



Purdue Extension
Pike County

812-354-6838

<http://extension.purdue.edu/Pike>

Courthouse
801 E Main Street
Petersburg, IN 47567

Brooke Goble

County Extension Director,
4-H Youth Development and
Health & Human Science Educator
email: bgoble5@purdue.edu

Mandy Hannah

4-H Youth Development and
Agriculture & Natural Resources
Educator
Email: achannah@purdue.edu

Erin Meyer

Community Wellness Coordinator
Email: meyer258@purdue.edu

Hannah Fougnyes

Nutrition Education Program
email: hfougnyie@purdue.edu

Lisa Clark

Office Manager
email: clark428@purdue.edu

March/April 2023 **NEWSLETTER**

4-H Enrollment

4HOnline (v2.4honline.com) is open to enroll/re-enroll youth and volunteers for the 2022-2023 program year!

Please contact the Extension Office if we can help in any way!

***All 4-Her's MUST BE ENROLLED
in all projects before May 15.***



Pike County 4-H Spring Break Day Camp

Looking for a great way to spend a couple days of Spring Break? Join in on our Spring Break Day Camp March 20th and 21st from 1:00pm- 4:30pm. This is open to all youth in grades 3-12! We have two fun-filled days jam-packed with lots of activities!

Spring Break Camp is free to all Pike County 4-H youth and \$10 for any non 4-H members.

Call the Extension Office before March 13th to get registered!

4-H Council Meetings

The Pike County 4-H Council meets on the first Monday each month at 6:30pm. Upcoming meetings: April 3, May 1, and June 5.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



Fair Season

Daviess County 4-H Fair: July 10-21, 2023

Dubois County 4-H Fair: July 17-21, 2023

Gibson County 4-H Fair: July 9-15, 2023

Knox County 4-H Fair: July 14-21, 2023

Martin County 4-H Fair: July 7-11, 2023

Perry County 4-H Fair: July 7-10, 2023

Posey County 4-H Fair: July 17-22, 2023

Spencer County 4-H Fair: June 23-26, 2023

Vanderburgh County 4-H Fair: July 24-29, 2023

Warrick County 4-H Fair: July 17-22, 2023

Pike County 4-H Fair: July 23-29, 2023

Indiana State Fair: July 28-Aug 20, 2023

2023 4-H Scoop

The 2023 4-H Scoop is finished and ready for you to pick up! You can stop by the office Monday-Friday from 8am-4pm.

Please check out the Scoop carefully!

There were many county and state fair projects that were updated this year! As you start working on your projects, make sure you check the guidelines.

If you have any questions, call the office at 812-354-6838.

National Volunteer Week

April 16-22 is National Volunteer Week!

It's time to celebrate our volunteers and all that they do. Nationally we rely on a network of over 500,000 volunteers to provide caring and supportive mentoring to our 4-H'ers, helping them learn life skills and grow into true leaders. **THANK YOU** for your service! We could not have 4-H without our volunteers! Keep an eye on our Facebook pages for some special highlights that week!



The next Jr. Leader meetings will be on March 14th and April 11th

at 5pm-7pm at the Pike County 4-H Exhibit Building.

This is open to all 7th-12th graders interested in being a leader, getting involved in the community, and helping grow our 4-H Program!

Contact Brooke Goble at 812-354-6838 or bgoble5@purdue.edu with any questions.



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

Purdue Extension Pike County
Pike County Indiana 4-H



FREE



Chef University 4-H SPARK Club

Pike County 4-H is offering a 3-day cooking class where participants will help prepare healthy recipes and learn cooking techniques.

Grades 3-5

You do not have to be a 4-H member to enroll.



Meeting dates:
April 10th, 17th,
and 24th
Time: 4-6pm
Location: 4-H
Building

Class size is limited
to 10 Chefs!

Sign up by calling
Purdue Extension in
Pike County at
812-354-6838 or email
Brooke Goble @
bgoble5@purdue.edu

MAKE IT COOL. MAKE IT FUN!

