

February 2025 Newsletter

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Hours:
Monday - Friday
8 a.m. - 4 p.m.

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Purdue Extension-Jennings County



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One Of Our Own Receives University Award



Jeff Walker, Purdue Extension Community Wellness Coordinator (CWC) for Jennings, Ripley, and Bartholomew counties, recently received the 2024 Purdue University CSSAC Community

Spirit Award. This award recognizes Purdue University staff who set a high standard for service and inspire others through their dedication to the community.

Purdue Extension Community Wellness Coordinators collaborate with community partners on community nutrition, food security, and physical activity projects. One of Jeff's proudest accomplishments was being on the steering committee that brought the Boys & Girls Club to Jennings County. Outside of work, Jeff serves on the Vernon Town Council and is an active member of Second United Methodist Church in North Vernon.

February 4-H Newsletter

Jennings County 4-H

February
2025



Dear 4-H Families & Volunteers,

I hope the new year has been treating you well so far! Time is ticking away as we are only just 5 short months away from the Jennings County Fair. We still have many 4-Hers that were enrolled last year that have not enrolled for this year. Please get enrolled as soon as possible to continue to receive mailings and information regarding upcoming events. As a reminder, to register for IQLC, Camp, and other 4-H Events, members must be enrolled and have paid their enrollment fee.

Volunteers, if you are currently serving as a volunteer already this year, you must complete your enrollment as soon as possible. If you have questions or need any help with enrollment, please contact the extension office at 812-352-3033.

All the best,
Rebekah Cartwright
4-H Youth Development Educator



2025 Handbooks

New 4-H Members and Volunteers may pick up a complete handbook. Returning 4-H Members and Volunteers may pick up handbook revisions from the Extension Office. Handbooks and Revisions will be given out **one** per family.

Livestock and Fair Schedules

The livestock and fair schedule is updated and ready for viewing. Please refer to page 4 and 5 of the 4-H Newsletter.

Project Manuals

Project Manuals for projects you selected in 4-H Online can be picked up from the Extension Office. Not every project requires a new manual each year so be sure to check with us before you make the trip to pick up your manuals!

SEI 4-H Camp

Be on the lookout for Camp Registration. It will be coming soon!
Junior Staff Upcoming Dates:

- Junior Staff including all **but** Counselors In Training - Feb 11th from 6-8 pm at the Decatur County Extension Office
- All Junior Staff - April 12th 10am-3pm at the Jefferson County Community Building

Important Dates

February -

3 Muscatatuck Mudpuppies 6 pm

6 Junior Livestock Committee 6 pm

10 4-H Council 5 pm

10 Livestock Committee 6pm

11 Junior Staff Camp Training 6 pm
(All Junior Staff **Except** CITs)

13 Zenas Livewires/Plowboys 6:30 pm

13 JC Riders 6 pm

15 Llama Club 9 am

17 Extension Office Closed

25 Jr. Leaders 6 pm

25 Dog Club 6 pm

27 Tractor Club 6 pm

28 Beef & Dairy Tagging Day 5-7 pm

Club Meetings & Events

- **Muscatatuck Mudpuppies Meeting**
 - February 3rd at 6 PM at New Bethel Methodist Church
- **Junior Leaders Meeting**
 - February 25th at 6 PM at the Extension Office
- **Zenas Livewires & Zenas Plowboys Meeting**
 - February 13th at 6:30 PM at Zenas Baptist Church
- **JC Riders Meeting & Helmet Presentation (bring helmet)**
 - February 13th at 6 PM at Goins Family Farm
- **Beef Club Meeting**
 - No February meeting. Tagging on February 28th from 5-7 PM at the fairgrounds
- **Tractor Club Meeting**
 - February 27th at 6 PM at SEPAC
- **Barefoot Bandits Meeting**
 - No February meeting. Next meeting in March.
- **Llama Club Meeting**
 - February 15th at 9 AM at the Jennings County Public Library, Conf. Room 1
- **4-H Council**
 - February 10th at 5pm at the Jennings County Government Center
- **Livestock Committee**
 - February 10th at 6 pm at the Jennings County Government Center
- **Junior Livestock Committee**
 - February 6th at 6 pm at the Extension Office
- **Dog Club Meeting**
 - February 25th at 6 PM at the Jennings County Public Library, Conf. Room 4

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!



