

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



September-October, 2023

Nutritional Needs for Kids in Sports



As we are entering fall, many kids have or will be joining sports. You may know youth participating in extra physical activity will have a greater need for nutritious food, but it can be tricky to determine their needs and how to meet these requirements. Below we will discuss the importance of carbohydrates, protein, fats, and hydration and ways to

implement them in your child's diet.

Carbohydrates, also known as carbs, are the body's major fuel source for exercise as they provide energy for muscle function. They also support the body in using fats more effectively. Youth should consume more carbohydrates when they are more active. Great sources of carbohydrates include pasta, whole grains, dried beans and peas, milk, yogurt, fruits, and vegetables.

Protein is essential as it is responsible for repairing and building muscle. According to the National Institute of Health, youth in sports should consume about 0.7 grams of protein for every pound they weigh. Foods high in protein include lean meat and poultry, fish, eggs, dairy products, nuts, and legumes.

Fats are a concentrated source of energy and are needed to absorb several essential vitamins. When looking at when and what types of fats your child should consume, keep in mind unsaturated fats are the best option as they have a higher nutritional value than saturated or trans fats. Fatty fish (salmon, trout, and tuna), flaxseed, oils, nuts, and seeds are all high fat foods.

Hydration is important because water helps with digestion and elimination and regulates body temperature. It is important to replenish water lost through sweat after exercise as it could lead to dehydration. Many youths may be nervous about consuming water during exercise for fear of getting sick. About four hours before physical activity, youth should consume about ounce of water per four pounds of body weight. During physical activity, they should consume about five to ten ounces of water every 10-15 minutes.

Increases in physical activity are accompanied by an increase in nutritional needs. When grocery shopping or meal planning, it is important to keep this information in mind to ensure your child is receiving the nutrition they need to stay healthy.

Resources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590906/>

<https://extension.usu.edu/nutrition/research/nutrition-needs-among-high-school-athletes>

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Food-Borne Botulism

Foodborne botulism was first identified in Europe during the 1800s as a problem in sausages. Refrigeration was nonexistent or dependent on the seasons of the year. Because of the great problem with sausages, the disease was named botulism after the Latin word for sausage, *botulus*.

In the 1900s, refrigeration practices improved, and sausages no longer caused a major problem with botulism. However, as the technology for canning became available, botulism became a problem in canned foods. By 1926, most of the problems in the commercial canning industry had been solved. Since then, most of the outbreaks of foodborne botulism in the United States have been caused by improperly home-canned foods, mostly fish and vegetables, such as string beans, corn, beets, spinach, asparagus, and chili peppers.

Although low-acid vegetables and fish have been the chief culprits, tomatoes, tomato-based mixtures and such fruits as figs, apricots, pears, peaches, applesauce, persimmons and mangoes also have been involved. In some cases, inadequate processing permitted the growth of molds, yeasts or bacteria, which in turn raised the pH of the food sufficiently to permit the growth of *C. botulinum*, if present.

In some of these cases, molds or bacteria grew due to poor processing and reduced acidity. In others, reduced acidity may have been due to differences in variety or in the degree of ripeness, pointing up the fact that overripe tomatoes and fruits should not be selected for home canning. With fruits, the syrup added before processing does not become acidic until acid diffuses out of the food. This may take some time if the fruit is not heated (processed) enough.

Colorado and other states in the West have higher per capita rates of foodborne botulism than other parts of the United States. One contributing factor is that the soil in the western U.S. from the Rocky Mountains to the Pacific Ocean contains a particularly high count of Type A *Clostridium botulinum* spores, the type of spores that produce the toxin most dangerous to humans.

A second factor is the higher elevation.. **The temperature of boiling water decreases as the elevation increases.** Thus, the temperature at which foods are processed is lower. To compensate, the canning pressure for low-acid foods must be increased by 1/2 pound for every 1,000 feet rise in elevation. For example, at 6,000 feet vegetables must be pressure canned at 13 pounds pressure per square inch rather than the usual 11 pounds recommended in canning instructions designed for 0 to 2,000 feet elevation. Forgetting to make these changes leads to under processing and an increased risk of botulism.

