

April-May 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.

### Purdue Extension-Spencer County

1101 E CR 800 N

Chrisney, IN 47611

812-362-8066

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

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

**Nicholas Held, Extension Educator**

*Agriculture & Natural Resources*

*Community Development*

*County Extension Director*

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

**Jennifer Mayo, Extension Educator**

*4-H Youth Development*

[allen393@purdue.edu](mailto:allen393@purdue.edu)

**Megan Jaspersen, Extension Educator**

*Health and Human Sciences*

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

**Erin Meyer, Community Wellness Coordinator**

*Nutrition Education Program*

[meyer258@purdue.edu](mailto:meyer258@purdue.edu)

**Danica Williams, Nutrition Education Program  
Assistant**

*Nutrition Education Program*

[will1179@purdue.edu](mailto:will1179@purdue.edu)

**Pat Cochenour, Office Manager**

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

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.

# 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.*

APRIL-MAY 2024

# Ag Agenda

*Agriculture & Horticulture Update for the Home and Farm*

Nicholas Held, Extension Educator  
Agriculture & Natural Resources  
Community Development

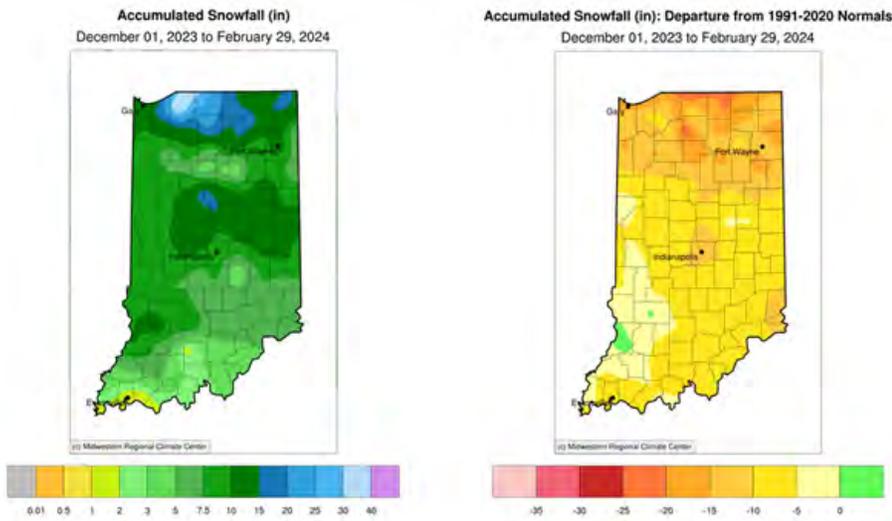


Figure 1: Left – Winter 2023-2024 snowfall totals from December 1 – February 29. Right – Winter 2023-2024 snowfall totals represented as a departure from the 1991-2020 climatological average snowfall

## The Winter that Wasn't

The 2023-2024 meteorological winter (December, January, and February) has concluded, but it seems as if we only experienced a couple weeks of winter-like weather this season. Indiana's average temperature was 35.8°F, which was 5.3°F above normal. This was good for Indiana's second warmest winter since records began in 1895. The warmest winter on record was 1931-1932 with an average temperature of 37.4°F, an astonishing 1.6°F warmer than this winter. As for the Midwest, it was the warmest winter on record (32.7°F). Interestingly, it was the first time on record that the winter temperatures averaged above the freezing mark.

Indiana's winter precipitation was nearly normal totaling 8.26 inches (0.18 inches below normal). The bigger story was the lack of snowfall as the majority of the state ran 5-10 inches below normal, and in some cases 10-25 inches below normal, for the winter (Figure 1). The *Midwestern Regional Climate Center's Accumulated Winter Season Severity Index (AWSSI)* objectively quantifies the relative severity of the winter season by accounting for the intensity and persistence of cold weather, the amount of snow, and the amount and persistence of snow on the ground. Most of the Midwest, like Indianapolis, experienced near record mild conditions this winter.

