

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



Summer 2021

Hello, summer. Goodbye, scammers.

Summer is here! With things reopening, kids getting out of school, and days lasting longer, this summer promises some much-needed relaxation, adventure, and a chance to reconnect with family and friends.



The Federal Trade Commission recently kicked off their summer safety series to share some thoughts on ways to make your summer season as enjoyable and safe as possible. Unfortunately, scammers love summer, too, and they're not taking any time off. So please pack

your sunscreen, but leave the SPFs (scams, phonies, and frauds) behind. Here are some ideas for taking scam-free vacations by learning to avoid the latest travel and rental car scams, timeshare and customer review scams, and family emergency scams. And if you've spotted a scam this summer, we hope you'll share it with your family and friends so they can protect themselves, too. People who know about scams are more likely to be able to avoid them. As you think about what your summer holds, here are some things to keep in mind.

- **Never pay for "prize" vacations.** No legitimate company will ask you to pay for a prize.
- **Use a credit card**, if possible, for your travel spending. This gives you more protection than paying by cash or debit card — and it may be easier to dispute [unauthorized charges](#).
- **Subscribe to [Consumer Alerts](#)** to keep up to date on the latest scams. Then pass them on.

Sharing what you know will help protect someone you care about from a scam — so they can have a scam-free summer, too! Report any scams you've seen at [ReportFraud.ftc.gov](#).

Source: https://www.consumer.ftc.gov/blog/2021/06/hello-summer-goodbye-scammers?utm_source=govdelivery

Joy Akey

Yuma County
joy.akey@colostate.edu
(970) 332-4151

Katie Seelhoff

Morgan County
katie.seelhoff@colostate.edu
(970) 542-3540

Gisele Jefferson

Washington County
gisele.jefferson@colostate.edu
(970) 345-2287

Phillips County
(970) 854-3616

Jaci Wagner

Logan County
jaci.wagner@colostate.edu
(970) 522-3200, Ext. 2

McKayla Stephen

Kit Carson County
mckayla.stephen@colostate.edu
(719) 346-5571

Extension Online

<https://goldenplains.extension.colostate.edu/>

<https://logan.extension.colostate.edu/>

https://morgan.extension.colostate.edu

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GOLDEN PLAINS AREA
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Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

Exercising While Pregnant

DISCLAIMER: If you are pregnant, consult with your doctor if you are planning to make changes to your daily exercise routine!

“Physical inactivity is the fourth-leading risk factor for early mortality worldwide” (MUDD,2013). It is recommended for individuals, including pregnant women, to participate in 150 minutes of physical activity per week. Medical conditions may alter physically active; but, in general, exercising your body is beneficial to your health. Many view physical activity as a tool to lose weight by strenuous activity. In reality, weight loss is a side effect of keeping your body healthy. Exercise does not have to be strenuous to be beneficial.

Pregnant women generally are not trying to lose weight; but strengthening their heart (most important muscle) and keeping your body limber and active is very important. If you are pregnant, it is important to start slow, as your body is developing another human. Be cautious of lifestyle changes.

The most recent guidelines for physical activity during pregnancy come from the 2008 Department of Health and Human Services *Physical Activity Guidelines for Americans*. A starting point for sedentary adults who become pregnant:

“Healthy women who are not already highly active or doing vigorous-intensity aerobic activity should get at least 150 minutes of moderate-intensity aerobic activity per week during pregnancy and the postpartum period. Preferably, this activity should be spread throughout the week” (BIRSNER,2020).

For women who are already consistently active and participate in vigorous workouts prior to pregnancy, the exercise prescription is more individualized based on exercise history. No matter how “in shape” a pregnant woman is, there will still need to be exercise regimen adjustments because their body is adapting and changing. Although pregnant women’s bodies grow, their organs become confined and shift. This has high impact on their center of gravity, making jumping risky and decreases lung capacity.

There are many forms of low impact exercise to work the heart while still being easy on the body. Walking is a great example of a slow paced and low impact exercise. The heart is a muscle; and just like other muscles in your body, if you do not use it, you lose it. Muscles we do not use are not as strong as muscles we do use.

Low impact physical activity recommended by American College of Obstetricians and Gynecologists (ACOG):

- Walking
- Stationary Cycling
- Dancing
- Resistant Exercises
- Stretching Exercises
- Hydrotherapy, Water Aerobics

It’s not healthy to live a sedentary lifestyle up until pregnancy and then begin a strenuous exercise regimen. Pregnant or not, it is important to slowly increase intensity and frequency when beginning a daily exercise routine. This allows the heart and the rest of your body to adapt and build up to strenuous activity.

Note these warning signs to stop exercise while pregnant from American College of Obstetricians and Gynecologists:

- Vaginal bleeding
- Abdominal pain
- Regular painful contractions
- Amniotic fluid leakage
- Dizziness
- Dyspnea
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf Pain or Swelling

Exercise during pregnancy is encouraged and can be beneficial for the pregnancy itself, as well as postpartum. It can reduce the risk of gestational diabetes and postpartum recovery time, and has positive impact on mental health during and after pregnancy. Exercise is so important to maintain a healthy lifestyle and pregnancy should not be excluded!

Consult with your doctor about a safe physical activity regimen for your pregnancy.

References:

MUDD, LANAY, OWE, KATRINE, MOTTOLA, MICHELLE & PIVARNIK, JAMES. (2013). Health Benefits of Physical Activity during Pregnancy: An International Perspective. *Medicine & Science in Sports & Exercise*, 45, 268-277. <https://doi.org/10.1249/MSS.0b013e31826cebcbb>

Birsner, M. L., MD, & Gynamfi-Bannerman, C., MD, MSc. (2020). Physical Activity and Exercise During Pregnancy and the Postpartum Period. *ACOG Committee Opinion*, 135(804), 178-187. doi:4/23/2021

Inflation – Things to Consider

The talk and concern about inflation is increasing across the country in recent months and weeks. Let's take a few minutes to take some deep breaths, calm down and think about what we can do to prepare and "weather the storm."

What is inflation? Inflation is an increase in prices for goods and services. The consumer price index rose 4.2% in the last 12 months -April to April. The most obvious effect of inflation is increases in the cost of living. The more prices go up, the more you spend each year on your overall expenses – housing, food, health care...everything.

Inflation - is it bad or good? Both! It may provide opportunities for wages and salaries to increase in a tight labor market. However, not everyone sees their income increase; nor do the increases in costs and income come at the same time or pace. So, it often catches people feeling a pinch on their wallets and budgets if prices increase faster than wages.

Just think of the price of gasoline. It has increased over 33% in the last year. Rising transportation and energy costs increases the prices of most products and services we buy. For example, airline tickets rose over 10% from March to April of this year. This affects low-income and fixed-income people the most, as the more prices go up the less each dollar can buy.

What steps can you take to protect against inflation?

- Keep up your Emergency Fund. Build and maintain a fund with six to nine months' worth of expenses, so you are prepared for the unexpected.
- Continue to save and invest for retirement. Historically, the stock market (where most 401k and other retirement accounts are vested) outperforms inflation in the long term. If you have the capacity to diversify, some experts recommend investing in hard assets like metals, energy, land and real estate – assets that maintain or increase value over time.
- Review debt balances. Rising interest rates can have a huge impact on debt. While interest rates are still low, review your highest-rate debt balances and find opportunities to refinance or consolidate into fixed-rate loans.
- Consider large purchases now. If you need a new appliance (refrigerator or washing machine, etc.) and you have the cash, get the purchase made before the price increases.
- Invest in yourself and be the best at what you do. This helps maintain your marketability and employability, and your capacity to support yourself and your lifestyle. Consider learning new skills through online resources or a local college to increase your value to employers and customers.
- Limit your wants. Don't spend money on things you don't need. Create a budget and stick to it to give you more capacity to adjust to rising costs. Track your expenses using a budgeting app or pencil and paper; and cut/change any poor spending habits.
- Budget tightening: some items are fixed expenses that cost the same month to month, like rent or mortgage payments and insurance premiums. There are several flexible categories like food, clothing, gifts, leisure activities, etc. where you have control to adjust to your current circumstances.
 - Start in your pantry to plan meals using food items you already have. Then make your grocery shopping list for items you need to buy. This eliminates buying items you already have on hand.
 - Shop sales and learn the sale cycles so you can buy at the lowest possible price.
 - Buy in bulk when the price is low and you can use/store the items.
 - Use coupons and reward programs for items you normally buy and need.
 - Stop/limit buying snack-sized or individual serving items. Make your own snack bags and save about 30% of the cost.
 - Meat (proteins are often the highest cost food items) – look for the best deals, whether it is beef, chicken, pork, turkey and fish. Also price the frozen or canned options.
 - Fresh produce – buy seasonal fruits and veggies for the lowest prices.
 - Eat out less often and stick with water to drink. Split meals with a friend or To-Go box for leftovers.

The Buzz on Energy Drinks

These popular drinks can be dangerous—perhaps even more so for older adults.



Market data shows a continued rise in demand for energy drinks—beverages that promise things like increased energy, improved mood, and sharper mental acuity. Medical records show adverse events related to these drinks are on the rise as well.

Typical Ingredients: Most energy drinks contain caffeine, and many contain multiple stimulants. The Food and Drug Administration (FDA) doesn't define the term "energy drink," which means manufacturers can decide whether to label their products as dietary supplements or beverages. For beverages, manufacturers must abide by the FDA's safety limits for ingredients like caffeine. Dietary supplements are not regulated, so there are essentially no safety guidelines.

Some common ingredients of energy drinks include:

- **Caffeine** - main energy-boosting ingredient in many energy drinks. A 16-ounce can may contain anywhere from 160 to 240 milligrams. (8-ounce cup of coffee contains 100 to 200 milligrams) FDA recommends no more than 400 milligrams of caffeine a day.
- **Guarana** – additional caffeine comes from the berries of this tropical plant -- more caffeine than coffee beans.
- **Taurine** - an amino acid produced naturally in our bodies; also found in foods like meat, fish, and dairy. There is no indication we need more than our bodies produce.
- **Glucuronolactone** - no evidence this molecule commonly found in energy drinks actually boosts energy.
- **Niacin, folic acid, and vitamin B12** - these vitamins are often promoted as energy producers, but unless there's a deficiency, this isn't the case. Very high supplemental doses of vitamins raise health concerns.
- **L-Carnitine** - Created naturally by the liver and kidneys, L-Carnitine is critical to cellular energy production. The body produces sufficient amounts without supplementation.
- **Sugar** - As simple carbohydrates, sugars are used by the body to produce energy. Dietary intake of too much added sugar has been linked to health problems. Some energy drinks have more than 60 grams of added sugar. American Heart Association's recommends daily maximum intake of 25 grams of added sugar for women and 37 grams for men.

Health Risks: Limited studies support claims that energy drinks actually boost energy. Many studies raise questions as to their safety. Emergency room visits involving consumption of energy drinks has increased significantly over the years. Serious, life-threatening events, hospitalization, and death have been reported. Reported cases include cardiovascular, central nervous, and gastrointestinal symptoms, such as tachycardia, agitation, nausea, dizziness, seizure, coma, and renal failure. A study published in the May 2019 *Journal of the American Heart Association* showed caffeinated energy drinks significantly increase heart rate and can raise blood pressure. It's unclear whether this is due to one ingredient in particular, or a combination of energy drink ingredients.

The bottom line is energy drinks are not a healthy, effective, or safe way to boost energy. Keep your energy up naturally by eating well, staying hydrated, keep physically active and getting plenty of sleep. **When you need a pick-me-up, grab a glass of water and a piece of fruit, try a cup of coffee or tea, or take a ten-minute power nap or a brisk walk.**

<https://www.nutritionletter.tufts.edu/healthy-eating/the-buzz-on-energy-drinks/>

Home Canning Challenges and Tips

Supply and Equipment Shortage: In 2020 there was a surge in home gardening and home canning which resulted in a shortage of canning supplies, especially lids. The ‘rings’ that screw on jars can be reused, but the flat round lids must be new because forming a proper seal depends on the thin layer of sealant on the lid. Lids cannot be reused because the exposure to the high heat and pressure from processing causes changes to the sealant. Additionally, over time the sealant can become less pliable and the strength of the seal compromised; so lids should be used within five years of manufacture. Buy a sufficient supply of canning lids now.

In some areas, vinegar has also been difficult to find. Any vinegar used for canning should be at least five percent acetic acid. If a specific type of vinegar is not given in a recipe, white or cider vinegar may be used.

Equipment Shortage: There was also a shortage of pressure canners last year. So, some canning equipment is being used for the first time in several years and in some cases being used by someone canning for the first time. For boiling-water canning of acidic foods, like fruits, salsa or pickles, any large pot can be used as long as you have a rack that fits the bottom. For foods low in acid, like most vegetables and meats, a pressure canner must be used. This is required because *Clostridium botulinum* bacteria form spores that withstand very high temperatures, so the food in jars must reach 240°F in order to inactivate the spores. At low elevations, boiling water only reaches 212°F and in Colorado it boils at even lower temperatures. So pressure is needed to achieve a sufficiently high processing temperature.

- This is a critical point because home-canned vegetables are the most common cause of botulism outbreaks in the U.S. The use of acid and heat are our best tools for ensuring harmful pathogens are destroyed.

To ensure pressure canners will work safely and properly, the lid of the canner and the pressure gauge should be inspected and tested yearly. Most Extension offices across Colorado (and the U.S.) provide canner lid inspection and testing services. Contact your local Extension office for more information.

Lack of Experience: Home food preservation is an extremely useful and satisfying skill but there is a wide array of information needed to ensure the quality and safety of the final product. Several points are especially important when canning at home:

- Colorado’s elevation impacts processing. It is important to know your elevation and adjust canning recipes accurately. Most recipes for home canned foods will require adjustments to time and/or the processing method.
- Tested recipes must be used because they have been verified to meet temperature requirements within that particular food mixture. Recipes are available from Extension sources, [Preserve Smart](#), the [National Center for Home Food Preservation](#), and the Ball Blue Book.
- Some foods, such as tomatoes and salsa, require the addition of acid for safety.
- All home canning requires a heating process after food is placed in jars – pouring heated food mixtures into jars, known as the open kettle method, is NOT safe.
- Pressure canners must be used for canning, not pressure cookers, and as mentioned above, the gauges on canner lids should be tested yearly.
- Make sure your stovetop is suitable for use with the canning equipment. Do NOT can on smooth glass or ceramic stovetops or portable camping stoves.
- Before tasting or serving, boil all home-canned, low-acid vegetables 10 minutes plus one minute for 1,000 feet of elevation.
- If supplies cannot be found, freezing food is a good alternative. With freezing, you can be creative and follow your own recipes, the nutritional level of foods may be better conserved and texture may be preferred as well.

Family and Consumer Science Extension agents are the best points of contact for home preservation questions; so check with your local Extension office for more information. CSU Extension has developed Preserve Smart, which is available as a website or mobile phone app, <https://apps.chhs.colostate.edu/preservesmart/>



Herb Gardening in Small Spaces



Container gardening is a very simple approach to gardening that allows you to use a patio or porch to grow food in pots or other containers. It is helpful when you do not have land to till up or when you just want to grow a few plants and not a whole garden. Herbs are often a favorite food to grow in the summer. They thrive in the sun and warm weather. They are easy to maintain. Just water them whenever their soil becomes dry to the touch. Herbs will even grow inside if you have a very sunny window for them. It is so wonderful to be able to snip a few sprigs to add flavor to cooking. Herbs are rather expensive at the grocery store and they spoil quickly, so being able to cut them from the back patio is a real treat.

- **Parsley** is delightful in salads and as a final topper for things like roasted veggies or fish.
- **Basil** tastes delicious with tomatoes and pasta. I also love sliced basil stirred into cottage cheese.
- **Rosemary, sage and thyme** are tasty additions to roasted veggies. Toss them with the veggies before cooking and enjoy.

If you have a sunny spot and a sturdy container of soil, you're ready to get started! For a bit more information, check out [Growing Herbs in Containers](#) from our friends in Iowa State University's Horticulture department.

Happy Gardening!

<https://blogs.extension.iastate.edu/spendsmart/2021/05/18/herb-gardening-in-small-spaces/>

Summer Family Fun

Summer is here, kids are home, and there are endless possibilities of fun activities for the whole family. Take time to enjoy each other! Following are some ideas to get you started.

- Make ice cream: Who can refuse ice cream on a hot summer day! Make your own in zip-lock bags with some ice, rock salt, milk, sugar, vanilla and a little shaking.

