

December 2023—January 2024



Extension - Spencer County

## Our Mission

We deliver practical, research-based information that enhances lives and livelihoods.

## Our Vision

We will be a leader in providing relevant, high-impact educational programs that transform the lives and livelihoods of individuals and communities in Indiana and the world.

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# INDIANA 4-H NEEDS YOU TO BE A



BROADBAND  
INFLUENCER

## What is an Indiana 4-H Broadband Influencer?

1

Checks your internet speed

[pcrd.purdue.edu/speedtest](http://pcrd.purdue.edu/speedtest)



2

Validates it on the FCC website

[broadbandmap.fcc.gov](http://broadbandmap.fcc.gov)

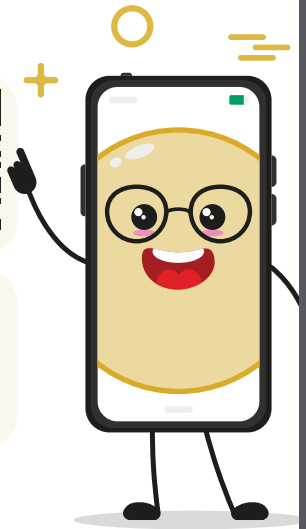


3

Share what they've done with others

4

Reports work in the Broadband Influencers event in 4-H Online



Once you have completed all 4, you will receive your Broadband Influencer Pin and be eligible to win an iPad\*!

## Why should I be an Indiana 4-H Broadband Influencer?

There are a lot of different ways to connect to the internet. Some of them are *very* fast, and some of them are *very* slow. We would like everyone in the state of Indiana to be able to use the internet at fast speeds. While it might help you play games and watch videos more easily, it also can help people who are looking for jobs or trying to communicate, do business, or do schoolwork.

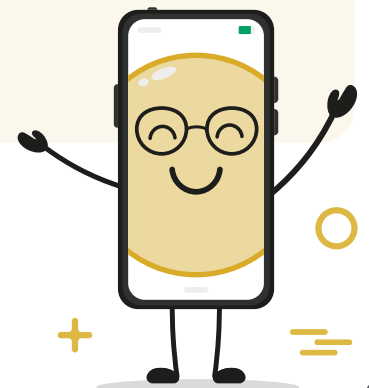
The FCC, or Federal Communication Commission, can't help everyone get fast internet unless they know all the places the internet is installed and how fast it is in each location.

## I have more questions!



For more information contact your county extension 4-H educator OR email:

[state4hleader@purdue.edu](mailto:state4hleader@purdue.edu)



Extension - 4-H Youth  
Development



\*Indiana 4-H Broadband Influencers will be asked to write a short essay about their experience. The Broadband Influencer Program is a Purdue Broadband Team initiative.

# WHAT IS BROADBAND?

**Broadband** is defined by the Federal Communications Commission (FCC), a government entity that regulates telecommunications, as an internet connection that is always on and faster than dial-up.

## DO I HAVE BROADBAND?

While the definition is a bit vague, it really means that if internet service available at your address (home business, organization, etc.) is slower than 25 megabits per second or Mbps download and 3 Mbps upload (Mbps refers to the amount of data that can be handled by your internet connection), 25/3 for short, then you are considered unserved. If you do have 25/3 Mbps service but not 100/20 Mbps available, then you are considered underserved. If either of these is the case, your address could be eligible for funds to provide service of at least 100/20 Mbps. In case you were wondering, “gig” service refers to speeds of 1,000 Mbps.

The FCC unveiled a new map and needs your help to make sure your address and internet service offered are accurate. Read more on how to review your address by reading this blog post: [3 Steps to Bring Better Broadband to Indiana – Purdue Center for Regional Development](#)



## WHAT TYPES OF BROADBAND TECHNOLOGIES ARE THERE?

Broadband technologies vary resulting in different internet speeds and reliability measured in Mbps per technology, but the most common ones include:

### DIGITAL SUBSCRIBER LINE (DSL)

This one uses your copper phone line to provide an internet connection.



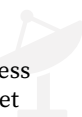
### CABLE

This one is usually offered by cable companies and rely on a combination of fiber-optic and coaxial cable.



### SATELLITE

This technology also requires an antenna at your address and line of sight with the satellite providing the internet connection. However, please note that this technology is not considered broadband by the upcoming federal funds. In other words, if your address has access to satellite service, you can still be considered unserved or underserved.