On a positive note, drought conditions have improved throughout the winter. In December, over 44 percent of the state was in moderate drought (D1). Drought monitor conditions improved throughout the winter, as all that remained at winter's end was abnormally dry (D0) conditions in central and southern Indiana. *(continued on page 2)*

## Newsletter Highlights

**Leafy Vegetables Ready for Short, Cool Growing Season**

**Forage Management Necessities**

**New Pesticide Recordkeeping Resource**

**Custom Farming Rates**

**Pollinator Day**



**PURDUE  
UNIVERSITY®**

Extension - Spencer County

*(Winter, continued)* As for more recent conditions, the first 27 days of March have continued to run 6.3°F above the 1991-2020 climatological average. We have had some impressive precipitation totals in the first week of March as Adams and Daviess Counties measured around 3.75 inches in the first week of the month. Heavy precipitation totals were rather localized, as portions of central and southern Indiana recorded below-normal precipitation. Since February, though, precipitation totals have been less than 75 percent of normal for central and southern Indiana. Abnormally dry conditions in this week's US Drought Monitor are expanding in southern Indiana as a result.

Rain forecast totals range from just under an inch (southern Indiana) to just over 2 inches (northern Indiana) from March 28-April 4, much of which is needed. Whether this actually happens is to be determined. The Climate Prediction Center (CPC) has slightly elevated chances of below-normal temperatures and increased confidence in below-normal precipitation from April 2-6. April 4-10, the CPC has higher confidence in above-normal temperatures and above-normal precipitation.

*-Austin Pearson, Service & Outreach Climatologist, Purdue University*

## Leafy Vegetables Ready for Short, Cool Growing Season

Leafy vegetables are more nutritious and have fewer calories than most other vegetables, and they're easy to grow. Most greens can be grown in relatively short, cool growing seasons, making them available for fresh harvest earlier than most other crops. If properly planned, fresh, leafy greens can be harvested all season long.

Leafy vegetables adapted to cool Indiana spring and fall growing conditions include lettuce, spinach, mustard, collards, endive, and kale. Many new cultivars of these cool-season crops have improved heat tolerance, making them productive into early summer. Root crops such as beets and turnips may also be harvested for their young, tender foliage. Greens that produce in the heat of summer include New Zealand spinach and Swiss chard.

Leafy greens grow best in open, level areas where the soil is loose, rich, and well-drained. Although leafy crops tolerate shade better than plants grown for their fruits or roots, at least six hours of sunshine daily will help ensure a high-quality harvest.

Avoid planting leafy greens in heavy clay or sandy soils. The soil pH should be between 5.8 and 6.8.

Most leafy vegetables can be planted as early in spring as the soil can be worked. The soil is ready for tilling and planting if a handful of soil crumbles when you squeeze it. If the soil forms a muddy ball when you squeeze it, the soil is still too wet and will form hard, long-lasting clods if you work it. Most leafy vegetables can be planted as early in spring as the soil can be worked. The soil is ready for tilling and planting if a handful of soil crumbles when you squeeze it. If the soil forms a muddy ball when you squeeze it, the soil is still too wet and will form hard, long-lasting clods if you work it.

Seed may be directly sown in the garden for many leafy greens and must be planted at the proper depth to ensure good germination. The seed packet should include information on planting depth and spacing. Crops such as lettuce, spinach, chard kale, and collards may be transplanted to get an early start.

Home gardeners can choose that approach or decide to harvest only a few leaves as they are needed, allowing for a longer harvest season from a single planting. If you harvest leaves as needed, harvest the outer, more mature leaves first, leaving the young, inner leaves to continue growing. However, collards are an exception: harvest the center rosette of collard leaves.

As the days grow longer and warmer, cool-season greens tend to bolt (flower) and become tough or bitter. At this point, it is best to pull the plants and replace with a warm-season crop. Additional information on growing leafy greens can be found at <https://ag.purdue.edu/hla/pubs/HO/HO-29.pdf>.

*-Rosie Lerner, Purdue Extension Consumer Horticulture Specialist (retired)*



*Swiss chard tolerates warm weather (Lerner)*

# Forage Management Necessities For Improved Yield, Quality, And Persistence

There are many challenges with forage production and utilization. There are some tools that can improve yield, quality, and persistence of forages. Consider acquiring the “tools” that you do not have as the 2024 growing season begins.

**Resource information** – The Purdue Forage Field Guide and subscriptions to forage magazines have great value if information learned is utilized in the forage business. The 4th edition of the Purdue Forage Field Guide was released in late 2023. (see ordering info below). The Guide has over 300 pages of useful information about forage identification, production, and utilization.

**Calendar** – Having a computer-based calendar or a desk calendar with room for taking notes on each day has value. Observations, tasks accomplished, and weather notes can prove to be valuable. If problems occur, the data may be helpful in better defining the cause of the concern.

**Soil probe** – A heavy-duty soil probe for collecting soil samples is preferred to a spade or shovel. Avoid nutrient deficiencies and excess fertilization by sending soil samples to a soil testing laboratory and following through with needed recommendations.