**You can design
this year's 4-H
Fair t-shirt!**



**Designs need to include
the 4-H clover and
2023 PIKE COUNTY
4-H FAIR**

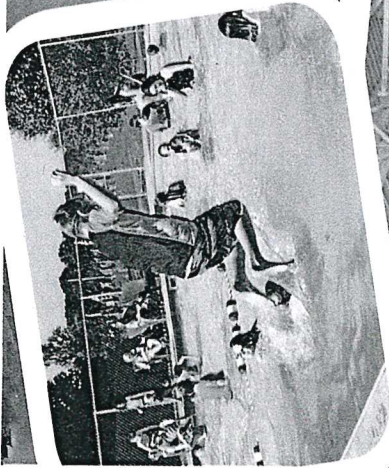
**THE REST IS
UP TO YOU !!!**



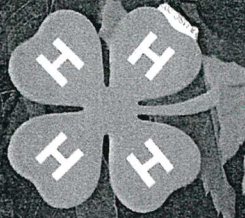
**You pick the color of
the shirt too!**



Designs are due March 27th, 2023.
Email the .pdf to bgoble5@purdue.edu.



**4-H
CAMP**



June 5-7, 2023

Historic Santa Claus Campground

4-H members in Grades 3-6

From Vanderburgh, Posey, Pike,
Gibson, Spencer & Knox Counties

Enroll in 4Honline now!
Applications are due no later than APRIL 15th.



Volunteers

All new first year 4-H Volunteers, please make sure to return your personal reference form to our office and remind your references to return their reference forms as soon as possible. You should have received a packet with this information. If you did not receive this packet, please let our office know so we can mail you a new one. You will not be considered an approved volunteer until we have received this information.

Any volunteers who have not completed the required training, need to go back into 4-H Online and complete the trainings as soon as possible. If you are unable to complete these trainings online, please contact our office to make other arrangements.

Upcoming Events

| Date | Event | Time EST | Location |
|----------------|---|------------|---------------------------------|
| March 14 | Jr. Leader Meeting | 5pm-7pm | 4-H Exhibit Building |
| March 16 | Wideawakers 4-H Club Meeting | 6pm | 4-H Exhibit Building |
| March 20-21 | Spring Break Camp | 1pm-4:30pm | 4-H Exhibit Building |
| March 27 | Indiana 4-H Quality Livestock Care Training | 6pm-7pm | 4-H Exhibit Building |
| March 28 | Homegrown 4-H Club Meeting | 5pm | 4-H Exhibit Building |
| April 3 | 4-H Council Meeting | 6:30pm | 4-H Exhibit Building |
| April 6 | Wideawakers 4-H Club Meeting | 6pm | 4-H Exhibit Building |
| April 8 | Indiana 4-H Quality Livestock Care Training | 9am-10am | 4-H Exhibit Building |
| April 24 | Indiana 4-H Quality Livestock Care Training | 6pm-7pm | 4-H Exhibit Building |
| April 25 | Homegrown 4-H Club Meeting | 5pm | 4-H Exhibit Building |
| April 27 | Wideawakers 4-H Club Meeting | 6pm | 4-H Exhibit Building |
| May 1 | 4-H Council Meeting | 6:30pm | 4-H Exhibit Building |
| May 15 | Enrollment, Livestock ID, Indiana 4-H Livestock Quality of Care completed DEADLINE to participate in 2023 4-H Fair!! | | |
| May 18 | Indiana 4-H Quality Livestock Care Training | 6pm-7pm | 4-H Exhibit Building |
| June 5- June 7 | 4-H Camp with Gibson, Knox, Posey, Spencer & Vanderburgh Counties | | Santa Claus Historic Campground |

Pike County

PERFORMING ARTS & VERBAL COMMUNICATIONS

*Friday,
May 4th*

Contest

Register via 4HOnline
by April 28th

Performance at 6:00 P.M.
Pike County 4-H
Exhibit Building

Verbal Comm. Acts:

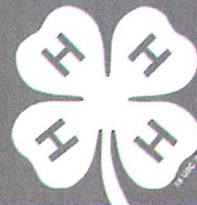
- Demonstration
- Informative 4-H
- Persuasive
- Public Speaking

Performing Arts Acts:

- Musical
- Non-Musical
- Group



Extension - Pike County



State 4-H Trips

**June 7-9,
2023**

4-H Academy @ Purdue

4-H Academy @ Purdue is a program held at Purdue University specifically designed to offer hands-on, exciting opportunities to learn about a diverse selection of subjects & careers. During this conference participants will meet and learn from professors, graduate students and other experts in their respective fields and participate in interactive activities and experiential learning. Participants stay in a Purdue University Residence Hall for two nights while exploring the Purdue University campus and meeting 4-H members from across Indiana. 4-H Academy @ Purdue is open to all youth grades 9-12. Registration open March 15!

4-H Round-Up

4-H Round-Up is an exciting opportunity offered to youth who have completed grades 7-9. Attendees have an opportunity to explore a variety of careers by attending classes created just for Round-Up attendees at Purdue University. Participants will get a taste of college life and will live in a Purdue Residence Hall for two nights. Youth have an opportunity to meet others from across the state and further develop their leadership skills. Recreation events are planned in the evenings and blocks of free time allow attendees the opportunity to build friendships on their own. 2023 4-H Round-Up registration deadline is June 1.

**June 26-
28, 2023**

**June 13-16
2023**

State Jr. Leader Conference

The 2023 State 4-H Junior Leader Conference will be held June 13-16 at DePauw University. The Conference theme is "Leadership Under Construction- Building Better Leaders". This conference is open to all youth in grades 9-12. Youth will learn new leadership skills for themselves and others, meet new friends from around Indiana, and having fun! This conference is planned by a 14-member Jr. Leader Council. Registration is due by May 15.

**Registration can be completed via 4-H Online
Reach out to Brooke (bgoble5@purdue.edu) if you have any
questions about these trip opportunities or cost.**

More information:: <https://extension.purdue.edu/4-H/get-involved/state-programs/index.html>



Indiana 4-H Quality Livestock Care Training

Welcome to another exciting year of Pike County 4-H Livestock Exhibition! We are looking forward to another successful year, but with that comes new changes to our programming. This year youth will be presented with updated materials entitled: "Indiana 4-H Quality Livestock Care." This interactive presentation will be approximately one-hour in length and is required, in-person training for all Pike County 4-H Youth Livestock Exhibitors exhibiting beef, dairy, swine, sheep, goats, poultry and rabbit projects. In order to receive credit, exhibitors must stay for the entirety of the training.

There is **no cost** for the "Indiana 4-H Quality Livestock Care Training", as this is proudly sponsored by the Pike County 4-H Livestock Committee. All sessions will be held at the Pike County 4-H Exhibit Building in Hornady Park. The trainings offered in-person will be the **only** trainings in which the registration fee will be free; these new materials **replace YQCA**. Registration for the in-person trainings is **strongly encouraged**. Please register for the training by visiting: 4-H Online at v2.4honline.com.



The following dates have been set for your convenience:

Monday: March 27, 2023 6:00-7:00 P.M.

Saturday: April 8, 2023 9:00-10:00 A.M.

Monday: April 24, 2023 6:00-7:00 P.M.

Thursday: May 18, 2023 6:00-7:00 P.M.

How to Register?

1. **Login** to your 4-H Online Account
2. On left of the screen there will be the **Events Tab**

Register for the preferred Day/Time of the *Pike County Indiana 4-H Quality Livestock Care Training*

May 18th is the last in person training provided by the Pike County Extension Office. Livestock exhibitors will then be required to complete the YQCA Training and **show** proof of completion by **June 1, 2023**. Families are personally responsible for the **\$12 YQCA fee per livestock exhibitor**. You may find the YQCA information at the following website: <https://yqcaprogram.org> Should none of the in-person trainings work for the livestock exhibitor's schedule, YQCA online training is the only option at the \$12 individual fee.