### FIXED WIRELESS

This technology requires an antenna and line of sight between your address and the tower providing the service.



### FIBER-OPTIC

This technology relies on very thin glass fibers, usually as thick as a human hair, to provide internet service.



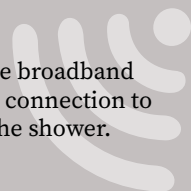
### FIXED VS. MOBILE BROADBAND

Upcoming broadband funds can only be used for what is called fixed broadband. This refers to the fact that the end-user (a home, business, etc.) is fixed or does not move. Mobile broadband refers to cellular data plans. All technologies described here are considered fixed broadband.



Cellular data provides internet service in a different way. These technologies include 3G, 4G, and/or 5G (do not confuse with 1 G(ig) service, see above). However, these are not considered fixed broadband and if available at your address, you are still eligible for broadband funds.

One last thing, your Wi-Fi relies on these broadband technologies. Consider your broadband connection to be your main water line while Wi-Fi is the shower.



# WHAT IS BROADBAND?

## WHY IS BROADBAND ACCESS DATA IMPORTANT?

The federal government, in partnership with states, is deploying broadband funds through the Broadband Equity, Adoption, and Deployment program also known as BEAD. Indiana is receiving close to \$870 million. A map compiled by the FCC will dictate where these funds go. So, we need to make sure Indiana's map is as accurate as possible. Continue reading below for more information.

## CONFLICTING BROADBAND INFORMATION

Part of the reason this map is being updated is because broadband data is very muddy. In the past, the FCC compiled data from providers that report where they offer service, with what technology, and their maximum advertised download and upload speeds. However, because this data is provider self-reported and not validated by consumers it can overestimate broadband availability. This time around, they are asking for your help to make sure the data reported by providers is accurate at the address level.

## SPEED TESTS

Another wrinkle to consider is that beyond internet service being available, is the issue of reliability and quality of service. One way to measure this is through speed tests. A speed test calculates your download and upload speeds (again, measured in Mbps). If your internet connection consistently delivers speed tests below what the provider says it is providing, there may be some quality issues. This in turn may make your address eligible for funds to build more high-quality internet service. You can see what service you subscribed to by checking out your internet bill.

To conduct a speed test on your existing service or to report an address with no service, please visit: [pcrd.purdue.edu/speedtest](http://pcrd.purdue.edu/speedtest)

And remember, speed tests are free so please complete as many as possible, as frequently as possible! The more data there is on your internet service, the better!

## ADOPTION AND AFFORDABILITY

In addition to having access to adequate internet, another issue is adoption. Many times, internet is available, but folks do not subscribe because they may not be able to afford it. Fortunately, there is a program in place called the Affordable Connectivity Program (ACP) that provides \$30 per month to eligible homes (\$75 in qualifying tribal lands and high-cost areas). Please visit [www.fcc.gov/acp](http://www.fcc.gov/acp) for more information and for instructions on how to enroll.