**Weed Control Guide** – Purdue University, Ohio State University, and the University of Illinois have an outstanding publication (WS-16) that provides herbicide options for problematic weeds in common agronomic crops, including alfalfa and grass pastures. Available to purchase online at <https://extensionpubs.osu.edu/>

**Sweep net** – Do you have harmful or beneficial insects? The sweep net is an excellent way to determine whether one should be concerned about an insect pest, especially potato leafhopper in alfalfa.

**Moisture tester** – Ever made moldy hay? Worse yet, have you ever had a hay storage structure burn from hot hay? Using a moisture tester to determine if hay is at the correct moisture for packaging can minimize these concerns.

**Thermometer** – Testing hay temperature when in storage for several weeks will determine whether there is a possible hay fire risk.

**Hay probe** – Sampling hay properly for nutritional value requires a hay probe. A ration for livestock can be developed when forage quality results and information about the livestock being fed is given to a trained livestock nutritionist. Visit the website [www.foragetesting.org](http://www.foragetesting.org) for details about forage testing.

**Penn State particle separator** – Do you make chopped silage? If so, percentage values of particle size attained by using the Penn State particle separator will help adjust knife gap on the forage harvester so improved packing, reduced silage sorting, and less acidosis occurs.

**Purdue Plant and Pest Diagnostic Lab** – Are you troubled with problems in a field that need the help of a diagnostician or specialist? Information about sample submission can be found at <https://ag.purdue.edu/departments/btny/ppdl/>

**Unmanned Aerial Vehicle** – After having access to the above items, becoming licensed to fly an unmanned aerial vehicle, or seeking help from a trained operator, can prove helpful in identifying problems with forages, and day-to-day livestock management, too.

**Indiana Forage Council and livestock association memberships** – Networking with people of like interest and supporting the activities of an industry has value. Consider membership.

Indiana Forage Council [www.indianaforage.org](http://www.indianaforage.org)

Indiana Dairy Producers [www.indianadairy.org](http://www.indianadairy.org)

Indiana Beef Cattle Association [www.indianabeef.org](http://www.indianabeef.org)

Indiana Sheep Association [www.indianasheep.com](http://www.indianasheep.com)

There are many items that are helpful in improving your forage farming business. These are necessities to have available for reference and use.

*-Keith Johnson, Purdue Extension Forage Specialist*



The revised and updated **Forage Field Guide, ID-317** is now available to order from the Purdue Extension Education Store:

<https://mdc.itap.purdue.edu/>



# HEALTH & HUMAN SCIENCES

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

## Bite by Bite: Nutrition for Life Podcast

Anywhere you look you can find a magic pill or formula promising to protect your health and transform your body in three easy steps. And, many of these claims do have (or at least started with) a speck of valid science. So, how do you cut through all the hype and separate truth from false marketing claims? The truth is, it doesn't have to be that complicated! Join us as we explore and dissect different fads and trends to discover the real science behind food and nutrition.

Find us on Apple and Google podcasts, Radio Public and Spotify. Follow us on Facebook and Instagram @BiteByBiteNutritionForLife

## Upcoming ServSafe Manager and Food Handler Courses

ServSafe Manager Certification is an approved training in the state of Indiana to become a certified food protection manager.

ServSafe Food Handler is for anyone else who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This course is NOT intended for food service managers.

Here are upcoming classes scheduled in our area. For more information including registration links visit [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or <https://extension.purdue.edu/county/knox/ServSafe.html>

### ServSafe Manager Classes

- April 18, 2024, Washington, IN contact Jennifer 812-254-8668
- June 7, 2024, Vincennes, IN - register at: <https://cvent.me/1mYOml>
- October 22, 2024, Washington, IN contact Jennifer 812-254-8668
- February 19, 2025, Dubois County contact Chelsea 812-482-1782

### ServSafe Food Handler Classes

March 12, 2024, Vincennes - More info or register at:  
<https://cvent.me/0xKynD>



**Megan Jaspersen**  
Health and Human  
Sciences Educator  
Purdue Extension

### CONTACT:

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

Perry County Office  
65 Park Ave  
Tell City, IN 47586  
812-547-7084

Spencer County Office  
1101 E. County Rd 800 N  
Chrisney, IN 47611  
812-362-8066

**PURDUE**  
UNIVERSITY

Extension

# Gearing Up for School Gardens: Learning Healthy Habits and Having Fun

Here at Purdue Extension- Spencer County, we love when spring rolls around. Many classes around the county spent the week before spring break kicking off the “Lettuce Eat Healthy” program. This is a three part series where students get to plant a garden, learn about the different parts of a plant, and harvest their crops. During the final session, students get to sample a salad that include all the vegetables they have grown and helped to take care of over the course of the program. This includes lettuce, spinach, onions, and radishes.