Indiana 4-H Quality Livestock Care (IQLC)

Registration through 4-H Online is now open. **Please note that an additional date has been added for this training that was not originally listed in the 2025 Handbook.** 4-H Livestock Members showing beef, dairy, dairy goats, meat goats, poultry, rabbits, sheep, and/or swine must attend one of the 3 offered dates or complete the online YQCA Training. Please be sure to register online prior to the event. IQLC is an annual certification. Refer to the dates on page 5 to see which date will best fit your schedule.

NEW THIS YEAR

- Record Books are no longer required for Jennings County 4-H Projects. However, as your 4-H Educator, I highly recommend you still utilize these items so that you can learn from your project and keep records of your 4-H achievements. This will be extremely helpful when you get to your senior year and begin applying for scholarships as many scholarships ask of your accomplishments.
- Livestock 4-H Members: Please note that there is a new rule in the handbook this year that states, "An early check-out at the Jennings County Fair will result in a \$150 fee per 4-Her per species that will be either deducted from the sale check or a bill will be sent to the 4-H member. The only exclusion will be for health and safety reasons at the discretion of livestock superintendents." (Refer to the Livestock Handbook: Fair Policies and Procedures #30 on Pg. 10)

Animal ID

4-H Members enrolled in livestock projects will be receiving a mailing with more information about Animal ID Day and requirements. If you do not receive the mailing a week before your scheduled Animal ID Day, please contact the Extension Office. Refer to the Livestock Schedule on Page 4 for upcoming Animal ID Dates.

Premise ID

Registering your premises may be done online, at no charge, and takes only about 5 minutes. Visit the Indiana State Board of Animal Health's (BOAH) website: www.in.gov/boah/2642.htm. Please get your Premise ID number before the tagging day! To verify your premises ID, contact BOAH at email animalid@boah.in.gov. All Indiana premises associated with the purchase, sale, and/or exhibition of cattle, swine, sheep, goats, and farmed cervids must be registered by state law.

Area 1 4-H Volunteer Conference

This event was a huge success for Area 1 Volunteers last year. Many volunteers shared that they loved the event and learned a lot from surrounding counties to help improve their fair for this year. Our goal for the Area 1 4-H Volunteer Conference is to provide tailored training for our 4-H volunteers that is both relevant and valuable. We also want to create opportunities for networking with volunteers in similar roles across different counties. We will be introducing the 4-H Thriving Model, which features an updated theoretical model for positive youth development. The event will take place on March 8, 2025 at Hopewell Baptist Church (2319 N County Rd. 850 W Holton, IN) from 10 am-2pm. This event is free to all 4-H Volunteers. Lunch, Door Prizes, and Resources are included. Registration is appreciated before February 26th.

Jennings County and Area 1 Livestock Workshops

Jennings County "Show Me The Way"

This year our Jennings County Junior Livestock Committee is bringing back the "Show Me The Way" Program on March 15th! This is intended for 4-H members looking to improve their showmanship skills and learn from tenured members about specific livestock projects. If you are new to a livestock project or need more practice and want to learn more, this is the program for you! Please see page 6 of the newsletter for more information!

Area 1 4-H "Beyond Ready to Show Livestock"

Hone in your skills you learned from the Jennings County "Show Me The Way" Program and take your showmanship skills to the next level with advice from Livestock Judges. Need to get your Quality Care Training done for the fair? If so, we invite you out for a day long Animal Science and Showmanship Workshop! The event will be separated into 2 age-appropriate traveling groups. See page 7 of the newsletter for more details!

