

## Cooking Classes at the Fair!!

Come Meet Carmen Fortney at the Jasper County Fair ...She will be offering multiple classes for Everyone!!! Be sure to sign up early as classes are filling up!



### Extension Classes at the Fair

This year, I will be offering a number of classes in the community building during fair. Please pre-register for these classes [here](#). You can also call the office to register at 219-866-5741. All payments can be made to me at the fairgrounds (during fair week) or at the extension office. Please make checks payable to Purdue University. The following classes will be offered:

#### ***Cooking with an Air Fryer***

Learn how to use an air fryer and about some dishes that can be cooked in them. We will be cooking a blooming onion for participants to try during the class. The cost of this class is \$10. Please register by July 23 so that I can ensure I have enough supplies for the class.

#### ***Cooking Under Pressure***

If your electric pressure cooker is still sitting in the box or if you are considering buying one, then this class is for you! Join us Tuesday afternoon at 1:30 in the Community building to learn all about electric pressure cookers. We will be making Three-cheese Mac n Cheese with bacon crumble. The cost of this class is \$10. Please register by July 24<sup>th</sup> so that I can ensure that I have enough supplies for the class.

#### ***Train Your Brain***

In Train Your Brain, we will be discussing some of the different types of dementia and their signs. We will also learn so activities you can do to delay or prevent to onset of dementia. This class will be offered on Tuesday the 26<sup>th</sup> at 5pm and Wednesday the 27<sup>th</sup> at 11am in the Community building. The cost of this class is \$5.00. Refreshments will be served.

#### ***I Am Moving I Am Learning***

Join this family fun class with your children ages 3 to 8 as we engage in a fun activity that promotes family fun and cohesiveness. This class is \$5 per family (3person max; \$2.00 each additional person) and will include a project that you can take home. 5pm in the Community building. Refreshments will be served. Please register by July 26<sup>th</sup> so that I can ensure I have enough supplies.

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## Jasper County Fair Cake Auction

This year's cake and pie auction will occur in the community building on Saturday July, 23<sup>rd</sup> at 6:15 pm in the Community building. Come out and bid on the many award-winning pies and cakes and enjoy opening night of the fair!



## For Home Based Vendors

Indiana recently passed House Bill 1149 to require that Home Based Vendor hold a food handler's certification. If you need to obtain this certification, you can call the extension office to request a class at 219-866-5741. This class is also available online at [servsafe.com](http://servsafe.com). The cost of the class is \$40 and will take approximately 4 hours to complete. Please feel free to reach out if you have any questions. My email address is [cfortney@purdue.edu](mailto:cfortney@purdue.edu).

## June is Men's Health Month

While the month of June is nearly over, it is not too late to go get your physicals men! June is Men's Health Month! Did you know that statistically, men just don't go to the doctor until something is wrong and/or it is too late? Women are 33 percent more likely to go to the doctor and 100 percent more likely to keep up with screening and preventative care than men.

An interesting fact is that only about 7% of men are more likely to talk about their health. Most would rather talk about current events, work, or sports. Taking the time to just visit the doctor once or twice a year can prove beneficial and add more healthy years to your life. Call your doctor and make an appointment today!

The infographic shares some information about men's health month and why it is important. For more information, you can listen to a podcast a colleague and I recorded [here: https://www.qsource.org/mens-health-month-podcast/](https://www.qsource.org/mens-health-month-podcast/).



## Staying Food Safe and Hydrated this Summer

Summer just started and already it's been HOT! Follow food safety practices and drink plenty of water to stay healthy this summer! On hot days, drink more water than you normally would to replace the water you lose from the heat.

## Staying Food Safe During Picnics and Barbecues



### Barbecues

- Marinate foods in the refrigerator
- Keeping foods in the refrigerator will keep them out of the "danger zone" while waiting.
- Always pour marinade into a container before injecting meat or if you plan to use some as a sauce.
- Cook food thoroughly and use a meat thermometer to check doneness
- Keep ready food hot
- Place partially cooked food on the grill immediately

### Tips for Both

- Carry a jug of water and soap or moist towelettes to wash your hands
- Keep cold foods under 40 degrees and hot foods above 140 degrees
- Do not keep food out for more than 2 hours or 1 hour if it is 90 degrees or higher

### Picnics

- Coolers are your friend
  - Keep cold food at 40 degrees or colder by using ice or frozen gel packs in the cooler
- Try keeping beverages in one cooler and food in another
  - This will help limit the number of times the cooler is opened, exposing food to warm temperatures.
- Keep raw meats securely wrapped
  - Keeping raw meat poultry and seafood tightly wrapped keeps ready to eat foods from being contaminated
- Wash and dry produce before packing in the cooler
  - Packaged produce labeled ready to eat, washed or tripled washed do not need to be cleaned before consuming.



**June is Men's Health Month**

**Preventative Health Screenings**

- Blood Pressure, Urine Tests, Blood Tests, Mental Health Screening, Standard Physical
- These are done routinely at a doctor's visit and can tell your doctor a lot about your health. Abnormalities in these test can help your doctor determine if medication, lifestyle changes, and/or more detailed tests are needed.

**Cancer Screenings**

- Prostate Cancer screenings should start begin at age 50 for average risk males and 45 for high risk men, African-Americans, and men with a family history
- Lung cancer screening should be done for men starting at age 50 if they smoked 20 packs per year
- Colon cancer screenings should begin at age 45

**Top Preventable Deaths for Men**

- Heart Disease
- Stroke
- Some Cancers
- COPD
- Kidney Disease
- Diabetes



**PURDUE EXTENSION**