Shaking Ice Cream:

1 cup milk 2 Tbsp. sugar ½ tsp vanilla extract 4 cups crushed ice
6 Tbsp rock salt Pint size zipable baggie Gallon size zipable baggie



Combine milk, sugar and vanilla into pint-size baggie. Squeeze out as much air as possible before sealing. Add ice and rock salt to gallon-size baggie. Put pint-size baggie inside of gallon-size baggie. Squeeze air out before sealing. Shake the gallon baggie vigorously for several minutes. When ice cream is of desired consistency, remove pint-size baggie. Rinse in clean, cold water to remove salt. Squeeze ice cream out of baggie into cups and serve.

- Have a picnic at a local park.
- Create sidewalk chalk murals. Do an internet search to get some ideas.
- Camp out in your backyard. Pitch a tent, grab a flashlight and enjoy the outdoors in your own yard.
- Stargaze. Put out a few blankets, lie down in your yard and gaze at the stars. Get a stargazing guide and have fun!
- Do some science experiments to increase brain power and spark curiosity. Use your web-browser to find them.
- Create a Do-It-Yourself bird feeder using pine cones or empty toilet paper rolls spread with peanut butter and rolled in bird seed. Hang it in a branch and track how many birds you see.
- Play hide and seek in the dark. Remove any hazards from area, create boundaries and gear up for some great fun!
- Jigsaw puzzles are super times to talk and be together.
- Get creative and paint rocks for door stoppers or paper weights.
- Water paint with squirt guns. Watercolor paper, watercolors, an easel and a squirt gun are all you. Clip the paper to the easel and fire away.
- Make a video. Narrate a nature walk, create your own talk show, do a skit, etc. and produce a family recording that will be an amusing memory for years to come.

For more ideas visit Unicef Kid Power at <https://www.unicefkidpower.org/summer-activities-kids/>

Welcome – Two New CSU Extension FCS Agents in NE Colorado!!



Hi everyone! My name is **Katie Seelhoff** and I am so excited to be the new FCS agent in Morgan County! I grew up doing 4-H in Weld County, which is what inspired me to look into extension as a career. I graduated from CSU last spring with my bachelor's degree in Human Development and Family Studies last spring and have begun working towards a master's degree in Extension from CSU. In my free time, I love to take my dog on adventures, listen to podcasts, and read. I recently learned how to embroider and cross stitch, so I have been spending a lot of time doing that too!

Morgan County Fair Open Class Divisions

Morgan County Fair Open Class Home Economics has nearly 300 opportunities for individuals from Morgan County and surrounding areas to enter. Our Open Class Divisions are open to "the world," and include needlework, quilting, food preservation, clothing, fine arts, and more. Entries for Open Class Home Economics are accepted Wednesday July 28th from 5:00-7:00 p.m. and again on Thursday July 29th from 8:00-11:00 a.m. All judging will begin at 12:30 p.m. but will be closed to the public. Public viewing will begin Thursday July 29th at 6:30 p.m.

Morgan County also offers Open Class Horticulture which includes Field Crops, Floriculture, and Garden Crops. Children under eight years of age as of January 1, 2021, may enter the Tiny Tots Garden Division with a fruit, herb, or vegetable exhibit. A Novelties section, with no points or premiums awarded, provides the home gardener the opportunity to show giant vegetables and the most unusual shaped vegetable or fruit as well as a class titled "All Dressed Up" for decorated vegetables. Entries for Open Class Horticulture will be taken Thursday July 29th from 6:30 p.m. to 8:00 p.m. and Friday July 30th from 8:00 a.m. to 12:00 p.m. Judging will take place on Friday July 30th at 1:00 p.m.

If you would like more information on Open Class Home Economics or Open Class Horticulture, visit <https://morgan.extension.colostate.edu/wp-content/uploads/sites/28/2021/06/2021-Fairbook-Edited.pdf> or call the Morgan County Extension Office at (970) 542-3540

I am **Jaci Wagner** - a born and raised Logan County Native. My husband and I love the country life and take pride in raising our two boys on the farm. We enjoy managing our small Belted Galloway cow/calf operation and helping our boys continue their passion of showing sheep, chickens, and horses. I have previously taught kindergarten, first, and third grade for the same district for 17 years and am very proud of my longevity and commitment to the families of Logan County. I earned a bachelor's degree of Interdisciplinary Studies, Liberal Arts from the University of Northern Colorado and hold a Colorado Elementary Education Teaching license. I love baking, gardening, and spending time outdoors. I look forward to being able to offer those years of experience with youth and families, as well as work more with adults in this new position. I am excited to have the opportunity to provide the same loyalty and engagement to families of Logan County through different lenses as the Family and Consumer Science Extension Agent and 4-H program.