2025 Jennings County 4-H Livestock Schedule

Species	Animal Identification (ID) Date	Animal ID entered into 4Honline & Pen Request Deadline	Check-in at Fair	Show Date	Mandatory Auction Picture Session
Beef & Dairy	Friday, February 28 5 - 7 pm Fairgrounds	May 15	Sunday, June 8 10am-Noon	Wednesday, June 11 2 pm Dairy: Heifers, Feeder Calves, Market Steers & Showmanship 5 pm Beef: Heifers 7 pm Beef: Market Show & Showmanship	Wed., June 11 3-4 pm 6-7 pm
Dairy & Meat Goats	Sat., April 26, 9-11 am AND Thurs., May 1, 5-7 pm Sand Creek Elementary School Parking Lot	May 15	Sunday, June 8 Noon-3pm	Monday, June 9 2 pm Dairy Goat Showmanship, Dairy Goat Show 5 pm Meat Goat Showmanship, Pygmy Goat Show 7 pm Meat Goat Show	Mon., June 9 3-4 pm 6:30-8 pm
Horse & Pony	Tuesday, May 6, 6:00pm until finished riding @ Goins Family Farm	May 15	Sunday, June 8 12-2 pm	Tuesday, June 10 8 am Halter, Showmanship, and Western Thursday, June 12 8 am English, Driving, Mini Show, Contesting	Optional pictures TBD
Lama & Alpaca	No official Animal ID Day. Call Ext Office for assistance with photos	May 15	Sunday, June 8 1-3 pm	Thursday, June 12 at 9 am Obstacle, Public Relations, Pack, Fleece, Llama Halter, Alpaca Halter Showmanship, Costume ***Fleece class - see handbook	Mon., June 9 3-4 pm
Poultry & Turkey	Thursday, May 8 6-8 pm Sand Creek Elementary School Parking Lot	May 15 (Paper enrollment form and poultry pen request due at animal ID Day)	Sunday, June 8 2-4 pm	Tuesday, June 10 at 9 am Showmanship, Production, Meat Classes and Other Fowl	Tues., June 10 9-10 am
Rabbits	Thursday, May 8 6-8 pm Sand Creek Elementary School Parking Lot	May 15 (Paper enrollment form and rabbit pen request due at Animal ID Day)	Sunday, June 8 10 am - Noon	Monday, June 9 at 8 am Showmanship, Breed classes and Meat Classes	Mon., June 10 9-10 am
Sheep	Sat., Apr 26, 9-11 am Sand Creek Elementary School Parking Lot	May 15	Sunday, June 8 12-3 pm	Wednesday, June 11 at 9 am Breeding (Ewes), Market lambs & Showmanship	Wed., June 12 10 am to 11 am
Swine	Thursday, May 1, 5-7 pm Sand Creek Elementary School Parking Lot	May 15	Saturday, June 7 7-8:30 pm	Tuesday, June 10 5 pm Gilts Barrow Show to Follow Showmanship will follow barrow show	Mon., June 9 6:30-8 pm (Swine Barn Side)

✿ **Indiana 4-H Quality Livestock Care training (IQLC):** All members showing **beef cattle, dairy cattle, dairy goats, meat goats, poultry, rabbits, sheep and swine** must attend one of the 3 offered classes to complete their IQLC training and to show their animal at the fair. (YQCA certifications will still be accepted as some regional and national shows require YQCA. You will have to complete the YQCA training on your own and present proof of completion to the Extension Office by **May 23rd, 2025**) IQLC will be offered in Jennings County on...

Saturday, March 15 11am @ Jennings County Fairgrounds (Show Me The Way Program)

Monday, March 17 6 pm @ JC Government Center

Wednesday, April 2 6pm @ JC Public Library

✿ **Pre-Fair Clean-Up:** Saturday, May 17, 9:00am to when everything is cleaned and ready for the fair. Cleaning will include livestock areas, display units stored in outer buildings and the Junior Leaders' Food Stand.

✿ **Livestock Check-in:** Dates/times are listed above. If you must make more than one trip to the fair with animals, exceptions to check-in times must be pre-approved by the species superintendents and 4-H Educator.

✿ **Community Building Set-up:** Thursday, June 5, 4:00pm. ******Volunteers Needed!** ****

✿ **BBQ Contest:** Friday, June 6 at 3:00pm members can set up at the Pavilion for the contest. Judging will take place at 5:00pm

✿ **Cat Show:** Will take place on Friday, June 6 in the Show Arena. Registration will begin at 6pm and the show will begin at 6:30pm.