We discuss the importance of good nutrition using the “Choose MyPlate” model to teach about what their plates should look like at each meal. We often find that through this program, many students are able to try something new that they have never had before. The best part is, they usually like it (as long as we remember the ranch!) These third grade students at Nancy Hanks did a great job helping us plant in their new raised beds. It is so fun to watch our gardens and our students grow!



## Save the Date: PURDUE DAY OF GIVING!

Good enough has never been in Purdue's vocabulary. We are a university that believes in giant leaps and endless possibilities. We work every day to empower those around us and move the world forward. Together, we rally with the relentless hope of being part of something bigger than ourselves.

This Purdue Day of Giving, join us as we celebrate Purdue's reputation of excellence at scale. To Boilermakers everywhere, we say—once more, we rally!

This year, donations can be made directly to Purdue Extension- Spencer County to benefit programs right here. If you are interested in helping further the reach of our excellent programs, keep April 24th on your radar. 100% of these funds come directly back to the county to support education programming efforts. F

For more information go to [www.dayofgiving.purdue.edu/](http://www.dayofgiving.purdue.edu/)



## Heads Up: Blender Bike Fun Coming to Spencer County

Ever wanted to exercise and blend your own smoothie at the same time? Now you can! A new "toy" has recently been purchased in our area by Purdue Extension- a Rock the Bike Fender Blender Pro. This stationary bike can be used to make anything you would put in a typical blender. While you ride, the energy is used to propel the blender. We plan on using this to teach about the importance of physical activity and nutrition to youth and adults alike! Be on the look out for this awesome new addition at events and health fairs across the county!



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

---

ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

---

## 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/>

---

## April is National Minority Health Month

April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.

# What is a Sustainable Food System?

The effects of climate change impact the health of both people and the environment. To minimize the impact and feed a growing population, which is estimated to reach 9.7 billion by 2050, food systems are incorporating more sustainable practices including reducing food waste and conserving resources.

## **Sustainable food systems**

A “food system” is a broad term that describes anything involved in the production, distribution and consumption of food. This includes growing, raising, harvesting, processing, distributing, ensuring food safety, eating and even discarding of food. It also includes the connection of these processes and the people and resources that contribute to and are impacted by the food system.

The sustainability of a food system impacts everyone. Food systems shape what foods are available for people to eat, how easy they are to get and how much they cost.

A “sustainable food system” provides nutrition and food security for everyone without compromising the well-being of people or the planet now and in the future.

While the topic of sustainability grows and the definition evolves, most experts agree that sustainable food systems address three key factors: economic, environmental and social.

The key factors of a sustainable food system impact us in different ways. The economic, or financial, goal of a sustainable food system is to benefit everyone involved in the system. This includes providing livable wages for food system employees, tax profits for governments, profits for the businesses involved in the food system and safe, nutritious, affordable and available food for all.

The social aspect of a sustainable food system involves fairness and equity for all participants, including vulnerable and underrepresented groups. This means promoting good health among workers, respecting cultural traditions, providing a safe work environment and animal well-being.

The environmental goal of a sustainable food system is to achieve a neutral or positive effect on the natural environment. This includes retaining biodiversity (which refers to the variety of species in our food supply and environment), limiting water use, prioritizing the health of animals and plants, minimizing food loss and waste and cutting down the amount of carbon in the atmosphere that contributes to climate change.

### **Balancing all factors**

When developing sustainable food systems, economic, social and environmental impacts must be considered – as well as potential unintended outcomes. For example, improvements in technology may increase profits for investors (an economic benefit) and efficiencies in production but may result in job loss for farm workers. Alternatively, implementing new animal well-being practices at a farm would have social and environmental benefits but may require additional costs or labor, which impacts the economic aspect of the food system.

### **How you can help**

Developing sustainable food systems requires action from all people involved. While individual efforts like recycling and reducing food waste are important, fundamental changes to the way food is produced, distributed and eaten, as well as changes to policies and infrastructure, also are needed to make lasting change.