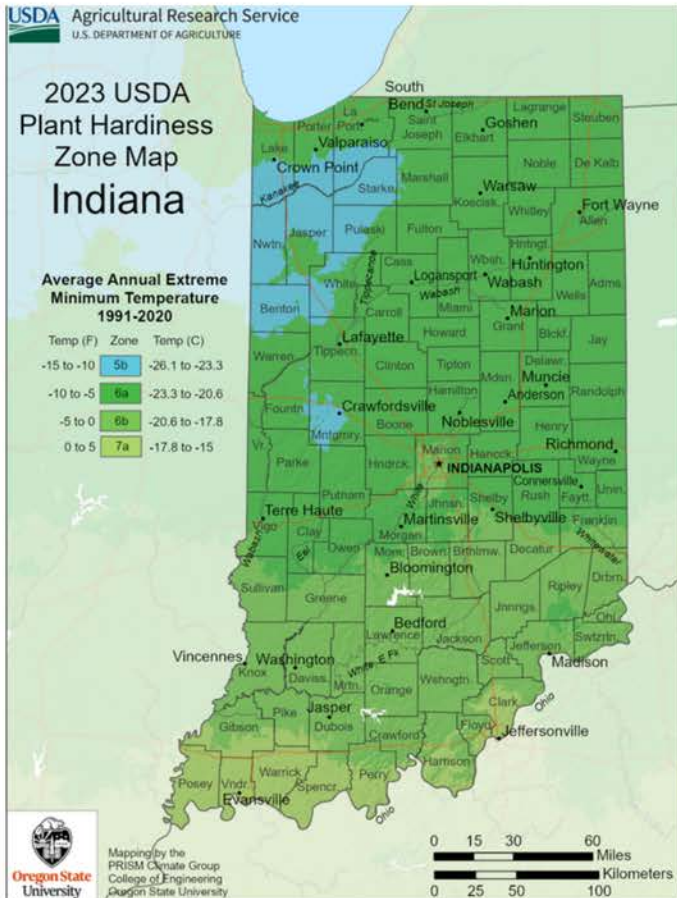


The Office of Engagement fosters reciprocal relationships with external partners to address societal challenges by leveraging University resources in teaching, research, and engagement. These resources include colleges and academic units, service learning, [Purdue Extension](#), and the [Purdue Center for Regional Development](#), to name a few.

# Ag Agenda

Agriculture & Horticulture Update for the Home and Farm

Nicholas Held, Extension Educator  
Agriculture & Natural Resources  
Community Development



In the updated USDA Hardiness Zone Map, most of Spencer County is now located in Zone 7a (USDA/Agricultural Research Service)

## USDA Unveils Updated Plant Hardiness Zone Map

The U.S. Department of Agriculture (USDA) today released a new version of its Plant Hardiness Zone Map (PHZM), updating this valuable tool for gardeners and researchers for the first time since 2012. USDA's Plant Hardiness Zone Map is the standard by which gardeners and growers can determine which plants are most likely to thrive at a location. The new map—jointly developed by USDA's Agricultural Research Service (ARS) and Oregon State University's (OSU) PRISM Climate Group—is more accurate and contains greater detail than prior versions.

It is available online at <https://planthardiness.ars.usda.gov/>. In addition to the map updates, the Plant Hardiness Zone Map website was expanded in 2023 to include a "Tips for Growers" section, which provides information about USDA ARS research programs of interest to gardeners and others who grow and breed plants. (continued on page 2)

## Newsletter Highlights

2024 DNR Tree Seeding Orders

Forest Management Course for Private Woodland Owners

Indiana Farmland Prices Continue to Rise in 2023

Purdue Beef Basics

AgCast Podcast

Upcoming Events





*(Hardiness Zone, continued)* The 2023 map is based on 30-year averages of the lowest annual winter temperatures at specific locations, is divided into 10-degree Fahrenheit zones and further divided into 5-degree Fahrenheit half-zones. Like the 2012 map, the 2023 web version offers a Geographic Information System (GIS)-based interactive format and is specifically designed to be user-friendly. Notably, the 2023 map delivers to users several new, significant features and advances. The 2023 map incorporates data from 13,412 weather stations compared to the 7,983 that were used for the 2012 map.

Furthermore, the new map's rendering for Alaska is now at a much more detailed resolution (down from a 6 ¼ -square-mile area of detail to a ¼ square mile). "These updates reflect our ongoing commitment to ensuring the Plant Hardiness Zone Map remains a premier source of information that gardeners, growers and researchers alike can use, whether they're located in the continental United States, Alaska, Hawaii or Puerto Rico," said ARS Administrator Dr. Simon Liu.

Approximately 80 million American gardeners and growers represent the most frequent users of the USDA Plant Hardiness Zone Map. However, they're not the only ones with a need for this hardiness information. For example, the USDA Risk Management Agency refers to the map's plant hardiness zone designations to set certain crop insurance standards. Additionally, scientists incorporate the plant hardiness zones as a data layer in many research models, such as those modeling the spread of exotic weeds and insects.

Plant hardiness zone designations represent what's known as the "average annual extreme minimum temperature" at a given location during a particular time period (30 years, in this instance). Put another way, the designations do not reflect the coldest it has ever been or ever will be at a specific location, but simply the average lowest winter temperature for the location over a specified time. Low temperature during the winter is a crucial factor in the survival of plants at specific locations.

As with the 2012 map, the new version has 13 zones across the United States and its territories. Each zone is broken into half zones, designated as "A" and "B." For example, zone 7 is divided into 7a and 7b half zones. When compared to the 2012 map, the 2023 version reveals that about half of the country shifted to the next warmer half zone, and the other half of the

country remained in the same half zone. That shift to the next warmer half zone means those areas warmed somewhere in the range of 0-5 degrees Fahrenheit; however, some locations experienced warming in the range of 0-5 degrees Fahrenheit without moving to another half zone.