✿ **Static Project Check-in:** Check-in and judging will take place at Fairgrounds. Early check-in is Friday, June 6, 5:00-7:00pm. Junior Leader project judging Saturday, June 7, 9:30-10:00am. Open project judging June 7, 10:00am-12:00(noon).

✿ **Mini 4-H Members:** Static Project Judging, Friday, June 6 **5:00-7:00pm**, at Fairgrounds.

The showmanship order for most species is: Junior, Senior, Expert, Novice, Mini 4-H and Open Show. See schedule on back for dates and times. Horse and Pony Mini 4-H showmanship is before the Contesting Show.

✿ **Indiana State Fair 4-H Livestock Shows:** Information on show entries, schedules and more can be found by visiting the following website: <https://www.indianastatefair.com/p/state-fair/competitions--contests/4-h-competitions-entry-information>

✿ **Grooming Demonstration:** Thursday, June 12, 5:00 pm

✿ **Goat Milk Production Contest:** Thursday, June 12, Milk Out 7:00am, Contest 6:00pm

✿ **Supreme Showman Contest:** Thursday, June 12, 6:30 pm in the show arena

✿ **Auction:** Friday, June 13: Registration 4:30pm; Buyer Dinner 5:00pm; Awards 5:30pm; Auction Starts at 6:00 pm

Auction order for 2024 is: rabbits, swine, dairy/meat goats, horse & pony, llama, poultry, dairy/beef, sheep

✿ **Livestock Check-Out and Barn Clean-Up:** Saturday June 14, 9 am- noon (unless other arrangements made with your species superintendent) *NEW THIS YEAR: Anyone planning to check-out before the designated check-out time will be charged a fee. (See livestock handbook for details). Only exception for early check-out with a waived fee is for health and safety concerns.

✿ **Community Building Awards/Project Check-Out:** Monday, June 16 at 6:00 PM. Projects released after awards ceremony. Clean-up and removal of display units will follow. ******Volunteers Needed!** ****

✿ **Dog Show:** Saturday, June 21, 9:30am, Livestock Show Arena

✿ **Tractor Contest:** June 27th, Dave and Jenny Vogel's Home

"Show Me The Way"

March
15th

4-H Livestock Showmanship Workshop

We encourage 4-H livestock showman to join us at the Jennings County Fairgrounds to learn more about livestock projects and showmanship and of their preferred species; given by our Junior Livestock Committee Members!

SCHEDULE

- March 15th
- 9:00-3:00 p.m.
- Grades 3-12
- IQLC training & lunch provided!
- Cost: \$3.00 for IQLC training

9:00- 10:00 : MARKET GOATS & SHEEP

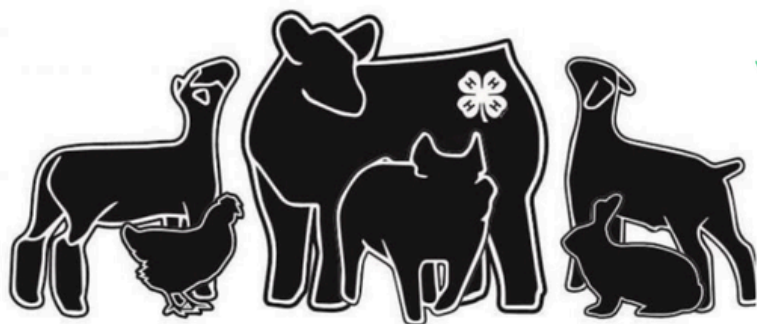
10:00- 11:00 : SWINE & POULTRY

11:00- 12:00 : LUNCH & QLC TRAINING

12:00- 1:00 : BEEF & DAIRY BEEF

1:00- 2:00 : HORSE & LLAMA

2:00- 3:00 : DAIRY GOATS & RABBITS



Join us!

