



Purdue Extension- Jasper County HHS Spring Newsletter



There are a lot of great things coming out of your Jasper County Extension Office! Keep reading to see what's happening this Spring. Is there a topic you're interested in, but don't see? Reach out to your Health and Human Sciences Educator to inquire and share what kind of classes you would like to see and attend. Please call me at the Extension office to register for all classes. at 219-866-5741 or email me at cfortney@purdue.edu.

March Classes

Budgeting Basics

Want to get a handle on your finances? Maybe you've never budgeted before and want to start. Budgeting Basics will teach you how to use a budget, eliminate debt, and build a savings. Join me at the Extension office on March 19th to start the road to financial freedom!

Food Allergies 101

You or someone you know has one or more food allergies. In this class, you will learn what a food allergy is, learn to identify signs and symptoms of an reaction and how to prevent them. Join me March 12th at 5pm for this class at the Extension office. A virtual option is available.

April Classes

Steps to a Healthy You

Steps to a Healthy You is a 4-session class series focused on eating a healthy Mediterranean-style eating pattern (a.k.a. eating the Med Way). Sessions focus on the 7 Simple Steps to Eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features Med Way recipes from medinsteadofmeds.com. Food demonstration and/or cooking instruction is included in each session. The cost of this class is \$40 per person and will be held at the Extension Office. The registration link will be available in March on our website.

Parents Forever

Parents Forever is an educational program for families experiencing divorce, separation, or a change in child custody. Taking this class will provide participants with insight to how the entire family is impacted by these changes. Jasper county is hosting a class on April 18th at the Extension office from 9-1. The cost of the class is \$50 and refreshments will be served. The registration deadline for this class is March 20.

Physical Activity Across the Lifespan

Physical Activity Across the Lifespan is being offered on April 23rd at 5pm at the Extension office. Come learn about the importance of physical activity as it pertains to the lifespan.

Jasper County Wellness Walk

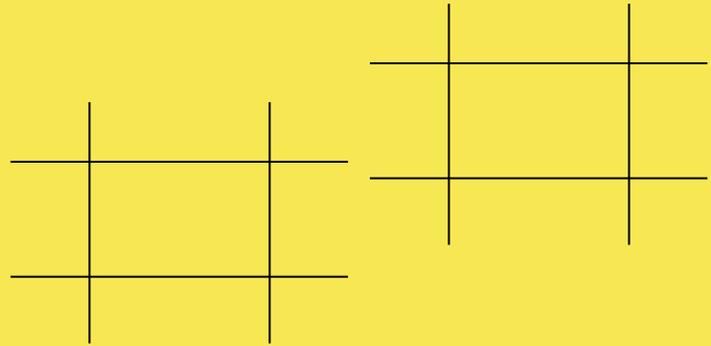
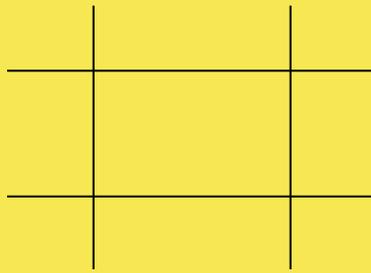
In partnership with Franciscan, our Jasper County Wellness walk is gearing up for the Spring Meet us at Brookside Park at Hall Pavilion Fridays at 10:30 beginning on April 10th. We'll discuss a short health topic and then walk one mile around the park.



May Classes

Dining with Diabetes

Dining with Diabetes will be offered Thursdays in May from 5:30-7:30. The cost of the class is \$40 per person and \$65 per couple. Join us for 4-weeks to learn how to manage your diabetes through diet and exercise. Each class session includes a cooking school where you will learn to make recipes that you will sample. Stay tuned for the registration link or call the extension office to express interest.



Tic Tac Toe

Use H & S for a health and human sciences twist!