These national differences in zonal boundaries are mostly a result of incorporating temperature data from a more recent time period. The 2023 map includes data measured at weather stations from 1991 to 2020. Notably, the 2023 map for Alaska is "warmer" than the 2012 version. That's mainly because the new map uses more data representing the state's mountain regions where, during winter, warm air overlies cold air that settles into low-elevation valleys, creating warmer temperatures.

The annual extreme minimum temperature represents the coldest night of the year, which can be highly variable from year to year, depending on local weather patterns. Some changes in zonal boundaries are also the result of using increasingly sophisticated mapping methods and the inclusion of data from more weather stations.

Temperature updates to plant hardiness zones are not necessarily reflective of global climate change because of the highly variable nature of the extreme minimum temperature of the year, as well as the use of increasingly sophisticated mapping methods and the inclusion of data from more weather stations. Consequently, map developers involved in the project cautioned against attributing temperature updates made to some zones as reliable and accurate indicators of global climate change (which is usually based on trends in overall average temperatures recorded over long time periods).

Although a paper version of the 2023 map will not be available for purchase from the government, anyone may download the new map free of charge and print copies as needed.

*The Agricultural Research Service is the U.S. Department of Agriculture's chief scientific in-house research agency. Daily, ARS focuses on solutions to agricultural problems affecting America. Each dollar invested in U.S. agricultural research results in \$20 of economic impact.*

**Plant Hardiness Zone Map**  
**[planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov)**



## 2024 DNR Tree Seedling Order Forms Now Available



Indiana Department of Natural Resources - Division of Forestry has released order forms for bulk seedlings for the 2024 spring season. Seedlings may be utilized for conservation plantings or distributed as part of educational programming. They may not be resold or redistributed for profit. Order forms are available either on-line at [www.in.gov/dnr/forestry/tree-seedling-nurseries/instructions/](http://www.in.gov/dnr/forestry/tree-seedling-nurseries/instructions/) or at the Purdue Extension office. Orders may also be placed and paid for online. Orders will be taken beginning October 2, 2023 through May 1, 2024, with trees available as long as supplies last.

## Forest Management Course Offered for Private Woodland Owners

Forest Management for the Private Woodland Owner is a Purdue University short course providing knowledge and resources to help landowners make informed decisions in the care and management of their forests. The workshop will run eight (8) Monday evenings, Feb 5 through Mar 25, according to the course schedule. Class size is limited to 40 registrants on a first-come, first-serve basis.

Dates: February 5 to March 25, 2024

Location: Southern Indiana Purdue Agricultural Center (SIPAC) is located on the north side of Patoka Lake, near the dam entrance.

The workshop will run from 6:00 p.m. to 9:00 p.m. (EST) each scheduled week (except 2 Saturday morning field tours, running 9 am to noon)

Registration includes:

- Forestry Specialists
- Thumb drive of all publications
- Tree measuring stick
- Course materials
- Snacks
- 

Couples or family registration (first person at regular rate of \$50 with one set of materials provided as above) - each additional attendee is \$30.

For registration information, see:

<https://extension.purdue.edu/events/recurring/forest-management-for-the-private-woodland-owner-sipac.html>

The Purdue Beef Team is excited to share the 2024 Purdue Beef Basics in the Eastern Cornbelt Program! This multi-session program is aimed at producers with less than 5 years of experience or those interested in exploring the beef industry, however, anyone is welcome to attend. Extension educators, specialists, and industry experts will facilitate and lead program sessions. Among the topics covered are an overview of beef cattle, behavior, and facilities, health, genetic selection, forages, nutrition, and reproduction.

The program begins February 6, 2024, with sessions happening every Tuesday (from 6:00 – 8:30 pm EST) and Thursday (from 7:00 – 8:00 pm EST) until March 26, 2024. The cost to participate is \$50 and the deadline to register is January 24, 2024.