Register through 4-H
Online under the
events Tab by
February 28th



Extension - Jennings County



Beyond Ready to Show Livestock

March 29, 2025 10:00am - 3:00pm

Jefferson County 4-H Fairgrounds 3767 W SR 256 Madison, IN 47250

Want to perfect your showmanship skills with advice from Livestock Judges? Need to get your Quality Care training done for fair? If so, we invite you out for a day long Animal Science and Showmanship Workshop! The event will be separated into 2 age-appropriate traveling groups.

\$10 Registration Includes

- Catered Lunch
- Door Prizes
- Indiana 4-H Quality Livestock Care Registration
- Educational Resources

Agenda

	Junior 4-H Members	Senior & Int. 4-H Members
10:00	Animal Nutrition Learning Laboratory	
10:40	Beef Showmanship	Swine Showmanship
11:20	Swine Showmanship	Beef Showmanship
Noon	Lunch	
12:40	Goat Showmanship	Sheep Showmanship
1:20	Sheep Showmanship	Goat Showmanship
2:00	Indiana 4-H Livestock Quality Care Training	

- Presenters will include **Livestock Judges**, 4-H Volunteers and Extension Educators.
- Demonstration animals on sight for each species.
- Opportunity to complete required **IN 4-H Quality Livestock Care** Training at no extra cost.

Registration Required on 4-H Online Events by March 21st

Register at: <https://beyondreadytoshowlivestock.4honline.com>

Event costs \$10. Families encourage to stay on fairgrounds with members, hospitality room will be available.

Contact Purdue Extension Jefferson County with questions at (812) 265-8919

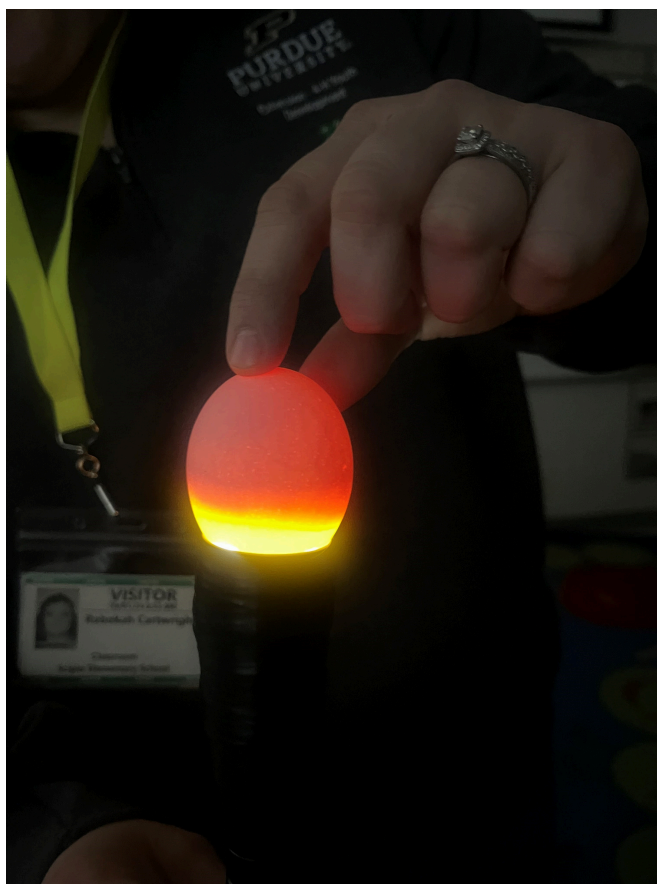


Purdue Extension is an equal access/equal opportunity institution.

Chicks in the Classroom



We are starting our Chicks in the Classroom programs in Jennings County Schools! This program increased in size last year with all 2nd grade classes in the Jennings County School District participating. We are excited to bring this program back again this spring where the students can learn about how chicks grow, hatch, and how to raise chicks. If you are interested in purchasing chicks, reach out to the Jennings County Extension office. This round will be the only time we will have them for sale this spring, starting February 7th.