Please contact the Pike County Extension Office with further questions: (812) 354-6838.

INDIANA 4-H QUALITY LIVESTOCK CARE TRAINING

AVAILABLE DATES:

- ✓ Monday: March 27
6:00-7:00 P.M.
- ✓ Saturday: April 8
9:00-10:00 A.M.
- ✓ Monday: April 24
6:00-7:00 P.M.
- ✓ Thursday: May 18
6:00-7:00 P.M.

Location: 4-H Building (Hornady Park)

Proudly sponsored by the
Pike County Livestock Association

There is NO cost for in person training for any Pike County 4-H Livestock Exhibitors. This training is required for any 4-H youth exhibiting: beef, dairy, swine, sheep, goats, poultry & rabbit projects.

Please sign up on 4-H Online prior to the day of the training.

4-Her's may also meet requirements by doing training @ yqcaprogram.org (\$12 per member)

QUESTIONS? CALL US:
812-354-6838

Extension - Pike County



PURDUE
UNIVERSITY

Purdue University is an equal opportunity/equal access/affirmative action institution



If you see a Spotted Lanternfly in Pike County, please notify Ag and Natural Resources Educator, Mandy Hannah, at Pike County Purdue Extension immediately: 812-354-6838. You can take a picture of the specimen or capture it if possible. Please note your location.

Spotted Lanternfly

August 9, 2022 - Included in Issue: 22-12

By: Cliff Sadof

Spotted lanternfly (SLF) (*Lycorma delicatula*) was found in late July in Huntington, Indiana. This federally regulated invasive species is a serious new pest that harms plants by slowing their growth and reducing fruit production, especially in vineyards and orchards. Finding this pest this far north of last year's find along the Ohio River in Vevay, IN makes it possible for SLF to be anywhere in Indiana. Knowing where this pest is located can inform regulatory actions taken to slow its spread and reduce the harm it can cause.

Right now, the Indiana DNR is asking for all citizens to search for and report spotted lanternfly. The bright color of late stage immatures and adults are easily recognized at this time of the year. Anyone who spots signs of the spotted lanternfly should contact the Indiana Division of Entomology and Plant Pathology (DEPP) by calling 866-NO EXOTIC (866-663-9684) or send an email (with a photo of the insect if possible) to DEPP@dnr.IN.gov. For more information about this or other invasive pests see the following link <https://www.in.gov/dnr/entomology/pests-of-concern/spotted-lanternfly/>

Status of the known Indiana Infestation.

After a Huntington resident reported "mutant ladybugs" feeding on trees of heaven on their property to a Huntington Neighbors Helping Neighbors" Facebook page, the message was forwarded to DNR's Division of Entomology & Plant Pathology (DEPP). A business owner also reported an finding an immature SLF to the DNR hotline. DEPP staff surveyed the site and discovered multiple life stages of the insect present in trees and on structures near the railroad tracks. DEPP and USDA are investigating to determine exactly how large the infestation is and where it could have come from, as well as how to limit the spread and eradicate the population.