Register Today: <https://cvent.me/EBNPNV>

For any questions, please email [allen484@purdue.edu](mailto:allen484@purdue.edu) or [jmrichards@purdue.edu](mailto:jmrichards@purdue.edu)



Keep up to date on the latest ag economy news and analysis by subscribing to the *AgCast* podcast from the Purdue Center for Commercial Agriculture. For current and archived episodes, see [ag.purdue.edu/commercialag/home/](http://ag.purdue.edu/commercialag/home/)

**HORT INDIANA 2024**  
 CONFERENCE & EXPO  
 EDUCATION • TRADE SHOW • SILENT AUCTION • SOCIAL & NETWORKING EVENT

Save the dates! **January 22-23, 2024**  
 REGISTRATION OPENS NOVEMBER 1

Multiple Education Tracks • CCA, PARP, and CCH Credits Available

Event Location: Hendricks County Fairgrounds  
 1900 E Main St, Danville, IN 46122

[www.IndianaHortConference.org](http://www.IndianaHortConference.org)

**PURDUE UNIVERSITY**  
 Horticulture and Landscape Architecture

[www.IndianaHortConference.org](http://www.IndianaHortConference.org)

SAVE THE DATE

AG WOMEN 2024

**ENGAGE**  
 CONFERENCE

February 22, 2024 >> Grand Wayne Convention Center  
 Fort Wayne, IN

**PURDUE UNIVERSITY**  
 Women in Agriculture

Purdue University is an equal opportunity/equal access institution.

[ag.purdue.edu/departments/extension/wia/index.html](http://ag.purdue.edu/departments/extension/wia/index.html)

Diversified Farming and Food Systems

**PURDUE UNIVERSITY** Extension

**2024**

**INDIANA SMALL FARM CONFERENCE**

February 29 - March 1  
 Hendricks County Fairgrounds • Danville, Indiana

[extension.purdue.edu/anr/teams/dffs/small\\_farm\\_conference/index.html](http://extension.purdue.edu/anr/teams/dffs/small_farm_conference/index.html)

## UPCOMING EVENTS

- **Area 3 Indiana Beef Cattle Association (IBCA) Meeting** - December 13, 7:00 PM EST, The Village Inn, Petersburg, IN; open to all beef producers; RSVPs due to Gibson County Purdue Extension Office by December 6. Call 812-385-3491 to register
- **Private Applicator Recertification Session** - December 18, 9:00-11:00 AM CST, Spencer Co. Youth & Community Center, Chrisney, IN; No pre-registration required; PARP fee sponsored by ICMC/ISA.

## Contact Us!

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[facebook.com/PurdueExtensionSpencerCounty](https://facebook.com/PurdueExtensionSpencerCounty)

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[Purdue Extension-Spencer County](https://www.youtube.com/PurdueExtensionSpencerCounty)

[extension.purdue.edu/spencer](http://extension.purdue.edu/spencer)

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# HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,  
spend smart, eat right, and live well.*

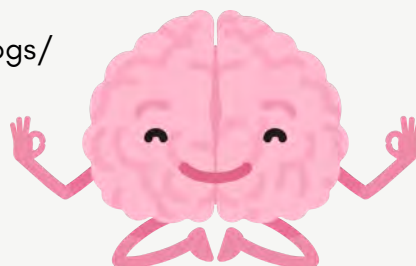
## Use the Upcoming New Year as a Time for Reflection

Take a few minutes to reflect on 2023. Write down your "Top 10" highlights. List five disappointments. What were 3 game changers in your life? Now let's look forward to an abundant 2024. Choose 3 areas of your life that you want to focus on. Where do you want to see yourself at this time next year and how are you going to make it happen? Will you enroll in a class? Start an exercise program? Begin a new business? Seek out new people and new places? Check something off your bucket list? It's up to you. You can wish for it to happen, or you can take steps to make it happen.

One way to make your dreams or goals happen is to begin by writing an affirmation. In a blog on Powerful Affirmations, Michele Hays shares this: Affirmations are positive, specific statements that help you visualize, and believe in, what you're affirming to yourself, helping you to make positive changes to your life. Typically, affirmations are written on a regular basis or repeated over and over again either aloud or in the mind. This may be done as a part of prayer, meditation, or while taking a walk or doing chores.

Research finds affirmations work very well for some and not so well for others. Try looking at positive affirmations this way - many of us do repetitive exercises to improve our body's physical health. Affirmations are like exercises for our mind, emotions and outlook on life. These positive repetitions can reprogram our thinking patterns so that, over time, we begin to think, and act, in a new way. For examples of positive affirmations check out author and long-time proponent of the use of affirmations, Louise Hay's website: <http://www.louisehay.com/affirmations/>.