Important Dates:

February

- February 4th
Jackson County
Crop Production
Workshop 9am-1pm
- February 6th
Jackson County
Crop Clinic 8:30am-
1pm
- February 11th
Decatur County
PARP 9am-11:30am
- February 25th
Decatur County Ag
Winter Meeting
9am-12pm
- February 26th
Jackson County
Winter Meeting
PARP 9am-12pm

March

- March 1st Jennings
County Soil County
PARP 9am-11:30am

Jennings ANR Services



Soil Sample and Testing:

The Jennings County Extension Office offers soil sample bags and test forms for sample submission. We have a soil probe available to borrow. Office hours are Monday-Friday, 8am-4pm.

Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office and Emily Peterson, our ANR Educator, will assist you. Please call ahead at 812-352-3033 to make sure Emily is in the office and available. You may also email photos of the specimen to Emily at epeterson@purdue.edu for ID.





Jennings County Extension now offers

FECAL EGG COUNTS

WHAT IS A FECAL EGG COUNT?

- A quantitative assessment and identification of the number of parasite eggs an animal is shedding at the time of sample collection

WHY SHOULD I GET A FECAL EGG COUNT ON MY LIVESTOCK?

- Fecal Egg Counts assess your livestock's parasite burden and target the parasite your livestock might be suffering from at the time of collection.

SAMPLE COLLECTION INSTRUCTIONS

- Use gloves to collect a fresh sample of feces from your livestock. The sample should still be both moist and soft. It should be collected and turned into the office no more than 6 hours from the time of defecation
- Collect at least 1/2 cup or 4oz. of feces and place in a clean ziplock bag.
- Label the bag with the species of livestock that the sample came from and the animal's identification.

Cost: \$10

LET'S REDUCE ANTIPARASITIC RESISTANCE!

Ag & Natural Resources

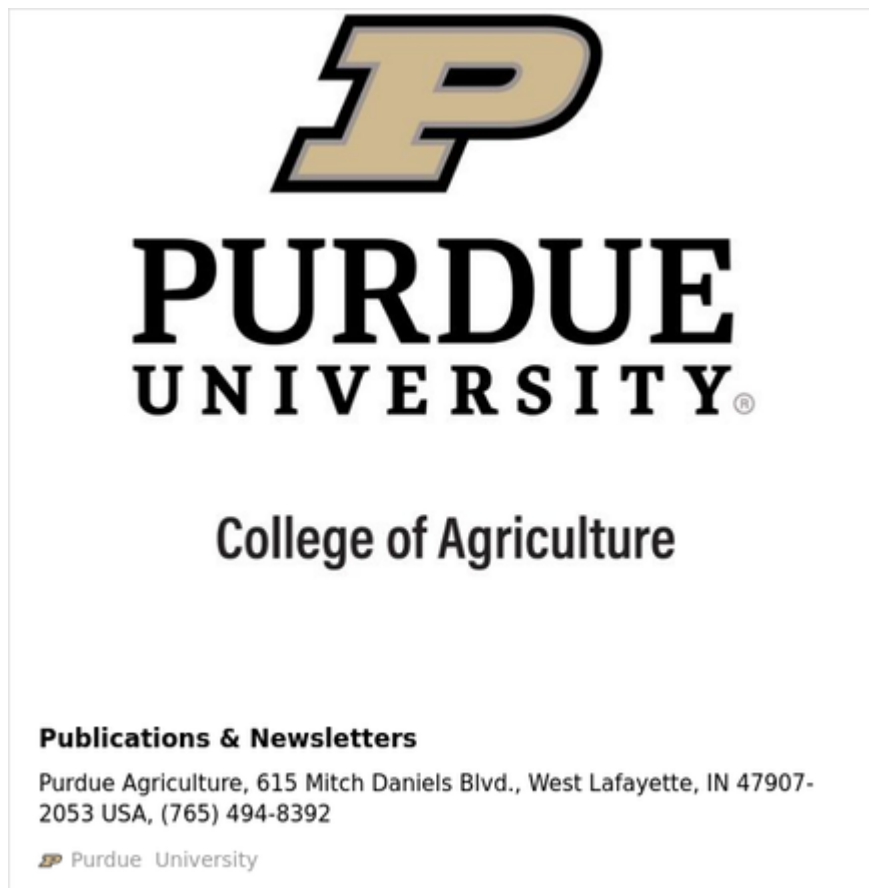
February
2025

Upcoming PARPs and Events

- February 4th Jackson County Crop Production Workshop 9am-1pm
- February 6th Jackson County Crop Clinic 8:30am-1pm
- February 11th Decatur County PARP 9am-11:30am
- February 25th Decatur County Ag Winter Meeting 9am-12pm
- February 26th Jackson County Winter Meeting PARP 9am-12pm
- March 1st Jennings County Soil County PARP 9am-11:30am