Symptoms

Symptoms of foodborne botulism usually appear within 18 to 36 hours after the contaminated food is eaten, but the time can vary from six hours to 10 days. The most significant symptoms are blurred double vision and difficulty in swallowing and speaking. Fever is absent early in the disease.

For some types of the disease, early symptoms may be gastrointestinal (nausea, vomiting, abdominal pain, constipation, cramps, headache, fullness) and lead to a false diagnosis of appendicitis, bowel obstruction or heart attack.

Symptoms of infant botulism include constipation, followed by general weakness, feeding and swallowing problems, weak or altered cry, loss of motor tone and poor head control. The syndrome can evolve anywhere from 6 hours to one week or more and ranges in severity from only minimal constipation to sudden death. In cases of the latter, infant botulism is thought to account for at least some of the reported cases of Sudden Infant Death Syndrome.

Treatment

Unless treatment of foodborne botulism is initiated promptly at the onset of the symptoms, death may result within three to seven days. Improved detection methods and the ready availability of antitoxins have reduced the death rate to around 3-5 percent in recent years.

Most state health departments offer 24-hour assistance in diagnosing and obtaining antitoxin for treatment of botulism. In Colorado, contact the State Department of Public Health and Environment at (303) 692-2700 weekdays or at (303) 370-9395 weekends/evenings if botulism is suspected.





Treatment of foodborne botulism involves 1) removing any unabsorbed toxin in the digestive tract, 2) neutralizing the circulating toxin with an antitoxin as quickly as possible, and 3) keeping a patient breathing by a mechanical respirator (ventilator) as necessary. Recovery may take several weeks to months.

Treatment of infant botulism consists of comprehensive supportive care in the hospital for the course of the disease, usually three to four weeks, including treatment with Botulism Immune Globulin Intravenous, intravenous fluids to provide nourishment and a ventilator to help the baby breathe.

Prevention

Botulism can be controlled if consumers are aware of the dangers and take steps to prevent spoilage in home-canned and home-cooked foods. Here are some important tips to remember:

- Clean food well before cooking or processing. This reduces but does not remove all bacteria. Bacteria are still present in nearly every pint or unit of food to be cooked or canned.
- Be sure all home canning methods are up-to-date with current research-based recommendations and are properly adjusted for altitude.
- Process all home-canned meats and vegetables, with the possible exception of tomatoes, in a steam pressure canner at 240 degrees F for the time recommended in a current USDA research-based publication. At sea level to 2,000, a pressure of 11 pounds per square inch (psi) is necessary to reach 240 degrees F. With each 1,000 feet rise in altitude an additional 1/2 psi is needed to achieve 240 degrees F. **When using a weighted pressure gauge, the 15-pound weight must be used at all altitudes in Colorado.**
- Acid foods, such as tomatoes and fruits, if properly selected and processed, do not support the growth of *Clostridium botulinum* and may be canned in a boiling water bath if current, research-based instructions are followed. The addition of acid in the form of lemon juice or citric acid is recommended in all tomato products canned in a boiling water bath as a precautionary measure.
- Before using home-canned food, critically examine the product and container. A bulging lid or leaking jar are signs of spoilage. When you open the jar, look for other signs of spoilage such as spurting liquid, an off odor or mold.
- As an added precaution, boil all home-canned vegetables and meats before tasting for 10 minutes plus one minute per 1,000 feet above sea level (15 minutes at 5,000 feet). Boil home-canned spinach and corn 20 minutes before tasting. If the food looks spoiled, foams or has an off odor during heating, discard it.
- Dispose of all spoiled food in a place where it will not be eaten by children or pets. Boil suspect foods for 30 minutes before disposing to ensure that any toxin present will be destroyed.

Canning is a great food preservation method for excess garden produce or preparing for long winter months, but it is important to do so safely. If you have questions about whether or not your recipe is approved, or if you are interested in learning more about how to safely can your foods, contact your local Extension office.

References

Centers for Disease Control and Prevention National Center for Emerging and Zoonotic Infectious Diseases, Division of Foodborne, Waterborne, and Environmental Diseases. 2011. Available at: <http://www.cdc.gov/botulism/>

Sobel, J., Tucker, N., Sulka, A., McLaughlin, J., and Maslanka, S. 2004. *Foodborne Botulism in the United States, 1990-2000*. Emerging Infectious Diseases, 10:1606-1611.