Source: (<https://extension.illinois.edu/blogs/refill-your-cup-self-care/2017-04-25-power-affirmations>)



**Megan Jaspersen**  
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**PURDUE**  
UNIVERSITY

Extension

## Meet the Newest Member of the Purdue Extension - Spencer County Team

We are thrilled to announce that Purdue Extension has a new helper in the HHS Department. Ella Paige was born to HHS Educator Megan and her husband Joey on August 10th weighing in at 9lbs 3oz. Her big sisters Lilly and Leah are great helpers, and Ella is fitting right in with this girl tribe! Thank you for your patience as they enjoyed some time together at home this fall. Megan is back to work and excited to continue to provide our community with education related to food, family, money, and health. If you catch Ella snoozing on the job, be sure to let us know!



## Traveling this Holiday Season? Tips for Safety



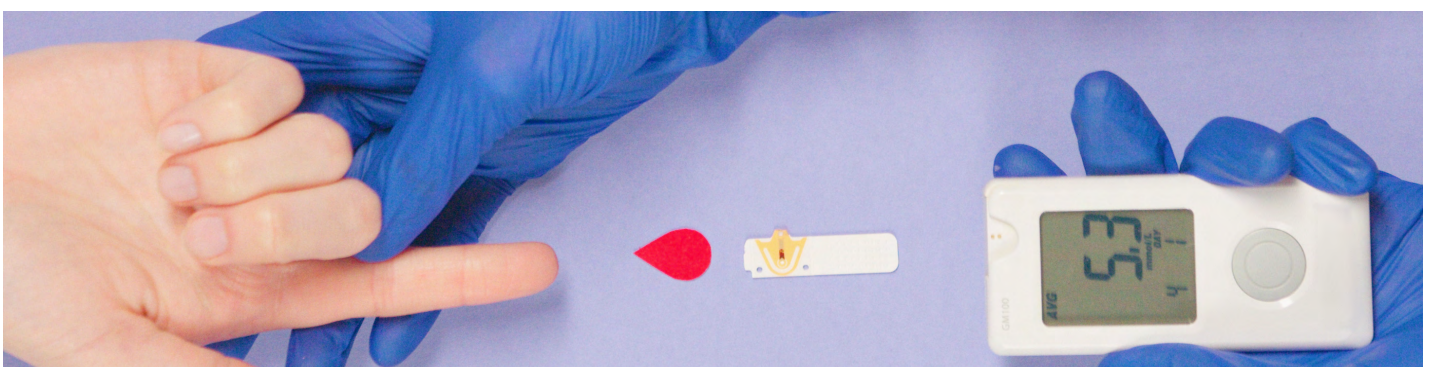
- Adjust following distance and speed in snowy or icy conditions.
- A little eggnog might be delicious during the holidays. So be sure to designate a sober driver or arrange for a rideshare service like Uber or Lyft ahead of time if you plan to drink at holiday gatherings.
- Avoid aggressive and angry driving.
- During the winter months, an earlier sunset means you've got less daylight to work with. Ideally, plan your trip to avoid driving at night.
- Cold weather takes its toll on car batteries. Double-check to make sure you've got jumper cables in your trunk. You never know when an easy jump-start could save you time and hassle — or when you could use them to help someone else.
- A winter storm can leave you spending your holiday stuck in a drift or stranded in a blizzard, particularly if you're traveling on unfamiliar roads. So be sure to stock your vehicle with items that might be helpful in case of a problem: thick blankets, extra food and water, coats and jackets and a flashlight.

# Diabetes Myths

Diabetes is a complex disease. You may have heard conflicting theories on what causes it, how it is diagnosed, and how it is managed. If you are affected by diabetes, you will want the truth. Below are some common myths that you may have heard. Please contact the office for more information on diabetes and upcoming programs.