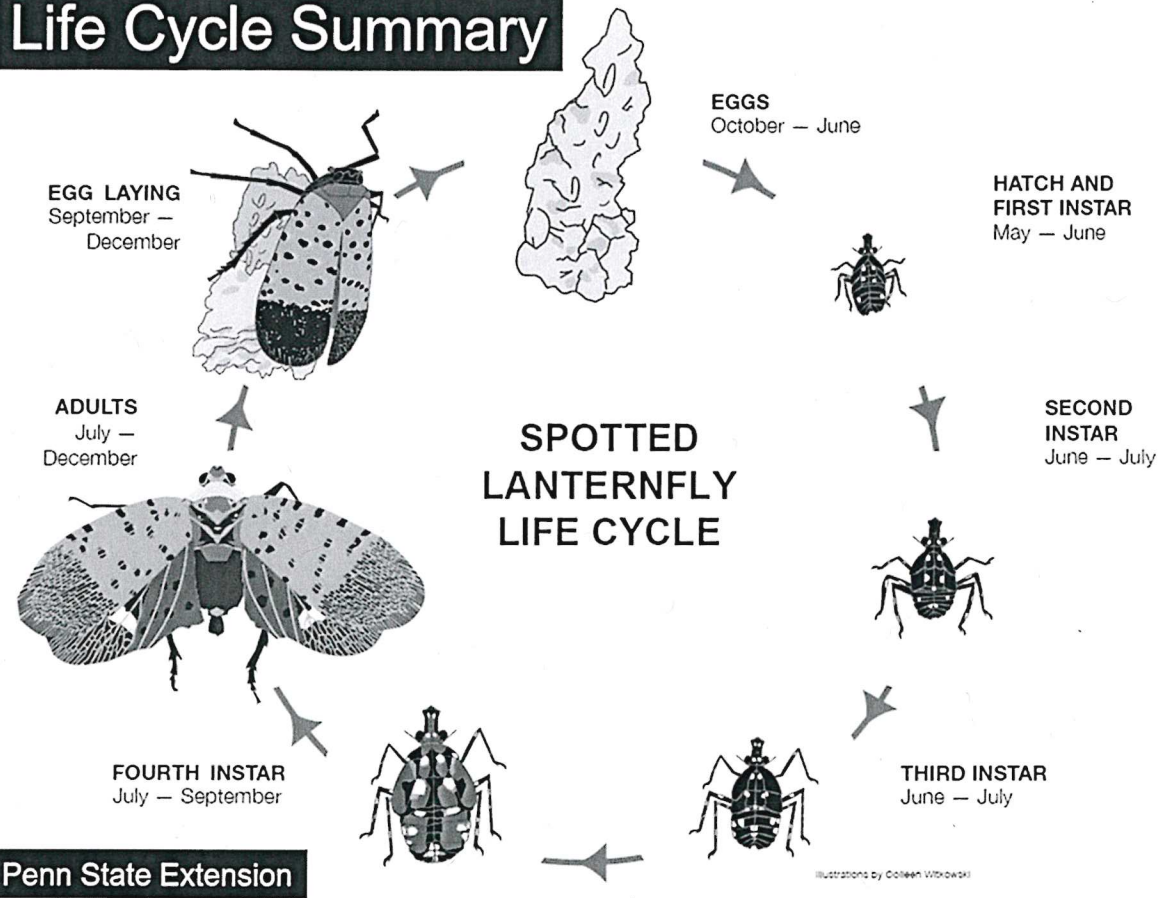
What is Spotted Lanternfly?

Spotted lanternfly is a planthopper that originated in Asia. It was first discovered in the United States in Pennsylvania in 2014. Its ability to lay eggs and hide difficult to find places on structures and vehicles makes it easy to spread unknowingly by people. Both Indiana infestations are likely to have originated from this type of accidental spread.

Adult spotted lanternfly has two sets of wings, and the underwing has a very distinct red color with spots on the outer wings. The fourth instar of the insect is bright red with black and white markings. The egg masses of this invasive insect look like mud and they can be spread by vehicle transport including recreational vehicles, cargo carriers (truck transport) and freight trains. They can also be spread through trade materials sold in infested areas that are shipped out of state including nursery stock, outdoor furniture, lumber, etc. Anyone receiving goods from the east coast should inspect for signs of the insect, especially if the commodity is to be kept outdoors.

Spotted lanternfly prefers to feed on tree of heaven (*Ailanthus altissima*), but it has been found on more than 100 species of plants including walnut, oak, maple, and various fruit trees. This insect is often found on grapevines in vineyards. Adult insects can greatly weaken plants when feeding on them with their piercing, sucking mouthparts. Plants weakened by SLF may be unable to survive the winter months. Heavily infested trees can become coated with the sticky liquid excrement of SLF called "honeydew" that will attract stinging insects. Over time, the honeydew becomes infested with a black unsightly sooty mold that slows plant growth and makes a mess of cars and picnic areas.