Here are two ways you can help:

- Education. Learn about recycling programs and other opportunities to conserve resources in your community. If applicable, advocate for sustainability at your workplace by sharing your knowledge with others and proposing impactful changes such as placing recycling and composting bins in cafeterias and break areas.
- Action. Taking steps to reduce food waste, such as meal planning before grocery shopping, embracing leftovers and composting are great ways to do your part in your own kitchen. Consider supporting and purchasing from food brands that incorporate sustainable practices into their production and distribution. Most companies have this information available on their website.

Together, individual actions in addition to large-scale changes at the local, state, federal and global levels can create a sustainable food system.

# 10 Food Safety Tips for the Slow Cooker

Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with a slow cooker. It is perfect for making overnight oatmeal, a dip or even a stew. This is a dream come true for any multitasker, but if you neglect food safety rules, that dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

- Start with a clean space. Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands before preparing any food.
- Keep perishable foods refrigerated as long as possible. Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
- Prepare meat and vegetables separately. If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
- Always defrost meat or poultry before putting it in the slow cooker. Defrosting will ensure your food cooks all the way through to its safe internal temperature. Defrost frozen foods in the refrigerator, in the microwave or submerged in cold water – never at room temperature.
- Pay attention to temperature. It is important to make sure your slow cooker reaches a bacteria-killing temperature. If you're able, try starting your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time – for example, if you are leaving for work. Just make sure your food reaches the proper internal temperature (see tip 9 below).
- Make sure foods fit. The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
- Cut up meats. Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding it to a slow cooker.
- Keep the lid on. It is important to retain heat when making a slow-cooker meal, so avoid taking off the lid. Only remove the lid to stir or check for doneness.
- Use a food thermometer. The only way to know for sure that your food is safe to eat is with a food thermometer. Use a food thermometer to ensure the food has reached the proper internal temperature.
- Store leftovers in shallow containers and refrigerate within two hours. One of the best parts of your slow-cooked meal is the leftovers. But make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

## Ask the Expert:

### What Are Dietary Fats And Why Do We Need Them?

Written by Emma Araya, Purdue University Nutrition and Dietetics '26

Fat is a crucial part of a healthy diet. Body cells need fat to work properly. One of the ways that fats help keep you healthy is by helping nutrients like vitamins and minerals get into cells.

The main types of fat that are found in foods are saturated fats and unsaturated fats. Saturated fats are usually solid in room temperature. Some examples are butter and coconut oil. Unsaturated fats are usually liquid in room temperature. Some examples are olive and canola oil. Americans tend to consume too many saturated fats. It's important to lower the number of saturated fats in the diet to avoid the risk of developing cardiovascular diseases like heart failure.

Cholesterol is related to fat and can come from food and can also be made in your liver. Cholesterol is important for your body because it is used to make hormones and other substances to help digest food. There are two types of cholesterol: LDL and HDL cholesterol. HDL is considered a helpful type of cholesterol because it can help lower the risk for heart disease and stroke. LDL is considered more harmful because it can build up on the walls of the body's blood vessels and can increase the risk of cardiovascular disease.

Consuming saturated fat can contribute to high LDL cholesterol levels. Some foods that are high in saturated fat include butter, cheese, sour cream, chocolate, cakes, and foods like chips and cookies. Try to switch to foods with healthier and mainly unsaturated fats like olive oil, nuts, avocado, and fatty fish (salmon, mackerel, sardines).



## IN THIS ISSUE

<b>Ask the Expert:</b> What Are Dietary Fats And Why Do We Need Them?	<b>1</b>
<b>Food Safety:</b> Keeping Food Longer In The Refrigerator	<b>2</b>
<b>Eating Right:</b> The Benefits Of Eating Breakfast	<b>3</b>
<b>In the News:</b> Nutrition Education Program (NEP) Family Study	<b>4</b>

# Food Safety: Keeping Food Longer in the Refrigerator

Written by Emma Araya, Purdue University Nutrition and Dietetics'26

Refrigerators are an important part of many people's kitchen. Refrigerators serve as home storage for most food and prevent it from spoiling. However, it's also important to take care of the foods you store to keep food safe. Use the following tips to store food and prevent spoiling:

- **Avoid storing eggs in a tray or door shelf.**  
-Keeping eggs in their original carton helps them stay fresh for longer.
- **Put dairy products in the back of the fridge.**  
-The back of the fridge is usually the coldest part which can keep dairy fresh for a longer time.
- **Store raw meat, poultry, and seafood in a sealed bag or container.**  
-Keeping these foods sealed in containers stops the raw meat juices from contaminating other foods.
- **Make sure to cover and seal any leftovers and opened containers.**  
-Storing foods in sealed containers stops them from absorbing moisture or picking up smells from other foods.
- **Check your refrigerator temperature regularly.**  
-A refrigerator temperature should be kept at 40F or below. If food is kept above 40F, it can spoil quickly. Checking on your fridge's temperature consistently can help keep your food safe and fresh for a longer time.