- **There is no diabetes in my family, so I don't have to worry.** Diabetes does run in families, but many people diagnosed with the disease have no close family members who have it. Lifestyle, heredity, and possible other factors, such as certain viruses, may increase the risk.
- **It's called sugar diabetes, so it must come from the sugar I eat.** When you eat food, the body turns it into a form of energy called glucose, also known as "blood sugar." Insulin helps move the blood sugar into your body's cells for energy. When the body's own insulin does not work well or when not enough insulin is made, the blood sugar rises. Then the person has diabetes.
- **My friend takes insulin pills to control her diabetes.** Insulin is a protein; it cannot be taken by mouth because the stomach would not digest it. Insulin must be given by injection or insulin pump through the skin. Diabetes pills help by making the body produce more insulin, use its own insulin better, produce less blood sugar from the liver, or limit carbohydrate absorption after a meal.
- **If I don't take diabetes medicine, my diabetes must not be serious.** Not everyone who has diabetes takes diabetes medicine. If the body produces some insulin, weight loss, healthy eating, and regular physical activity can help insulin work more effectively. However, diabetes does change over time, and diabetes medicine may be needed later.
- **If I have diabetes, I will never be able to eat any sugar.** To control one's blood sugar, all sources of carbohydrates must be controlled. Carbohydrates include starchy foods like pasta and bread as well as sugary foods like cakes or candy. Even juice, milk, and fruit all contain carbohydrates, so they must be eaten in moderate amounts. With careful planning, small amounts of sugar can replace other carbohydrates usually eaten in a meal. Too much sugar is bad for everyone. It only provides empty calories.
- **I have diabetes, and I've seen its effect on family members. I know there is nothing I can do about it.** Remember diabetes is serious, common, costly, and CONTROLLABLE. There are many things diabetics can do to live a full life, while preventing or delaying complications. Control your diabetes by eating healthy foods, staying active, lose weight if needed, take medicine as prescribed, test your blood sugar, and see your health care team regularly.

Source: National Diabetes Education Program—[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)





# Mastering Home Food Preservation

VU Shircliff Humanities Building  
130 E. Harrison St.  
Vincennes, IN 47591



## Training

June 11-14, 2024  
9 AM – 5 PM ET

## Online Registration

[cvent.me/PE1zxO](https://cvent.me/PE1zxO)

Valuable Resources, In-depth Lectures, Interactive Discussions,  
Hands-on Practice, Take Home Products

USDA Home Food Preservation recommended procedures are taught.  
Instructors will provide instructional course work and preservation labs.

## TOPICS COVERED

Food Safety  
Boiling Water Canning  
Pressure Canning  
Pickling & Fermenting  
Freezing & Dehydrating  
Jams and Jellies

## REGISTER EARLY!

**Cost: \$275.00**  
**Mastering Home Food Preservation  
Notebook Included.**  
*Contact: Tonya Short*  
*812-882-3509; [short43@purdue.edu](mailto:short43@purdue.edu)*  
*for additional details.*



Extension - Health and  
Human Sciences

**FOOD PRESERVATION**

# "MAKING THE HEALTHY CHOICE, THE EASY CHOICE."

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ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

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## Do I Qualify for SNAP?



To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits. The asset/resource limits are \$5,000 for most households.

Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods and personal belongings and life insurance policies are not counted as assets in the SNAP program. All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits. The gross income is per household size and based on the gross monthly income received by all household members. For more information, please visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>

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HAPPY  
*Holidays*

## Holiday Food Safety: From Planning to Leftovers

Food is as much a part of holiday gatherings as football, decorations and carols. This holiday season, keep food safety in mind every step of the way, including proper planning, safe shopping, mindful cooking and wrapping up leftovers on schedule.

### Proper Planning

Make sure your kitchen is equipped with what you need for safe food handling, including two cutting boards (one for raw meats and seafood and the other for produce and ready-to-eat foods), a food thermometer, shallow containers for storage, paper towels and soap. Store perishable foods in the refrigerator at 40°F or below or in the freezer at 0°F or below. Check the temperature of both the refrigerator and freezer with an appliance thermometer.

### Safe Shopping

It's important to keep food safety in mind as you shop. Keep raw meat, poultry and seafood separate from ready-to-eat foods like fruit, vegetables and bread. Embrace fruits and vegetables that are oddly shaped but don't purchase bruised or damaged produce, or canned goods that are dented, leaking, bulging or rusted, as these may become a breeding ground for harmful bacteria.

When shopping, choose refrigerated and frozen foods last to help prevent them from entering the temperature danger zone where bacteria multiplies the fastest, between 40°F to 140°F. Bring foods directly home from the grocery store and always refrigerate perishable foods, such as raw meat or poultry, right away.

### Working in the Kitchen

In a holiday kitchen filled with family and friends, all hands may be on deck, but are those hands clean? Make sure everyone washes their hands thoroughly with clean, running water and soap for 20 seconds before and after handling food.

And when baking delicious holiday treats, remember that no one should eat raw cookie dough or brownie batter. Have children take the [Cookie Rookie Pledge](#) before they assist in the kitchen.