Check out additional PARP program details at:
<https://ag.purdue.edu/departments/extension/ppp/private-applicators/recertification-parp/parp-events/parp-events-southeast.html>

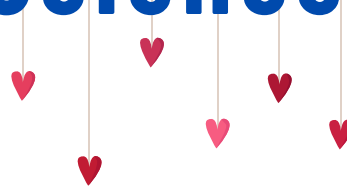
Check out the Purdue On The Farm YouTube for a bi-weekly crop and weather update:
<https://www.youtube.com/@PurdueOnTheFarm>



Health & Human Sciences

February
2025

February is Heart Health Month



National Wear Red Day® February 2025



Did you know that heart disease is the leading cause of death in the U.S.? Know your risk and protect your heart. Follow us on Facebook during the month of February to learn ways to keep your heart healthy.

February 7 is National Wear Red Day! Sport your favorite red clothing and show your heart some love!

Captain Cash Sets Sail in February & March!

It is never too early for children to learn how to become eager earners, savvy savers, wise spenders, and careful borrowers. This financial literacy program engages children in money-smart activities and takes them down the road to financial fitness. Captain Cash set sails this February and March with Hayden, Sand Creek, CC-NV and NVE third grade students.



Each student will participate in four class sessions with take home parent newsletters given at the end of each lesson. Newsletters contain suggested at-home games and activities that focus on earning, saving, planned spending, and wise borrowing of money. Each session introduces money-related vocabulary words and teaches money concepts that are based on Indiana Academic Standards for Math and Social Studies.

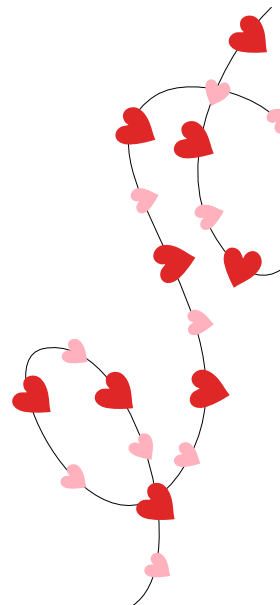
ServSafe Food Manager



Monday, March 17, 2025
Purdue Extension Office
Registration 8:15 AM
Training begins at 8:30 AM
Exam immediately following
Register by March 10th at:
<https://cvent.me/3VWVVK>

2025 Training & Exam Dates

Monday, March 17, 2025
Tuesday, May 6, 2025
Monday, July 14, 2025
Monday, September 15, 2025
Monday, November 17, 2025





FAMILY DINNER TASKS BY AGE

Get everyone pitching in with one or more of these age-appropriate tasks!



AGES
2-5



- Fold and carry napkins and other lightweight items
- Set out unbreakable dishware and utensils
- Wash fruits and vegetables
- Scoop and stir ingredients
- Learn to pour liquids safely and wipe spills
- Help find items at the grocery store

AGES
6-12



- Set and clear the table independently
- Rinse dishes, load and unload the dishwasher
- Learn proper use of sharp or hot kitchen tools
- Wash, dry and put away sturdy dishes and glassware
- Add items to grocery list and follow a short grocery list
- Begin to cook scrambled eggs, rice and pancakes

AGES
13-18



- Learn to cook more difficult items like soups, casseroles and pasta dishes
- Help plan family meals and manage the grocery list
- Wash pots, pans and more delicate items
- Get dinner started without adult supervision
- Learn food safety such as how to manage raw meats
- Plan, budget and execute a short grocery shopping trip



DINNER TONIGHT: BUDGET FRIENDLY

Vegetable Tortilla Soup



FUN

One person closes their eyes. The others at the table challenge them to remember details in the room.



CONVERSATION

What did you do today, or this week, that you're proud of?