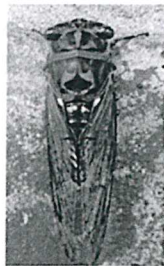
Life Cycle Summary



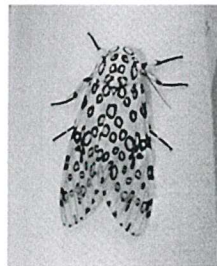
Spotted Lanternfly and Its Look-A-Likes



Spotted Lanternfly
Image by Emelie Swackhamer, Penn State



Annual Cicada
Image by Matt Tillet, flickr



Leopard Moth
Image by Andy Reago & Chrissy McClarren, flickr



Milkweed Bug
Image by Judy Gallagher



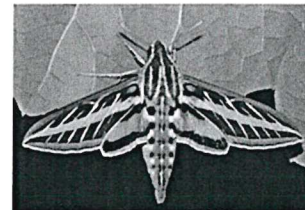
Spotted Lanternfly
Image by Caitlyn Johnstone, Chesapeake Bay Program



Tiger Moth
Image by Tom Murray



Ailanthus Webworm
Image by Thomas Shahan



White-lined Sphinx Moth
Image by Andy Reago & Chrissy McClarren

PARP—Changes for 2023

There are significant changes coming for Private Pesticide Applicators in 2023, with the possibility of associated fines being greatly increased. Most pressing, is the fact that ALL operators and all those who come in contact with Restricted Use Pesticides MUST have their individual license.

I will continue to get out information of area events that offer PARP credits. If you need information please contact Mandy Hannah (ANR Educator) at Purdue Extension, Pike County Office: 812-354-6838.

03/14/2023 - SPENCER-PERRY CROP DAY
6:00 pm CDT - 8:45 pm CDT St. Meinrad Community Center

03/24/2023 - DUBOIS GETTING TO THE ROOT OF COVER CROPS
9:00 am EDT - 11:30 am EDT Jack Welp Farm and Greenhouse



Office of
INDIANA STATE CHEMIST AND SEED COMMISSIONER
Protecting Indiana's Agriculture and Environment - Feed, Fertilizer, Hemp, Pesticide and Seed

Purdue University • 175 South University Street
West Lafayette, IN 47907-2063
Telephone (765) 494-1492 • Facsimile (765) 494-4331
www.oisc.purdue.edu

Mark LeBlanc, Ph.D.
State Chemist &
Seed Commissioner

Updated February 10, 2023

2023 RULE REVISION

FREQUENTLY ASKED QUESTIONS

The following questions have been asked of OISC, regarding interpretation and implementation of the pesticide applicator certification and training rules that became effective January 4, 2023. As new questions are posed to OISC, this FAQ document will be updated accordingly and posted at <https://oisc.purdue.edu/pesticide/index.html>.

- 1. I am a farmer. Under the new rules, do I need to pass both the core exam (general standards) and the category 1 (agricultural pest management) exam to apply Restricted Use Pesticides (RUPs) on my own farm or on farmland that I rent and spray for myself?**

No, you are not required to pass both the core and category 1 exams, just the core exam. The requirements for certification as a private applicator (farmer) have not been changed. However, under the revised rules, only certified applicators will be allowed to use RUPs. Supervision of noncertified applicators is no longer permitted. Any farm employee that applies RUP's must hold a private applicator credential. The process for becoming a private applicator is posted at https://oisc.purdue.edu/pesticide/how_do_i_pa.html.

2. As a farmer, am I now required to be certified to apply General Use Pesticides (GUPs)?

No, the certification requirement applies only to those farmers using RUPs.