### Wrapping Up Leftovers

As you eat and visit, keep in mind how long the food on the buffet table has been sitting out. Remember that you can't tell if a food is unsafe by taste, smell or appearance alone. Throw away perishable foods, such as meat, poultry, eggs and casseroles, left at room temperature longer than two hours and within one hour if it's warmer than 90° F.

Refrigerate or freeze other leftovers in shallow, air-tight containers and label with a date. Use refrigerated leftovers within three to four days by reheating to an internal temperature of 165°F.





# November & December 4-H Newsletter



I have several updates to share! Please see the articles and links below for important information and upcoming events. If you have questions about any of the content, please email me at [allen393@purdue.edu](mailto:allen393@purdue.edu).

Priority registration closes on January 15th, so please take time to register if you have not done so yet. Lots of opportunities that are coming up are only available if you are **registered** and **approved** in 4-H 4honline.

**Scholarship Applications:** Scholarship applications are available online by visiting the [Indiana 4-H](#) website. These are for Sophomores- Seniors in high school. Applications may be submitted via 4honline before the deadline and must be approved by the Extension Educator. There is a helpful video we created last year housed on the [Indiana 4-H scholarship page](#). Please contact me if you would like to submit a scholarship application and like me to review it before submission.

**4-H Camp:** 4-H Camp will be June 3-5 at the Santa Claus Historic Campgrounds with camp counselors coming on June 2nd. Camp Counselor applications will be collected through 4HOnline and all Freshman-Seniors will need to be registered and approved in 4HOnline to apply. Applications will be due February 15th. We will also be selecting Junior Directors this year to help serve in a leadership role. We have lots of past camp counselors that would be great in this role!

Trainings will be at Vincennes University Ft. Branch on April 11th and May 9th with the final training on June 2nd. Attendance at camp counselors trainings are required. Contact Jennifer with questions at [allen393@purdue.edu](mailto:allen393@purdue.edu).

Camper applications will be available in February and will also be collected via 4HOnline and payment can be mailed or dropped off at the Spencer County office. If your child has food allergies please contact Jennifer directly. Let's get ready to camp!

**Cooking Around the World:** Pack your bags! Cook your way around the world with this virtual 4-H experience each Saturday from January 27 - February 24 from 10-11AM Central Time. Learn about new cultures as instructors lead participants through hands-on recipes that can be made from the comfort of your own home. This year we have trained chefs that will be joining our guest presenters and are excited to share some professional cooking tips with you! Check your email for a registration link. Registration and payment will take place through 4HOnline.

**4-H Trips:** 4-H trips applications will come out in December. These will be emailed with a link to fill them out. I hope to have a great response as we did last year. These trips are a great experience for our youth to attend trips on campus and through the state. Washington D.C. Focus is only being offered in June during state trips, so Indiana 4-H will not be participating in 2024. I would encourage any of our older high school youth that were interested in applying for this trip to instead apply for the National 4-H Conference Trip that will take place April 19-24. This conference is designed by USDA/NIFA and teaches youth advocacy. Youth will have the opportunity to explore the Smithsonian and other areas that would be similar to the DC Focus trip. If interested, please contact Jennifer by **December 8th**.

**Broadband Influencers:** Is your internet service too slow? It's time to speak up! Indiana needs 4-H'ers to become Broadband Influencers and impact internet access across our state. Through a few at-home steps, our network of Indiana 4-H Broadband Influencers will help improve the Federal Communication Commission (FCC)'s map of internet connectivity across Indiana. This map will determine who is in the greatest need for improved internet connectivity, so it is important that your voice is heard! Learn more here: <https://purdue.ag/4hbroadband>. To get started:

1. Check your internet speed: [Internet Speed Test](#)
2. Validate your address and internet speed on the FCC broadband map: [Validate Your Address](#)
3. Share your work with Indiana 4-H via [broadbandinfluencers.4honline.com](http://broadbandinfluencers.4honline.com):

Indiana 4-H Broadband Influencers who complete these steps will receive a commemorative pin to thank them for their contribution, and will be entered to win an iPad! Please help us bring internet to all of Spencer County!



# 2024 SCHOLARSHIP OPPORTUNITIES

## Senior Year Scholarship

Available to 4-H members in their senior year of high school

## Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

## Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

## Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

**Categories:** Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

**Eligibility:** Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

**Awards:** A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit [bit.ly/4hscholarship](https://bit.ly/4hscholarship) to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

**\$166,725 AWARDED IN 2023**





**Purdue Extension—Spencer County**

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