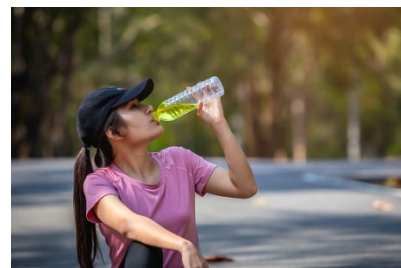
*P. Kendall, Ph.D., R.D., Colorado State University, associate dean of research, food science and human nutrition. 10/99. Revised 5/12.

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Foods to Replenish Electrolytes

What are Electrolytes?

Electrolytes are minerals that are essential for many key functions of our bodies such as maintaining fluid balance, balancing our bodies pH level, moving nutrients in cells, removing waste from our cells, and keeping the normal function of our nerves and muscles. When people sweat, they usually secrete electrolytes, often leaving behind white stains. One of the simplest ways to get electrolytes is through eating foods that are rich in minerals. A balanced diet will help restore sodium, potassium, calcium, and magnesium. During prolonged athletic activity, it can also be a good idea to consumer sports drinks to prevent or minimize a deficiency.



Foods to Replenish Electrolytes?

- **Sodium** -- Salted nuts, pretzels, crackers, deli meats, smoked salmon, and canned beans
- **Potassium** – Beans, bananas, potatoes, leafy greens, citrus, coconut, avocado, zucchini, mushrooms, halibut, cod, tuna, and legumes
- **Calcium** – Milk, yogurt, almonds, broccoli, and fortified greens
- **Magnesium** – Pumpkin seeds, spinach, dark chocolate, nuts, whole grains, and peanut butter

Common Signs of Electrolyte Imbalance

- Dizziness
- Muscle cramps
- Irregular heartbeat
- Mental confusion
- Headache
- Fatigue
- Dark urine
- Nausea and vomiting

Electrolytes Lost in Sweat

The majority of people will lose electrolytes by excessive sweating and not replacing them. This is because sweat is composed of sodium, chloride, potassium, magnesium, and calcium. Since the balance of electrolytes in our body is influenced by how much water we lose through sweat or how we replace it by consumption of water and food, it is essential to be aware of the signs and symptoms of electrolyte deficiency and to match the consumption of these minerals with the amount of physical activity or secretion of them.

Overall, electrolytes are important for maintaining hydration levels and ensuring optimizing muscle and nerve function. Dehydration is the most probable cause of electrolyte imbalance, so it is crucial to consume plenty of water and eat healthy foods through the day.

References

- <https://www.piedmont.org/living-better/signs-you-have-an-electrolyte-imbalance>
 - <https://www.webmd.com/diet/foods-rich-in-potassium#1>
 - <https://www.sportsrd.org/wp-content/uploads/2018/11/Whats-In-Your-Sweat.pdf>
- <https://blog.nasm.org/foods-to-replenish-electrolytes>

Healthy Snacks for School and Work



As school routines are in full swing for many, now is the time to begin planning to have healthy snacks. Snacks help kids get the nutrients and energy they need to grow and stay active. Therefore, having healthy snacks available is key. Create a space in the cupboard or fridge designated for healthy grab-and-go snacks that are easy for everyone to access when that hangry twinge begins. Let's face it, at times we all need a pick me up between meals to get us through our day. By having [healthy snacks](#) prepared and on hand, we are more likely to choose those healthier options rather than impulse buying at a vending machine or stop on the way home from work or school.

Involving our kids in the preparation and purchasing process of our snacks will help them have a buy-in to choosing that snack first. Kids can learn valuable skills when preparing fresh fruits and vegetables and helping wash, cut, and pack their snacks. By preparing healthy options, we are modeling how to plan and choose nutritious options for our children. In this learning process, we can even explain the monetary impact our preplanning has on our family budget by not making impulse stops throughout our day. Yes, this includes planning for our adult snacks, so we don't stop throughout the day! Including our kids in these choices will aid those picky eaters too! If they are part of the process, they will be more likely to choose healthy snacks and even willing to try new snacks. Try making fun shapes from the food or creating fun creations like ants on a log with celery, peanut butter, and raisins. Meat and cheese or fruit skewers are a fun twist to a once boring snack that now looks more enticing.