3. I understand that individuals that apply RUPs must now be fully certified and credentialed as a private applicator (farmer) or a commercial applicator. But are individuals that mix, load, handle, clean spray equipment, and rinse containers for disposal of RUPs required to be fully certified?

Yes, anyone who is responsible for any part of the use and application process, which includes mixing, loading, application, cleaning RUP application equipment, or rinsing pesticide containers prior to disposal must be a certified and licensed private applicator or a commercial applicator. There are no longer provisions for supervision of registered technicians (RTs) or noncertified individuals using RUPs.

4. Are truck drivers that transport unopened RUP or GUP pesticide containers or pre-mixed “hot loads” in closed systems required to be certified applicators?

Truck drivers are not required to be certified and licensed if they are involved in nothing more than transportation of unopened RUP or GUP containers or transportation of “hot loads” that were mixed by a certified and licensed applicator. In all cases, a fully certified commercial applicator or private applicator must be present to open and mix the product(s) or load the “hot load” into the spray rig.

5. If an employee or helper is assisting an on-site certified applicator with RUP or GUP mixing or loading, but is not directing the process or is not making any decisions about what or how to mix the products, is that helper required to be certified?

Separate from certification and licensing, all agricultural pesticide workers and handlers are required to be trained annually under the EPA Worker Protection Standard (WPS) rule <https://pesticideresources.org/wps/training/percvids/>. Individuals that are fully certified and licensed or credentialed as registered technicians (RTs) are exempt from this annual WPS worker/handler training requirement. Helpers that are WPS trained and assisting on-site certified applicators with the mixing and loading process, by providing an extra set of hands to ease the task, will be determined to be following the rules. The objectives of the certification rule and WPS rule requirements is to ensure that pesticide applications can be made safely and effectively. Therefore, all related pesticide use decisions must be made and directed by on-site certified applicators, regardless of who may be lending a helping hand.

6. Does commercial General Use Pesticide (GUP) use still require a certified applicator?

Yes, certification and licensing requirements for commercial applicators that use GUPs (for hire, at schools, at golf courses, or for community-wide mosquito control) have remained relatively unchanged under the revised certification rules. Full certification (core + category) is still required for applicators or supervisors in each of these commercial GUP user groups.

7. Does supervision of noncertified individuals still exist for commercial GUP use?

Yes, supervision of noncertified commercial GUP users still exists. Supervision has been made more flexible under the new rules. Supervision of noncertified end users applying, handling, mixing, loading, or transporting GUPs commercially still requires that a fully certified supervisor provide direct voice or text communication, complete label copies, label-required equipment, and label-required PPE to the noncertified individual. Commercial for hire use of GUPs also requires that the noncertified individual be credentialed as a registered technician (RT) or that the fully certified supervisor be continuously on site with the noncertified employee during use.

8. Can registered technicians (RTs) supervise commercial GUP use?

No, as was the case under the old rules, RTs can not supervise other RTs or other noncertified individuals.

Spring Cleaning

Spring is in the air, which means it is time to start spring cleaning! Spring is the perfect time to deep clean your house or embark on an apartment-cleaning marathon. Work these chores into your cleaning schedule and get ready to face warmer days with a space that sparkles. Before you tackle the project, use our checklist to get organized, or make a cleaning checklist tailored to your home and needs.



- *Wash windows:* Be sure to pick a cloudy day to wash your windows. If it is too sunny, the cleaning solution will dry too fast, and you'll have streaks. Water and a microfiber cloth will typically clean windows more effectively than chemicals.
- *Overlooked Surfaces:* Spring cleaning is an opportunity to address those surfaces you overlook on a daily basis. Once a year, give your baseboards, door frames, and walls a good thorough cleaning.
- *Clean under furniture and appliances:* Before vacuuming the floors, move your sofa, chairs, roll up area rugs, and move kitchen appliances away from the wall and vacuum behind them.
- *Dust Light Fixtures:* Use a microfiber cloth to dust fixtures and bulbs you can reach. To clean grimy bulbs, lightly dampen a cloth with vinegar and wipe. Caution: Be sure bulbs are cool to the touch and your hand are dry. Tackle light fixtures before cleaning to rest of the room, so any falling dust doesn't disrupt already-clean surfaces. Don't forget to clean the ceiling fan blades.
- *Get Organized:* Pick up and eliminate clutter in each room before you start cleaning. If you're feeling overwhelmed by clutter, designate some organizing "power sessions" into your spring-cleaning schedule. As you declutter, equip yourself with a few boxes for sorting: one for garage sale items, another for items to donate, and a garbage bag for items to toss.