Logan County Fair

I would like to invite you all to the 2021 Logan County Fair 4-H events beginning July 30th with Fashion Revue and ending August 7th with the 4-H Livestock Sale. Our Open Class entry is August 4th for Consumer Science and Fine Arts and August 5th for Floriculture, Horticulture, and Crop Show. Please feel free to contact the Logan County Extension Office (970) 522-3200 with any further questions. We hope to see you there!

Program Highlights

- **Aging Mastery Online (Zoom) class series – was held May 18 -- June 15 with fifteen participants from five counties.** CSU Extension and participants were very pleased with this first series for Northeast Colorado of this innovative FREE ten-class health and wellness program to residents sixty and over. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well. The tentative plan is to offer the course again in the fall.



Upcoming Events!

- **Phillips County Fair – July 20-25 at County Fairgrounds in Holyoke:** Open Class entries Wed., July 21st 1-6 pm
- **Kit Carson County Fair – July 26-31 at County Fairgrounds in Burlington:** **Sedgwick County Fair – July 24-August 1st at County Fairgrounds in Julesburg:** Quilts entries Sat. July 24th 9-10 am, Open Class entries Monday, July 26th 11 a.m. to 2 p.m., Floral entries Wed. July 28th 8-10 a.m., Garden entries Thursday 8:00-9:30 am
- **Eastern Colorado Roundup (Washington County) – July 26-31 at County Fairgrounds in Akron:** Open Class and Horticulture entries Tues. July 27th 1-6 pm
- **Logan County Fair – July 29 – August 8th:** Open Class entries must be pre-entered by July 23rd online at <http://bit.ly/LoganCountyFairEntry> For more info: <http://www.lcfair.org/>
- **Morgan County Fair – July 30 – August 5th at County Fairgrounds in Brush:** Entries for Open Class Home Economics are accepted Wednesday July 28th from 5:00-7:00 p.m. and again on Thursday July 29th from 8:00-11:00 a.m.
- **Yuma County Fair – August 7-11 at County Fairgrounds in Yuma:** Open Class entries Sunday, August 8th 1-4 pm and Monday, August 9th 7:30-9 am
- **Home Food Preservation: July 7th at Lincoln County Fairgrounds, Hugo or July 8th at Kit Carson County Fairgrounds in Burlington: Water Bath Canning 8:30-11:30 am and Pressure Canning 1:00-4:00 pm.** Cost \$25 one session/\$35 both sessions. Register online at <https://forms.gle/Coctb5Lrxmsu2Pdx5> by June 28th without a late fee – closes July 1st.
- **ServSafe Food Handlers Training – September 20th in Yuma,** contact Joy Akey at 970-332-4151
- **Cottage Food Safety Training -** This training covers specifics of the Colorado Cottage Food Act and how to safely operate a food business from a home kitchen. Participants learn food safety guidelines and the specifics for operating a home based cottage food business from a home kitchen. Participants also learn about the most current Colorado Cottage Food Act guidelines and best practices. Cost: \$40 Several online classes available:
 - **July 9th or August 18th 9 a.m. to 1 p.m.** Registration link: <https://www.eventbrite.com/o/csu-extension-cottage-foods-32224957657>
 - **July 14th – 12 p.m. to 3:30 p.m.** Registration link: <https://www.eventbrite.com/o/colorado-state-university-extension-el-paso-county-3307878188>
 - **August 10th – 10 a.m. to 1:30 p.m.** Registration link: <https://www.eventbrite.com/e/csu-extension-colorado-cottage-foods-statewide-training-online-tickets-158758642373?aff=ebdsoporgprofile>



CSU Extension – NE Colorado FCS – In this time of no/limited personal contact, we're all using social media!

<https://www.facebook.com/CSUExtensionNortheastFCS>

<https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: https://www.facebook.com/csuextensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X5I3c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>

<https://www.facebook.com/joy.akey>

<https://www.facebook.com/gisele.jefferson.9>