Sources: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/refrigeration>, <https://www.eatright.org/food/home-food-safety/safe-food-storage/refrigerate---the-basics>

## Apple Cinnamon Muffins

### Directions

1. Preheat oven to 400F.
2. In a muffin or cupcake tin, place 6 cupcake holders or grease with non-stick spray.
3. In a medium bowl, mix the milk and applesauce until combined.
4. Add in the flour, oats, sugar, baking powder, and cinnamon. Mix until combined but do not over mix.
5. Carefully, fold in the chopped apples.
6. Add in 1 tablespoon of batter to each cupcake holder.
7. Bake for 15-20 minutes. Enjoy!

### Ingredients (6 servings)

- 1/2 cup low-fat milk\*
- 1/3 cup applesauce\*
- 1/2 cup flour, all-purpose\*
- 1/2 cup quick-cooking oats (uncooked)\*
- 1 cup sugar
- 12 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (cored and chopped)\*



### Nutrition Facts (per serving)

Calories: 222  
Protein: 3g  
Carbs: 53g  
Fat: 1g

*\*foods included in the  
TEFAP (The Emergency Food  
Assistance Program)*

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins>

# Eating Right:

## The Benefits Of Eating Breakfast

Written by Madison Wathen, Purdue University Nutrition and Dietetics '25

Many people report breakfast as the most important meal of the day but studies show that people don't eat breakfast! However, studies have also shown many benefits from eating breakfast, but why is breakfast important to health?

Breakfast can offer that morning boost to get the day started. After a good overnight rest our bodies are low on quick energy (also known as glucose). Breakfast can resupply glucose and help keep us energized until lunch time. Not eating breakfast is why some people might feel mid-morning sleepiness and lack of energy.

Breakfast foods contain important nutrients. Several breakfast foods are important sources of calcium, iron, and protein. Studies have shown that people that skip breakfast might have shortfalls of these nutrients because they are not eating these nutrients in other meals throughout the day. Breakfast foods are also commonly fortified with nutrients that are not consumed in large enough amounts like calcium, vitamin A, and vitamin D. Fortification is when nutrients are added into food that do not already contain it.

Eating breakfast may help to cut back on eating too much later in the day. Starting your day by eating breakfast may prevent overeating during lunchtime or during your second meal of the day by helping you to regulate your hunger.

Many people report not having enough time to eat breakfast. If you do not have time in the mornings to cook or make breakfast, meal preparation might help. Making breakfast for the week on a certain day could give you time to plan out the foods you will eat each day. By making your breakfast ahead, you can have the time to think about choosing foods that are healthful, like adding a fruit or vegetable, whole grain, low-fat dairy, and a protein source. Some examples are making overnight oats in a jar, a yogurt parfait, and a breakfast sandwich.





First Class  
Presort Mail  
U.S. Postage  
PAID  
Lafayette, IN  
Permit No. 221

Send comments and/or change of address to:  
Indiana's Emergency Food Resource Network  
Department of Nutrition Science  
Purdue University  
700 West State Street  
West Lafayette, IN 47907-2059  
Phone: (765) 496-0271  
Fax: (765) 494-9606  
**Email: earaya@purdue.edu**  
Website: [www.purdue.edu/indianasefrnetwork/](http://www.purdue.edu/indianasefrnetwork/)

This newsletter is edited by Emma Araya and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

PAGE 4

IN THE NEWS

## In The News: Nutrition Education Program (NEP) Family Study

Written by Emma Araya, Purdue University Nutrition and Dietetics '26

We in the Eicher-Miller Lab that create this newsletter are carrying out a research study focusing on families and their eating habits. We are looking for parents/caregivers and a child (5-18 years) to be in a study about the Nutrition Education Program. Participants can be compensated up to \$180 in Amazon gift cards for finishing the study.

If interested, scan the QR attached or visit the link below to see if you qualify to participate.



[https://purdue.ca.l.qualtrics.com/jfe/form/SV\\_6Ed8ciddhCiXScu?Q\\_CHL=qr&fbclid=IwAR3MhQHRSJn2lp1-hkEjiDH\\_MiRvbaJiDL\\_U4-DbDmctfEO9uD-Mllh17aFM](https://purdue.ca.l.qualtrics.com/jfe/form/SV_6Ed8ciddhCiXScu?Q_CHL=qr&fbclid=IwAR3MhQHRSJn2lp1-hkEjiDH_MiRvbaJiDL_U4-DbDmctfEO9uD-Mllh17aFM)



IRB # 2021-1532

PI: Dr. Heather Eicher-Miller



Extension - Nutrition  
Education Program

Email any questions to [NEPfamilystudy@purdue.edu](mailto:NEPfamilystudy@purdue.edu)

## Get Your Finances in Shape with These Money Moves

We have seen the prices in the grocery store rise, too. Here are some tips to help you start saving today:

### Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Check to see what foods you already have and make a list of what you need to buy.



### Stick to the list

Make a shopping list for everything you need. Keep a running list on your phone, on the refrigerator, or in your purse or wallet. When you're in the store, do your best to buy only what's on your list.



### Join your store's loyalty program

Sign-up is usually free, and you could see start saving as soon as you sign up.



### Buy when foods are on sale

This one is super easy—make the most of your money by stocking up on food that is on sale.



### Compare brands

Store brands can cost less than some of the name brand foods. Compare the items to find better prices.



Trying to lower food costs? Use your stale bread for this tasty dish.

### Applesauce French Toast

#### Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

#### Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP



Purdue Extension  
Nutrition Education Program

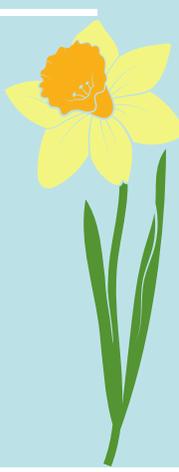


Purduenep



Resources: [eatgathergo.org/eat/shopping/finding-the-best-buy/](https://www.eatgathergo.org/eat/shopping/finding-the-best-buy/), [eatgathergo.org/recipe/applesauce-french-toast/](https://www.eatgathergo.org/recipe/applesauce-french-toast/)

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).



# APRIL-MAY 2024 4-H NEWSLETTER

## 4-H Camp

4-H Camp applications are currently open for all 3rd-6th grade youth. Applications are being taken through 4HOnline under "Events". Payment will need to be dropped off or mailed to the Spencer County Extension Office. The 4-H Association covers half the cost of camp for Spencer County 4-H youth. Families are responsible for \$55 and this can be mailed or dropped off at the Extension Office M-F 8 AM-4 PM.

Once all registrations are finalized after April 15th, you will receive an email with final confirmation details as well as a packing list. Please contact me if you have any questions about camp or how to make it a successful event for your child! Youth will not be allowed to leave camp and return, so please contact me if you have any questions.

**LET'S GO TO  
4-H CAMP!**

Fun! Friends! 4-H!

When: June 3-5, 2024  
Where: Historic Santa Claus Campground  
Who: 4-H members in Grades 3-6  
(Vanderburgh, Posey, Gibson, Spencer, Pike & Knox)

Enroll now in  
4HOnline!  
Applications are  
due no later than  
April 15th.

# 4-H Camp Counselor Training

We are so excited to see all of our camp counselors back at 4-H camp this year! Reminder, if you are a camp counselor this year we have 2 trainings before camp that will be held at VU Ft. Branch. These dates will be Thursday, April 11th and Thursday, May 9th from 4:30-6:30 PM. The 3rd training date will be Sunday, June 2nd the day before 4-H Camp starts. Counselors will arrive the afternoon of the 2nd and finish their trainings before campers arrive on Monday. We are so excited to have another great year of camp!

## Important 4-H Fair Info

This year the 4-H Fair dates will be June 21st-24th with fair clean-up the 25th. Project check-in will be the Monday before fair on June 17th in the evening. As we have done in the past, if you are unable to be present on the 17th for community judging we will work with you to have your projects judged. Fair set-up will be Saturday June 15th. The 4-H Association is finalizing the fair schedule and should be out soon. If you have any questions about fair or projects please give us a call!

## May 15th- Drop Add Deadline

May 15th is the deadline to drop or add any projects. 4HOnline will not let you do this through your profile so please email Patty at pcocheno@purdue.edu or Jennifer at allen393@purdue.edu by May 15th to have your project dropped or added.

If you need books for projects and do not already have those they are available at the office Monday-Friday 8 AM-4 PM. Please communicate with your club leader if you need additional books or let Jennifer know by email and we can arrange for you to pickup books or we can drop them in the mail.

## Animal ID Deadline

The deadline to have all animal ID's entered into 4HOnline is May 15th. Please do not miss this important date! The [following document](#) shows state fair requirements when exhibiting livestock and specific tagging requirements. Please make sure you refer to our handbook if you have any questions.

# Indiana 4-H Quality Livestock Care

In order to exhibit livestock at the county level or State Fair, you will need to take an in person class on **April 15th or May 6th** from 5-6 PM or you may also continue to take YQCA online this year. If you take the class online you will need to email your certificate to Jennifer at [allen393@purdue.edu](mailto:allen393@purdue.edu).

To register for an in person course, please register through 4HOnline under Events. You may follow the [April 15th link](#) or [May 6th link](#) to register for the class of your choice. It is \$3 for the in person class, but the cost will be covered by the 4-H Association for Spencer County youth. If you are unable to attend an in person session, you will still be able to take YQCA online. If you chose this option, please save a copy of your certification and email it to Jennifer at [allen393@purdue.edu](mailto:allen393@purdue.edu). The YQCA course is \$12 and you may go to the [YQCA website](#) to create a username prior to taking the course. If you need clarification or help registering please reach out to Jennifer or Patty at the office.

## 4-H Statehouse Trip

Congratulations to Aubrey Holbrook, Rachel Held, and Anna Sermersheim on attending Indiana 4-H Day at the Statehouse Trip. All 3 youth were able to meet Governor Holcomb, tour the statehouse, and meet with our local legislatures. If you see them, ask about their experience and how you could attend next year!



# 4-H Ambassador Contest

The 4-H Ambassador Contest will be Saturday, June 15th after fair clean-up. We will start interviews at 11:00 AM with the stage interview directly following individual interviews. Club leaders will have a copy of interview questions if they would like to practice them during club meetings. Applications will go out in April and be due mid May with a photo of the 4-H'er. 4-H Ambassadors can be Spencer County 4-H youth currently in K-12th grade that want to have a leadership role or tell others about 4-H. Look for more info to come!

## Spencer County Handbook

The 2023-2024 Spencer County 4-H Handbook has been updated and is available on our website. Club leaders should have at least one copy available at club meetings, but please contact the office if you need specific project requirements or if your club needs another copy. [Direct link for 2023-2024 Spencer County Handbook](#)

## Project Enhancement Grant

Are you taking a new project this year? Spencer County 4-H youth are invited to apply for a new grant sponsored by the 4-H Association. This is for youth 8-14 that are currently enrolled in a new project. They are able to apply for \$24-\$100 to help offset some of the costs to start taking a new project. Details on this can be found on the Spencer County website at [www.extension.purdue.edu/spencer](http://www.extension.purdue.edu/spencer) or by emailing Jennifer at [allen393@purdue.edu](mailto:allen393@purdue.edu). All applications are due in the office by April 30th and should be mailed with all requested materials.

If you have any questions please reach out to Dionne Hanselman at [dionnejk@hotmail.com](mailto:dionnejk@hotmail.com)

## Upcoming Dates

**Please mark your calendars with these important dates**

- April 11th- Camp Counselor Training #1 VU Ft. Branch
- April 15th- Quality Livestock Care
- May 6th- Quality Livestock Care
- May 9th- Camp Counselor Training #2 VU Ft. Branch

# INDIANA 4-H NEEDS YOU TO BE A



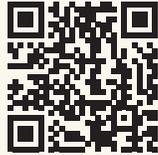
**BROADBAND  
INFLUENCER**

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

**1**

Checks your internet speed

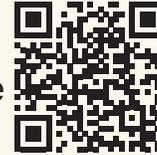
[pcrd.purdue.edu/speedtest](http://pcrd.purdue.edu/speedtest)



**2**

Validates it on the FCC website

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

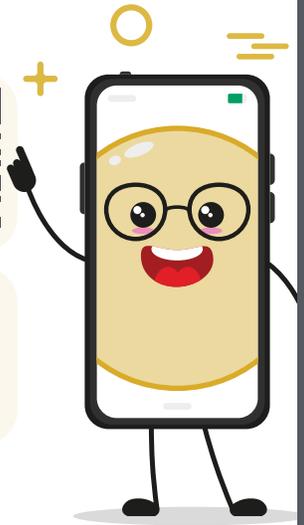


**3**

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.

**Purdue Extension—Spencer County**

1101 E CR 800 N  
Chrisney, IN 47611

**RETURN SERVICE REQUESTED**

Non-Profit

U.S. Postage

PAID

Permit No. 13

Rockport IN



**Mark your calendar**  
**Spencer County 4-H Fair**  
**June 21-24, 2024**