Try out these tips to jump start your spring cleaning!

New Year's Resolution Check-In: Are you on the right track?

So, how is your New Year's Resolution coming along? Are you still on the right track or like most people, have given up? Hopefully you set a clear goal with a plan and have visualized the victory. But it can also be the case that you've realized your goal was way too ambitious, vague, or lacked a clear plan. If this is you, don't give up! Just because you failed to set up the perfect goal and plan of attack doesn't mean you should give up on your goal completely. In fact, as the months go on, it's a great opportunity to revise it, tweak it and make it perfect for you.

3 ways to know if you need to revise your New Year's Resolution

You overestimated what is actually doable for you: Perhaps your New Year's Resolution was to go to the gym 4x per week, but it's proving to be super difficult with work, the kids, etc. After really putting forth your best effort, it's okay to rethink and make adjustments. Maybe 4x a week per week is way too much and 3x is much more realistic. Be real with yourself!

Your goal was way too broad and you got frustrated when it didn't turn out the way you planned: If you expect perfections, you'll always fail. Don't beat yourself- we are all human! If you really want to be sure you're hitting the nail on the head- make some adjustments that make success inevitable for you.

You almost gave up on your New Year's Resolution completely: No, don't! Little things can get in the way of use reaching our goals as we've envisioned them... and that's okay. However, we definitely have to be honest with ourselves and our efforts: Am I really trying hard enough? Am I being lazy and expecting my resolution to resolve itself? Can I readjust my calendar or plan better to make this work? Am I making excuses?

Be open to changes and really fight to make this 2023 resolution work! It's a commitment to something for an entire year (and hopefully beyond), so it's guaranteed to be dynamic. Get excited about it, you're learning!

LIVING WELL

calendar

31 Ways to Live Well during Living Well Month



MARCH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



PURDUE UNIVERSITY

Extension - Health and Human Sciences

www.purdue.edu/hhs/extension/

5

Try a new vegetable today or try a familiar vegetable in a new way

12

Be aware of your feelings. Express them to people you trust

19

Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

26

Get outside and soak up some vitamin D. Find a park or trail and take a walk

6

Take 5 minutes to do some flexibility exercises

13

Reach out to someone you care about. Make a date to get together.

20

Declutter, donate, and recycle things you don't need or use anymore

27

Make a budget for April. If needed, talk to a financial advisor to get started

7

Swap one sugar sweetened drink for water

14

Be well at work—Set goals for your career and start taking steps to achieve them

21

Find an opportunity to appreciate nature today

28

Have a plant-based meal today

1

Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

8

Give 3 compliments today

15

Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

22

Nurture your spiritual wellness. Ask yourself what values are most important to you

29

Schedule any doctors visits, exams, or check ups that you have been putting off

2

Practice being still for 5 minutes today (Try out some breathing exercises)

9

Write down 5 blessings or things you are grateful for

16

Explore public events in your community and discover ways to get involved

23

Do 10 pushups (or modified pushups) and 10 sit-ups today

30

Bring a homemade lunch to work today rather than buying fast food

3

Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

10

Do 10 body-weight squats and 10 jumping jacks

17

Find a book to read, and read 1 chapter today

24

Take a mental health break at work and go for a walk outside or in the hallways

31

Have dinner with your family, friend, or neighbor with no smart devices.

4

Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

11

Do some research to learn about a culture that is different than yours

18

Forgive someone who has wronged you

25

Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk

