SPF 50). An SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection.
- If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than not using sunscreen at all.  
For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. These products may stay visible on the skin even after you rub them in, and some come in fun colors that children enjoy.

### How to apply sunscreen

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands, and even backs of the knees. Rub it in well.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Use sunscreen any time you or your child spend time outdoors. Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- Reapply sunscreen every 2 hours and after swimming, sweating, or drying off with a towel. Because most people use too little sunscreen, make sure to apply a generous amount.

### Sunscreen for babies

- **For babies younger than 6 months:** Use sunscreen on small areas of the body, such as the face, if protective clothing and shade are not available.
- **For babies older than 6 months:** Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into their eyes, wipe their eyes and hands clean with a damp cloth. If the sunscreen irritates their skin, try a different brand or sunscreen with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor.

## Sun Safety (continued)

### Sunburns

When to call the doctor

If your baby is younger than 1 year and gets sunburn, call your baby's doctor right away. For older children, call your child's doctor if there is blistering, pain, or fever.

How to soothe sunburn

**Here are 5 ways to relieve discomfort from mild sunburn:**

- Give your child water or 100% fruit juice to replace lost fluids.
- Use cool water to help your child's skin feel better.
- Give your child pain medicine to relieve painful sunburns. (For a baby 6 months or younger, give acetaminophen. For a child older than 6 months, give either acetaminophen or ibuprofen.)
- Only use medicated lotions if your child's doctor says it is OK.
- Keep your child out of the sun until the sunburn is fully healed.

### Remember

The sun gives energy to all living things on earth, but it can also harm us. Its ultraviolet (UV) rays can damage skin and eyes and cause skin cancer. One-quarter of our lifetime sun exposure happens during childhood and adolescence. Since children spend a lot of time outdoors, especially in the summer, it's important to protect them from the sun. Talk with your pediatrician if you have any questions about sun protection for your child.



## **5 EEEEEasy tips to get more ZZZs**

### **Everyday Routine**

- Have a consistent bedtime routine (i.e. change into pajamas, brush teeth, wash face)
- Go to bed and get up at same time every day
- Plan wind-down time 30 minutes before bed
- Have a notebook by bed to write down thoughts

### **Electronics**

- Minimize use of cell phones/tablets in bedroom
- Avoid using devices an hour or more before bed
- Avoid checking email before bedtime
- Avoid social media before bedtime.

### **Eating Healthy**

- Eat a well-balanced diet
- Limit food and drink
- Limit caffeine amounts before bedtime
- Limit alcohol before bedtime

### **Environment**

- Bedroom temperature comfortable - 60 to 67
- Lighting -Dark blinds, natural light
- Comfortable mattress, pillow, etc.
- Noise - invest in noise block

### **Exercise**

- Get regular physical activity most days
- Get 30 minutes of moderate to vigorous activity 5 times a week
- Avoid vigorous exercise 4 hours before bed

## ***Shop Healthy on a Budget***

With a little know-how and advance planning, you can enjoy nutritious foods while sticking to a tight budget.

### **Plan around Sales**

The key to smart, budget-friendly grocery shopping is planning ahead. Plan meals around fresh produce, lean protein foods and low-fat dairy items that are on sale and in season to save money while eating healthy.

Check store sale flyers and available coupons on the same items for additional savings. Compare national brands and private store labels for the lowest price. Once you've identified sale items, incorporate them into simple meals — baked, grilled or broiled lean meats or fish served with vegetables and whole grains are delicious and healthy with few added ingredients. Also, use the unit price to compare cost between different sized packages of the same product.

### **Create a Shopping List**

Use your weekly eating plan to create a master grocery list and stick to it. Prioritize your food dollars for nutrient-rich vegetables, fruits, low-fat dairy, lean protein foods and whole grains. To keep your grocery list from growing too long, prepare meals that include similar ingredients throughout the week.

### **In the Produce Section**

When it comes to fresh vegetables and fruits, shop seasonally. Local, seasonal produce is at its peak flavor and is generally more abundant, so it's usually sold at a lower price.

### **Frozen or Canned Alternatives**

If the produce item you want isn't in season or doesn't fit in your budget, consider purchasing it frozen or canned. Fresh, frozen, canned or dried fruits and vegetables can be good for you. Canned and frozen fruits and vegetables are picked at peak freshness and can be just as nutritious as fresh foods because canning and freezing preserves many nutrients. Canned and frozen foods offer an alternative to fresh and may be more budget friendly. Be sure to check the ingredients list to avoid items with added sugars or salt.

### **At the Meat Counter**

Consider purchasing a larger quantity of meat that is on sale and preparing enough for two or more meals. Enjoy leftovers later in the week or freeze for future use. Because meat is often the highest dollar ingredient in a recipe, consider planning meatless meals a few nights each week, or try replacing half the meat in dishes such as chili, meatloaf or burger patties with beans, finely minced mushrooms, or chopped vegetables. Incorporating more non-meat proteins, including beans, nuts and eggs, can be cost-effective and nutritious.

### **Whole Grains and Dry Goods**

Whole grains and dried beans are generally inexpensive and are an easy way to get more nutrition for your buck. Stock up on these nonperishable items when on sale or take advantage of the bulk bin by purchasing only the amount you need. Dried beans, peas and lentils are great options to keep on hand. You can buy in bulk, prepare ahead of time and then freeze so you always have protein and fiber-rich foods on hand.

### **Reduce Waste**

Once you've done your shopping, make the most of your food spending by cutting down on waste. Plan to use highly perishable items — such as fish and seafood, salad greens, berries and fresh herbs — early in the week, and save more hearty items for later in the week. Enjoy leftovers for lunch or create new meals from leftover ingredients. Cooked meat and vegetables can be revamped as a filling for a casserole, frittata or soup.

<https://www.eatright.org/food/planning-and-prep/smart-shopping/shop-healthy-on-a-budget>



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## 10 Reasons to Garden with Kids:

1. Gardening engages all five senses
2. Gardening encourages healthy eating
3. Gardening enhances fine motor development
4. Gardening is science
5. Gardening is a great family activity
6. Gardening teaches responsibility
7. Gardening helps kids learn to plan and organize
8. Gardening creates environmental stewards
9. Gardening develops math skills
10. Gardening teaches patience

For more information visit: <https://national.macaronikid.com/articles/584ee953599b572c01fd11a3/get-your-hands-dirty-here-are-10-benefits-of-gardening-with-kids>



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