Vegetable Tortilla Soup

Recipe courtesy of Zen Slow Cooking



Ingredients Serves 6

- 1 tablespoon olive oil
- 1 cup (1 small) onion, diced
- 1 cup (1 small) red bell pepper, diced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 2 (15 oz) cans black beans, drained and rinsed
- 1 (15oz) can sweet corn
- 14 oz can diced tomatoes
- 2 tablespoons tomato paste
- 1 chipotle chili in adobo, chopped (optional)
- 4 cups (32 fl oz) vegetable broth (plus 1 cup water for pressure cooking)

Instructions

Dutch Oven (Stovetop):

- Heat oil in the Dutch Oven on medium; soften onion & pepper for 2 minutes.
- Add Southwest Fiesta blend, black beans, sweetcorn, tomatoes, tomato paste, chipotle chili, vegetable broth & water.
- Stir, cover and bubble gently on low-medium heat for 20 minutes.
- Crush a handful of tortilla chips into each bowl; pour in the soup & top with optional extras.
- Optional toppings, for serving: tortilla chips, feta cheese crumbles, hot sauce, sour cream, avocado, diced onion, lime juice

Community Wellness Coordinator



Hi all!

How have you all handled the snow? This month – I want to remind everyone that we have more daylight to enjoy again. I encourage you to get out and use a bit of that sunlight to go for a walk or play with your kids/grandkids outside. There are so many benefits to being outside, even when it's cold! We've been busy with Purdue Extension office this month, here's a quick rundown of the NEP highlights:

1. The Jennings County Food Security Coalition is showing the new documentary Food, Insecure. Join the Coalition on February 20th at 6pm to see a new 30-minute documentary about food insecurity in Indiana. The showing will be at the Park Theater and we invite you to join us!

2. The Active Transportation Committee is meeting! The Active Transportation Committee meets to work on aspects on the Active Transportation Plan adopted in 2023. The next meeting is Wednesday, February 19th at 2pm at the Jennings County Economic Development Commission, contact me if you'd like to know more.

3. The Jennings County Food Security Coalition can double your money! Thanks to the Lilly Endowment the Coalition is matching every dollar donated in 2025 (up to \$30,000) to build an endowment at the Jennings County Community Foundation. This endowment will allow the Coalition to continue hosting community events and workshops, bimonthly meetings, and support a shared fund that gives back every year to local organizations fighting hunger!

4. February's Walk with a Doc will be held on Friday, February 14th at 4pm. Come join Dr. Jen Stanley and Dr. Dashrath Gautam to hear about the health topic of the month and enjoy a walk with others.

If you're interested by this work, please contact our office or email me at jeffwalker@purdue.edu. Many groups in our community are working on these efforts and I'd be happy to connect you to one!

Healthfully yours, Jeff Walker



Nutrition Education Programs

February
2025

Nutrition Education Program Advisor

Hi everyone!

This month I am focused on helping new mothers learn how to best care for themselves and their children. I have partnered with **Missy's Hope Maternity Home**, here in Jennings County, to make this happen. We will be educating mothers on how to get their picky eaters to try new foods, the importance of breastfeeding, best practices for breakfast and lunch, meal planning and prepping, and how to incorporate fruits and vegetables in your daily diet.

If you are a new parent looking for information on healthy habits for young children, send me an email! I would love to bring this curriculum to you and your family. I can help you learn about any of these topics and many more!

Did you know the **Senior Resources Center** and I are teaming up this spring? I will be teaching lessons there on how to **Eat Smart and Live Strong!** Make sure you're following our Facebook page so you don't miss the announcement of when the lessons will start.

Asparagus will soon be in season, so start collecting recipes to use now. The **Spring Fling Chowder** from eatgathergo.org is a great meal using seasonal ingredients and is a good source of protein. You can find the recipe here: <https://eatgathergo.org/recipe/spring-fling-chowder/>

If you or your family would like to learn more about maintaining a healthy diet, send me an email (egeorgi@purdue.edu) or call the office at (812) 352-3033.



Purdue Extension Nutrition Education Program

@PurdueNEP