Dried fruit, nuts, pouch of applesauce, crackers, pretzels, or cereal are just a few options that are easy to keep in a backpack, purse, or car bag when on the go. Having fruit prepared ahead of time in small baggies is another healthy snack option. Sometimes our hunger pain is merely a cry for hydration, so a bottle of water, protein drink, or fruit juice pouch is another simple yet healthy option for a bus or car ride. Be sure to read labels to make sure drink choices are not filled with sugar when we head to a ball game or practice. It is easy to forget about the sugar and calories in our drink choices that add up quickly.

Other healthy snack options require refrigeration but are great choices when needing a small snack. Fresh fruits or veggies, cheese sticks, yogurt, hummus, cottage cheese, hard-boiled eggs, pasta salad, low-sugar fruit or Jello cups, or even small sandwiches are excellent options. Having a specific spot in the refrigerator for those healthy snack options will help the entire family know where to look when they need a quick snack. Planning, making children part of the process, and having a designated spot will make you and your family more likely to grab a smart snack choice.

Keeping kids on a schedule can also be beneficial in helping them choose healthy snacks. Children and teens need to eat every 3-4 hours, which means that snacks are very important. Now that their school routine is starting to settle, planning when they will be eating these snacks can help you plan the snacks you may need (depending on when you will have access to refrigeration, if you will be eating on the go, etc.).

If you are looking for healthy snack ideas, try these:

<https://health.gov/myhealthfinder/healthy-living/nutrition/healthy-snacks-quick-tips-parents#:~:text=Try%20these%20healthy%20snack%20ideas,fruit%20with%20no%20added%20sugars>

Join 4-H!



4-H enrollment happens every year in October at each local Extension office. 4-H is an amazing youth program but many don't know the background or the why behind 4-H. Here is more information if you or anyone you know has children ages 8-18 interested in joining. Please contact your local Extension office for specific details on signing your child up for that county.

What is 4-H?

- 4-H is a community of young people across America learning leadership, citizenship, & life skills.
- 4-H is a volunteer-led, informal educational program that supplements the teachings of home and school.
- 4-H clubs are for youth who live in town, the city, the country or on the farm.
- 4-H youth have fun and learn with their friends and families.

What is the Primary Objective of 4-H?

- The main objective is the development of youth through participation in projects, events, and various activities.
- 4-H is intended to supplement, not replace, other learning experiences young people may have through other involvements.

4-H Mission and Vision:

- 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults. A world in which youth and adults learn, grow, and work together as catalysts for positive change.

4-H History:

4-H began in 1902 as an educational program for the nation's rural youth.

- 4-H work began around 1900 to reach parents with improved farm and home practices. 4-H was based upon the assumption that if innovative ideas were instilled in the minds of youngsters, those ideas would in turn convince parents to try new innovations.
- 4-H was also developed because schools did not always meet the needs and interests of rural youth. The first organized 4-H Clubs were small groups covering a single topic such as corn production and canning of tomatoes.
- The original objectives were to teach improved practices to farmers and homemakers through their children. Then came World War I and the "food for victory" theme. Following the war, the "keep the people on the farm" objective was foremost in people's minds. Again, during World War II, food production was emphasized. Today, 4-H meets the needs of and engages young people in positive youth development experiences. These experiences are based on the idea that young people should be regarded as resources to be developed. 2002 marked the centennial of 4-H and a renewed commitment to helping shape youth and communities. In looking to the next century, 4-H further develops its programs and continues its motto of "Making the Best Better."

4-H Teaches Life Skills!

- Foster positive self-concept
- Develop an inquiring mind
- Learn decision-making and responsibility for choices
- Develop public speaking and presentation skills
- Relate to self and others
- Acquire a concern for communitylocal and global

October is Breast Cancer Awareness

Breast cancer affects one in eight women in the United States every year. About 85% of breast cancer occurs in women who have no family history of breast cancer. Breast cancer is the most commonly diagnosed cancer in American women, besides skin cancer. Although it is rare, men can also get breast cancer. About 1 out of every 100-breast cancer diagnosed in the United States is found in a man. The overall 5-year relative female survival rate of breast cancer is 90%. Survival is higher when breast cancer is found before it spreads to other parts of the body. October is Breast Cancer Awareness Month and is a good reminder to learn more about breast cancer, encourage screenings, and promote prevention.