HHS Spring Word Search

E	C	O	M	M	U	N	I	T	Y	U	M	S	A
O	F	F	A	M	I	L	Y	M	C	T	Y	E	G
L	E	M	I	S	P	R	I	N	G	T	B	C	H
B	F	L	O	W	E	R	S	O	N	S	N	N	Y
O	U	T	D	O	O	R	S	Y	A	U	T	E	D
S	W	D	M	O	V	E	M	E	N	T	H	I	R
D	S	L	G	O	S	U	D	R	O	E	E	C	A
C	O	M	N	E	L	S	H	U	O	R	A	S	T
T	S	C	W	O	T	E	E	U	A	N	L	N	I
I	O	C	E	S	A	B	U	N	N	Y	T	A	O
Y	I	N	M	O	O	L	B	N	L	N	H	M	N
S	T	O	R	R	A	C	D	E	B	L	B	U	E
C	I	I	G	N	M	I	O	N	M	F	E	H	O
U	T	R	S	L	A	O	G	R	L	M	U	W	B

HEALTH
WELLNESS
OUTDOORS
SPRING
BUDGET
HUMAN SCIENCES
BUNNY
HYDRATION
GOALS
CARROTS
COMMUNITY
BLOOM
MOVEMENT
FLOWERS
FAMILY

Play this puzzle online at : <https://thewordsearch.com/puzzle/9484496/>

Let's Talk Women's Health – Together

Women's health deserves space, time, and honest conversation. That's why Purdue Extension Jasper County and Franciscan Health are teaming up to bring you a morning focused entirely on YOU.

 May 16

 9:30 a.m. – 12:30 p.m.

 Cup of Joy

We'll explore perimenopause, menopause, reproductive health, and overall wellness through a panel of experienced professionals who are ready to answer questions and guide meaningful discussion. Health staff will also provide educational materials and on-site blood pressure screenings.

Whether you're navigating changes, supporting someone who is, or simply want reliable information – this event is for you. Come learn, connect, and leave feeling informed and supported.



Spring Carrot Cake Muffins

Ingredients

Muffins

- 1 ½ cups all-purpose flour
- ¾ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 2 eggs
- ½ cup vegetable or canola oil
- 1 ½ cups finely shredded carrots
- 1 teaspoon vanilla extract

Simple Glaze

1 cup powdered sugar

1-2 tablespoons milk

Optional add-ins: raisins, chopped walnuts, or crushed pineapple.

Directions

Preheat oven to 350°F. Line a 12-cup muffin tin.

In a large bowl, combine flour, sugar, baking soda, cinnamon, and salt.

In a separate bowl, whisk eggs, oil, and vanilla.

Stir wet ingredients into dry ingredients until just combined.

Fold in shredded carrots.

Fill muffin cups about ¾ full.

Bake 18–22 minutes, until a toothpick inserted in the center comes out clean.

Cool completely.

Mix glaze ingredients and drizzle over cooled muffins.

Yield: 12 muffins

Storage: *Store covered at room temperature for 2 days or freeze up to 2 months.*

 **Fun tip:** *Add pastel food coloring to the glaze or top with a sprinkle of coconut for a festive touch.*

Sweet & Simple Spring Recipes

Budget-Friendly • Family-Friendly • Perfect for Easter

Spring gatherings don't have to be complicated or expensive to be special. Whether you're baking with grandchildren, hosting brunch, or just looking for something festive to brighten the table, these two easy recipes are affordable, simple, and kid-approved.

No-Bake Easter Nest Cookies

Ingredients

1 bag (11 oz) butterscotch or chocolate chips

1 cup peanut butter (optional)

3 cups chow mein noodles

1 bag mini candy eggs

Directions

Melt chips (and peanut butter if using) in the microwave in 30-second intervals, stirring between each until smooth.

Stir in chow mein noodles until well coated.

Drop spoonfuls onto wax paper and shape gently into “nests.”

Press 2–3 mini eggs into the center of each nest.

Allow to set at room temperature or refrigerate for 20–30 minutes until firm.

Yield: 15–18 nests

Tip: *Store in an airtight container at room temperature for up to 5 days.*



Equal Opportunity Statement: Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

1a. Proposed Equal Opportunity Statement: Purdue University is an Equal Opportunity/Equal Access University.

2. Reasonable Accommodation Statement: If you are in need of accommodations to attend this program, please contact the Jasper County Extension Office prior to the meeting at 219-866-4961 and jasperces@purdue.edu within two weeks prior to the class/program/event date.

2a. If a meal is included, add: For special dietary needs contact Jasper County Extension Office prior to the meeting at 219-866-4961 and jasperces@purdue.edu within two weeks prior to the class/program/event date.

3. Language Access Statement: If you need an interpreter or translator, please contact Jasper County Extension Office prior to the meeting at 219-866-4961 and jasperces@purdue.edu within two weeks prior to the class/program/event date.