Screenings

Regular breast self-exams are a useful tool because nobody knows your body better than you. If you find a lump or change in your breast, schedule an appointment with your health care professional. Women at the age of 40 should receive an annual mammogram screening to check for any early signs of breast cancer. If you have a higher risk of breast cancer, you and your doctor may decide to start mammogram screenings at a younger age.

Prevention

There is no absolute way to prevent breast cancer, but you can do things to help lower your risk. Maintaining a healthy weight helps regulate hormones, reduce inflammation, and keep the immune system healthy, plus it will help reduce your risk of developing breast cancer. Being physically active and getting regular exercise will not only help you live a healthy life, but it will also lower the chances of breast cancer. Studies show exercise can reduce the risk of breast cancer recurrence if you have been previously diagnosed with breast cancer. Avoid or limit your alcohol intake because studies show alcohol increases your risk. Breastfeeding for several months after having a child can reduce your breast cancer risk. If you have a family history of breast cancer or genetically higher risk, contact your health professional about other ways to lower your risk.

Support

If you or someone you know is struggling with breast cancer, you are not alone. Reach out to your health care professional, family, local community, or non-profit organizations for support. There are multiple options which include online chats, phone calls, or in person support systems. The National Breast & Cervical Cancer Early Detection Program offers free or low-cost screenings for people who qualify. If you want to volunteer or donate to breast cancer, there are many ways to help. Contact your local health provider or cancer organization to find out how you can get involved.

Resources

Breast Cancer Risks – <https://www.breastcancer.org/risk/risk-factors>

American Cancer Society – <https://www.cancer.org/cancer/types/breast-cancer.html>

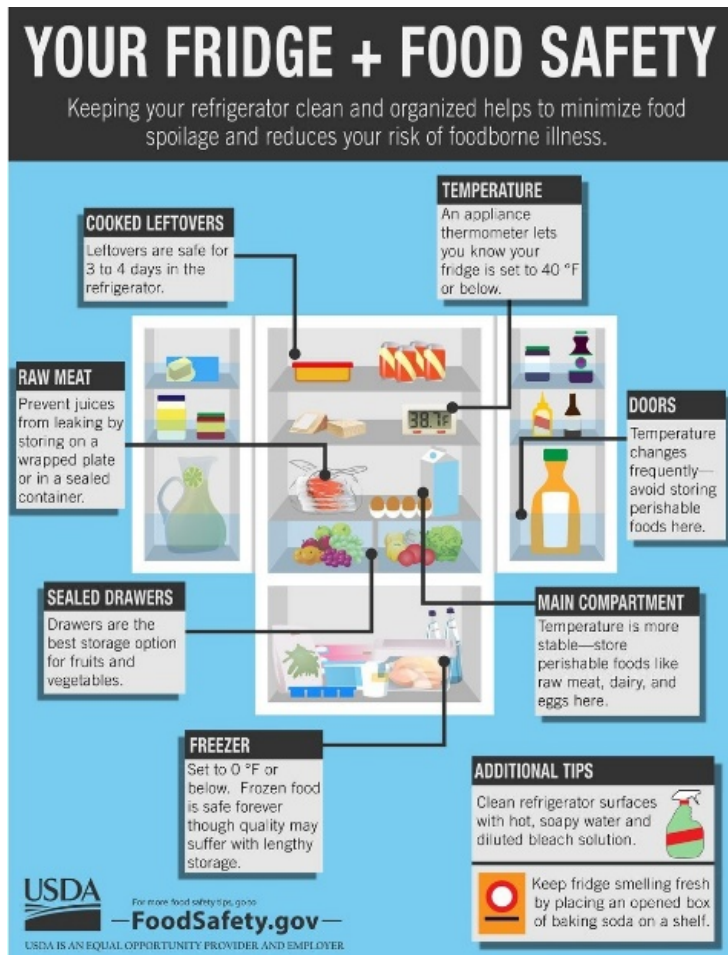
Center for Disease Control and Prevention – <https://www.cdc.gov/cancer/breast/index.htm>

National Breast & Cervical Cancer Early Detection Program – <https://www.cdc.gov/cancer/nbccedp/>

Save Money by Reducing Food Waste

The significant rise in food prices in recent years has affected everyone involved in the food industry, from farmers to consumers. However, did you know that one-third of food produced for human consumption is wasted, accounting for a whopping 1.3 billion tons of food waste annually? To put this into perspective, it would be like buying three bags of groceries and throwing one away. Food waste leads to a depletion of resources used to produce food and directly impacts our wallets. According to The American Journal of Agricultural Economics, economists estimate that U.S. consumers waste \$240 billion worth of food annually, with the average household wasting 31.9% of purchased food, amounting to a loss of \$1866 each year. Therefore, following the tips below can help reduce food waste and save money.

Keep your Fridge Organized



The organization method can affect how long your food lasts. Have you ever forgotten about leftovers? It is easy for even our favorite foods to be lost in the depths of our fridge. Organizing your fridge properly helps protect your food from contamination, which reduces food waste and saves you money.

Get a refrigerator thermometer. To keep your food fresh and free from spoilage, it is crucial to maintain a temperature of 40°F or lower in your refrigerator. Any higher can cause your food to go bad, while any lower can lead to freezing. It is recommended to utilize an appliance thermometer to adjust accordingly.

Know what shelf food should go on. It is important to know which shelf to put different types of food. Shelves should be ordered from lowest cooking temperature to highest, going down. This is done to prevent juices or other liquids from higher temperature cooking foods from contaminating foods that will not reach that temperature. Refer to the USDA photo for guidance to ensure proper food storage to help minimize food spoilage and food-borne illnesses.

Avoid overloading your fridge. To ensure perishable items remain fresh, it is important to maintain a maximum capacity of 75% and keep space between the items for proper air circulation. Overcrowding can disturb the airflow and diminish the freshness of your food.

- **Transfer food to smaller containers.** Air is the enemy of most foods and can increase the spoilage rate. By transferring food to smaller containers, you will minimize air contact but also maintain an organized fridge.
- **Label everything.** When you transfer food into a smaller storage container, label the container with the date.
- **Practice the first in, first out rule.** Move older products to the front of the fridge and newer products to the back. This way, you will likely use older foods before they spoil.

Plan & Make Shopping List

Do you notice a trend in the foods you keep throwing away? Keep track of these foods and add a dollar sign value to see the impact on your budget. Planning, by making a list with weekly meals in mind, can save you money and time. If you only buy what you expect to use, you will be more likely to keep it fresh and use it all.

Before going to the store, shop in your kitchen first. Look over your pantry, refrigerator, and freezer. When planning a meal, consider which foods must be consumed before they go bad. Consider the number of meals you plan to have at home or dining out during the week when creating your shopping list. Create a detailed shopping list based on your meal plan, including quantities of ingredients to prevent overbuying. It is only cost-effective to buy in bulk if you can use up all the food before it goes bad. Don't forget throwing away food also means wasting money. Following your shopping list is an effective method for reducing waste and avoiding unnecessary purchases.

Learn What Food Label Dates Mean

The National Resource Defense Council (NRDC) reports around 10% of food waste in the United States is caused by confusion over food date labels. Since there is no standardized or universally accepted way of describing food labels in the country, people often mistake them as "expiration dates" when the manufacturer meant to indicate the peak freshness of the product. Knowing how to interpret food date labels can decrease food waste without compromising food safety and can also help you save money on groceries.



The **'Sell By'** date informs the store of the length of time to display the product for sale for inventory purposes. It is not a safety date (USDA).

The **'Best if used by/Before'** informs when the product will be its best flavor quality. It is not a safety date (USDA).

The **'Use By'** displays the last date recommended for using the product while at peak quality. It is not a safety date **EXCEPT** for infant formula (USDA).

The **'Expires on'** or **'Do not use after'** date is required on foods with specific nutritional compositions that could break down after the expiration date, meaning they may not function the same after the date listed. Yeast may not be as effective. It is best to discard the item.

Check out the USDA FoodKeeper app. This application shares information about storing different types of food properly and can set reminders on your calendar to prevent food from perishing. <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

Use Safe Methods for Preserving Foods

Your freezer is a powerful tool for reducing food waste and preserving food quickly and easily. Most foods can be frozen without issue. However, always follow USDA-approved food preservation and storage recommendations to ensure safety. And if you are looking for other preservation options, consider dehydrating, canning, and freeze-drying.

If you're not planning to use your food immediately, freezing it is an excellent way to extend its shelf life. Freezing temperatures prevent bacteria growth, making freezing milk, bread, and cheese safe. If you want to freeze eggs, beat them and store them in a sealed container.

Proper packaging is necessary to maintain the quality of frozen goods and avoid freezer burns. You can choose from different options, such as plastic freezer bags, freezer paper, freezer aluminum foil, or plastic containers with a snowflake symbol.

- To properly freeze meat and poultry for longer than two months, it is recommended to cover the original packaging with heavy-duty foil, plastic wrap, or freezer paper. Alternatively, the package can be placed inside a freezer bag.
- Freeze, pickle, dehydrate, can, or make jam/jelly from surplus fruits and vegetables - especially abundant seasonal produce.
- Freeze soup in single-serving bags



- If you would like more information on how to safely preserve your food, scan the QR code to go to CSU Extension's Food Smart Colorado Preserve Smart website.
- <https://foodsmartcolorado.colostate.edu/>

- It is important to reduce food waste to avoid wasting vital resources such as water, energy, and labor used during production and packaging. With some planning and effort, you can effectively decrease food waste, support sustainability, and save money.

Article Adapted from: <https://www.epa.gov/recycle/preventing-wasted-food-home#frig> and <https://www.psu.edu/news/research/story/study-suggests-us-households-waste-nearly-third-food-they-acquire/>

Resources:

<https://www.usda.gov/foodlossandwaste/consumers>

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>

<https://insights-engine.refed.org/solution-database/standardized-date-labels>

Program Highlight

Colorado State University Extension, Family and Consumer Science Agents of northeast Colorado have historically collaborated with local entities to join in the fight against Diabetes. Now, with the help of technology these educational opportunities are not just limited to the northeast area of Colorado, but across the whole state and nationally with the implementation of a Diabetes Webinar Series. Doctors, professors, Diabetes educators and other healthcare professionals are able to share their expertise about diagnosis of, treatment of and management of Diabetes. As mentioned, you can join us virtually, but if you would rather watch in person, there are many viewing sites! Contact your local Extension Office for more details.



Upcoming Events!

- **ServSafe Handlers Training**
 - Monday, September 18th from 9:00 a.m. to 3:00 p.m. at the Logan County Extension Office. For more information or to register, contact Joy Akey at (970) 332-4151 or joy.akey@colostate.edu.
- **Investigate 4-H Night**
 - If you are interested in learning more about 4-H in Morgan County, join us to see a sample of projects members can participate in and get more information on the requirements and opportunities that 4-H provides! Tuesday, October 3rd, 5:30 – 7:00 p.m. at the Morgan County Fairgrounds. Call (970) 542-3540 for more information.
- **Dining with Diabetes**
 - October 4th 12:00-1:30, 4-week program-Logan County Extension Office-Call Jaci (970)522-3200 x 4 to register or for more info
- **Trick or Trot 1 mile/5k to Support Dementia!**
 - Join the fun as the Phillips County Trick-or-Trot 1-mile or 5k costume walk or run is set to take place in Holyoke on Saturday, October 7th. Dress up in costume or wear the color purple, as purple is the color of Alzheimer's awareness. Registration opens at 4 p.m., with the walk/run starting at 5 p.m. The funds raised will support families and caregivers with loved ones who suffer from dementia by providing scholarships for families or caregivers to attend the Dementia Alzheimer's Wellbeing Network, better known as the "DAWN Method" training program by Dementia Specialist Jill Couch. Contact Stephanie Starkebaum at the Phillips County Extension Office (970) 854-3616 to learn more.
- **Be sure to check our Facebook page listed below to stay up to date on all our upcoming events.**



CSU Extension – NE Colorado FCS: <https://www.facebook.com/CSUExtensionNortheastFCS>

CSU Extension – Phillips County: <https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: https://www.facebook.com/csuextensionlogancounty/?_tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVNn5X513c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ

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